

LAJITAS STABLES ~ RIO GRANDE STABLES ~ BIG BEND STABLES

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TRIP DATE: _____

GROUP NAME: _____

PARTICIPANT

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

MEDICAL INSURANCE: _____

CONTACT IN CASE OF EMERGENCY

NAME: _____

ADDRESS: _____

PHONE: _____

POLICY NUMBER: _____

AGE: _____ HEIGHT: _____ WEIGHT: _____

HAVE YOU EVER EXPERIENCED ANY OF THE FOLLOWING?

Altitude Sickness: _____

Heart Problems: _____

Stroke: _____

Migraines: _____

Asthma: _____

Seizures: _____

Heat Exhaustion: _____

Seasonal Allergies: _____

Other: _____

IF ANY OF THE ABOVE IS CHECKED, PLEASE EXPLAIN: _____

DO YOU HAVE ANY ALLERGIES TO THE FOLLOWING:

Insects, Bees, Etc: _____

Foods: _____

Plants: _____

Medications: _____

Sun: _____

Other: _____

IF SO, PLEASE EXPLAIN: _____

ARE YOU TAKING ANY MEDICATIONS (including over-the-counter meds)? _____

IF SO, PLEASE INDICATE THE TYPE AND DOSAGE:

Blood Pressure: _____

Heart Medications: _____

Epilepsy/Seizures: _____

Antibiotics: _____

Antidepressants: _____

OTC: _____

Diabetes: _____

Other: _____

ANY ADDITIONAL MEDICAL HISTORY OR PHYSICAL CONDITIONS: _____

SKILL LEVEL WITH HORSES:

_____ NONE (rode the ponies at the circus once)

_____ MORE (owned my own hay-burner once)

_____ SOME (ride my friend's horses sometimes)

_____ A LOT (ride broncos for a living)

CAMPING EXPERIENCE:

_____ NONE (maybe one time)

_____ MORE (have backpacked and wilderness camped)

_____ SOME (at least once a year)

_____ A LOT (climb tall peaks, raft wild rivers)

ARE YOU A VEGETARIAN? _____

DIABETIC? _____

DO YOU EAT: Red Meat: _____ Chicken: _____ Fish: _____ Pork: _____ Sugar: _____ Dairy: _____

ANY SPECIAL FOOD CONSIDERATIONS? _____

DO YOU NEED: Sleeping Bag _____ Sleeping Pad _____ Tent _____

These questions are designed to help us in making this a more enjoyable and safe trip for everyone. All information on this form is considered private and confidential. PLEASE RETURN THIS FORM TO THE ABOVE EMAIL ADDRESS, FAX OR POSTAL ADDRESS AT YOUR CONVENIENCE PRIOR TO YOUR ARRIVAL. Thank you!