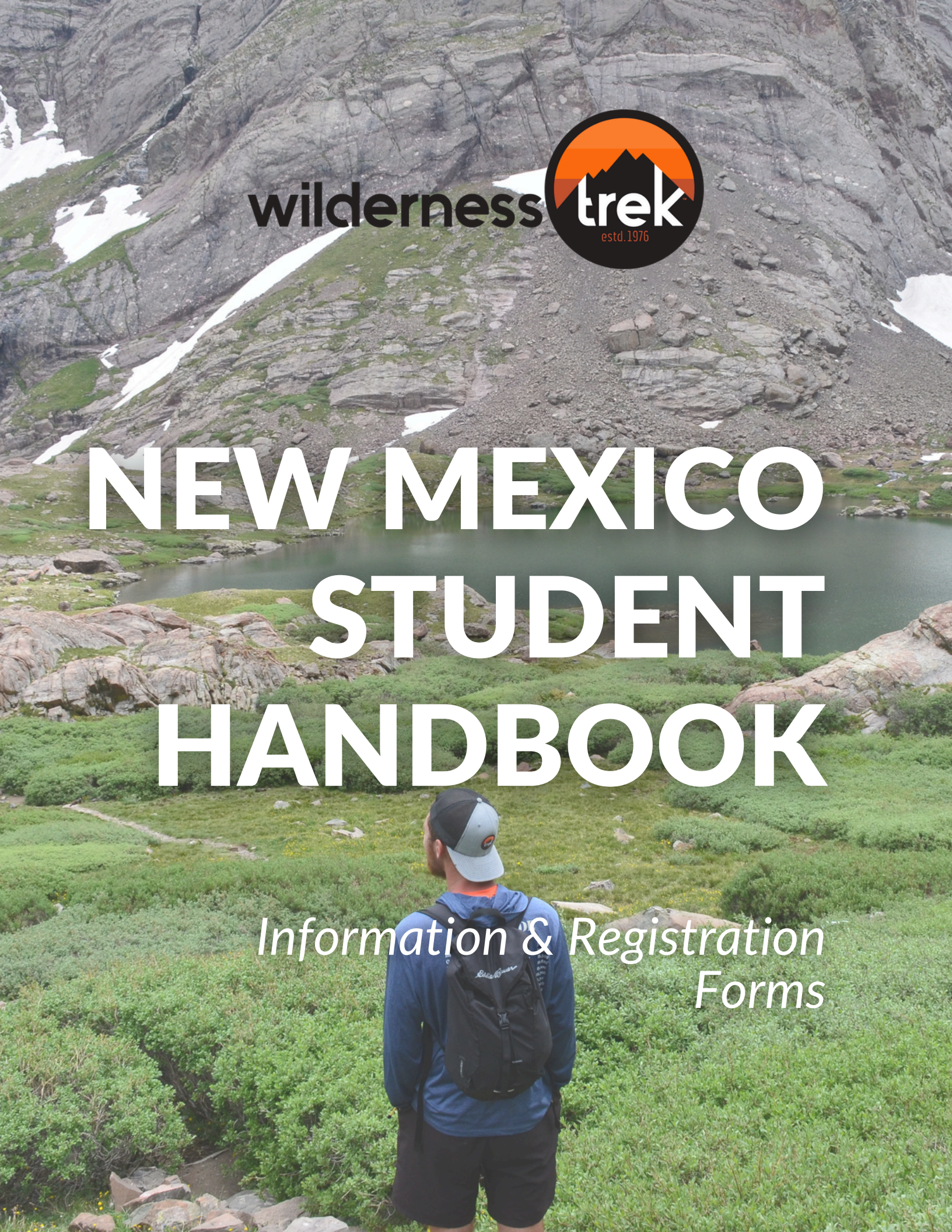


wilderness trek
estd.1976

NEW MEXICO STUDENT HANDBOOK

Information & Registration Forms

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 60,000 teens and adults in order to help them grow into the people God calls them to be.

