

Participant Information

January 2010 Interim Course at Audubon Center of the North Woods
Wolves and other large predators: A Northwoods Experience, 1/4-22/09

We look forward to meeting you in January and sharing this month of winter, wolves and other large predators with each one of you. No season creates as much stress on the ecology of wildlife as winter. In the summer, there is always enough to eat when the plants are green and abundant, but what food is to be found when three feet of snow covers the ground? There is always shade in the heat of summer, but is there always a warm place to be found in winter? What are some of the physical and behavioral adaptations of organisms to the cold, dry winter environment?

During this season we will attempt to understand winter through interpretation of wolf and predator ecology, research and practical experience. We will be tracking wolves to locate territorial packs and observing the environmental impacts of deer on their habitat. We will assist lynx researchers with tracking data. We will also spend a week divided between Superior National Forest and the North Shore of Lake Superior to survey the wolf population on the Jonvick Deer Yard, a special ecological zone which concentrates over 100 deer/square mile, and at one time the largest wolf pack in Minnesota. We will prepare for our experiences with lectures on wolf, lynx, deer and winter ecology, and will practice data gathering techniques and do tracking surveys which will benefit wolf and lynx researchers and managers.

We will furnish snowshoes for the research and will work with you on first aid and winter survival skills. There will be some time for cross country skiing on your own and some of our routes are better run on skis.

Recommended Reading:

Wolves: Behavior, Ecology, and Conservation by L. David Mech and Luigi Boitani
The Wolf: The Ecology and Behavior of an Endangered Species by L. David Mech
Field Guide to Mammal Tracking in North America by James C. Halfpenny
Yellowstone Wolves in the Wild by James C. Halfpenny
Of Wolves and Men - Barry Lopez
Wolves - L. David Mech

Please see other attachments (or download PDF files off our website) for detailed course information (such as packing list, syllabus, etc.) and REQUIRED FORMS.

http://www.auduboncollege.org/ac_jterm.htm

Call or email the Audubon Center of the North Woods if you have any questions:
PO Box 530, Sandstone, MN 55072
1-888-404-7743 or 320-245-2648
audubon1@audubon-center.org

2010 January Interim

Tentative Schedule (subject to change)

01/03/2010 -- Airport Pickup. Must be in by 2 p.m. to Mpls/St. Paul Int'l Airport (MSP)

Introduction to the ACNW, Dinner, Overview of month, Expectations, Journals and Grading

1/4 -- Wolf Ecology, Quinzee Building, Winter First Aid and Safety

1/5 – Coyote and Fox Ecology, Cross Country Skiing

1/6 – Lynx Ecology, Orienteering and GPS, Raptors

1/7 – Bobcat and Cougar Ecology, Radio Telemetry, Big Cat Sanctuary outside of Sandstone, MN

1/8 – Mustelid Ecology, Tracking Presentation and Outside Tracking

1/9 – Winter Tree Identification and Browse Surveys, Tracking at Big Spring in Banning State Park

1/10 – All Day tracking at Sandstone National Wildlife Refuge

1/11– Visit Wildlife Science Center in Forest Lake, MN

1/12 – Depart for Ely, Craig Blacklock's Gallery, International Wolf Center, Radio Telemetry Flights

1/13 – International Wolf Center, Radio Telemetry Flights, Listening Point

1/14 – Radio Telemetry Flights, 2-Hour track follow, North American Bear Center, Dinner in Town

1/15 – Snowshoe/Ski, track to Hegman Lake Pictographs. Visit Brandenburg Gallery. Eat Dinner in Moose Lake. Return to Audubon Center

1/16 – Ski/Snowshoe Day in Banning State Park for tracking

1/17 – Off- Laundry Day

1/18 – Visit Natural Resources Research Institute in Duluth, MN. Solbakken Resort in Lutsen, MN.

1/19 – Transects (snowshoeing), Wolf Sign (skiing), Road Survey at sunset. Readings and Discussion

1/20 -- Transects (snowshoeing), Wolf Sign (skiing), Road Survey at sunset. Dinner in Grand Marais

1/21 – Follow Tracks, Depart for Audubon Center. Gear Down, hand in Journals. Dinner at Center.

