

**Wilderness Trek Christian Camp, Inc.  
2009 Family Trek Participant Handbook**

**Wilderness Trek Christian Camp**

Wilderness Trek (“Trek”) is a rugged six-day adventure conducted in the mountain ranges of southern Colorado. Trek includes backpacking, hiking, rappelling, devotionals, Bible study, spiritual growth activities, and a climb to the summit of a 13,000 or 14,000-ft mountain. It is specifically designed to challenge young people, adults and families to discover self-confidence, self-esteem, personal faith, and to learn of the awesome potential for powerful Christian living.

Wilderness Trek is a Christ-centered ministry and has been since its beginning. Wilderness Trek programs began in 1975. In 1986 Wilderness Trek Christian Camp, Inc. became a non-profit corporation administered by a Board of Directors. The goal of the week is to create an environment in which people can learn more about the everyday reality of God in their lives. By pursuing a selected spiritual theme, Wilderness Trek uses the events of a wilderness journey to teach spiritual lessons.

Participation in Wilderness Trek’s Family Program is limited to children between the ages of 8 and 13, teens (ages 14 to 17) and adults (ages 18 and up). Children must be at least 8 years old on or before September 1, 2009, or entering the third grade to participate. Wilderness Trek is not limited to any race, sex, or religious affiliation. Parents (or legal guardians) must accompany their children and teens on Family Trek.

**6-Day Family Trek Itineraries**

Two itineraries are available to parent/child and family groups:

*Itinerary A (No Rafting)*

- Day One – Arrival and orientation, tent camp in campground
- Day Two – Rappel and hike to low camp, tent camp
- Day Three – Hike to high camp, tent camp
- Day Four – Solo Day (Day of rest and light activity at high camp), tent camp
- Day Five – Summit attempt, return to high camp
- Day Six – Hike back to vehicles, check in equipment, showers and banquet at base camp, spend night in Riverside Lodge
- Day Seven – Travel home

*Itinerary B (Includes Rafting)*

- Day One – Arrival and orientation, tent camp in campground
- Day Two – Rappel and hike to low camp, tent camp
- Day Three – Hike to high camp, tent camp
- Day Four – Summit attempt or day hike, return to high camp
- Day Five – Hike back to vehicles, drive to Arkansas River, whitewater rafting, tent camp on the river, cook out
- Day Six – Solo Time and return to base camp, check in equipment, showers and banquet, spend night in Riverside Lodge
- Day Seven – Travel home

**The Fee\* for Family Trek**

The WTCC fee for Family Trek is as follows:

<i>Age of Participant</i>	<i>Itinerary</i>	<i>Cost per person</i>
Adults and teens (age 14 and up)	A	\$ 370
Children (ages 8 – 13)	A	\$ 320
Adults and teen (age 14 and up)	B	\$ 415
Children (ages 8 – 13)	B	\$ 370

A deposit (transferable, but non-refundable) of \$100 per participant will be due on Feb. 2, 2009. This deposits reserves space for each participant. After the Feb. 2, 2008 deposit deadline, participants may be added to your group only by permission from the Trek Director. The balance of the fee will be due two weeks prior to your arrival date. A \$ 25 late fee is added, if a final balance is not paid by this date. **Wilderness Trek Christian Camp has a “no refund” policy on all payments.** Fees, however, are transferable (i.e. can be used for a new person added to your group) but are non-refundable (i.e. cannot used to pay for someone for whom you have already paid fees).

The fee for Wilderness Trek covers all expenses for your participation in the planned program of Wilderness Trek, which includes the services of the guide/outfitter (equipment, USDA Forest Service use permits, guides and staff, food for the trail and banquet, and base campground use), journal, T-shirt, one night’s lodging in the Riverside Lodge and, if your

\* Fees are set October 1 of each year and subject to change

itinerary includes whitewater rafting, a half-day of white water rafting. Participating groups will have expenses in addition to the Wilderness Trek fee, particularly for travel and lodging. Please check with your group coordinator for your exact cost per person. **Any medical expenses are the responsibility of the individual.**

### **What Are The Key Elements Of Wilderness Trek ?**

**Wilderness** - Time in the wilderness away from man-made surroundings and eating basic foods create an atmosphere for growth. A "sense of wilderness" is conveyed to every trekker.

**Unity** - The group goal of accomplishing a successful Trek encourages the dependency of the individual on the group. The "dynamics of conquering" go a long way toward building a sense of community within the group.

**Serving** - Real opportunities to practice service to others allow family members to be more like Jesus. By seeing others serve, Trek motivates child, teens and adults to serve one another. Instead of talking about service, participants experience serving.

**Application Of Biblical Principles** - The application of Biblical principles during devotional times is a high priority, making Trek a spiritual experience that draws family members to God. There is a new theme each year, which applies the Trek experience to everyday Christian living. In addition to planned devotionals there is an extended "solo" time provided when participants are encouraged to enhance their relationship with God. These applications and activities are scaled to meet the needs of all family members. Parents are given resources to help direct discussions with their younger children.