What are the Key Elements of a Wilderness Trek Program?

There are 4 main elements of Wilderness Trek you will experience while on your program. No matter if you are 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 program is filled with fascination and excitement.

Challenge: Every program 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 while offering 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 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. For our climbing excursions, gear is routinely inspected and our climbing and rappelling guides are certified in the necessary certifications for those activities.

The Area/Conditions

The Wilderness Trek base camp is located in the Sangre de Cristo range of the Southern Rocky Mountains of northern New Mexico. For onsite Wilderness Courses and customized group Wilderness Programs, we utilize the 2,400 acres of the Glorieta Adventure Camp property, along with the Santa Fe National Forest, Carson National Forest, Great Sand Dunes National Park, San Isabel National Forest, and the Pecos Wilderness. Elevation can range from 7,200 ft to 14,000 ft. The air is generally dry and crisp but there can be a lot of variation of weather, even in the summer. Temperatures can range from 30’s overnight (depending upon elevation of campsite) to the low 90’s mid-day. Rain comes and goes frequently in the summer (typically starting in July), so a rain jacket is necessary. We will be hiking in rocky terrain, so boots with ankle support are encouraged. We are also in black bear country, so we will be taking precautions and educating participants on proper practices such as using bear boxes on our property, and using bear hangs in the Forest and Wilderness areas. Additionally, our staff carry bear spray on overnight backpacking trips.

The Physical Demands

The Wilderness: Not all, but most programs through Wilderness Trek are full-on wilderness immersion trips that may be book-ended with the comforts and privileges of indoor living and fun camp activities. When you are "on trail," all you have is the support of your team and the life you carry on your back. Prepare to "rough it" -- no shampoo or body wash, no mirrors or plumbing; just sleeping in the mountain air and doing business in the dirt. Life on the trail is a beautiful thing and a once in a lifetime experience for some. We want to prepare you mentally to enjoy your program.

Elevation: People feel the physiological effects of altitude in various ways, including headache, nausea, and increased respiration and difficulty "catching your breath". In most cases, it will just feel like you are a bit out of shape. We combat the effects of altitude by asking students to **start hydrating before you arrive** at Wilderness Trek and continue to hydrate well during your stay. We also recommend that you prepare physically for your trip by keeping active at home. It is a good idea to do extra running or walking in preparation for your program. Elevations can range from 7,200 to 14,000 ft. Be prepared to feel the effects of the higher altitude/lower air pressure. Prepare to stay well hydrated and eat plenty of food.

Backpacking with Wilderness Trek: Pack weight, depending on the type of program and length of stay, can be 30-50lbs., or up to about a third of your body weight. We provide all of the backpacking gear, so we can provide the optimum comfort for your program. However, as much as we can work to make the pack fit your frame and show you how to distribute weight properly, backpacking is an inherently challenging activity. You may be hiking multiple miles and gaining 1,000' to 4,000' in elevation during a day's hike, all while carrying your home on your back. Backpacking exemplifies simplicity and caring for your community to a T, and those tasks are not easy and do not always come naturally to our society of class and comfort. Challenge will be complemented and contrasted with fun activities, relaxing conversation by the fire, and stargazing in the vast wonder of creation we call our home for the night. There is nothing better than being challenged personally, growing as a group, and being worn down physically during the day, then peeling off your socks and kicking back while eating the tastiest trail meal prepared by your friends.

What Does Wilderness Trek Provide?

- Backpacks
- Group Shelters
- Foam Sleeping Pads
- Sleeping Bags
- Tents
- Hand Sanitizer & Trowel for Backcountry Restroom Purposes
- Cooking Equipment
- Stoves & Fuel
- Food: Both at Basecamp & on Trail (some snacks provided)
- Leadership Curriculum & Experience

Note about Personal Gear: You may bring any of the above items if you desire to. Our staff will assess your gear during orientation to see if it will be suitable for the program. If it is not, we will provide you with our gear.

