

wilderness



CANYONEERING HANDBOOK

*Information & Registration
Forms*

2021 SEASON

The Basics

About Wilderness Trek Christian Camp

Wilderness Trek provides faith-based wilderness experiences. We are a backcountry guide service dedicated to leading people spiritually and physically through wilderness areas. Since 1976 we have guided over 30,000 teens and adults to become better disciples and leaders through multi-day backcountry experiences.

What are the Key Elements of a Wilderness Trek Program?

There are 4 main elements of Wilderness Trek you will experience while on your trip. No matter if you are rock climbing in Moab or backpacking in New Mexico or Colorado, these elements never change.

Grow: Every program we provide will give you opportunity to grow your faith and your skills. Nature is the best place to walk with God and discover God's purpose for your life.

Connect: You will connect with God, God's creation, other people, and your own journey.

Experience: You will have an experience of a lifetime and will experience God's creation. Each trip is filled with fascination and excitement.

Challenge: Every trip is designed to challenge our spiritual and physical norms and get our faith out of stagnation.

Safety - Our #1 Concern

Wilderness Trek makes every effort to ensure the safety of each individual. But, Wilderness Trek offers a range of outdoor experiences with a certain element of risk. The staff is current in Wilderness First Aid or Wilderness First Responder. The staff follow all of the accepted practices of wilderness safety and constantly review every situation to improve response procedures. They also carry satellite devices with them in case of emergency.

What is Canyoneering?

Outward Bound explains it best by saying:

"Canyoneering is the exploration of a canyon from point A to point B using a range of techniques that include hiking, scrambling, sliding, stemming, chimneying and rappelling. Imagine extreme hiking with a harness, a helmet and appropriate rope systems. Think reverse climbing and scrambling with a little butt-sliding. Maybe even a lot of butt-sliding. It is recess for adults where muscles you forgot existed get sore. Canyoneering is the intimate exploration of forgotten Earth. It is poetry in movement."

The Area/Conditions

Most of our Moab programs are conducted from March-April & September-October. By doing this, we can avoid the heat. Be prepared to walk through rocky terrain and tight spaces. Because we are in the canyons, you are pretty exposed to the sun, so bring appropriate sun protection. There is also possibility for there to be water down in some of the canyons, we will try to avoid this if possible. Dress in layers and bring a change of clothes for base camp. If you happen to be a group that goes on a Moab program during the month of May or June, it is hot, very hot. We will have access to a lake nearby to cool down on hot days.

For our canyoneering program we will be "car camping". We equate this to "glamping" because you can bring nicer, heavier equipment (like a large sun shelter, bigger sleeping pads, and better food!) without the consequences of having to carry it on your back like you would for a backpacking program with us. So it is alright to over-pack!...Just don't bring your entire wardrobe, or the things listed on the "Do Not Bring!!!" list.

What Does Wilderness Trek Provide?

- Curriculum & Experience
- Group Shelters
- Foam Sleeping Pads
- Sleeping Bags
- Stoves & Fuel
- Cookware & Personal Eating Dishes & Utensils
- Food: Both at Basecamp & in the Canyons (some snacks provided)
- "Bobo Bags" (trowel, TP, plastic and paper bags, hand sanitizer)

Do Not Bring!!!!

- Knives or other weapons
- Explosives/fireworks
- Alcohol or illegal substances
- Tobacco products
- Vapor smoking devices
- Laptops or other large electronics

The Packing List

The canyons will likely destroy whatever you take into them. Bring durable clothing you don't mind destroying on the trip. This applies to your shoes and your day pack.

Clothes

- ☐ Shirts- light colored t-shirts are nice as they retain less heat. Bring one for every day or less if you desire. Long sleeves help prevent scrapes on your arms. Non-Cotton/Synthetic material is ideal.
- ☐ Shorts - Bring a couple pairs that are longer for wearing a harness.
- ☐ Underware
- ☐ Socks - Wool/Non-Cotton! (3 pairs is a good number for a week)
- ☐ Rain Jacket - A rain jacket is NECESSARY!
- ☐ Rain Pants
- ☐ Hat - to help shield from the sun.
- ☐ Bandana(s) - great for sun protection and countless other things. A Buff is a nice alternative.
- ☐ Swimsuit - even if you can't swim, bring one anyways! Be modest please.
- ☐ Canyon Shoes - these can be old running shoes, hiking boots, or approach shoes. Expect to hike over rocky terrain and expect to get them wet and sandy.
- ☐ Sandals - for kicking around camp.
- ☐ Lightweight Jacket or Fleece (a "puffy"down or synthetic jacket is probably the best) - for cold nights/mornings
- ☐ Stocking cap/beanie - for cold nights/mornings
- ☐ Long Pants - two pairs of blue jeans are nice to have for the canyons. Long pants will protect your skin as you're scraping down the canyons.
- ☐ Base Layer - synthetic long underwear top and bottom
- ☐ Base Camp Clothing - When you return from base camp it's nice to put on comfy clothes

Other Stuff

- ☐ Water Bottles or Hydration System - have 2 liters of water storage
- ☐ Toiletries - toothbrush, toothpaste, shampoo, towel, etc.
- ☐ Flashlight with extra batteries (headlamps are hands free)
- ☐ Sunglasses
- ☐ Sunscreen & Chap Stick
- ☐ Bible & notebook/journal with pen/pencil
- ☐ Medications - we do not take up or give out meds.
- ☐ A pillow if you would like!
- ☐ Day-pack - small and light weight. Some canyons are really hard on day packs

Optional Items

Camera with film/batteries
Bug repellent

To-Do

(Print this page)

- ☐ Read through the Student Handbook
- ☐ Fill out the online Waiver found on The Flybook (your leader will send you this) **DUE MAY 1ST**
- ☐ Fill out the online profile for yourself found on The Flybook
- ☐ Give your group leader your completed Doctor's Release form (found in this packet) If you have privacy concerns you can email your form directly to **sami@wildernesstrek.org**
- ☐ Pay your balance for the program (if applicable: coordinate with your group leader regarding this)
- ☐ Talk to your group leader (if applicable) regarding other actions
- ☐ Gather gear needed for your program
- ☐ Pray and prepare your heart for your program

If you have any questions or concerns please contact Sami

sami@wildernesstrek.org

(505) 629-0043

WILDERNESS TREK CHRISTIAN CAMP, INC.

Doctor Release

Should this application and agreement or any wording found herein be altered, it will not be accepted and the participant will not be allowed to participate in WTCC's programs and activities.

Participant Information (please print)

Name: _____ Age: _____ DOB: _____
(First, Middle, Last)

Address: _____ City: _____ State: _____ Zip: _____

Phone: (_____) _____ - _____

Physician Evaluation: A licensed medical physician's signature is required in order to participate in WTCC's programs and activities. This form must be used. No other form can be used to replace this one.

Participation in WTCC's programs and activities involves strenuous outdoor activity that will include, but may not be limited to the following: backpacking, rappelling, five days of hiking at elevations between 8,000 and 14,500 feet. WTCC's programs and activities are conducted at altitudes above 7,000 feet involving extreme weather conditions in remote locations where readily available medical care cannot be assured.

I hereby affirm that upon examination of the information provided to me by the participant, there are no restrictions or limitations to participation in WTCC's programs and activities.

Signed: _____ Date: _____
Licensed Physician

Name: _____ Phone Number: (_____) _____ - _____

Office Address: _____ City: _____ State: _____ Zip: _____

Email: _____