WILDERNESS TREK FAMILY ADVENTURES 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. For over 50 years, since 1976, we have used adventure as a spiritual catalyst for over 60,000 teens, young adults and families to 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 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 Westcliffe, CO. 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.

Attached below are REI recommendations for how to train for backpacking at high elevations:
Backpacking Conditioning
Elevation & Cardiovascular Conditioning

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 backcountry. 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.

Packing List

WHAT WILDERNESS TREK PROVIDES	• 65L-105L BACKPACK • SLEEPING BAG • FOAM SLEEPING PAD • TENTS • ALL COOKING AND CAMP GEAR • ALL TRAIL MEALS (SOME SNACKS PROVIDED) • HAND SANITIZER AND SHOVEL FOR RESTROOM USE • JOURNAL/CURRICULUM
CLOTHING/ LAYERS YOU MUST BRING (NO COTTON IF POSSIBLE)	• 1-2 HIKING T-SHIRTS – SYNTHETIC OR WOOL (MOISTURE WICKING) • 1 BASE LAYER – SUN HOODIE OR LONG SLEEVE SHIRT – SYNTHETIC OR WOOL (MOISTURE WICKING) • 1 MID LAYER – MIDWEIGHT FLEECE OR HOODIE • 1 WARM LAYER – EASILY PACKABLE DOWN JACKET • RAIN JACKET & PANTS – WATERPROOF (NOT WATER RESISTANT) • 3-4 PAIRS OF UNDERWEAR • 1-2 HIKING SHORTS – STRETCHY, BREATHABLE, COMFORTABLE • 1 HIKING PANTS • 1 TIGHTS/LONG UNDERWEAR LAYER • 3 PAIRS HIKING SOCKS – SYNTHETIC OR WOOL – 1 THICK SLEEPING PAIR • GLOVES
FOOTWEAR TO PACK	• HIKING BOOTS – DURABLE AND WATERPROOF – MAKE SURE THEY ARE BROKEN IN • CAMP SHOES – SANDALS OR CROCS WORK GREAT – LIGHTWEIGHT PAIR TO WEAR AROUND CAMP • RAFT SHOES (OPTIONAL) – SANDALS OR WATERSHOES IF RAFTING
ESSENTIALS TO PACK	• HEADLAMP • BALL CAP • BEANIE • BUFF/BANDANA • ADDITIONAL SNACKS – HIGH CALORIE CARBS, FATS, PROTEINS • 2 WATER BOTTLES OR BLADDER (MUST BE EQUIVALENT TO 2 LITERS TOTAL) • PERSONAL MEDICATION • BIBLE AND PEN • PLASTIC BOWL AND UTENSIL – FORK OR SPOON • CAMP MUG • SMALL SUNSCREEN • INSECT REPELLENT • SUNGLASSES • TOILET PAPER OR WIPES • FEMININE PRODUCTS • TOOTHPASTE AND TOOTHBRUSH • 10-15 GALLON ZIPLOC BAGS • 5 SANDWICH ZIPLOC BAGS
OPTIONAL ITEMS TO PACK	• CLEAN CLOTHES FOR RIDE HOME • CONTACTS/GLASSES • LIP BALM • TREKKING POLES • CAMP CHAIR • CARABINERS

Getting Here

If you are flying:

If we are flying, what airport should we fly into, and do you provide a shuttle?
Denver International Airport (3+ hours from basecamp) and the Colorado Springs Airport (2+ hours from basecamp) are the two nearest airports. Group Program- We do offer a shuttle service for an additional cost. $1000/15 passenger van (round trip) for the DEN Denver Airport and $500/15 passenger van (round trip) for the Colorado Springs Airport. Arrive no later than 1 pm on the program start date. We will bring you back to the airport at 10 am on the program end date.
This may be different for groups trekking in NEW MEXICO - contact WT if unsure of your arrival logistics for that location.

If you are driving:

WT Base Camp address is:
1699 Camino Drive
Westcliffe, CO 81252

Please arrive at Base Camp promptly at 3pm on the program start date. There will be banners directing you to park in a grass parking lot. Guides will not be ready to receive you until 3PM. If you will be early, feel free to explore Westcliffe until 3PM. If you will be late, please call us to communicate that at (505) 303-0758.
This may be different for groups trekking in NEW MEXICO - contact WT if unsure of your arrival logistics for that location.