How to Be Comfortable in the Backcountry

L**ayering:** This is one of the best things you can do for yourself, take it from us! Your body temperature will fluctuate as you hike, rest, and relax at basecamp. We recommend layering as follows: short-sleeve, light weight long sleeve, mid-layer(such as a quarter-zip pullover), a warmer layer(like a puffy), and finish it off with a waterproof rain jacket. (Water-proof is not the same as water resistant). For your bottom half we recommend having a pair of shorts and a pair of long pants. If you are more likely to get cold, a pair of long underwear is nice to have for cold evenings and mornings.

Footwear: Bring two pairs! One pair for hiking with high ankle support, are preferably waterproof, and are worn in. And another pair of lightweight sandals or tennis shoes to wear around your tent and camp for the day that allow your feet to breathe.

Hygiene: Little comforts are nice while you are roughing it. Bring a toothbrush and some toothpaste and we will show you how to brush your teeth in the backcoutnry. Baby wipes are nice for "freshening up" after a long day of hiking. Ladies, bring feminine products just in case! Our female guides can help you with any questions you have while you are out there.

DO NOT BRING

Please <u>do not</u> pack these items for your Wilderness Trek Program:

- Knives or other weapons
- Explosives/fireworks
- Electronics (laptops, game consoles, etc.)
- Tobacco products
- Vapor smoking devices
- Alcohol/drugs
- Firearms

I**n Regards to Cellphones:** Wilderness Trek cannot keep you from bringing your cellphones, but we highly encourage group leaders to take them up until the program is over and assign an adult to take photos for everyone. We want your time here to be devoid of distractions.

The Packing List

FOR TRAIL:

- ☐ **T-Shirts** - NON-COTTON -Light colored t-shirts are preferred as they retain less heat. For trail use a minimum of two is suggested.
- ☐ **Shorts** - Bring at least one or two pairs that are longer for wearing while in a climbing harness
- ☐ **Underwear** - One for each day or less, preferably non-cotton
- ☐ **Socks** - Wool/non-cotton! (3 pairs is sufficient for a week on trail)
- ☐ **Rain Gear** - A rain jacket is **necessary** and rain pants are nice to have. Water proof, not water resistant
- ☐ **Hiking Boots** - The area is rocky, so broken in high top boots are preferred. Durable running shoes are okay. A thick sole will keep your feet more comfortable. Waterproof footwear is preferred. Do not bring "slick soled" shoes such as Vans or Converse to hike in.
- ☐ **Camp Shoes** - Sandals, Crocs or other lightweight shoes can be worn around the campsite, but not for hiking
- ☐ **Lightweight Jacket or Long-sleeved Shirt** - A fleece is nice for cold nights/mornings
- ☐ **Warmer Jacket/Puffy**
- ☐ **Stocking Cap/Beanie** - Helps with cold nights and mornings
- ☐ **Long Pants** - One pair is enough. Don't bring jeans or heavy cotton. Lightweight synthetic fabrics are best
- ☐ **Base Layer** - Synthetic long underwear
- ☐ **Water Storage** - at least 2 Liters of water storage. (1 nalgene=1 liter) Camelbak's are also a good option
- ☐ **Flashlight or Headlamp** - Bring extra batteries
- ☐ **Sunglasses**
- ☐ **Sunscreen, Chapstick, Bug Repellant**
- ☐ **Notebook, & Writing Utensil**
- ☐ **Medications** - NOTE: All doctor prescribed medications must come in the prescription bottle with directions. We do not take up or give out meds.
- ☐ **Daypack** - For excursions without our heavy packs (must be small enough to pack away) in your large backpack
- ☐ **Extra snacks** - Wilderness Trek provides all of the meals, but you are welcome to bring snacks if desired. TOTAL WEIGHT OF SNACK FOOD MUST REMAIN UNDER 2 POUNDS
- ☐ **Backcountry Restroom Items** - Toilet Paper, 5-6 sandwich sized ziplock bags, 1 (1 gal) ziplock bag / ladies bring feminine products
- ☐ **Gallon Ziploc Bags (Multiple)** - good for packing your clothes in your backpack
- ☐ **Heavy Duty Trash Bag** - for a backup rain cover for your backpack
- ☐ **Personal Plate, Bowl, Cup, and Eating Utensils** - something not too heavy or fragile

