

GO TREK Trip Information

Physical Requirements

The trek we are making this summer will be rather demanding. Since we will be walking 10-15 miles per day, it is important to be in good physical condition. We recommend a steady regimen of walking in the two weeks preceding our journey (in addition to any previous conditioning needed to bring you to a reasonable level of fitness). Make sure that the walking you do in preparation is in the shoes you will be wearing on the trail.

Footwear

Your feet are going to bear the brunt of the work, so it's essential to choose suitable footwear. Look for a combination of durability and lightness: your best bets are a pair of sturdy sports shoes which let your feet breathe, or classic hiking boots. It is very important that the shoes you plan to hike in have been well broken in before we start the journey. Choose your socks with care as well; we prefer wool socks. Sock liners are also a good idea because they lie smooth against the skin, which helps to avoid rubbing.

Clothing

Though we will be traveling during the summer, you must bear in mind the different climates you will pass as you travel from the peaks of the Pyrenees, across the high Castilian plateau to the woods of Galicia. A good rule is to make sure your clothing is loose fitting to avoid friction and ensure comfort and breathability. A wide brimmed hat is strongly advised as we will be walking under the summer sun. Temperature, humidity level and other factors vary from region to region. Keep this in mind, but use common sense when you are packing. Only pack a parka if you are planning to do penance.

Luggage

However light your bags are, after a few kilometers any load becomes a burden. Be ruthless in rejecting superfluous items of baggage and only take what you really need. A medium-sized backpack (1500-1900 cubic inches) will be sufficient. A more complete packing checklist is provided below.

Communication

This won't be a problem as there are telephones and postal services along the trail should you need them. We will also be passing a cyber café in Leon and Santiago, if you want to do any e-mailing.

First Aid Kit

Setting aside possible accidents, the most frequent problems are from walking itself: blisters, aching joints and sore muscles. Antiseptics and disinfectants for treating blisters, mycins for treating mycosis, and anti-inflammatory ointment and bandages for muscles and joints are vital. Also, protective sun cream is essential to avoid overexposure to the sun.

Safety

Each of our staff is licensed in American Red Cross CPR and Emergency Response. For serious injuries there are hospitals in most towns we pass through on the trail.

Documents

You will need a valid passport or identity papers and any documents relating to health care. It is a good idea to have a photocopy of all vital documents, just in case.

Packing Checklist

1. Comfortable hiking boots
2. Lightweight, waterproof jacket w/ hood
3. Sleeping bag (down is lightest, but synthetic dries faster)
4. Sleeping bag bivvy (water-proof covering for sleeping bag)
5. Lightweight, wide-brimmed hat
6. 2 Tee shirts
7. 1 pair of comfortable shorts
8. 1 pair of lightweight/loose-fitting pants
9. 2 pairs of wool socks
10. 1 pair of sock liners (silk are best)
11. 3 pairs of underwear
12. 1 swimsuit
13. Very basic toiletries
14. Small first aid kit (w/blister gear)
15. 1 journal / notebook

GO TREK Policies and Procedures

Application Deadline/Deposit

All applications are due by April 15th. We require a \$500, non-refundable deposit to be sent with the application. This is not an application fee.

Insurance

There is some element of risk in any outdoor activity. GO TREK will provide group traveler's medical insurance. All participants must also have personal insurance coverage. GO TREK has provided the parent with medical and other release forms inside this application packet. These forms must be signed and returned no later than May 15th, along with the application.

Payment/Refund Policy

Once you are accepted, complete payment (total cost minus the deposit) is due no later than June 1st. If an applicant withdraws after June 1st, GO TREK will provide a full refund (minus the deposit) only if GO TREK can fill the space with another qualified applicant. Please understand that we maintain this policy because of the investments in trip planning, staff training, etc.

Early Departure

Ultimately, it is the responsibility of the parent/guardian to assess the appropriateness of this trip for their child. If GO TREK finds it necessary to terminate an individual's participation, the cost of this (including all transportation) will be at the parent/guardian's expense. If a participant should voluntarily leave the group, GO TREK will make every effort to contact the parent/guardian or emergency contact of that person. If a parent/guardian or emergency contact cannot be reached, GO TREK cannot be held responsible for the participant.

