



## Trip Documents Package

Once again, thanks for signing up for an Alaskan adventure with Exposure. We've tried to make the paperwork process as painless and paper-free as possible. This package has several forms and some information to help you prepare for your trip.

Remember that our special trip preparation section of our website is still your best resource as you look for forms or complete them online, get your gear list and find other information to help you get ready.

This packet contains the following:

**Waiver** – This must be signed by all members of your party, including minors. Parents should explain the waiver to their children and also sign. Return this form by mail.

**Contract** – Please read and sign. Return this form by mail.

***For Custom Trips:*** Please disregard this contract, we will send you a special one later.

**Frequently Asked Questions** – For your reference.

**Check list** – To stick on your fridge!

You'll also need to complete the *Health and Lifestyle* and *Arrival Details* forms on-line.

That's about it, see you in Alaska!

PARTICIPANT AGREEMENT: ACKNOWLEDGEMENT AND ASSUMPTION OF RISK,  
AND RELEASE OF LIABILITY

**Warning: There are significant elements of risk in any adventure activity associated with the outdoors or wilderness. Please read this two-page document carefully. It Contains Important Information and Must Be Signed Prior to Participation.**

In consideration of the services of Exposure Alaska LTD, ("Exposure") (also doing business as MICA Guides ("MICA")) their employees, affiliates, officers, directors, successors, agents, and assigns, and all other persons or entities associated with it, I agree and acknowledge as follows:

Exposure uses independent contractors for various services, including instruction, guiding, transportation, meals and lodging. Exposure does not retain control over these entities and is not liable for any acts, negligent or willful, or failure to act of any such person, entity or third-party.

The activities of the Exposure trip which I am to participate in entails known and unknown risks, inherent and otherwise, that could result in property damage, physical or emotional injury, or death. It is important to know in advance what to expect and to be informed of the potential dangers. Certain risks are inherent and cannot be eliminated without destroying the unique character of the activity. The same elements that contribute to the unique character of the activity can be causes of loss or damage to equipment, injury, illness, or death.

The following describe some, but not all, of the risks of the activities which I may participate in: falling; cold weather and heat related injuries and illnesses including frostnip, frostbite, heat exhaustion, heat stroke, hypothermia and dehydration; an "act of nature" which may include avalanche, rock fall, ice fall, glacier movement, inclement weather, thunder and lightning, severe and/or varied wind, temperature or weather conditions; river crossings, fjordings, portaging, or travel including travel to and from the activity; risks associated with crossing, climbing or down climbing of rock, snow and/or ice; equipment failure and/or operator error; discharge of weapons; hidden hazards such as snowbridges, moulines, thin ice or black ice; contact with plants or animals; condition of roads, trails, parking lots or terrain which may be slick due to ice and loose dirt and rocks; risks typically associated with watercraft including change in water flow or current; guide misjudgment; submerged, semi-submerged and overhanging objects, capsizing, swamping or sinking of watercraft and resultant injury, hypothermia or drowning; instructor/guide misjudgment; my sense of balance, physical coordination, and ability to follow instructions; delayed or no means of communication; attack by animals; prolonged delay in ability to obtain medical assistance (evacuation to medical facilities could take 24 hours or longer); and losses due to civil unrest and terrorism.

Some trips allow for unsupervised free time. Free time activities are not part of the Exposure trip and are at your sole risk. Exposure is not responsible for any loss, injury, illness or death which may result from your participation in free time activities.

I understand the description of the above risks is not complete and that other unknown or unanticipated risks may result in property loss or damage, personal or emotional injury, illness or death.

I agree to abide by all written and unwritten rules of Exposure/MICA Guides which may from time to time be made or implemented by Exposure/MICA Guides or their staff.