If you are traveling by vehicle with your group, you will be asked to provide your own transportation to and from the trailhead. You will also be responsible for hauling your group's backpacking gear that is provided by Wilderness Trek to and from the trailhead.

Read This!

To-Do

(Print this page)

Complete each of these tasks PER PARTICIPANT if signing up multiple

- [ ] Read through the Handbook
- [ ] Fill out the online **Waiver & Health Form** (found on The Flybook) EACH participant needs to have a separate completed waiver. **DUE 2 WEEKS PRIOR TO YOUR ARRIVAL**
- [ ] 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)
- [ ] Email your completed **Medical Release Form** (found in this packet) and email to **anicka@wildernesstrek.org** **DUE 2 WEEKS PRIOR TO YOUR ARRIVAL**
- [ ] Pay your balance for the program on The Flybook **DUE 2 WEEKS PRIOR TO YOUR ARRIVAL**
- [ ] **If you're 18+: Background Check & Sexual Abuse Awareness Training are required.** Contact anicka@wildernesstrek.org for links to complete these.
- [ ] Arrange transportation to base camp - drive or fly
- [ ] Pray and prepare your heart for your program
- [ ] Gather gear needed for your program

If you have any questions or concerns please contact Avery

avery@wildernesstrek.org

(505) 303-0758

The Flybook Registration

Payments-Profiles-Paperwork

The Flybook is the software we use to collect payments and waivers. As the leader of the group you will receive the link for this. It is your responsibility to **invite the particpants to the reservation so they can fill out the waiver and create a profile for themselves**.

For payments you can either:

1) Collect payments yourself and pay in bulk with a check or via ACH ***PREFERRED METHOD****

2) Assign your students a payment amount as you invite them so they can pay with a credit card

Please note that there are processing fees that are included in your balance that need to be accounted for if paying with a credit card

Payments can be submitted by:

1) ACH - **PREFERRED METHOD*** Request an invoice with payment portal from **anicka@wildernesstrek.org**

2) Check - mailed to Wilderness Trek, 606 Saxet Trail, Spring Branch, TX 78070

2) Card - Pay on your registration, but you will be charged a 3% CC Processing Fee

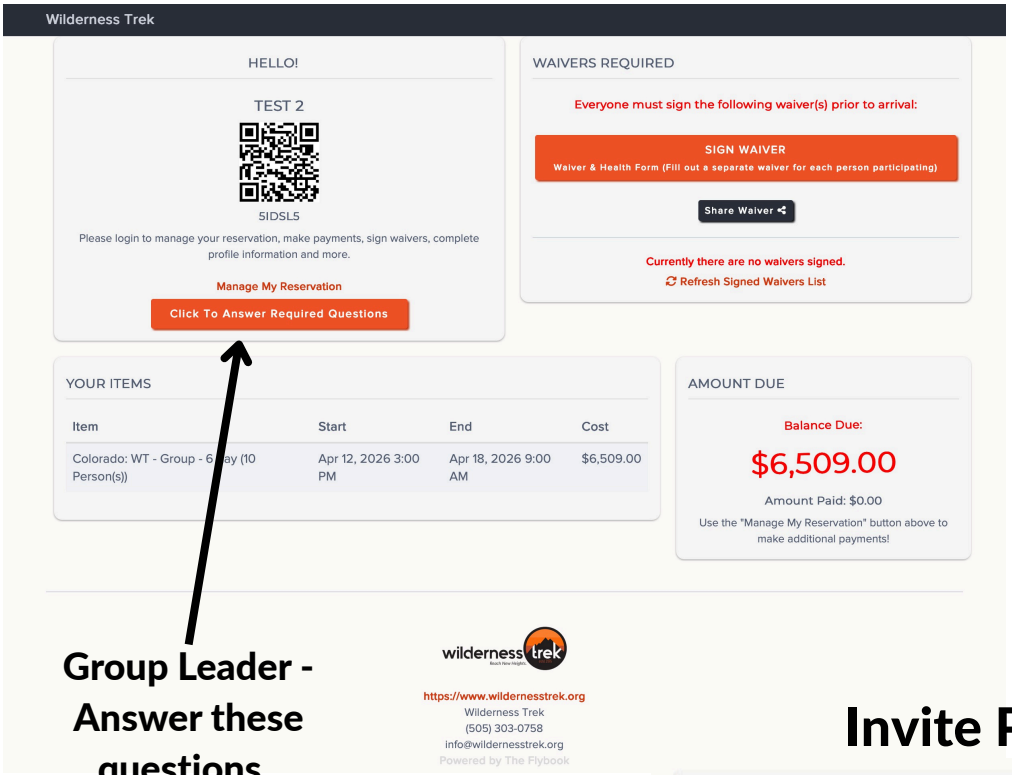
IMPORTANT: Everyone who is participating **MUST** be invited to the registration. If they are not registered in The Flybook, they will not be allowed to participate in any Wilderness Trek Programs.