1/22 – Study AM. Final Test PM. Evening Concert Douglas and Bryan Wood.

1/23 –**Airport Shuttle- we will have you to airport by 10 am – DO NOT schedule outbound flights before noon!**

Required Forms (also available on our website at www.auduboncollege.org):

- Medical History and Liability form** is required. Please fill out and mail or fax it to the Audubon Center of the North Woods, along with the balance of the fee for the course (unless you've already paid in full). **THIS IS DUE BY DECEMBER 11, 2009.** (Course fee is \$1599, deduct any deposit you have already paid).

- Travel information and attendance verification form** is required. **THIS IS DUE BY DECEMBER 11, 2009.** Please fill this out and return it along with the Medical History & Liability form and final fee payment. If you have any further questions, please do not hesitate to write or call.

Lodging Information

While at the ACNW you will stay in Lowry or Schwyzer Student Lodges. There are 4-6 bunks per room and men's and women's bathrooms and showers. While at ACNW, you will have bunks in rooms designated male or female. You will need to bring a sleeping bag and pillow to throw out on a bunk, as well as towels and washcloths. You will have daily housekeeping responsibilities.

While doing the Jonvick research, we will be staying in motel units at SOLBAKKEN RESORT (www.solbakkenresort.com), near Lutsen, Minnesota. Since there are limited beds, and in order to keep costs reasonable, it will be necessary for participants to SHARE DOUBLE- or QUEEN-sized BEDS WITH ROOMMATES. Rooms will be designated male or female, depending on the number of registrants of each gender.

Syllabus

Course Title: *January Interim: Wolves and other large predators:
A Northwoods Experience*

Number of Credits 4 semester credits – recommended by instructor

Semester Offered Spring (January) January 4-22, 2010

Instructor's Name Bryan Wood **Contact Phone:** 320-245-2648

Email bwood@audubon-center.org

Catalog Description:

This course covers a broad range of topics related to wildlife. The focus will be the gray wolf, lynx and the white-tailed deer, and other MN predators, but all animals directly or indirectly associated with or affected by these predators or prey may be included. The course is field-oriented and includes opportunities for backcountry travel, wildlife observation and tracking, as well as an introduction to habitats, how wildlife respond to natural and artificial disturbance, and human factors. Additional topics include wildlife research techniques, data acquisition and analysis, as well as management practices.

Learning Outcomes. Upon completion of this course the student will be able to:

1. Describe animal adaptations to a winter environment.
2. Identify and describe various wolf behaviors.
3. Identify and describe wolf field sign.
4. Identify habitat types and individual woody browse plants important to ungulates in the Border lakes region.
5. Describe wildlife research techniques and their application.
6. Demonstrate the ability to use a map and compass for backcountry navigation.
7. Describe and demonstrate safe field techniques.
8. Identify and describe ecological factors related to lynx research.
9. Identify and describe lynx field sign.
10. Describe Minnesota predators and their habitat, prey, and lifestyle.

Student Assessment Methods:

Field Journal

Research Paper

Oral and written quizzes

Discussion of assigned readings

Instructor assessment of student participation and competency

Instructor assessment of practical skill demonstration and competency

Reflection Paper

Final exam

Outline of Major Course Content:

Wolf ecology

Lynx Ecology

Other MN predators

Predator-prey relationships

Predator and Endangered Species Issues and Management

Backcountry navigation
Wildlife habitats
Wildlife research techniques
Winter field techniques and safety

Attendance Policy:

Students must participate in all class activities unless prearranged with class instructor, in which case make-up assignments may be arranged.

Grading Policies and evaluation procedures:

Participation	55% of total grade
Final exam	15% of total grade
Reflection Paper	10% of total grade
Field Journal	10% of total grade
Research Paper	10% of total grade

Final Grade is based upon % of total points:

90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, Below 60% = F

Course Accommodations: If there is any student in this class who has special needs to learning disabilities or other kinds of disabilities, please discuss your special needs with the instructor.