I warrant that I am in good physical and mental health, and that I have informed Exposure/MICA Guides of any physical or mental condition which may pose a danger to myself or others. I understand that Exposure/MICA Guides reserve the right to deny any person participation before or during a trip if it determines that person to be mentally or physically unprepared. Exposure/MICA Guides reserve the right to require a person to leave at his/her expense if it determines that s/he is unfit to continue or is a danger to himself/herself or others. I hereby consent to and permit emergency treatment in the event of injury or illness. I either have appropriate insurance, or in its absence, agree to pay all costs of rescue and/or medical services as may be incurred on my/our behalf.

I agree to defend, hold harmless, and indemnify Exposure Alaska LTD, (doing business as MICA Guides) from any claim, liability, loss, damages or expenses resulting from a claim brought by a fellow participant, rescuer, or any other person for loss or damage caused by my conduct.

I agree that this release shall be legally binding upon me personally, all members of my family and all minors traveling with me, my and their heirs, successors, assigns, and legal representatives, it being my intention to assume all the risks associated with this trip and to release Exposure/MICA Guides from any and all liabilities.

My participation in this activity is purely voluntary. I agree to assume responsibility for the risks identified herein and those risks not specifically identified, both inherent and otherwise. I assume full responsibility for myself and any minor children, for whom I am responsible, for bodily or emotional injury, accidents, illness, death, loss of personal property, and any related expenses. I HAVE READ, UNDERSTAND, AND ACCEPT THE TERMS AND CONDITIONS OF THIS DOCUMENT. I AGREE TO ACCEPT AND ASSUME ALL OF THE RISKS OF THE ACTIVITIES WHICH I AM TO PARTICIPATE IN. I AGREE TO RELEASE AND DISCHARGE EXPOSURE/MICA GUIDES FROM ALL CLAIMS, LIABILITIES, AND LOSSES ASSERTED BY OR ON BEHALF OF ME ARISING FROM OR RELATED TO MY PARTICIPATION IN THE TRIP. I UNDERSTAND THAT BY SIGNING THIS RELEASE I AM GIVING UP ANY RIGHT TO FILE A LAWSUIT. THIS RELEASE INCLUDES CLAIMS FOR PROPERTY DAMAGE, AS WELL AS CLAIMS FOR PERSONAL/EMOTIONAL INJURY, ILLNESS, OR DEATH CLAIMED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF EXPOSURE/MICA GUIDES.

If any part of this agreement is found by a court or other authority to be invalid, the remainder of the agreement will be given full force and effect.

Any dispute between Exposure/MICA Guides and me or my heirs, successors, assigns, beneficiaries, parents or guardians arising from or relating to this agreement, my trip, or any information and/or literature concerning the trip shall be resolved exclusively in the State of Alaska, Third Judicial District. Such dispute will be governed by substantive Alaska law. If I have a dispute which cannot be settled through discussions between the parties, I will attempt to settle the dispute first through mediation before a mutually acceptable mediator in the state of Alaska.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

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

**PARENT OR GUARDIAN OF A MINOR:**

I, as parent or legal guardian of the above minor, hereby give my permission for the minor to participate in this trip. My signature below reflects my understanding and agreement, for myself and on behalf of the minor, to the terms stated in this Participant Agreement. I have explained to the minor the risks and terms stated in this Participant Agreement. I acknowledge that I am waiving any and all rights that my child or ward may have to bring a lawsuit against Exposure/MICA Guides for any damages, including injury or death, caused in whole or in part by the negligence of Exposure/MICA Guides. I further agree to defend, hold harmless and indemnify Exposure/MICA GUIDES from any claim and from any liability brought by or on behalf of the minor.

Minor Participant's Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or legal guardian if minor)

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



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## PARTICIPANT CONTRACT

Between Exposure Alaska LTD (“Exposure”) and

\_\_\_\_\_ (the “participant”).  
(please print your name)

Exposure and you have agreed that you will participate on \_\_\_\_\_ (the Exposure "Trip" such as Extreme Week, Eco Tour...) commencing with your pickup on Day 1 until the designated drop off time as indicated in the published itinerary OR your participation has been terminated pursuant to this agreement.

