



GENERAL INFO

Dates: June 23-28, 2023
Location: Salida, Colorado
Trip Cost: \$550 per student
includes lodging, transportation, white water rafting fees, and most meals
Deposit: \$100 non-refundable deposit
Due 7 days after registration is confirmed

If you have any questions, please call the Youth Ministry Office at 817.277.6353

REGISTRATION

- Trip participation is limited to 20 students who have completed 9th -12th grade. We will open registration and fill slots based on order of registration, with preference given to seniors who did not participate in 2022. Once a student has registered and has been confirmed, they will have 7 days to pay the deposit. If no deposit is paid within 7 days, that student's place will be filled by a student from the waiting list.
- Once registration opens, go to **fbca.org/summer-activities** to register. You will be able to complete all paperwork, digitally sign, and pay online.
- All final paperwork and consent forms will be available by **April 10**. Deadline to submit all paperwork is **April 16**.
- Each participant will be required to complete training and a Participant Backcountry Safety Agreement prior to the trip. Any student who does not complete all training will not be allowed to participate and will forfeit trip payments.
- The training will include the following:
 - Leave No Trace (outdoor code of ethics)
 - Fundamental safety procedures on the trail
 - Precautions for fire, flash floods, lightning danger
 - Procedures for a participant if he/she becomes lost
 - Procedures when encountering wild animals
 - Rules of the summit
 - Proper health procedures
 - Sanitation procedures on the trail

THE WILDERNESS TREK

This trip takes you to the heart of the Rockies in south central Colorado. Our itinerary is organized around the city of Salida, Colorado and will be packed with outdoor activities of different strenuous levels. We will schedule time for Bible Study every day and enough "down" time to replenish your soul and your soles.

ITINERARY

FRIDAY, JUNE 23

Depart Arlington at 6:00am
Arrive Salida

SATURDAY, JUNE 24

Acclamation (tube the Arkansas River, shop historic Salida, relax at the riverside park & coffee shops)
Dinner & Bible Study

SUNDAY, JUNE 25

Drive to beginning of trail
7 mile hike to base camp
Bible Study & Overnight in tent

MONDAY, JUNE 26

Summit attempt Mt. Elbert (14,438') (9.5-miles; 4700') – tallest in Colorado, second tallest in lower 48
Bible Study & Overnight in tent

TUESDAY, JUNE 27

Break camp
White water raft trip in Browns Canyon
Check-in at hotel
Dinner & Bible Study

WEDNESDAY, JUNE 28

Travel to Arlington

MORE INFORMATION

GUIDED SUMMIT ATTEMPT

It is 3:00 am and the cold sends a chill down your spine. You switch on your headlamp and take your first step up the trail. You know it is going to be a challenging day, but what lies before you will be well worth it. Moving at a steady pace, you sense dawn's colors illuminating the beauty around you. The world seems to slowly disappear below. As you take in the view, you begin to grasp that you are actually climbing a mountain!

Climbing a mountain can be a life changing experience that should never be taken lightly. The spiritual impact of such an experience is hard to sum up in words. No matter what level of experience you possess, this is a trip you will never forget. To ensure your safety and success, we will follow established routes; monitor weather conditions; and provide physiological knowledge and emergency procedures to ensure that you have an experience you will want to share with others.

SAFETY

We will make every effort to ensure the safety of each individual. The activities may include a certain element of risk. We will have leaders who know First Aid and CPR and understand the unique situations that may arise in the wilderness or on any of the various activities offered. The group size will not exceed 20 student participants. We will carry radios and mobile phones. Ambulance, COSAR (Colorado Search and Rescue), and Life Flight services are available in the event of serious emergencies. Heart-of-the-Rockies Regional Medical Center <https://www.hrrmc.com/> is located in Salida. All sites and activities have been researched and chosen to balance adventure with the well-being of the participants.



There will be at least two adult leaders with each group of participants. In the event of an accident requiring the evacuation of an individual, one adult leader must remain with the group and one adult leader must go with the injured person, unless the injured person is an adult leader. In this case, adult leaders will use their best judgment.

No participant (under 18 years of age) will be left without qualified supervision.

Sleeping areas for adult leaders will be near the sleeping areas of participants, but adult leaders are not to sleep in the same area (or tent) as participants. At no time are participants of the opposite sex to sleep in the same tent.

No participant shall be more than 100 yards from camp and will remain close enough to hear an adult leader call them.

SAFETY & LIABILITY OF OUTFITTERS

For activities that are provided by an outfitter (white water rafting, river tubing, etc.), each outfitter's safety and liability policies and procedures will take precedence and will be followed by all participants. Applicable waivers must be completed for each activity.

