



## OUT IN ALASKA

# Adventure Registration Form

To reserve your **OUT IN ALASKA** Adventure, please complete this form, print, sign and mail it, along with your \$500 deposit, to:

**Out In Alaska, 1819 Dimond Drive, Anchorage, AK 99507**

*Cruises require a different deposit and payment process depending on the cruise line and date. Day trips require a \$50/person deposit.*

**Trip | Date:**

**Day Trips**

Enter name of trip: \_\_\_\_\_

Desired date: \_\_\_\_\_

**Denali and Kenai Fjords Spring Wildlife Tour**

**Glacier Discovery Cruise**

Enter your desired dates: \_\_\_\_\_

**Gates of the Arctic Backpack Adventure**

**Copper River Rafting Adventure**

**Alaska Adventure Tour**

**Flying Wild Alaska**

**Kenai Fjords Kayak Trip**

**Denali Backpack Adventure**

**Yukon Rafting Adventure**

**Denali and Kenai Fjords Wildlife Tour**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_

Room Type:  Share  Single (extra charge)

**Please tell us a little about yourself:**

Smoker?  Yes  No

My idea of roughing it:  No Room Service  A remote, rustic cabin  Tent camping

### My approximate physical activity level

Please circle one number (from 1 to 8) that best represents your current physical activity level

#### A. I don't participate regularly in programmed recreation, sport, or physical activity:

1. Avoid walking or exertion—e.g., always use elevator, drive whenever possible instead of walking).
2. Walk for pleasure, routinely use stairs, and occasionally exercise sufficiently to cause heavy breathing or perspiration.

#### B. I participate regularly in recreation or work requiring modest physical activity, such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling, weight lifting, or yard work:

3. 10-60 minutes per week
4. Over one hour per week

#### C. I participate regularly in heavy physical exercise (such as running or jogging, swimming, cycling, rowing, skipping rope, running in place) or engage in vigorous aerobic activity (such as tennis, basketball, or handball).

5. Run less than one mile per week or spend less than 30 minutes per week in comparable physical activity.
6. Run 1 to 5 miles per week or spend 30-60 minutes per week in comparable physical activity.
7. Run 5-10 miles per week or spend 1-3 hours per week in comparable physical activity.
8. Run over 10 miles per week or spend over 3 hours per week in comparable physical activity.

Do you have any Health Issues, allergies, or limitations? Please list.

Dietary considerations?

Where did you hear about Out in Alaska?

I have read Out in Alaska's terms of service and refund policy. I am ready!

Signed: \_\_\_\_\_ Date: \_\_\_\_\_