



## Yosemite Pre-Hike Questionnaire

Full name: \_\_\_\_\_ Booking # \_\_\_\_\_  
(One form per person)

### Hiking experience, exercise activity, and first-aid

What type of hiker are you? (Please circle)  
Beginner  
Novice  
Intermediate  
Advanced

How regularly do you hike? (Please circle)  
Daily  
Two or more times per week  
Once a month  
Not very often

How often do you exercise? (Please circle)  
Daily  
Two or more times per week  
Once a week  
Not very often

How long (time and distance) is an average hike for you? Time: \_\_\_\_\_ Distance: \_\_\_\_\_

What is the longest time and distance you have ever hiked? \_\_\_\_\_

What was the highest elevation to which you hiked? (for example, over 10,000 feet) \_\_\_\_\_

Please describe (where was it, how long ago, and so on) \_\_\_\_\_

Did you have any adverse reactions to the higher elevations? (Please circle)      Yes      No

If yes, what type of reactions? \_\_\_\_\_

Please describe your exercise activities \_\_\_\_\_

\_\_\_\_\_

Please describe any additional training you plan to do for your hiking adventure \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(Hiking, running, bike riding, and any type of cardiovascular exercise are all great ways to train. If you run, hike, and/or bike ride, we would suggest gradually increasing your distance/elevation and working on your upper body strength for this trip.)

Do you have a recent (within the past five years) medical history like a surgery that may affect your hiking ability?

\_\_\_\_\_

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