

El Capitan State Beach

September 24-26



El Capitan State Beach is a perfect place to end the summer. Water temperatures are warmest in September so bring your swimsuit and beach towel. Our camp is on the bluff above the ocean. There are stairs down to the sandy beach and tide pools. We'll hike, swim, eat, and relax.



Camp Details: 17 miles west of Santa Barbara adjacent to the 101 freeway. Take the El Capitan State Beach exit. We have reservations at the Portola Group Campsite. Accommodations are for up to 40 people. The first five vehicles are free; there is a fee for additional vehicles which we will split. RV's are allowed but please confirm space with the trip leader.

You are strongly encouraged to carpool with at least one other person. Email trip leader your phone number for assistance arranging carpools.

There are restrooms and showers, bike and nature trails. Dogs must be kept on a leash..

What to pack: Evenings are often cool by the water so bring a sweater or jacket; dress in layers. Bring the standard camping equipment: tent, ground cloth, sleeping bag, stove, cooking supplies, cooler, food, firewood etc. The state park issued a rodent warning about ground squirrels damaging equipment and eating food, takes precautions.

Friday: Arrive anytime after 2:00PM. Set up camp and relax. Dinner is on your own. We will have a campfire each evening and board games.

Saturday: Morning beach and bluff hike to Refugio State Beach, 6 miles round trip. Afternoon, swim, relax, explore the tide pools.
Traditional tea 5:00 PM.
Potluck dinner at 7:00 PM.



Sunday: Breakfast on your own, a last swim or walk on the beach. Check-out is 12:00 PM.

Cost is \$34.00 for Great Outdoors members and \$54.00 for non-members which includes a one year membership.

Contact: Trip leader, Russell Hammerl russellsprouts@roadrunner.com



**Great Outdoors LA Chapter
El Capitan State Beach
September 24-26 2010**



Registration Form

I am carpooling with:

FEE	
Applicant	Fee
Member	\$34.00
Non-member	\$54.00
Do you need a ride? Y ___ N	
Can you offer a ride? Y ___ N	
Sharing a tent? With whom:	

Trip leader's use:
Date: _____
Check #: _____
Amt: _____

Name (please print) _____

G.O Member # _____ Chapter: _____

Address: _____

Phone # : _____

Email (will be kept confidential): _____

Emergency contact: _____

Relationship: _____ Phone: _____

Medical Insurance Carrier: _____

Grp/Policy # _____
(Individual travel and accident insurance is available from your local travel agent)

Physician: _____

Physician's Phone: _____

Health Problems/allergies: It is the responsibility of participants to carry on their person a record of significant allergies, medications and medical history in the event of a medical emergency.

WAIVER OF LIABILITY, MEDICAL RELEASE AND ASSIGNMENT

I am aware that my participation in this GREAT OUTDOORS Inc. trip may include potentially hazardous activities, and I am voluntarily participating in these activities with the knowledge and understanding that I will use my best judgment to avoid injury to others and myself. I agree to follow the directions of the trip leader and abide by the rules of the facility I am using. I hereby release GREAT OUTDOORS Inc. including its officers, trail or trip leaders, agents or other persons working with GREAT OUTDOORS Inc. from any liability for injuries, physical or mental, which I may suffer by reason of participation in these activities. I recognize in waiving this liability that I assume sole responsibility for my actions and cannot blame any injuries or losses on any other persons connected with GREAT OUTDOORS Inc.

I hereby agree to assume full financial responsibility for any bills incurred by me for medical treatment as a result of my participation this GREAT OUTDOORS Inc. activity. In the event that I am unable to consent to medical care, I hereby authorize the trip leader to consent to emergency medical treatment for me, including hospitalizations and surgery, as may be determined under the circumstances.

Sign by the X _____ Date: _____

**- Contact: Russell Hamerl russellsprouts@roadrunner.com
- Send registration and check (payable to Great Outdoors) to:
Russell Hamerl
953 N. Spaulding Ave.
West Hollywood CA 90046**