Course Location: This class will be based out of the Audubon Center of the North Woods (Sandstone, MN) for the first week, then the 2nd week will be based out of Ely, MN and 3rd week out of a resort on the shores of Lake Superior near Lutsen, MN.

Academic Integrity Statement: Students are expected to abide by academic integrity standards in this class. Student unethical practices, such as cheating on examinations or misrepresenting authorship on class assignments will not be tolerated.

Travel Information:

LOCATION OF ACNW: The Center is located 100 miles north of the Minneapolis/St. Paul metropolitan area and 70 miles south of Duluth. The Center is situated on the east shore of Grindstone Lake, approximately eight miles west of Sandstone, Minnesota. A map is available on our website. **Phone number is: 1-888-404-7743 or 320-245-2648**

TRAVEL BY CAR:

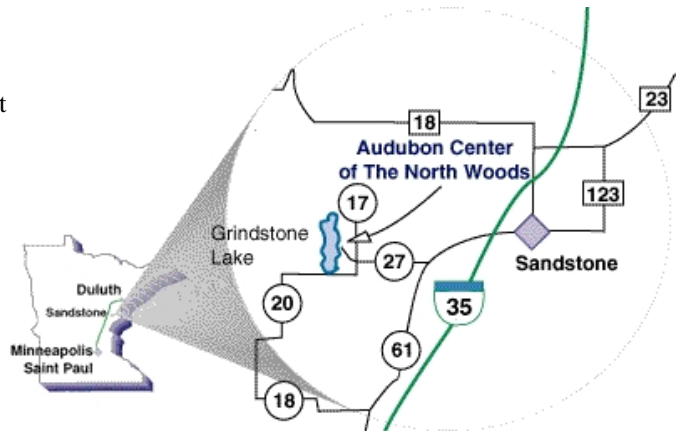
ARRIVAL: Arrive by 4:00 p.m. on Sunday, January 3, 2010. Dinner is provided and we will go over the class schedule, expectations and assignments after dinner.

DEPARTURE: You will be done the afternoon of January 22, 2010. If you have a long way to drive, you may stay overnight and depart on the 23rd. The airport shuttle will depart the morning of Saturday, January 23 for the airport. DO NOT schedule flights to depart before noon on Saturday, January 23, 2010.

Driving directions: (note: **Do Not Use Mapquest to locate us – use GoogleMaps instead**)

From the south – Minneapolis/St. Paul: Head north on Interstate 35 to the Sandstone exit 191. Exit and head west for ~2 miles on 61/23. Make a right turn on Grindstone Lake Road/Cty 27 (sign here) and head west ~3.1 miles. Make a right on Fox Lane/Cty 17 (sign here) and head north ~ 100yards. Make a left turn on Audubon Road between pillars (gate may be chained at night but is not locked) and go about 1 mile down driveway to the office.

From the north: Head south on Interstate 35 to Sandstone exit 191. Exit and head west for ~2 miles on 61/23. Make a right turn on Grindstone Lake Road/Cty 27 (sign here) and head west ~3.1 miles. Make a right on Fox Lane/Cty 17 (sign here) and head north ~ 100yards. Make a left turn on Audubon Road between pillars (gate may be chained at night but is not locked) and go about 1 mile down driveway to the office.



TRAVEL BY BUS: Sandstone has very limited Greyhound service arriving from the south (Twin Cities) - check with Greyhound for schedule and let us know your arrival time. Arrangements can be made to pick you up at the bus stop in Sandstone. **PLAN TO ARRIVE ON 1/3/2010. PLAN TO DEPART ON 1/23/2010.**

TRAVEL BY PLANE: The ACNW will provide an airport pickup/drop off for **\$20 each way.**

ARRIVAL: Plan to fly into the **MINNEAPOLIS/ST. PAUL INT'L AIRPORT (not the Humphrey Terminal).** Arrival must be before 2:00 PM on Sunday, 1/3/2010 – the earlier the better to account for flight delays. The van departs for ACNW from the main airport at 2:00 PM

When you arrive at the airport give the center a call (1-888-404-7743 or 320-245-2648) so that we know you're in and can let you know any last details about the pickup. We will plan on picking you up at the baggage claim level outside of door #4 of the MAIN TERMINAL.