**1. In consideration of you participating in the Trip, Exposure will provide the following:**

- Assistance with preparation and an orientation to the Trip; gear lists, travel advice etc.
- Qualified staff on the Trip including at least one trip leader trained in wilderness first-aid.
- Accommodation, safety and activity equipment and food in accordance with that outlined in the website or itinerary provided;
- Training in all relevant outdoor activities
- To the best of our ability, the activities as described in the published itinerary for your trip.

***Please note that we cannot be responsible for delays or changes that result from weather or any other factors beyond our control. These changes may result in deleted or substitute activities and/or delayed return to Anchorage at the end of your trip. Travel insurance is recommended.***

**2. Exposure does not provide:**

- Travel from your home or point of origin to or from Anchorage to start the Trip.
- Personal gear & clothing as described in the website and other personal expenses.
- Any costs associated with medical care or evacuation. Participants are expected to have their own health and medical evacuation insurance;
- Additional entertainment or other costs (such as alcohol or laundry )

**3. You agree to undertake the following:**

*Prior to the Exposure Trip:*

- Make payments by due date set out in the Exposure website. Late payments will be considered cancellation by *you* and the cancellation policy below will apply.
- Purchase medical and evacuation insurance for the total duration of the Trip; or understand that any such expenses will be entirely your responsibility.
- Provide accurate and complete information in Health & Lifestyle Questionnaire and other forms;

*During the Exposure Trip:*

- Comply at all times with the safety instructions of Exposure staff and/or subcontractors.
- Maintain your personal safety and the safety of all others to the best of your ability;
- Respect the experience of other members of your team and not act independently in a way that will be detrimental to the experience of the team.



**4. Media**

By signing this agreement, you understand that Exposure Alaska LTD reserves the right to take photographic or film records of any of its trips and hereby agree that Exposure Alaska LTD may use any such photographic or film records for promotional and/or commercial purposes without any remuneration to me.

**5. Termination of participation:**

- a) You may choose to withdraw from the Trip at any time; any expenses incurred due to your early withdrawal will be your responsibility.
- b) Exposure may terminate your participation in the Trip at any time if you fail to comply with this agreement;
- c) Exposure reserves the right to cancel any trip with less than 4 participants.
- d) If, at any time, we determine that you may not be suitable for safe participation for medical or any other reasons, the below schedule of cancellation fees will also apply. No other costs that you incur will be refunded. Prior to the start of the trip, we make this determination based on your Health and Lifestyle form. We encourage you to complete this form as soon as possible and keep us informed of any change in your condition. Travel Insurance is recommended. If you withdraw from the Trip at any time, the \$250.00 deposit is non-refundable.

In addition, if you cancel for any reason within 45 days of the scheduled start of the trip, the following cancellation fees will apply:

45-30 days before scheduled start: \$500

30-15 days before scheduled start: \$1000

If you cancel after 15 days prior to the start date, or at any time during the trip, there will be no refunds.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, in the year \_\_\_\_\_

**Signature of Participant:** \_\_\_\_\_

**Participant Name (Printed):** \_\_\_\_\_



[www.exposurealaska.com](http://www.exposurealaska.com)  
[adventures@exposurealaska.net](mailto:adventures@exposurealaska.net)  
1-907-351-7587

## **Frequently Asked Questions as you prepare for your Alaska trip**

***Do I really need travel insurance?*** Like all insurance, obtaining Travel Insurance is a personal decision based on your interpretation of risk and expense. Travel insurance can offer some protection of your investment if you can't do all or part of the trip for a variety of reasons...you get sick, weather prevents your travel to Alaska, we're hit by another major earthquake etc...etc..

You may also be reimbursed for medical or evacuation expenses, loss of personal effects, or additional cost of travel if you miss your flight home from Alaska (possible delays due to weather, etc.) After September 11, 2001 dozens of people on fly-in expeditions and hunting trips were left stranded in the backcountry for days; and most didn't even know why!

We had a group cancel their trip with us because one of their members broke her ankle 2 weeks before they were to come to Alaska. We could not offer much of a refund at such a late date but their travel insurance reimbursed ALL of the members of the group, we didn't lose out and the group re-booked for the next season. Everyone was happy with the possible exception of the insurer. You can get insurance easily on line, follow the link in the Prep Section of our website.