**Youth Leadership** - Through the crew leader concept, older grade school and teen family members are actually in charge of their family crew. This allows these young people to develop real servant-leadership skills. Since adults are not in control, older children and teens get to experience the lessons of leadership.

**Confession** - After the barriers have been broken down and the shared experiences of stress and service have occurred, children, teens and adults are more comfortable in sharing their struggles, thus providing the potential for healing and growth.

**Relationship Development** - Social and economic equality occurs when all family member hike the trail together without the barriers of possessions and other superficial defenses. New perspectives on others are realized.

**God's Creation** - The beauty of God's creation is one of the obvious elements of Trek. We do, however, enhance the awareness of His creation by pointing out God as creator and using nature to apply real lessons to life.

**Affirming** - One of the goals of Trek is to affirm each person in the group. The staff through recognition and relationship development of the family members facilitates this affirmation.

**Personal Achievement** - It takes sweat, effort, and determination to reach a summit. But those who stand on top and look down on God's creation know a sense of achievement that justifies the strain.

**Attentiveness And Obedience** - "Wilderness" means that the rules have changed. Failure to heed the wisdom and training of the staff puts one at risk. The principles of attentiveness and obedience are good habits to demonstrate on the trail -- and in our walk with God.

### **Safety- Our #1 Concern**

Wilderness Trek Christian Camp, Inc. makes every effort to ensure the safety of each individual. But, Trek is a mountain climbing activity with a certain element of risk. The staff is current in Standard First Aid and CPR. They are trained in the procedures for getting injured people to medical facilities as quickly as possible.

### **Do I Have To Be In Shape For Trek? ... YES!!**

The experience of Wilderness Trek is completely different than the typical summer camp. Trek uses the physical challenges of the Colorado Rocky Mountains to encourage spiritual and relational growth. One of the biggest challenges is the actual physical activity of backpacking at high altitude. This means carrying a pack (30% of an individual's body weight) up and down mountain trails at altitudes of 10,000 to 13,000 feet above sea level. This requires that you be "in shape." One of the general guidelines used over the years is to be able to run 2 miles in 20 minutes or less. By the nature of its activities, Wilderness Trek is not for everyone. People who ignore these guidelines may place themselves at risk for a medical emergency.

A conditioning program for Wilderness Trek must begin at least 2 months before your trek and include:

1. Build up the ability of the lungs to use available oxygen (aerobic exercise).
2. Build strength and stamina (weight bearing exercise).

Four suggestions about your conditioning:

1. Get a medical check up before starting any physical conditioning program.
2. Don't try too much, too soon. Begin gradually and work up to the desired distance or weight.
3. Don't take it too fast. It is better to develop stamina than speed.
4. Consistency is the key. Get into a program and stick with it.

## **About Insurance and Emergency Medical Facilities**

Wilderness Trek does not carry medical insurance for its participants. **Each participant is individually and financially responsible for medical costs.** You must complete all medical information on the Wilderness Trek Christian Camp 2008 Registration Form, as this information is critical in the event you would need medical attention.

The nearby towns of Salida, Buena Vista, and Leadville all have emergency facilities. Our staff is trained in emergency evacuation procedures and in the rare case of a life-threatening situation, our guides can arrange for emergency helicopter rescue via radio. In the event that someone from your group must return to the base campground because of illness, an adult from your group will be required to accompany and care for that person until your group returns from their Trek. **Lodging is available and all costs incurred will be the responsibility of the participant.**

## **About The Staff**

Wilderness Trek Christian Camp contracts for the guide/outfitting services of Wilderness Expeditions, Inc. to achieve its program. The guide/outfitting service is owned and operated by Tommy and Kristi Query. The Querys have a strong history with Wilderness Trek, having been involved since they were teenagers. Their love for God and the ministry of WTCC is demonstrated by their:

- Personal interest in young people.
- Commitment to the program of WTCC.
- Qualified Christian guide staff.
- ◆ High quality, well-maintained equipment.
- ◆ Consistent attention to safety.

Each Trek will have at least two staff members on it. Staff members are hired by Wilderness Expeditions, Inc. based on their experience in mountaineering, their ability and desire to work with people, and spiritual maturity.

## **Gear Supplied By the Guide/Outfitter for Your Trek**

Sleeping bag, sleeping pad and backpack (external frame) are provided for each person. The gear supplied to each crew includes: 4 person tents, stoves, fuel, cooking pots, cooking utensils, dining/rain fly, and food for crew meals from supper on the first day through the banquet meal on your final night. Wet suits for white water rafting will be made available at a nominal fee: Wet suit: \$ 6.00, Booties: \$ 3.00, Combo: \$ 8.00

**Each person is responsible for the care of the equipment that is issued. If equipment is damaged or lost through neglect, abuse, or negligence, the individual trekker will be responsible for repair or replacement of the item(s).**

## **Food on the Trail**

Do not bring individually wrapped items such as candy (Starburst, Jolly Ranchers) or gum, unless you unwrap the items and put them in a plastic bag before you come. The wrappers from these items are a litter problem. Do not bring packaged food that will not be eaten at one time. Opened but uneaten food attracts bugs, animals and soils equipment.

