



## Mantario Summer Program Registration Form

Name: \_\_\_\_\_ Male/Female: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (h) \_\_\_\_\_ (w) \_\_\_\_\_ Email: \_\_\_\_\_

Registering for the week of: \_\_\_\_\_

A non-refundable deposit of \$100 is required to reserve your spot. If you have not already done so, please forward payment with this form to:

Mantario Summer Program c/o Nature Manitoba, 401 – 63 Albert Street, Winnipeg, MB R3B 1G4  
Phone/Fax: (204) 943-9029 Email: [naturemanitoba@mts.net](mailto:naturemanitoba@mts.net) Website: [www.naturemanitoba.ca](http://www.naturemanitoba.ca)

**Balance due 14 days prior to departure.** Cheques should be payable to Nature Manitoba.

For credit card payments:  MASTERCARD  VISA

Card number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Signature of cardholder: \_\_\_\_\_

Have you ever been to Mantario before? \_\_\_\_\_ If yes, when? \_\_\_\_\_

### Canoeing Skills:

- Beginner: No previous paddling experience (or have not paddled since summer camp)
- Novice: Limited paddling experience (with little or no formal instruction), comfortable paddling in the bow (front) of the boat
- Intermediate: Previous canoeing experience and comfortable in the stern
- Advanced: extensive canoeing experience and canoe tripping knowledge, comfortable solo paddling

### Swimming:

- Non-swimmer (most comfortable when wearing life jacket)
- Can comfortable swim 100 meters
- Strong swimmer

Do you have any first aid training? \_\_\_\_\_ If yes, please specify \_\_\_\_\_

Do you consider yourself physically fit? \_\_\_\_\_

Do you have any disabilities or allergies which may inhibit your participation on this trip? Please specify:

\_\_\_\_\_

Are you presently taking any medication? Please specify: \_\_\_\_\_

Do you have any special dietary concerns (food allergies, vegetarian, kosher, etc.)?

\_\_\_\_\_

Medical Insurance Number: \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_

Phone number: \_\_\_\_\_

Relationship: \_\_\_\_\_

Do you plan to take a personal vehicle to the departure point?

- Yes. If you are able to take other participants, how many could you take? \_\_\_\_\_
- No. Will you be requiring a ride? \_\_\_\_\_

*Nature Manitoba reserves the right to decline application to any individual as they deem appropriate, and to cancel trips due to lack of enrollment.*



## **Informed Consent and Liability Release Agreement**

*Please read carefully, and sign this form!*

### **MANTARIO WILDERNESS EXPERIENCE**

I understand that Nature Manitoba is a not-for-profit corporation, and that the objectives of Nature Manitoba are, among other things, to facilitate participation by members in wilderness and other recreational activities, and that participation in such activities may involve risk of bodily injury or death.

I acknowledge that risks of injury and death are inherent to participation in outdoor, wilderness and recreational activities. I understand that I am solely responsible for determining my ability (and the ability of any minors accompanying me in such activities) to participate in the above activity that will require appropriate levels of fitness, health, and skill as determined by me.

I further understand that Nature Manitoba, its members, directors, officers, trip leaders, employees, and any other representatives (collectively "Nature Manitoba organizers") make no representation as to the expertise of the trip leaders or any of the trip participants in connection with the above activity and I acknowledge that I do not rely upon the trip leaders or any other trip participants for such expertise. I agree that my participation and that of any minors accompanying me in the activity shall be entirely at my (our) own risk and I assume full responsibility for myself and such minors.

In consideration of the foregoing and Nature Manitoba enabling me (and any minor accompanying me) to participate in the activity, the sufficiency of which consideration I do hereby acknowledge, I hereby assume on my behalf and behalf of any minors accompanying me, all risks arising from participation in the above activity, including travel to and from the activity. I do hereby release and discharge Nature Manitoba organizers of all claims of whatever nature and respect of any liability loss, cost or damage whatsoever, including, without limiting the generality of the foregoing, bodily injury or death, damage to or loss of property, arising out of or in connection with my participation (and that of any minor accompanying me) in the above activity, including travel to and from the activity.

I declare that I have read and understood the above release in its entirety.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

Signature \_\_\_\_\_



## **MANTARIO SUMMER PROGRAM EQUIPMENT LIST**

- Lunch (for the trip out)
- At least 2L of drinking water for the trip in
- Backpack to carry all of your belongings. *Everything should be contained within this pack, with no separate bags on the outside.*
- Sunscreen & chapstick
- Insect repellent
- Sun hat & sunglasses
- Swimsuit
- One towel
- Underwear
- Socks (3 pair – cotton/wool)
- Sleeping bag
- 1 change of clothes, plus sleeping wear. A warm sweater or fleece is also recommended for cool evenings.
- 1 pair old runners or hiking boots
  - please remember that these shoes will be worn during portages. For this reason, shoes with some form of ankle support, which can get wet and dirty, are recommended.
- 2<sup>nd</sup> Pair of Shoes or sandals for wearing around the cabin
- 1 Set lightweight raingear
- Personal toiletries – toothbrush & toothpaste, hairbrush, etc.
- 1 Pillowcase
- 2 Garbage bags (use as pack liner to protect personal belongings while canoeing)
- Change of clothes and water or snack for the drive home (to be kept in vehicle)
- Small flashlight

### **OPTIONAL EQUIPMENT**

- Paddling gloves
- Matches
- Toilet paper (for trail)
- Camera
- Pocket knife
- Reading & writing material
- Fishing gear (as little as possible & Manitoba licence)

*As you will be carrying your own pack along with other supplies across the portages, please pack as lightly as possible.*