White Water Rafting

White Water Rafting and the Adventure Park Ropes Course will be provided by Noah's Ark Whitewater Rafting & Adventure Co.

<https://www.noahsark.com/rafting/browns-canyon-half-day.html>

Noah's Ark has been in business for over 35 years and has close ties in origin and ongoing partnership with Young Life, a large organization whose mission is to introduce adolescents to Jesus Christ and help them grow in their faith.

ADULT LEADERS

Hiking and backpacking adult leaders are qualified to accompany groups in the backcountry. They meet the following criteria and adhere to the following procedures:

- 21 years of age or older
- Know First Aid and CPR
- Have technical experience consistent with the planned activities
- Have participated in at least five (5) backpacking trips
- Have exhibited the maturity to be an effective leader of participants
- Are of sound mind and healthy body
- Know the symptoms and treatment of dehydration, hypothermia, and altitude sickness
- Observe participants for early diagnosis and treatment of dehydration, hypothermia, and altitude sickness
- Consider age, physical condition, and experience of group when setting pace
- Select terrain appropriate for the group

FIRST AID & MEDICATIONS

A fully stocked first aid kit will be available to all adult leaders while in base camp. A first aid kit will be carried by one adult leader per crew to backcountry areas.

Each participant will provide adequate medical history and highlight any medical concerns. These concerns will be communicated to the adult leaders before an individual's departure for backcountry areas. Be sure to let your adult leader know which medications you are taking. The adult leaders are responsible for knowing which individuals require medication and where medications are located. In the event of a life-threatening emergency, an adult leader may assist an individual in taking an oral and/or nebulized medication dispensed by a licensed pharmacist. The medical release forms should be available to adult leaders at all times.

FIRE SAFETY

Tents are to be at least thirty feet away from any campfire or open flame. Fuel bottles are to be kept at least ten feet away from stoves and campfires. An adult leader will supervise the preparation and starting of all campfires and stoves.

BEAR SAFETY

With a large group, the likelihood of encountering a bear is small. Even so, special procedures will be used concerning bears in the backcountry. These procedures are designed to minimize a bear's access to participants. Participants will be instructed in the proper disposal of food and waste. Backcountry camps will be arranged in a way that isolates food supplies and food odors from participants and tent areas. Adult leaders will give instruction in minimizing the possibility of an individual being isolated and vulnerable to bear attacks. All bear sightings will be reported immediately to an adult leader. The adult leaders will determine how to deal with a bear that persistently threatens the safety of participants. A "problem bear" will be reported to the Colorado Division of Wildlife within 24 hours of an incident involving a bear and participants. At no time will a bear be approached or antagonized.

INSURANCE AND MEDICAL SITUATIONS

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. In the event an individual must return to base camp because of injury or illness, another member of the group will be required to accompany and care for that individual until the group returns from its activity.

FOOD *while camping*

Trail food is by necessity a high carbohydrate, high caloric diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Basic trail meals are included which provide necessary calories. Food allergies should be reported on your medical form.

CLOTHING

The Colorado Rockies have unpredictable variations in temperature and weather. The temperature may vary from the low 30's to the high 80's. You may encounter rain, hail, snow, cloudy skies, lightening, or bright sunshine – all in a day. The key to proper clothing selection is "layer on for cold and wet" and "layer off for heat and exertion". We recommend you pack clothing in plastic bags to protect from the elements and treat your outerwear with water repellent. We also recommend using synthetic (not cotton) fabrics.

PHYSICAL FITNESS AND CONDITIONING

One of the biggest challenges you may face is the physical activity associated with the events. We will use the physical challenges to encourage spiritual and mental growth. It is necessary for anyone who wants to take full advantage of the experience to be "in shape". By the nature of the activities, this trip may not be for everyone.



We recommend a conditioning program for the more strenuous activities. This should consist of aerobic exercise that builds up lung capacity (especially important at high altitude), and weight bearing exercises that build up strength and stamina. For example, consider walking or exercising with a weighted backpack to simulate a more genuine experience.

Begin gradually and build up to the desired goals. It is better to develop stamina than speed. Consistency is the key. Get into a routine and stay with it!

WILDERNESS COMFORT

To be comfortable in the wilderness, you must prepare physically, mentally, and expect to endure hardship. Plans may change, food may change, weather will change, tent mates may change, equipment may break, and accidents may happen. All you can do is try to plan ahead and prepare. Keep a good attitude.

Footwear

Warm, dry, healthy feet will improve your outlook. Footwear that is waterproof, or can be waterproofed, works great. Bring a large plastic bag for your shoes so they don't get the tent dirty or wet. Nothing dries as quickly as you would like. Bring an extra pair of shoes to wear while in camp. Polypropylene socks dry easily and keep the moisture away. Any type of wool blend will keep your feet warmer and dryer than cotton.