FOR BASECAMP (Not on the trail)

- ☐ **Toiletries** :
- ☐ **Towel** - for showering
- ☐ **Twin Size Bedding & Blankets or Personal Sleeping Bag** (a sleeping bag will be provided if you do not have these)
- ☐ **Pillow (optional) - Wilderness Trek doesn't provide pillows**
- ☐ **Casual Clothes & Shoes**

FOR PACK & PADDLE:

From our friends at **New Mexico River Adventures**:

One of the most common questions we receive at New Mexico River Adventures is, “What should I wear?” The best bet for staying comfortable in the cooler times on the river is to wear as much synthetic clothing as possible. During spring time and high runoff, we recommend that our guests wear a bathing suit under the provided wetsuit and splash gear. If you prefer to skip the wetsuit, capilene or polypropylene long underwear on top and bottom is the best bet along with fleece on the colder days. In the height of summer, swim trunks and a t-shirt or rash guard work really well. We do wear helmets on most of our trips and some people find that a baseball cap offers further sun protection underneath. One of the most important aspects of what to wear rafting is footwear. All of our guests are informed that flip flops are a no-no and we prefer if you wear aqua socks, any sandal with a heel strap or an old pair of tennis shoes.

We do offer hats, shirts, water, sunscreen and water shoes for sale if you have left any of these items at home. We look forward to seeing you! Most of our guests love to bring a waterproof camera along on the trip. Many brands come equipped with an elastic strap that can hook onto the top latch on your lifejacket, making it easy to access throughout the trip. We do not recommend bringing non-waterproof cameras or phones on the river with you. New Mexico River Adventures has a private photographer that will snap your hilarious expressions as you come through the last rapid and are available for purchase once you are back at our headquarters.

WHAT TO BRING

- Sunscreen
- Water bottle
- Sturdy shoes such as sandals with a heel strap (Chacos, Tevas, etc.), tennis shoes or aqua socks/water shoes **NO FLIP-FLOPS**
- Hat-We do wear helmets on most of our trips, but a baseball style works under the helmet
- Most people wear a t-shirt and shorts
- Change of clothes for after the trip
- If you get cold easily or your trip is in the spring, it is a good idea to bring long underwear and/or a fleece
- Any medication you may need
- **A gratuity for your guide if you see fit (Typical is $5/person) <u>*This is encouraged.</u>**
- A GREAT ATTITUDE AND BE READY TO HAVE SOME FUN!!

Please note that if you are participating in a Pack & Paddle you will have anywhere from a 1 to 2.5 hour drive from the trailhead of the area you are hiking to the NMRA headquarters located in Rinconada, NM. Once the trip is over you will then have a 1.5 hour drive back to Wilderness Trek's basecamp.

If you are also backpacking with us at Wilderness Trek, bring these clothing articles in addition to what is required for backpacking, as these will get wet!

To-Do

(Print this page)

- [ ] Read through the Student Handbook
- [ ] Fill out the online **Waiver & Health Form** found on The Flybook (Instructions on next page) **DUE 2 WEEKS PRIOR TO ARRIVAL DATE**
- [ ] Fill out the online profile for yourself found on The Flybook (If you are a parent filling out this information for your child, please use the students information for the profile to the best of your ability. Instructions on next page)
- [ ] Give your group leader your completed **Medical Release Form** (found in this packet) If you have privacy concerns you can email your form directly to **anicka@wildernesstrek.org** **DUE 2 WEEKS PRIOR TO ARRIVAL DATE**
- [ ] 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
- [ ] If you're 18+: **Background Check & Sexual Abuse Awareness Training** are required. Contact anicka@wildernesstrek.org for links to complete these.

