



Valhalla Wilderness Program 2022/2023

Application Due by: April 1st, 2022

Name: _____ Current Grade: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Country: _____

Phone: _____ Date of Birth: _____

Parent's name(s) _____ email address: _____

PART A:

THERE ARE NO RIGHT OR WRONG ANSWERS...THIS PROVIDES US WITH
INFORMATION ABOUT WHO YOU ARE AS A PERSON.

1. How did you hear about the Valhalla Wilderness Program?

2. Why do you want to participate in this program? What excites you about the program?

3. What do you hope to gain from your experience in the VWP?

4. What strengths do you feel you would bring to the VWP?

5. What do you feel will be your greatest challenge(s) in the VWP?

6. What other outdoor experiences have you had?

7. This course is physically demanding. There is an expectation that applicants will be engaged in regular and fairly intense exercise in the months leading up to the program. What activities do you regularly participate in to stay fit? How would you describe your level of fitness? Please be specific.

8. Have you completed a First Aid course or CPR course? If yes, please give details.

9. The VWP is very demanding both physically and mentally and you will need a great deal of support from those people who are closest to you. Please describe the support system you have in place to help you do well in this program.

10. Have you ever had a ski pass?.....YES.....NO

PART B: OUTDOOR SKILLS

In order to adequately plan the program each year, we need to know your level of experience in a number of areas. Please rate yourself honestly. While having prior outdoor experience will help your application, not having experience in many of the listed areas will not disqualify you from the program.

Please assess your present level of skill/experience in the following areas:

Basic Camping Skills	None	Novice	Intermediate	Advanced
Trail nutrition & cooking				
Map & compass use				
Camp stove use & maintenance				
Low impact camping				
Equipment care & selection				
First Aid				
Level I First Aid				
CPR				
	None	Novice	Intermediate	Advanced
Canoeing/Kayaking Skills				
Canoeing/Kayaking				
Water rescue				
Swimming ability				
	None	Novice	Intermediate	Advanced
Snow Skills				
Avalanche awareness				
Avalanche rescue				
Snow shelters				
Skiing/Snowboarding ability				
	None	Novice	Intermediate	Advanced
Mountaineering Skills				
Backpacking				
Snow travel				
Peak ascents				
Route finding				
Glacier travel				
Hiking				
Downhill skiing/snowboarding				
	None	Novice	Intermediate	Advanced
Biking Skills				
Long distance road biking				
Mountain biking (trails, downhill)				
Bicycle Maintenance				

	None	Novice	Intermediate	Advanced
Climbing Skills				
Bouldering				
Following on belay				
Leading				