



2019 Camp Adventure Trip Questionnaire

Thank you for choosing True Friends Camp Adventure Trips! Before we dive into explorations and adventures, we would love to know a little bit more about you. One of Camp Adventure's strengths is that our programs are personalized and tailored to individual as well as group needs. Trip leaders learn each individual's personality, preferences, and challenge areas. Knowing each participant well allows us to continually assess how to best challenge, support, and collaborate with you.

Please complete the short form below prior to your first outing.

Your Name (Camper): _____

Age: _____ Height: _____ Weight: _____

Parent/Guardian Name: _____

Email: _____ Phone: _____

Why would you like to participate in this trip?

What do you hope to gain from this trip?

What is your physical fitness level?

What ability are you able to take care of your personal care needs? Please circle one.

- a) I can take care of all needs on my own, without reminders.
- b) I can take care of most of my needs, but need reminders. (ex. change close, brush teeth, etc.)
- c) I need assistance and daily reminders (ex. To go to the restroom, brush teeth, clean self, etc)
- d) I need total assistance.

How do you respond to following instructions? Please circle one.

- a) I always follow instructions and am very trust worthy.
- b) I follow instructions most of the time, but can be influenced by others.
- c) I have a hard time following through, but with the right approach I can be persuaded.
- d) I have difficulty with authority.

What is your typical temperament?

What are strategies you prefer when emotions start to escalate?

What role do you typically play in a group?

What are some of your strengths?

What are some of your challenge areas?

What motivates you?

What creates resistance?

How would you rank your outdoor skill level?

- a) Beginner (doesn't know a lot about the outdoors, but is eager to learn)
- b) Intermediate (knows basic skills, but needs guidance)
- c) Advanced (has a working knowledge, and can perform with little instruction)

On a scale of 1-5, what do you feel is your level of self-confidence about yourself (1 being the lowest, 5 being the highest)? Please explain:

Is there anything else you would like us to know about you prior to participating in the True Friends Camp Adventure Trip?