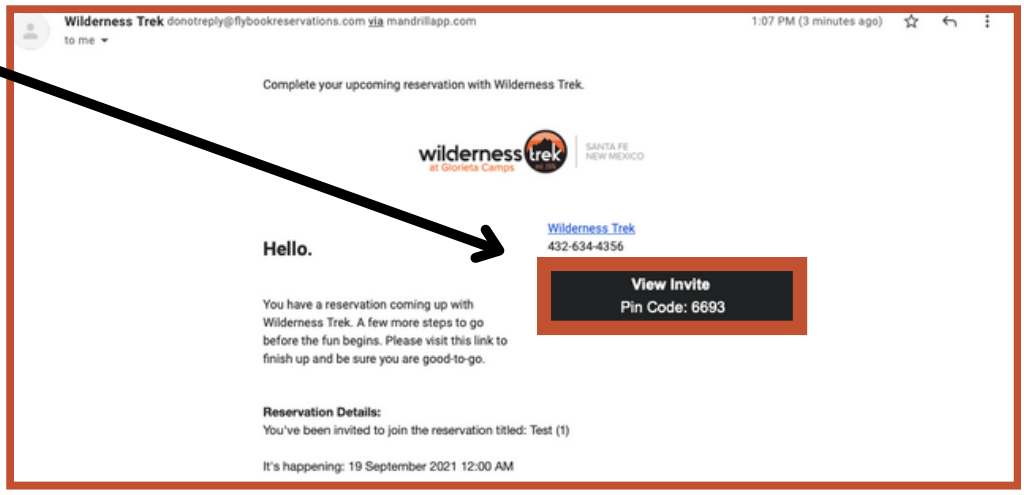
If you have any questions or concerns please contact Avery

avery@wildernesstrek.org

(505) 303-0758

Registration

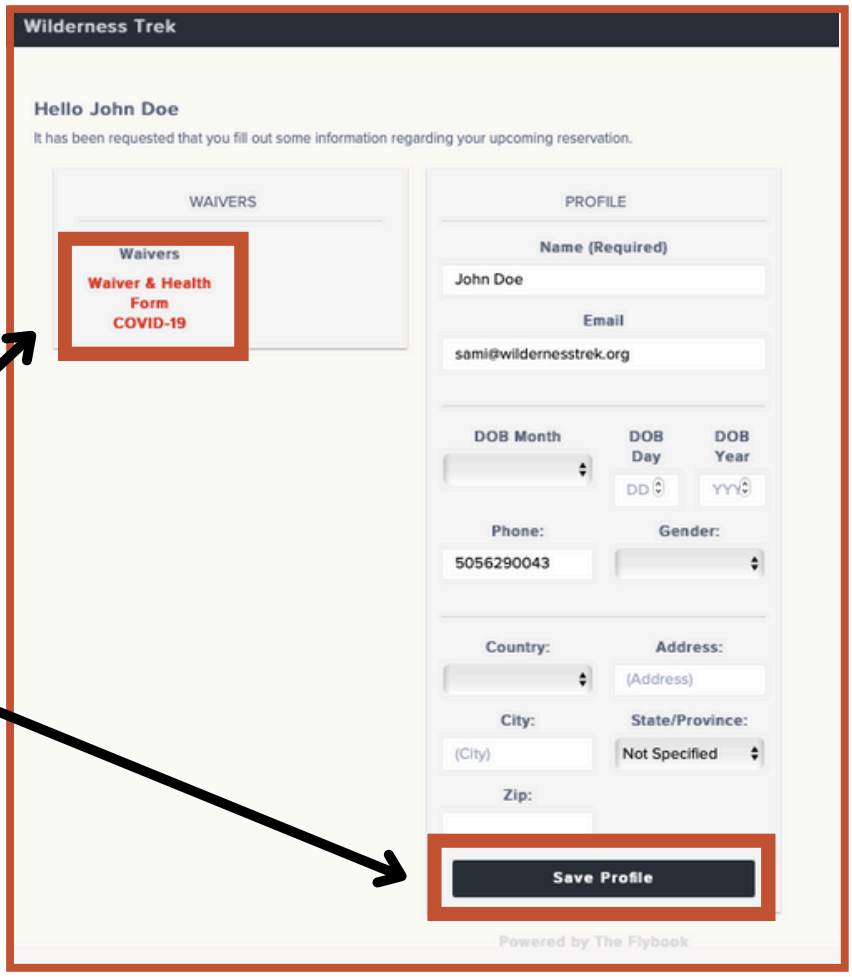
You will receive an invite email from The Flybook. Click on "View Invite"