Getting to Spain

It is your responsibility to be in Madrid on the "Arrival" day (listed in the brochure) for your particular trip. If you would like names of some discount travel agencies please call one of GO TREK's contact people.

Drugs

None of the participants on the trip are allowed to possess or use any narcotics or alcoholic beverages during the trip. Violation of this will mean dismissal from the trip to return home.

Where to Send Your Application

Please send your application, along with the required deposit to:
Go Trek, Inc.
254 Parkview Terrace
Oakland, CA 94610

**GO TREK
Application**

FIRST NAME LAST NAME (_____) HOME PHONE

BIRTHDATE CURRENT GRADE E-MAIL ADDRESS

ADDRESS CITY STATE ZIP

FATHER'S/GUARDIAN'S NAME (_____) BUSINESS PHONE

FATHER'S E-MAIL ADDRESS

MOTHER'S/GUARDIAN'S NAME (_____) BUSINESS PHONE

MOTHER'S E-MAIL ADDRESS

HEADMASTER/PRINCIPAL (_____) SCHOOL PHONE

References: Please list two references (counselors and/or teachers).

NAME (_____) BUSINESS PHONE (_____) HOME PHONE

NAME (_____) BUSINESS PHONE (_____) HOME PHONE

**GO TREK, INC.
GENERAL RELEASE FORM**

GO TREK, Inc. ("GO TREK") welcomes your child's participation in our summer 2006 trip to Spain. It is necessary for GO TREK to have an understanding with you regarding GO TREK's responsibility in the event of accident or illness involving any participant on our expedition.

We therefore ask you to agree to the following terms and conditions:

I agree, as the responsible parent or guardian of the trek participant and for myself, as follows:

1. The trek participant and his/her parent or guardian acknowledge that they have read and agree to abide by the Policies and Procedures set forth by GO TREK in the application packet. Furthermore, the trek participant and his/her parent or guardian agree that the trek participant will abide by all policies and procedures established by GO TREK staff during the course of the trek for the entire duration of the trek.
2. GO TREK reserves the right to dismiss any trek participant whose conduct is deemed, as determined by GO TREK staff, to be detrimental to other participants or staff, or who exhibits any physical or emotional conditions which would impede his/her ability to participate in/complete the trek, or who does not abide by the Policies and Procedures set forth by GO TREK in the application packet and during the course of the trek.
3. GO TREK reserves the right to use the image or likeness of any trek participant in any promotional materials, publications, or activities produced by GO TREK. The use of this image or likeness of any trek participant by GO TREK in connection with any aforementioned promotional activity shall not entitle the trek participant to compensation from GO TREK.
4. I understand that adventure travel entails some inherent risks, including but not limited to: high altitude, rugged and mountainous terrain, forces of nature, and travel by plane, train, bus, automobile, horseback, or on foot. I hereby agree to release and hold harmless GO TREK and any officers, employees and/or agents of GO TREK from any claims, costs, expenses (including attorney's fees) and/or damages arising out of my child's participation in the GO TREK summer 2006 trek across Spain.
5. I understand that while GO TREK does provide group travel insurance, I shall be responsible for providing all other insurance coverage for any medical or dental care for my child should he/she sustain any injury in conjunction with his/her participation in the trek.

6. The trek participant and his/her parent or guardian agree to abide by the Policies and Procedures established by GO TREK for the health, safety, and welfare of the other trek participants.

I have read the above and agree to all the terms of this agreement including but not limited to that portion which limits the responsibility of GO TREK, Inc., for any injuries sustained by my child as a result of participation in the GO TREK summer 2006 trek across Spain.

Parent or guardian's signature: _____

Date: _____

Participant's signature: _____

Date: _____

IN CASE OF EMERGENCY NOTIFY:

Name: _____

Phone: (_____) _____

Address: _____

City/State/Zip Code: _____