Outerwear

Maximize layering of clothes. This allows you to put on and take off what is needed so you don't sweat and make yourself colder. Pants that zip off into shorts are great. They save you from bringing a second pair of shorts or pants and work well during a hike. Fleece, wool, and synthetics are great in the wilderness. Use a waterproof top and bottom rain suit rather than a poncho. You don't need to get the most expensive gear and clothing to have an enjoyable and comfortable experience.

Sleeping

As soon as the tent is set up, get your sleeping bag out and spread it out. This allows the bag to regain its loft and insulate better. When you go to bed, don't wear the socks you have been wearing all day. Keep a pair of socks just for wearing to bed. Don't wear wet or dirty clothes to bed. Wear a stocking cap (your head loses more heat than any other part of your body). Put clothes in your sleeping bag to keep warm. Instead of a pillow, bring a small pillowcase to stuff with a jacket or clothes. Bring a pair of ear plugs for snoring tent mates. Bring a quality sleeping pad.

Your Health

It is important to eat everything provided. You don't need to pack a bunch of extras, but a few snacks are great for the trail.

Drinking water is the most important aspect of staying healthy. With climate, altitude, and increase in exercise, the body requires more water than normal. Add an electrolyte drink mix to your treated water.

Take ibuprofen etc. for aches and pains and Tums for altitude sickness. Do not take anything else, unless it is a regular prescription. If there is an emergency, your staff must know what kind of chemicals are in your system.



Be clean! Brush your teeth. Wash your face, hands, arms, armpits, and crotch etc. Wet-wipes are great. Some unscented hand lotion may be great for chafing areas like boot tops and under the pack strap areas. Powder is great for feet and other areas of moisture.



GEAR LIST

The list is designed to minimize the weight and size of your pack. DO NOT bring extra items.

Backpacking & Summit Clothing

- ☐ 3 pair socks (two for hike days and 1 for sleeping; heavyweight; wool or synthetic blend, non-cotton)
- ☐ 3 changes of underwear
- ☐ Long underwear – top and bottom
- ☐ 2 T-shirts (Non-Cotton)
- ☐ 1 Long sleeve shirt (Non-Cotton)
- ☐ 1 Fleece pullover or zip-up
- ☐ 2 shorts – or 1 pair shorts and 1 pair pants that zip off to shorts
- ☐ 1 long pants – for warmth (Non-Jean)
- ☐ Preferred: rain jacket (with hood) and rain pants (optional) [or high-quality back packing poncho]
- ☐ Jacket with hood (optional)
- ☐ 2 hats - 1 for sun protection and 1 for warmth
- ☐ Gloves (optional)
- ☐ Hiking boots or Hiking shoes (waterproof) – *DO NOT bring new boots (break them in before the trip)*
- ☐ Second pair of closed toe shoes (for camp)

Backpacking & Summit Gear

- ☐ Backpack
- ☐ Tent (1 per two people)
- ☐ Sleeping bag
- ☐ Sleeping mat
- ☐ Camp stove + fuel (1 per crew)
- ☐ 2 one quart or more water bottles or a water bottle and a water bladder
- ☐ Sunglasses
- ☐ Sunblock with high SPF rating (travel size or share with a friend)
- ☐ Lip balm with sunblock
- ☐ Medicines (labeled) (If you need any over-the-counter medications, you must bring them with you.)
- ☐ Insect repellent (travel size or share with a friend)
- ☐ Toothbrush and toothpaste/baking soda (preferred) (travel size)
- ☐ Toilet paper (unroll enough for two days and put in ziplock bag)
- ☐ Cathole (backpacking) trowel
- ☐ Moist fragrance free towelettes
- ☐ Spoon/Fork or camping spork
- ☐ Small flashlight or headlamp
- ☐ Whistle
- ☐ Pen/pencil
- ☐ Ziplock bags (to carry personal gear and to pack out trash & TP)
- ☐ 3 55-gallon trash bags (used to cover and keep packs dry)
- ☐ Camera (optional)

Non-backpacking List

- Small Bible (with Old and New Testament)
- Water bottle
- Folding chair
- Swimsuit
- Water shoes (required for river activities)
- Clean clothes for Saturday activities, Friday evening, and return travel.
- Towel
- Mask (optional)
- Other personal hygiene items (unscented deodorant, etc.)

Items Not to Bring

Knives, firearms, fireworks, alcohol, tobacco products, illegal drugs, and electronic devices (music devices, games, etc.). These items may be prohibited by the Forest Service and/or could take away from the experience of a wilderness adventure. If found, these items may be confiscated. (Note: phones will be collected prior to the outdoor activities and returned upon completion of the outdoor activities.)