This page will pop up.

1) Fill out the Waivers that are listed by clicking on them.

2) Complete the Profile Information 100% and click "Save Profile"



WILDERNESS TREK CHRISTIAN CAMP, INC.

Medical 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: _____ Birthdate (DOB): _____

(First) (Middle) (Last)

Address: _____City: _____ State: _____ Zip: _____

Phone: (_____)_____-_____

Medical Provider Evaluation: A licensed medical professional's signature is required in order to participate in WTCC's programs and activities. This may include an M.D., D.O., P.A., or N.P. 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 activities. By participating in WTCC programs Participants will be subject to prolonged exposure over multiple days to the elements in remote locations where traditional shelter facilities, medical resources, or modern conveniences will not be available. WTCC programs' activities may include but may not be limited to the following: backpacking, rappelling, rock climbing, multiple days of hiking at elevations between 5,000 and 14,500 feet, rafting, overnight camping at high elevations, camping in arid or desert conditions, canyoneering, etc. WTCC's programs and activities are conducted in remote outdoor locations in uninhabited or sparsely populated areas including but not limited to: deserts, canyons, and at altitudes exceeding 7,000 feet that experience extreme weather conditions where readily available medical care cannot be assured. This information should be considered in evaluating a Participant's ability to participated in WTCC's programs.

I hearby 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: _____

Medical Provider Name: _____ Phone Number: _____- _____ - _____

Office Address: _____City: _____ State: _____ Zip: _____

Email: _____

FAQ's

What's your base camp physical address?
Wilderness Trek
35 NM-50
Glorieta, NM 87535

What is Wilderness Trek all about?
We use adventure as a spiritual catalyst in order to help teens, young adults and families grow into the people God calls each of them to be. As Colossians 1:27 says, “to make known..the glorious riches of this mystery, which is Christ in you, the hope of glory.”

What are the goals of Wilderness Trek?
Our goal is to prepare people and teach them the skills they need to be lifelong followers of Christ and lovers of God's creation so that they may positively impact their families, community and everyone they come in contact with. Every one of our programs focuses on helping people grow spiritually as well as leaders through four key elements: Connect, Grow, Experience, and Challenge.

Where do your programs take place?
The majority of our programs take place in Northern New Mexico around Santa Fe, Taos, and Red River, NM. Some programs also take place just over the border in Southern Colorado and even a few just to the northwest in Moab, UT.

How long has Wilderness Trek been around?
Wilderness Trek began in 1976 when a youth minister named Bobby Woods took 21 9th grade students into the mountains around Gunnison, CO. From the beginning many dedicated people invested themselves and their resources into helping Trek grow. In 1986 Mr. Woods sold the Wilderness Trek concept to a non-profit board of directors making it possible for Wilderness Trek to become a full 501c3 non-profit organization with a board of directors for oversight. Since that time we have worked with many organizations such as Woods and Trails, The Christian Adventure Company, Wilderness Expeditions, and Glorieta Adventure Camps.

