

Wilderness Trek™ Christian Camp, Inc.
2010 Participant Handbook for Five-Day Treks

Wilderness Trek™ Christian Camp

Wilderness Trek ("Trek") is a rugged 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 - 14,000-ft. mountain. Prior to 2006 all Wilderness Trek programs were six-day adventures. Starting in 2006 a five-day program was added. Five-Day Treks provide the same strong spiritual emphasis while providing groups with the option of spending one less day in the back country.

All Trek programs are specifically designed to challenge young people and adults to discover self-confidence, self-esteem, personal faith, and to realize their 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 applications.

Teen Five-Day Treks include teens and adult sponsors. Teens must be between the ages of 14 and 19. Teens must be no younger than 14 (or entering the ninth grade) and no older than 20 on or before September 1, 2010 to participate. Also available are Five-Day Treks for adults of all ages and families (children must be at least 8 years of age and accompanied by at least one parent). All Wilderness Trek programs are not limited to any race, sex, or religious affiliation.

The Fee* for Five-Day Treks

The 2010 fee options for Five-Day Treks are: (Note: Fees do not include the extra amounts added by the group coordinator for travel to and from Colorado. If you are coming with a group, check with your coordinator for the exact amount you need to pay.)

Five-Day Trek Program	Fee if final balance paid on or before 5/3/10	Fee if paid after 5/3/10
Teen Trek	\$325	\$350
College/Young Adult	\$360	\$385
Adult Trek	\$410	\$445
Family Trek	\$340 teens & adults / \$285 child 13 & under	\$365 teens & adults/ \$310 child 13 & under

A non-refundable deposit of \$100 per participant will be due postmarked by February 1, 2010. After the February 1, 2010 deposit deadline, participants may be added to your group only by permission from the Wilderness Trek office. The balance of the fee will be due postmarked by May 3, 2010.

Wilderness Trek Christian Camp has a "no refund" policy on all payments.

The fee for **Five-Day Teen Treks** covers all expenses for your participation in the planned program of Wilderness Trek™, which includes the services of the staff, equipment, Forest Service permits, food for the trail and banquet, base camp use, program administration costs, journal, and T-shirt. Participating groups will have expenses in addition to the Wilderness Trek fee, particularly for travel and lodging. The fee for **College/Young Adult Five-Day Treks** includes everything listed for Five-Day Teen Treks, plus enhanced trail food and one night's stay in a motel or lodge. The fee for **Adult Five-Day Treks** includes everything listed for Five-Day Teen Treks plus, plus enhanced trail food and one night's stay in a bed and breakfast. **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 by spending a week in the backcountry.
- ◆ **Unity** - The group goal of accomplishing a successful Trek encourages the dependency of the individual on the group. The dynamics of working together to accomplish a goal go a long way toward building a sense of community within the group.
- ◆ **Serving** - Real opportunities to practice service to others allow trekkers to be more like Jesus. By seeing others serve, Trek motivates teens to serve. Instead of talking about service, trekkers experience serving.
- ◆ **Application Of Biblical Principles** - The serious application of Biblical principles during devotional times is a high priority, making Trek a spiritual experience that draws young people 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 trekkers are encouraged to enhance their relationship with God.
- ◆ **Youth Leadership** - Through the crew leader concept, teens are actually in charge of their crews, allowing these young people to develop real servant-leadership skills. Since adults are not in control, teens get to experience the lessons of leadership. On College/Young Adult Treks, Adult Treks and Family Treks this leadership role is shared equally.
- ◆ **Confession** - After the barriers have been broken down and the shared experiences of stress and service have occurred, teens are more comfortable in sharing their struggles, thus providing the potential for healing and growth.

- ◆ **Relationship Development** - Social and economic equality occurs when each of the trekkers hikes the trail together without the barriers of possessions and other superficial barriers. New perspectives of 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 trekkers facilitates this affirmation.
- ◆ **Personal Achievement** - It takes sweat, effort, and determination to reach a peak. 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 guide and 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 and its designated outfitter make 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. Wilderness Trek has a safety policy. Wilderness Trek and its designated outfitter have an excellent safety record. You may read and/or download a copy of our Safety Policy at www.wildernesstrek.org.

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 growth. One of the biggest challenges is the actual physical activity of backpacking at high altitude. This means carrying a 40-60 pound pack up and down mountain trails at altitudes of 10,000 to 13,000 feet above sea level. This requires that you be "in shape." You should be able run 2 miles in 20 minutes or less or walk 2 miles in 40 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™ should begin at least 3 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.

What Is A Typical Five-Day Trek Like?

Day One: The Beginning - Your group should arrive at the base camp at 2:00 p.m. The remainder of this first day is spent checking Registration Forms, dividing into crews, checking out equipment, packing packs, distributing food and other Trek preparation activities.

Day Two: Rappelling - You'll rise early, prepare and load your equipment, and eat breakfast. Your group will then travel to their rappel site. Weather permitting, everyone in your group will get to experience the thrill of rappelling. After the rappel your group will travel to their first camp. This is usually a short hike at low altitude (less than 10,000 feet).

