

**PARENTAL INFORMED CONSENT AND HOLD HARMLESS  
RELEASE AGREEMENT**

I understand that participation in the \_\_\_\_\_  
(activity)

offered through the \_\_\_\_\_  
(Council)

BSA, on \_\_\_\_\_  
Date involves a certain degree of risk that could

result in injury or death. In consideration of the benefits to be derived and after carefully considering the risk involved and in view of the fact that the Boy Scouts of America is an organization in which membership is voluntary, and having full confidence that precautions will be taken to ensure the safety and well-being of my (son/daughter), I have carefully considered the risk involved and have given

\_\_\_\_\_ my consent to participate in \_\_\_\_\_  
(name of son/daughter) (activity)

and waive all claims I may have against the Boy Scouts of America, National Capital Area Council, activity coordinator(s), all employees, volunteers, or other organizations associate with the \_\_\_\_\_  
(activity)

In case of emergency, I understand every effort will be made to contact me. In the event I cannot be reached, I hereby give my permission to the physician selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child.

This form must have signatures of both parents or guardians.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

# C.O.P.E

## CHALLENGING OUTDOOR PERSONAL EXPERIENCE WHAT TO BRING

- Long pants and long sleeve shirt (no sweat pants or baggy pants)
- Bandanna
- Hat, baseball type
- Sturdy foot gear, no open shoes or sandals. Socks must be worn
- Rain Gear! (you be the judge, but we do COPE with the rain)
- 
- Positive attitude and a smile
- 
- Day pack
- Leather gloves
- Sun glasses
- Bug spray
- Sun tan lotion
- Bag lunch w/a drink (depends on your program, but we allow a maximum of 30 minutes for lunch)
- Prescriptions that need to be taken during the day and trip
- 
- Water container for the group and individual water container
- 
- **Please, no jewelry, watches, rings, necklaces**
- **No large belt buckles or chains hanging from belts**