Are you the same group from Salida, CO years ago?
Yes. For over 25 years we operated in Salida, CO. In 2012 we moved our operations primarily to Northern New Mexico and in 2018 began partnering with Glorieta Adventure Camps. Wilderness Expeditions, who was a fellow friend in the outdoor ministry, was acquired by Wilderness Trek in 2025 - giving us more permit access in Colorado.

Are you a part of Glorieta Adventure Camps?
No, we are a separate 501C3 that partners with Glorieta Camps in order to accomplish more ministry. While we are blessed to be associated with Glorieta, we are a separate organization. Think of us as the Starbucks inside a Target.

What mountain will we climb?
Because we now work with each group leader to custom design meaningful experiences that fit each group's needs, abilities, and group size, this is a hard one to answer directly. We work with over half a dozen National Forest areas and have permits in New Mexico, Colorado and Utah. Program destinations are chosen one week before each program and factor in group type, group ability, trail availability, forest closures, weather, and several other factors.

I'm an individual, how do I pay my balance?
If you are coming on one of our individual trips then you should have received a confirmation email once you signed up for your program. The link to The Flybook registration is in that email and you can pay your balance and sign your waiver there.If you are an individual coming with a group, then please get with your group leader. Depending on how your group is set up, you may pay your group leader or pay us directly. Your group leader will help guide you through the process.

What should I do about dietary restrictions/food allergies?
It is important that you let us know of all food allergies and dietary restrictions as soon as possible. We start planning trail and base camp meals two weeks before you arrive at base camp. Everyone is prompted to report these on their health form attached to the waiver. If you already know of restrictions please send us an email.

What should I do with my medications OR my student's medications?
If you have prescription medications or need help with their medications there are a few things you can do to make sure that student is well taken care of. 1) Make sure the medication is clearly labeled with their name. 2) Make sure it is clearly labeled with the dosage amount and times. 3) Be sure to communicate to Wilderness Trek any special instructions or information they may need to know. *Wilderness Trek does not take up or give out medications, but does need to be alerted each time students take their medication.

If we are flying, what airport should we fly into, and do you provide a shuttle?
Santa Fe Regional Airport (40 minutes from base camp) or Albuquerque International Sunport (60 minutes from base camp) are the two nearest airports. Group Program-We do provide a shuttle service for an additional cost. $400/15 passenger van (round trip) for the ABQ Airport and $150/15 passenger van (round trip) for the Santa Fe Airport. Individual Program-Fly to the Albuquerque International Sunport. Your shuttle is provided in your price. Arrive no later than 2 pm on the program start date. We will bring you back to the airport at 8 am on the program end date.

What do we do when we arrive at the Glorieta Base Camp?
There may or may not be someone attending the gate. Either way, give us a call when you arrive and we'll meet you at the entrance. The base camp is a big place so it is nice to have an escort across campus. 505-629-0043

What are the facilities like at base camp?
Our base camp at Glorieta Camps is an awesome place and we're so blessed to operate there! We have access to campsites just behind our property and cabins as well. We will provide lunch once you get back from your trip. We do have access to showers and bath houses.

Will there be cell phone service at base camp or in the back country?
There is cell service at base camp, but the quality between carriers can vary. Verizon gets the best coverage. There is no service in the back country. Our staff carries satellite communication devices and are in contact with our base camp staff every day.

Will I have access to WiFi at base camp?
If a leader needs WiFi, we can get them access. Students will not be provided WiFi access.

Should I or my students bring cash for anything?
Students are welcomed to bring extra cash for our base camp store or other miscellaneous items. Our base camp store also accepts credit and debit cards.

What does training for the guides look like?
We begin each summer with two weeks of staff training. Those weeks are packed with trips, activity specific training, policies review, a 14 hour Wilderness First Aid certifications, LNT training, Child Protection and Abuse Awareness Training, background checks, bonding, and a little rest. Training doesn't end when trips begin. We continue to strategically pair guides together, hold regular training, and reassess each guide's knowledge to continue their education.