DEPARTURE: Departure must be after noon on Saturday, January 23, 2010. We will have you to the airport by 10-10:30 AM.

Transportation to the study sites during the course will be provided by the Center's 15 and 7 passenger vans.

CONTACT INFO: 1-888-404-7743; 320-245-2648; Fax 320-245-5272; Email: audubon1@audubon-center.org

Additional Course Information:

MEALS: Served buffet style in the main lodge during at the Audubon Center. Many lunches will be packed to eat in the field. On the North Shore we will cook our own meals. Special diets cannot be accommodated. We do prepare vegetarian options. Vegan diets will be a challenge. You will be responsible for three restaurant meals during the course.

TRAINING: You should be prepared. **This is a physically demanding program.** Get some exercise! Walk a lot ahead of time. We recommend getting up to 4 miles or more 3-4 days per week at a brisk pace with a day pack and water – see equipment discussion for information on what you might carry in your pack on a typical day. If you are physically prepared for the program your experience will be much more enjoyable and safe.

TESTS: There will be various short quizzes. Research skills and background are important and we need to have some idea of where you're at. Some of you will also need to have grades for the credits for your school. These tests will help assess your grades. **Please let us know if a grade is required and who to send grades to - in advance.** We need name, address, phone, fax and e-mail. **We will also ask you to research some aspect of wolf ecology or behavior to present to the class.**

GRADES: Course requirements are outlined in the syllabus. **Please let us know if a grade is required and who to send grades to - in advance.** We need name, address, phone, fax and e-mail.

Drug & Alcohol Policy: alcoholic beverages and recreational drugs are not allowed at ACNW during this program. Cigarette smoking is not allowed in any of the buildings or vehicles. Smokers will be asked to move away from the group when smoking in the field. Smoking at the center is restricted to one outside area. Chewing tobacco is not allowed in any of the buildings or vehicles.

MAIL: Use the Center's street address for all mail and deliveries (your name, Audubon Center of the North Woods, 54165 Audubon Dr., Sandstone, MN 55072). UPS delivers directly to us Monday through Friday and is a better option for any packages, since we have to pick up US mail in town and it is not delivered directly (we do pick up mail every morning at the post office, but sometimes there is a delay with US mail).

PHONE: There is a phone in the student lodge (320-245-3149). It will accept incoming calls, however, you must use a credit card or call collect for long distance outgoing calls. The telephone number for the center is (320) 245-2648. There is voice mail to take messages when no one is in the office. The fax number for the center is (320-245-5272).

NOTES:

- Due to the construction of our buildings, candles cannot be burned.
- TVs are not allowed at the center. Musical instruments are encouraged, and cassette/CD/mp3 players are allowed if played so that others are not annoyed by them.

SYLLABUS:

Also enclosed is a copy of a syllabus for the course that we have on file with Vermilion Community College, Ely, Minnesota, which is offering credits for the course. You can utilize this to show your professor the course content.

USING ACNW GEAR: You are personally responsible for repair or replacement of any gear lent or rented to you by ACNW and will be charged for loss or damage if it is the result of personal negligence.

