



# Princeton Outdoor Adventures

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## **Pre-Trip Questionnaire**

The information you provide will be used to design a trip that best matches your ability level, goals and interests as well as to help select equipment, including kayak, paddle, and wetsuit that will be a good fit for you.

Name:

Phone:

Age:

Email:

Height:

Emergency contact (name & phone:

Build: (large / medium / small)

Weight:

Current level of fitness: In the last two months, how often have you exercised for at least 20 minutes?

\_\_\_\_\_ never

\_\_\_\_\_ occasionally

\_\_\_\_\_ 1 - 2 times per week

\_\_\_\_\_ 3 - 4 times per week

\_\_\_\_\_ 5 or more times per week

Briefly describe the extent of your kayaking and canoeing experience (if any):

Please identify any temporary or long-term medical conditions which could potentially become a factor during a kayaking trip:

Please identify any allergies, including allergies to insects:

Trip Goals:

Please rank each of the following in terms of importance, from 1 - 10, with 10 being of maximum importance. (More than one item may be ranked 10, for example):

\_\_\_\_\_ physical exercise

\_\_\_\_\_ adventure

\_\_\_\_\_ natural history / marine life

\_\_\_\_\_ relaxation

\_\_\_\_\_ exploration / discovery

\_\_\_\_\_ improve kayaking skills

\_\_\_\_\_ spend time with friends

\_\_\_\_\_ physical challenge

\_\_\_\_\_ adrenaline rushes

\_\_\_\_\_ enjoy natural beauty

\_\_\_\_\_ other: (please describe):

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