***Why do I need to sign a waiver?*** These forms are for your protection, as well as ours. We want to make sure that you understand adventure travel in Alaska before joining us on a trip. The nature of outdoor activities is such that we cannot completely eliminate all possible hazards. These hazards, however, are what make adventure travel in this state so appealing. Part of the excitement is that you are venturing away from buildings, cities, and human managed environments. We have a commitment to safety, but need you to understand that we cannot guarantee it. These forms acknowledge this fact. They are very common in the adventure travel industry, and, in fact, our insurance companies require them. You should be more concerned if a company did *not* require you to sign a waiver! The waiver must be signed by all participants on our trips. Please feel free to call us with any further questions; we want to be absolutely sure that you understand this document and the reasons for it.

***Do I really need everything on the gear list?*** Only if you want to be comfortable under a lot of varied weather conditions. We make and refine these lists based on hundreds of days in the field, both on our own and with guests. We can't control the weather, but we've learned how to deal with it effectively. Many items, such as a warm hat, are absolutely essential and we won't take you out of Anchorage without it. Please trust our judgment and bring what's on the list...it would be great if it's warm and sunny every day and you don't use it all!

***Can I be contacted while on your trip? Can I bring my cell phone?*** Most of our trips take place in the Alaskan backcountry, fortunately out of range of cell phone service and even most radios. You can certainly bring your phone and expect it to work in Anchorage and along many "developed" corridors. We don't mind your using it while we're on the road but recommend against taking it hiking or kayaking, it probably wouldn't work anyway. In an emergency, a message can be left for you at 1-800-956-6422. We'll do our best to get the message to you as soon as possible but understand that this could take several days, depending on your trip.

***Please see our website for answers to other questions***



www.exposurealaska.com  
adventures@exposurealaska.net  
1-907-351-7587

**Going to**

# ALASKA

## Checklist

- Fill out Health & lifestyle form online; go to prep info pages at:  
[www.exposurealaska.com/prepinfo/prep.htm](http://www.exposurealaska.com/prepinfo/prep.htm)
- Read, sign and return waiver and contract
- Make final payment
- Book flight
- Book Anchorage hotel for first and last nights
- Get gear together
- Fill out Arrival Details form online; go to prep info pages at:  
[www.exposurealaska.com/prepinfo/prep.htm](http://www.exposurealaska.com/prepinfo/prep.htm)
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**Name:** \_\_\_\_\_ **Trip:** \_\_\_\_\_

**TRAVEL DETAILS**

How are you traveling to Alaska? \_\_\_\_\_

What date are you arriving in Anchorage? \_\_\_\_\_

Please give flight details:

Airline: \_\_\_\_\_ Flight #: \_\_\_\_\_ Arrival time: \_\_\_\_\_

If you are staying in Anchorage the night before the trip begins, where will you be staying?

\_\_\_\_\_  
*Please provide full name and address of hotel or B&B*

Contact telephone number at this location: ( \_\_\_\_\_ ) \_\_\_\_\_

Other contact number (cell phone?) ( \_\_\_\_\_ ) \_\_\_\_\_

We will pick you up anywhere in Anchorage on the morning of Day1.

Please designate a pickup place: \_\_\_\_\_

We will advise you of the pick-up time by email one-two weeks before the start of your trip (pick ups are usually between 8 and 10 am on Day 1).

**EQUIPMENT**

Please check the items below that you will need to rent at an additional fee. Include rental charges in final payment.

- Sleeping bag (20 degree, synthetic, with liner); 3 Days: \$20, 6 - 9 Days, \$35.
- Sleeping Pad (inflatable); 3 Days: \$10, 6 - 9 Days, \$25
- Backpack (large size for overnight or multi day trips). Extreme Week \$40, Expeditions \$55

Tents are provided on all trips but you may prefer to use your own.  
Will you be bringing a tent? \_\_\_\_\_