**Items Not To Bring On The Trail** (These items are either illegal or detract from the Trek purpose.)

Knife, Firearms, Fireworks, Electronic entertainment (radio, cassette or CD player, games, cellular phones, etc.), Alcohol, tobacco products, or illegal drugs

## **End of Trek Articles**

1 set of clean clothes for final evening's activities (warm clothing needed for the outdoor devotional), 1 set of clean clothes for the trip home, clean towel, and swimsuit.

## **About Crews and Crew Leaders**

One of the basic principles under which Wilderness Trek operates is the value of the crew experience. Each Trek group is divided into "crews" of up to 10 people. The crew prepares and eats meals together. Before going on Trek, the Adult Coordinator will select a Crew Leader for each 10 people. This older grade-school student or teen has the responsibility of managing the crew. Although there will be a staff person in each crew, it is still the Crew Leader's responsibility to challenge and to manage the crew. The staff person is not there to run the crew, but works with the Crew Leader to see that all the needs of the crew are met.

Because of the importance placed on the crew concept, the training of Crew Leaders is foundational to the Trek experience. The Crew Leader must understand the qualities of crew leading and fulfill a set of requirements to qualify for this important responsibility. Materials will be sent to Group Coordinator to assist in preparing your crew leader(s).

## **What Mountain Are We Climbing?**

A typical Wilderness Trek trip may attempt to climb one of 25 different peaks, ranging in elevation from 13,000 to 14,433 feet. By law, Wilderness Trek Christian Camp, Inc. outfitters are required to secure permits for each trip within National Forest Service boundaries. The permits are submitted long before your group arrives in Colorado. Weather and

trail conditions may dictate which routes are used each week. Although consideration is given to what mountains your group has climbed in the past the variables described above make it impossible to guarantee your group a certain mountain.

### **What Do You Need To Bring?**

A list of recommended clothing and personal gear is supplied below to assist each person in determining what to bring. The mountains of Colorado have unpredictable variations in temperature and weather. You may encounter rain, hail, snow, cloudy days, or bright sunshine - all in one week (sometimes all in one day). Plan for WARM days (70-80 degrees) and COLD nights (30-40 degrees)! The key to proper clothing selection is "layer on for cold and wet" then "layer off for heat and exertion". Pack your clothing in plastic bags in your pack to protect them from the elements. Treat your outerwear with water repellent -- hat, gloves, jacket, parka, etc. -- regardless of the material (even Gore-Tex).

### **Necessary Clothing**

- 3 T-shirts (4 T-shirts if white water rafting) Note: Wet suits for white water rafting will be made available at a nominal fee: Wet suit: \$ 6.00, Booties: \$ 3.00, Combo: \$ 8.00
- 2 pair of shorts (3 pair or a swim suit, if white water rafting)
- 2 pair long pants- a combination of wind pants, sweatpants, or jeans (for warmth and protection from wind)
- 2 pair lightweight socks (wool blend - keep your feet dry and clean around camp)
- 2 pair heavyweight socks (wool blend - for warmth / blister protection while hiking)
- underwear (this is plural)
- hiking boots or shoes (suggest high tops with aggressive tread)
- second pair of shoes (for around camp / in the event your other shoes are wet)
- jacket, or parka with hood (for warmth)
- poncho or rain suit (quality with hood, **not** an emergency poncho)
- 1 pair thermal underwear (top and bottom)
- winter hat (for sun protection /for warmth)
- cap (for sun protection)
- gloves (for warmth)
- 1 sweater or sweatshirt

### **Necessary Personal Gear**

- 2 one quart water bottles (wide mouth plastic - for drinking water)
- cup and small plate (plastic or metal)
- spoon / fork
- toothbrush / toothpaste
- biodegradable soap
- hairbrush or comb
- hand towel and wash cloth
- daypack (large enough to carry food, water, gear, and extra clothing on the summit climb)
- lip balm with sunblock
- sunblock (high SPF rating)
- 1 roll of toilet paper (in ziplock bag)
- small flashlight with extra batteries
- 2 or more large trash bags (suggest 55 gallon - used to cover pack to keep it dry / carrying trash)
- insect repellent
- deodorant
- small Bible - preferably with Old and New Testament
- pen or pencil
- whistle (plastic - used for emergency only)
- mirror (used for emergency only)
- sunglasses
- personal medicines (place in a zip lock bag by themselves)
- camera and film (optional)
- Ziplock bags (to sort and carry the above personal gear)

**Note:** The guide staff will not administer any type of medications, including aspirin, Tums, Tylenol, etc. If you need any over the counter medication, you must bring them with you.

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