Weather Conditions: January is our coldest month of the year, with a temperature range from above freezing to -45 degrees F. We are more concerned about the annual thaw and the wetness that accompanies it than with the cold weather. If you dress in layers and wear the proper fabrics, you should have no problems with the cold. We will discuss, in great detail, how to dress for and behave in cold conditions. Most temperatures will be in the -10 to +20 degrees F range. A suggested packing list is included. **ACNW does have cross country ski equipment for you to use.** Our bindings are back country style which allows you to use your warm winter boots. **REMEMBER, CROSS COUNTRY SKIING IS AN OPTIONAL ACTIVITY.** Some of our wolf-tracking routes are best done on skis. Please let us know ahead of time if you plan to use any of our equipment. **BRING YOUR OWN IF YOU HAVE THE SKIS OR SNOWSHOES.**

Winter Clothing Concerns: Please refer to the suggested packing list. Winter conditions demand far greater concern for proper clothing than any other season. The effect of cold, wind and moisture are most severe at this time, so clothing should be chosen to serve adequately for safety and comfort. Wool is one of the best materials, since it has a high insulation value and retains most of that value even when wet. Silk, polypropylene, pile, bunting, and a host of other materials are available, with specific uses and abilities, and they should also be considered, especially if layered with some wool.

COTTON SHOULD BE AVOIDED, BECAUSE IT HOLDS MOISTURE AND LOSES ALL INSULATION VALUE WHEN WET.

Day trips and research days will typically require us to be outdoors all day. Your daypack should be large enough to carry some extra clothing, field guides, a clipboard, water bottles – 2 quarts, flashlight and lunch. If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. If snow is deep, you will be working hard and building up lots of heat. Layers should then be shed to reduce perspiration so you don't get your insulating layers wet. Wet clothing means quick conduction of heat away from your body - brrrrr.

SEE THE SUGGESTED PACKING LIST FOR ITEMS YOU WILL NEED.

SUGGESTED PACKING LIST

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Layering System:

If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. If snow is deep, you will be working hard and building up lots of heat. Layers should then be shed to reduce perspiration so you don't get your insulating layers wet. Wet clothing means quick conduction of heat away from your body.

Day trips and research days will typically require us to be outdoors all day. At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Your daypack should be large enough to carry some extra clothing, field guides, a clipboard, water bottles – 2 quarts, flashlight and lunch.

Each evening you will have to work towards drying clothes so that they can be used again. (Do not go out and buy a parka just for this course. As long as you can bundle up in lots of layers almost any winter overcoat will do.)

WINTER CLOTHING CONCERNS: Winter conditions demand far greater concern for proper clothing than any other season. The effect of cold, wind and moisture are most severe at this time, so clothing should be chosen to serve adequately for safety and comfort. Wool is one of the best materials, since it has a high insulation value and retains most of that value even when wet. Silk, polypropylene, fleece, pile, bunting, and a host of other materials are available, with specific uses and abilities, and they should also be considered, especially if layered with some wool.

COTTON SHOULD BE AVOIDED, BECAUSE IT HOLDS MOISTURE AND LOSES ALL INSULATION VALUE WHEN WET.

- *see packing list on next page* -

(NOTE: You do not need all items to attend _ READ CAREFULLY!)

Clothing and Equipment Note: At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Each evening you will have to work towards drying clothes so that they can be used again. (DO NOT GO AND BUY A PARKA JUST FOR THIS COURSE. AS LONG AS YOU CAN BUNDLE UP IN LOTS OF LAYERS, ALMOST ANY WINTER OVERCOAT WILL DO. Call if you have questions.

