

Overnight Programs Handbook

Packing List

Pack clothing for the season. Year-round programs require extended time outdoors and the farm is often colder and muddier than groups expect, so be forewarned and prepared. For your maximum comfort please bring appropriate clothing! We do not have a locker area for valuable items (iPods, video games, etc.) so please leave them at home.

Seasonal Clothing:

Spring, summer, and fall:

- Warm jacket
- Rain gear (rain coat and water proof shoes)

Winter:

- Extremely warm jacket (snowsuit, if you have one)
- Gloves
- Boots
- Warm socks
- Hat
- Scarf
- Long underwear (highly recommended)

Year-round Packing List:

- Heifer Farm Waiver & Release form
- Work gloves
- Sturdy, closed-toed shoes or boots that can get dirty
- Clothing that can get dirty like:
 - T-shirts and sweatshirts
 - Jeans and/or shorts
 - Seasonally appropriate clothing (layers!)
- Towel and washcloth
- Toiletries
- Sunscreen, sunglasses, and hat
- Sleeping bag and pillow
- Insect repellent
- Flashlight
- Camera
- Medications
- Ear plugs
- Reusable water bottle



First Aid: Each group will want to bring their own first aid kit including any OTC medications that the group may desire like ibuprofen, aspirin, allergy relief, etc. Please refer to the Health & Safety section for additional information.

Other: Participants may want to bring money to purchase souvenirs and educational items at the Shop@Heifer located in the Visitor Center. \$15 - \$20 would be sufficient for a t-shirt or keepsake. There are also items for under \$10.

Shop@Heifer Store Hours: Open Daily 9am to 5 pm

Heifer Farm T-Shirts: Available in the gift shop for \$10

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WAIVER AND RELEASE

This WAIVER AND RELEASE (the "Waiver") is executed and delivered to and in favor of HEIFER PROJECT INTERNATIONAL, an Arkansas nonprofit corporation ("HPI"), as of the date referenced below, by the undersigned participant, and if necessary his/her parent or legal guardian (collectively, the "Participant"). The execution of this Waiver is required before Participant may participate in activities at a Heifer Learning Center, including but not limited to hands-on projects that utilize experiential and adventure education by which Participant may "learn by doing", may include work related to farming, ranching, and construction, such as building a fence or other small structures, and are presented on a "challenge by choice" basis, meaning Participant will choose whether, and at what level, he/she participates (collectively the "Program").

Participant's participation in the Program requires he/she be in good physical condition. If Participant is not in good health, has pre-existing medical conditions, or has questions about the current state of his/her health, Participant should consult a physician before participating in the Program. Participant understands and agrees participation in the Program may expose Participant to various risks including but not limited to physical or mental exertion, exposure to heat, cold, or other outdoor weather conditions, heights, difficult ingress or egress into or out of certain areas, domestic and wild animals, poisonous plants, rugged terrain, potentially dangerous tools, construction equipment or other equipment, machinery, appliances, and vehicles. Participant warrants he/she is in good health and his/her physical and mental condition are sufficient to withstand the potential rigors and hazards associated with the Program. **PARTICIPANT AGREES HE/SHE WILL TRAVEL TO AND FROM, AND PARTICIPATE IN THE PROGRAM, WITH FULL KNOWLEDGE OF ALL OF THE RISKS INVOLVED IN THE PROGRAM, AND HEREBY AGREES TO ASSUME ANY AND ALL OF SAID RISKS.** Participant understands and agrees HPI does not, and is under no obligation to, provide Participant with health, accident, or death insurance or other benefits, or provide medical treatment during the Program. In the event of an emergency Participant authorizes the administration of any first aid, transportation, examination, diagnosis, or treatment deemed necessary by available staff or personnel. Participant understands and agrees HPI is not responsible for the performance or nonperformance of any tools, construction equipment or other equipment, machinery, appliances, or vehicles provided to Participant in connection with the Program, and agrees to look solely to the manufacturer and its warranties in the event said items are defective. **HPI HEREBY WAIVES AND DISCLAIMS ANY AND ALL WARRANTIES IN CONNECTION WITH SAID TOOLS, CONSTRUCTION EQUIPMENT OR OTHER EQUIPMENT, OR SUPPLIES, INCLUDING BUT NOT LIMITED TO ANY EXPRESS OR IMPLIED WARRANTIES, OR WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.** *For MA participants only: under MA law, an equine professional is not liable for an injury to, or death of, a participant in equine activities resulting from the inherent risks of equine activities.*

Participant agrees HPI may film, tape, photograph and write stories about him/her in connection with the Program, and HPI shall be the exclusive owner of the results and proceeds of such filming, taping, photography, and writings, with the right to use in any reasonable manner, throughout the world, for an unlimited number of times in perpetuity, royalty free, all or any portion of said name, appearance, image, and writings, for any reasonable purpose, and in any format or medium, including but not limited to training videos, HPI promotions, HPI literature, and educational materials. Participant understands his/her name, appearance, and image, and writings about him/her, will be available for viewing or reading by the general public, and may appear on HPI's website, in print, or in other formats and mediums. Participant understands he/she is providing this authorization free of charge or consideration, and waives any right of inspection or approval of his/her name, appearance, and image, and writings about him/her, or the uses to which such name, appearance, image or writings may be put. **AS A CONDITION OF PARTICIPATING IN THE PROGRAM, AND AS PART OF THE CONSIDERATION FOR HPI'S PERMISSION FOR PARTICIPANT TO PARTICIPATE IN THE PROGRAM, PARTICIPANT AND HIS/HER HEIRS, EXECUTORS, ADMINISTRATORS, AGENTS, AND ASSIGNS, HEREBY RELEASE, INDEMNIFY, AND FOREVER DISCHARGE HPI, ALONG WITH HPI'S AGENTS, DIRECTORS, OFFICERS, REPRESENTATIVES, SUCCESSORS, ASSIGNS, EMPLOYEES, AND VOLUNTEERS, FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, ACTIONS, CAUSES OF ACTION, OR LIABILITY OF ANY NATURE WHATSOEVER, KNOWN OR UNKNOWN, INCLUDING BUT NOT LIMITED TO PERSONAL INJURY OR PROPERTY DAMAGE, INCURRED IN CONNECTION WITH THE PROGRAM OR THE ABOVE-DESCRIBED FILMING, TAPING, PHOTOGRAPHY, AND WRITINGS.**

BY SIGNING BELOW, PARTICIPANT, AND IF APPLICABLE (FOR EXAMPLE PARTICIPANT IS 17 YEARS OF AGE OR UNDER), PARTICIPANT'S PARENT OR GUARDIAN, CONFIRM THIS WAIVER HAS BEEN READ, UNDERSTOOD, AND VOLUNTARILY AGREED TO AND ACCEPTED.

Participant's Name Participant's Signature Date Participant's Date of Birth

If Participant is 17 years of age or under:

Parent's/Guardian's Name Parent's/Guardian's Signature Date
Parents/Guardian's Contact Information (check the "opt out" box below if you do not wish to receive correspondence/communication from us)

Mailing Address Zip Code Email Address Phone #
 Opt out (I do **NOT** wish to receive correspondence/communication from Heifer International)
 I already receive Heifer International correspondence

For Internal use only: Sponsoring Organization: _____
Program Name/Dates: _____
Location (check one): 55 Heifer Rd., Perryville, AR 72126/"Heifer Ranch" / 216 Wachusett St., Rutland, MA 01543/"Heifer Farm"