Day Three: Backpacking - This day is typically the longest hiking day (3-6 miles). Camp is broken early and all the equipment and food is carried to high camp. It is a challenging day and you will be thankful to get to high camp.

Day Four: Summit or Solo - Five-day Treks afford your group the option on this day of either: a) starting before sunrise on an attempt to summit a 13,000 - 14,000 ft. mountain or b) enjoying a later start on the day, a casual group breakfast and 2-3 hour of individual quiet time meditating on God's Word, writing in your journal and an extended time of prayer.

Day Five: Hike Back and Return to Base Camp- On this day your group will break camp and hike back to your vehicles. If your group did have a Solo Time the day before, one is provided at this time. After a short drive you will arrive back at base camp. Showers, a banquet meal and your final devotional time together are the high points of this day.

About Insurance and Emergency Medical Facilities

Wilderness Trek Christian Camp 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 2009 Registration Form, as this information is critical in the event you would need medical attention. Nearby towns have emergency facilities. The 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 guide/outfitting services to operate its program. Wilderness Trek's designated outfitter hires, trains and supervises the staff. The Outfitter and all staff members are Christians and have a strong relationship with God. Their dedication to the excellence of Wilderness Trek is demonstrated by their:

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

Each Trek will have at least two staff members on it. Staff members are hired by the Outfitter based on their leadership experience, their ability and desire to work with people, and their spiritual maturity.

Gear Supplied By the 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.

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 remove the wrappers and place the items 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.

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 Teen Trek, the Adult Coordinator will select Crew Leaders for each crew. This 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, manage and provide spiritual leadership for 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. On College/Young Adult Treks, other Adult Treks and Family Treks crew leadership is shared equally.

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.

The Crew Member Covenant

1. I will participate in **all** activities. I agree to follow the schedule at all times.
2. I will have no knives, firearms, alcohol, fireworks, tobacco products, or illegal drugs in my possession.
3. I will respect other's property. I am financially responsible to repair or replace all items I lose, abuse or neglect.
4. I will not hinder anyone else from growing closer to God.
5. I will obey all instructions communicated by the staff.
6. I will accept responsibility for my actions.

Your signature on the registration form will confirm that you have read this covenant and agree to follow it.

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's designated outfitter is required to secure permission for each trip within National Forest Service boundaries. Trail access requests 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 or summit attempt.

What Do You Need To Bring?

A list of recommended clothing and personal gear is supplied below. 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 moisture. Treat your outerwear with water repellent -- hat, gloves, jacket, parka, etc. -- regardless of the material (even Gore-Tex).

Clothing

4 pair socks – 2 lightweight and 2 heavy weight (wool or synthetic blend, non-cotton)
Underwear
Long underwear – top and bottom
Swimsuit
2 t-shirts (non-cotton preferred)
Long sleeve shirt (non-cotton preferred)
Fleece pullover or wool blend sweater
2 shorts – or 1 pair shorts and 1 pair pants that zip off to shorts
2 long pants – a combination of a fleece, wind pant, or sweat pant, and a non-jean pant
Rain pants (quality)
Rain jacket or poncho (quality with hood, not an emergency poncho)
Jacket or parka with hood (ski jacket, etc. for warmth)
2 hats - 1 for sun protection and 1 for warmth
Pair of warm gloves
Hiking boots or shoes (recommended waterproof)
Second pair of shoes (for around camp or in the event your other shoes get wet)
For early June trips bring a ski jacket and pants, warmer gear, and gaiters (gaiters can be purchased or rented at base camp).

Personal Gear

Daypack (large enough for food, water, gear and extra clothes)
2 one quart water bottles and/or a water bladder
Sunglasses
Sunscreen with high SPF rating
Lip balm with sunscreen
Medicines (labeled and placed in a Ziplock bag) **Note:** The staff will not administer any type of medication, including aspirin, Tums, Tylenol, etc. If you need any over-the-counter medications, you must bring them with you. Be sure to tell your staff which medications you are taking.
Insect repellent (travel size)
Deodorant (travel size)
Toothbrush and toothpaste
Toilet paper (1 roll in Ziplock bag)
Spoon/Fork or camping “spork”
Large camping cup for food and drink, or small cup and plate
Small flashlight or headlamp with extra batteries
Whistle (used for emergency only)
Small Bible (preferably with old and new testament)
Writing utensil
Ziplock bags (to sort and carry personal gear)
2 or more 55 gallon plastic trash bags (used to cover and keep packs dry and carry trash)
Camera (optional)

End of Program Articles

Clean clothes for the final evening’s activities and your trip home.

Clean towel and swimsuit for the showers and/or hot springs.

Note: Plan to leave your luggage and all extra articles in the care of the outfitter. They will be kept secure and available when you return at the end of your trip.

Items Not to Bring

Knives, firearms, fireworks, alcohol, tobacco products, illegal drugs, and electronic devices (music devices, games, cellular phones, etc.). These things may be prohibited by the Forest Service. **If found, these items may be confiscated.**

**Wilderness Trek™ Christian Camp Emergency Phone Number:
719-539-4888**

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