- sleeping bag or bedroll and pillow to put on bed in lodge - make sure they are warm!
 - Wool or fleece hat or balaclava
 - scarf – wool or fleece is the best
 - wool or other heavy duty mittens - at least 2 pairs
 - leather or nylon overmitts - to keep wool ones dry
 - wool or fleece sweaters - 2
 - long sleeved wool or polypropylene shirts
 - wool shirts
 - wool or polypropylene long underwear - TOPS AND BOTTOMS - 2 sets is recommended
 - wool socks - at least 4 pairs
 - liner socks - lightweight wool, polypropylene, or silk*
 - down, fleece or polarguard vest
 - winter jacket, parka or shell
 - gaiters - a must to keep snow out of boots and socks
 - good winter boots with REMOVABLE WOOL/FELT LINER - THIS IS A MUST HAVE ITEM! SOREL BOOTS are the best - there are many less expensive copies which work well too. These are boots with rubber bottoms and leather uppers.
 - extra pair of wool/felt liners for boots*
 - good raingear - jacket and pants - good for wind protection; should be durable in cold - cheap stuff falls apart
 - handkerchiefs
 - sunglasses or ski/snow goggles
 - bathing suit for the sauna and hot tub at Solbakken
 - wool pants - 2 pairs - one heavy and one light OR one pair of wool and one pair of ski/snow pants. Wool pants are available at Army/Navy surplus stores at very reasonable prices (looks may not be the greatest, but warmth is terrific!)
 - down or polarguard booties* (optional for lodge use)
 - LARGE DAYPACK - a must for carrying gear and extra clothing on day trips
 - camera/film (optional)
 - pocketknife
 - small flashlight/bulbs/batteries - headlamp works well - good for late work since it gets dark around 4:30 P.M. in the winter
 - binoculars (optional)
 - notebook/pens/pencils (pencils work best in winter conditions)
 - compass - or orienteering style with 2 degree increments SILVA POLARIS
 - GPS unit (highly encouraged)
 - Laptop computer (optional)
 - clipboard
 - 2 heavy duty large garbage bags to line your daypack
 - large freezer ZIPLOC bags to cover notebooks and field guides
 - quart size steel thermos* - so your water doesn't freeze
 - 2 quart-sized water bottles
 - cross country skis/boots/poles/waxes - optional - but bring your own if you have them
 - snowshoes - optional - we have some for you to use
 - watch or portable alarm clock - important
 - personal toilet and medical items (lotion, lipbalm, toothpaste/brush, soap, bandaids, moleskin, aspirin, coughdrops, tampons, etc.)
 - washcloth and towels
 - ace bandages/braces - if you need to use any. We will be in rugged country, so be prepared for knee/ankle problems if you know these are weak areas
 - laundry soap
- * Optional, yet highly recommended items. Call us for more information if you have any further questions.

Be sure to bring sufficient, comfortable clothing for living in the lodge. Include slippers/moccasins, robe, underwear, pajamas, jeans, etc. The above list is to help you for the outdoor activities.

Outdoor Gear Catalogs

Sierra Trading Post
1-800-713-4534
www.SierraTradingPost.com

Cabela's
1-800-237-4444
www.cabelas.com

REI (Recreational Equipment Inc.)
1-800-426-4840
www.rei.com

Campmor
1-800-226-7667
www.campmor.com

L.L. Bean
1-800-221-4221
www.llbean.com

Mountain Hardwear
www.mountainhardwear.com

Midwest Mountaineering
www.midwestmtn.com

North Face
www.thenorthface.com

TRAVEL INFORMATION AND ATTENDANCE VERIFICATION
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Wolves and other large predators: A Northwoods Experience, 1/4-1/22/10

Please mail or fax this form, along with the balance of your fee to
Audubon Center of the North Woods, PO Box 530, Sandstone, MN 55072,
Fax:320-245-5272,so that it reaches us by **December 11, 2009**. Thank you.

NAME _____ AGE ____ MALE__ FEMALE__
HOME ADDRESS _____
CITY _____ STATE _____ ZIP _____
COLLEGE ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE NUMBER: COLLEGE or CELL () _____ HOME () _____
E-MAIL _____

- I will be receiving college credits from my own school for this session. What kind of credits? _____
 An evaluation of my experience/performance should be sent to my advisor,
His/Her name/address is (include address, phone, fax and email) _____

NOTE: PLEASE BRING/SEND A COPY OF YOUR SCHOOL'S EVALUATION FORM if we are to use it.

