

Wilderness Trek™ Christian Camp, Inc.
2010 Participant Handbook for Adult Treks

Wilderness Trek™ Christian Camp

Wilderness Trek™ is a rugged six-day adventure conducted in the mountain ranges of southern Colorado by Wilderness Trek™ Christian Camp, Inc. (WTCC) and its outfitter, Wilderness Expeditions, Inc (WE). 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 and adults to discover self-confidence, 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. The Wilderness Trek™ program 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.

Youth participation in Wilderness Trek™ is limited to young people between the ages of 14 and 19. In recent years, however, a Wilderness Trek™ program has been started to provide for the unique needs of adults of all ages. Wilderness Trek™ is not limited to any race, sex, or religious affiliation.

The Fee* for Adult Treks

The 2010 fee options for Adult Trek are (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):

- **Basic Package – Discounted Fee - \$425 per participant**, if final balance is submitted **on or before May 3, 2010**.
- **Basic Package – Regular Fee - \$450 per participant**, if final balance is submitted **after May 3, 2010**.

There are also Adult Trek packages which include white water rafting. For more information call 1-800-833-4218 or visit www.wildernesstrek.org.

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 send their deposits, but only if space is available. The balance of the fee is due May 3, 2010.

Wilderness Trek™ Christian Camp has a “no refund” policy on all payments.

The fee options for Adult Trek covers all expenses for your participation in the planned program, which includes the services of the staff, equipment, Forest Service permits, enhanced trail food package, banquet meal, base camp use, program administration costs, journal, T-shirt and a night's stay in a bed and breakfast inn. Participating groups will have expenses in addition to the Adult Trek fee, particularly for travel and lodging. **Any medical expenses are the responsibility of the individual.**

What Are The Key Elements Of Wilderness Trek™ - Adult Program?

- ◆ **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 common 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.
- ◆ **Honesty and Confidentiality**— Adults are different from teens. Adults usually do not need the introduction of added stress in order to breakdown the barriers that lead to the expressing of genuine feelings. Adult participants are encouraged to share the genuine thoughts and feelings during group times. Everyone is asked to keep those things shared by others as confidential.
- ◆ **Relationship Development** - Social and economic equality occurs when each of the trekkers hikes the trail together without the barriers of possessions and other superficial fences. New perspectives on others are realized.

*Fees are set on October 1 or each year and subject to change.

- ◆ **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** - "Wilderness" means that the rules have changed. Failure to heed the wisdom and training of the guide and staff puts one at risk. The principle of attentiveness is a good habit 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 Adult Trek experience is completely different than the typical summer camp or family recreation program. 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 to 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™ - Adult Program™ must 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 Adult Trek Like?

Day One: The Beginning - Your group should arrive at the base campground 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 and prepare, eat, and clean up breakfast. Your group will then break camp and travel to the rappel site. Weather permitting; everyone in your group will have an opportunity to experience the thrill of rappelling. You do not have to rappel. We ask, however that you watch and encourage others during this time. After rappelling your group will travel to the first low camp.

Day Three: Backpacking - This day is typically the longest hiking day. 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: Solo - The fourth day is a special day on Trek. You get to spend about three hours on "Solo". This is a time of prayer and meditation between you and God alone. The afternoon is spent relaxing, getting acclimatized to the altitude, bathing, taking short hikes and playing cards/dominos, etc. with your friends.

Day Five: The Climb - This day begins with an early wake up call, followed by a quick breakfast and on to the trail before dawn. High camp is left behind and only water, food, and warm clothes are taken on the summit attempt. Depending on the condition of the group and staff available you may be given the option of not attempting the summit, if you prefer.

Day Six: Back Down - Today you break camp and leave the mountain. After a short drive you will arrive back at base camp. Showers, a banquet and group devotional at a nearby hotel (or bed and breakfast) are the high points of this day.

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 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, another person 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 to operate its adult program. The 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 and adults.
- ◆ Participation in staff training activities.
- ◆ Consistent attention to safety.
- ◆ High quality, well-maintained equipment.
- ◆ Commitment to the program of WTCC.

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 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 Devices (radio, cassette/CD/mp3 players, 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 or extra set of clothes (shorts and T-shirt), if you plan to go river rafting.

About working in Crews

One of the basic principles under which Trek operates is the value of the crew experience. Each Trek group is divided into "crews" of 8-10 people. The crew prepares and eats meals together. Members of your staff will serve as crew leaders. Everyone in a crew is expected to take their turn helping to prepare and clean up after meals. It is essential to the safety and health of the crew that all participants follow the guidelines set forth by the guide staff.

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 outfitter is required to secure permission for each trip with the National Forest Service boundaries. Trail access requests are submitted long before your group arrives in Colorado. Weather and trail conditions and staff availability 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
- 2 pair of shorts
- 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
- Needed for June Treks:** gaiters (snow guards, for walking in snow)

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)
- collapsing chair or light weight stool to sit on
- 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 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. Be sure to let your staff members know which medications you are taking.

Wilderness Trek™ Christian Camp, Inc. Emergency Phone Number:

719-539-4888

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