Can we tip our Wilderness Trek guides?
Absolutely! Our wilderness guides selflessly serve and backpack week in and week out for 10 full weeks. Tipping our guides is a great way to bless them during their time here. They are the hands and feet of our ministry. We highly encourage you to consider tipping your guides.

We're going whitewater rafting; should we tip those guides?
Yes. We partner with New Mexico River Adventures for whitewater trips. They are an awesome company with great guides (best in New Mexico)! Tipping your whitewater guide $5-$10 per person is the average rate. Please help us treat NMRA and their guides well.

I'm a group leader. How many adult leaders should I bring?
One per trail group is all that is needed but here are a few ways to think about it. You will want invested adults to help your students take their lessons and experiences home. A Wilderness Trek program can be life changing and culture building. The right adult leaders can help bring those things back from the trip. You don't want an adult to ruin the trip. Youth are sometimes more adaptable than adults so make sure you bring leaders who are excited to be on the trip and capable to enjoy the trip and its challenges..

What do the adult leaders do on a group Wilderness Trek program?
If you come with some type of youth group as an adult you have one of the best jobs around! Your role as an adult leader is to develop positive relationships, encourage your group, provide wisdom, and be a positive role model in all you do. Because each teen trip is designed with teens in mind, this means that meals, experiences, and bible studies are all designed around what teens most need. Your role is to be a friend and encourager for the teens. Your role is NOT to supervise, make decisions, take control, be critical, talk negatively or to set a bad example in any way. ADULTS WHO MUST BE IN CONTROL OF EVERY SITUATION ARE NOT ENCOURAGED TO GO ON WILDERNESS TREK AS A GROUP LEADER. Group Programs are about the teens, not the adults.

We define a group leader as anyone over 20 years old that comes with a teen group.

What else goes on at Glorieta Adventure Camps?
So much… Glorieta Adventure camps operate their own Family Camp, Day Camp, Group Camp (for youth groups), Conferences, Retreats, Free Minister Retreats, Races, and Events. Checkout their website for more info about this other great organization!

Do I need to be in shape to go on a Wilderness Trek program?
Hiking in the mountains, backpacking, rappelling, rock climbing and many of the events we offer require participants to challenge themselves. Doing anything at 8,000-12,000ft to people from lower elevations is sometimes difficult. We recommend people start walking, working out or being active before their trip and be “in shape”. If you cannot walk 3 miles without stopping on flat ground, you will most likely struggle with a 40-60lb backpack at altitude on uneven ground. While we strive to make every trip attainable for “the average person” and keep our activities appropriate, the reality is some people underestimate the challenge and struggle. Traveling through the mountains is hard (that's the point!). Wilderness Trek is not for everyone but for those wanting a challenge it is a life changing experience.

What about safety and emergency facilities?
Safety is our top priority. All of our full time staff and summer staff have been certified in Child Protection and Abuse Awareness Training and have had over 150 hours of specific training and background checks before they work. Our trail staff also all carry at least a Wilderness First Aid certification which is a 14 hour course as well as training in our emergency operations protocols and policies. The closest medical facility is less than 6 miles away in Pecos, NM with major hospitals located 20 minutes away in Santa Fe, NM. Additionally all of our trips carry satellite communication devices and check in with base camp operations every day no matter where they are. In the event of an emergency these devices also allow us to connect with emergency services quickly from anywhere in the world and at all times.

Can I volunteer with Wilderness Trek?
Yes! Volunteers are a huge blessing to our ministry. We can accept some volunteers around our base camp helping with things like cooking, cleaning, gear and food packing, maintenance projects, trail building and office administration. Every volunteer must pass a background check and go through a Child Protection and Abuse Awareness Training. Unfortunately we cannot let volunteers go on trail with groups or lead any activity that requires certifications or training such as rock climbing. If you are interested in volunteering please reach out in advance to our staff directly and we can get the ball rolling.