I will eat red meat poultry fish vegetables dairy products

I will need the following equipment from ACNW:

Cross country skis -- I am ____ feet ____ inches tall Cross country ski poles Snowshoes

TRAVEL PLANS

NAME _____

Others traveling with me are: _____

ARRIVAL INFO

- I will be arriving by private car and will be at the Center by _____ on Sunday, January 3rd, 2010.
 I will be coming by Greyhound Bus and would like to be picked up at the bus stop in Sandstone at
_____ on Sunday, January 3rd, 2010.
 I will need a shuttle to ACNW from the airport on Sunday, January 3rd, 2010. My flight info is:
Airline _____ Flight # _____ Arrival Time _____

DEPARTURE INFO

- I will need a shuttle from ACNW to airport on Saturday, January 24th, 2010. My flight info is:
Airline _____ Flight # _____ Arrival Time _____
 I will need a ride to the Sandstone Bus station on Saturday, January 24th, 2010 at _____ (time)

MEDICAL & LIABILITY FORM - required
January 2010 Interim Course at Audubon Center of the North Woods
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Completion of this form is essential for your safety and enjoyment of our facilities and programs. Please take the time to accurately complete this form.

Mail or fax completed form by December 11, 2009:

Audubon Center of the North Woods, PO Box 530, Sandstone, MN 55072

Fax: 320-245-5272

Name _____ Age _____ Birth date ____/____/____ Gender M F

Street Address _____

City _____ State _____ Zip _____

Telephone _____ Secondary Phone _____

In case of emergency notify: _____

Relationship _____ **Phone** _____

Family Doctor or Clinic _____ Phone _____

Health Insurance Company _____

Policy # _____ and/or Group # _____ other # _____

Or – I don't have any health insurance _____

MEDICAL HISTORY

Allergies – check all that apply

_____ penicillin _____ aspirin _____ iodine _____ heat/cold

_____ insects, please list _____

_____ foods, please list _____

Please describe your typical reaction to the above indications and how you treat it. _____

Note: If you require medication or suffer severe allergies and must carry epinephrine, you are responsible for bringing your own. We suggest that you bring a double prescription so that one of the leaders can carry part of it to avoid any problems in the event you should lose yours. Also bring any other medications you need for problems listed below.

Will you be taking any medications during the course? _____ If yes, please list the medication and its purpose.

MEDICAL HISTORY – PLEASE INDICATE IF YOU HAVE ANY HISTORY WITH THE PROBLEM

_____ Asthma _____ Crohn's Disease _____ Snowblindness _____ Back Problems _____ Chronic Diarrhea

_____ Frostbite/hypothermia _____ Knee/joint Problems _____ Intestinal/stomach problems _____ Fainting

_____ Rheumatic Fever _____ Raynaud's Syndrome _____ Bronchitis _____ Arthritis _____ Seizures

___ Abnormal Blood Pressure ___ Heart Trouble ___ Anorexia ___ Drug abuse problems

___ Diabetes, controlled by: injection ___ pill ___ or diet ___ ___ Eyeglasses ___ Hearing Aid

___ Corrective braces or devices, please describe _____

If you have checked any of the above, have you been treated or are still under treatment for the problem?
Please explain:

Is there any other problem we should know about to keep you safe and help you enjoy your stay? Any fears or phobias?

DIETARY PREFERENCES

___ Vegetarian ___ Fish ___ No red meat ___ Any meats

We cannot always provide special diets. However, we may be able to be flexible with some of the meals. It is your responsibility to contact us before the session and you may need to bring along some of your own foods.

ASSUMPTION OF RISK and LIABILITY RELEASE

Participant Name _____

I will be participating / I authorize the above-named participant to participate in the program at the Audubon Center of the North Woods. I acknowledge and am aware that this program involves certain inherent risks which I am prepared to accept. These risks may include (but are not limited to) inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Audubon Center sites; and other peoples' actions. Following appropriate medical consultation, I have determined that my child's/my health is adequate to participate safely in this program (except as indicated on the Student or Adult Health Form). In the event of an emergency, I authorize treatment by emergency medical personnel.

Accordingly, I hereby release the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless the Audubon Center of the North Woods for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

Parent/Guardian or Participating Adult Signature _____

Address _____

City _____ State _____ Zip _____

Date _____

Photo Release Permission

The undersigned hereby allows the Audubon Center of the North Woods to use photographs of the participants taken during the Audubon programs for use in promotional materials.

Signature of Participant: _____ Date _____