Registering Includes:

1) Filling out 100% of the Profile Information

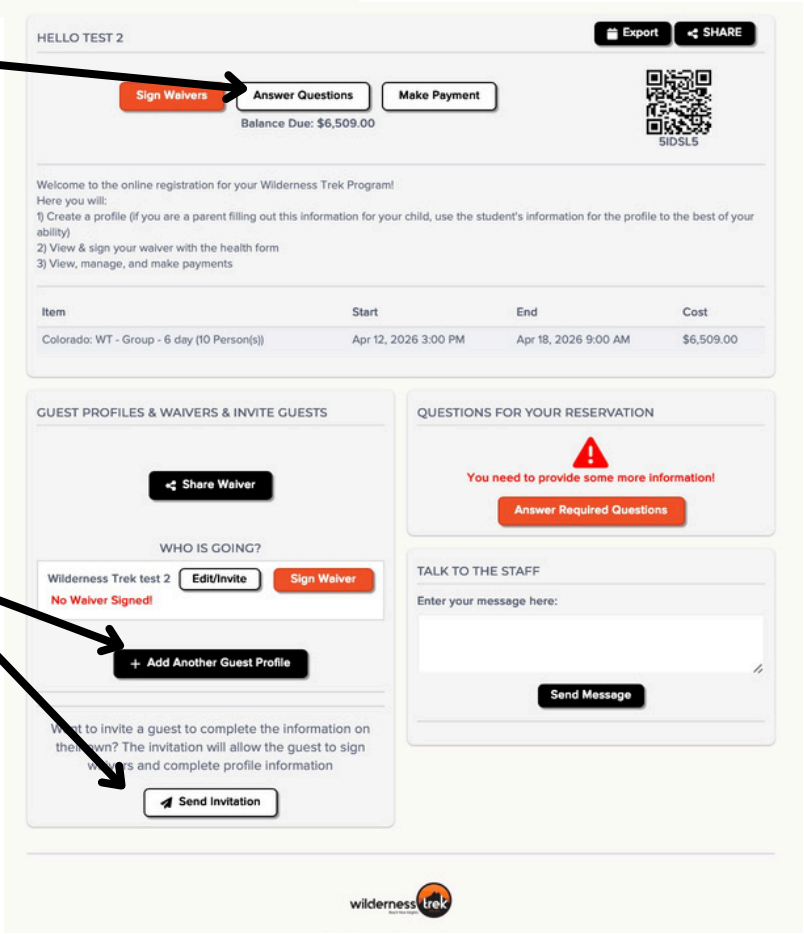
2) Filling out 100% and Signing the Waiver & Health Form

When you access your reservation through the confirmation email, this is the page you will be taken to. Your reservation code is unique to your group. This page gives you an overview of who is registered, who has signed their waivers, and your payment status. Only you, the Group Leader, has access to this page.

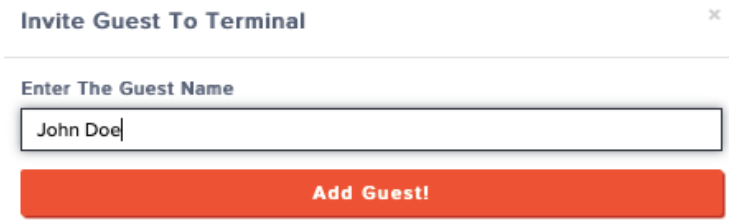


Group Leader - Answer these questions.
(FYI: Answers will be visible to all participants)

Invite Participants!



You may use either of these options to add participants to your reservation.



Click this after adding First and Last name of the participant.

Do not enter the name of Parents/Guardians, only participants.

Once you have added a participant, click this button by their name.

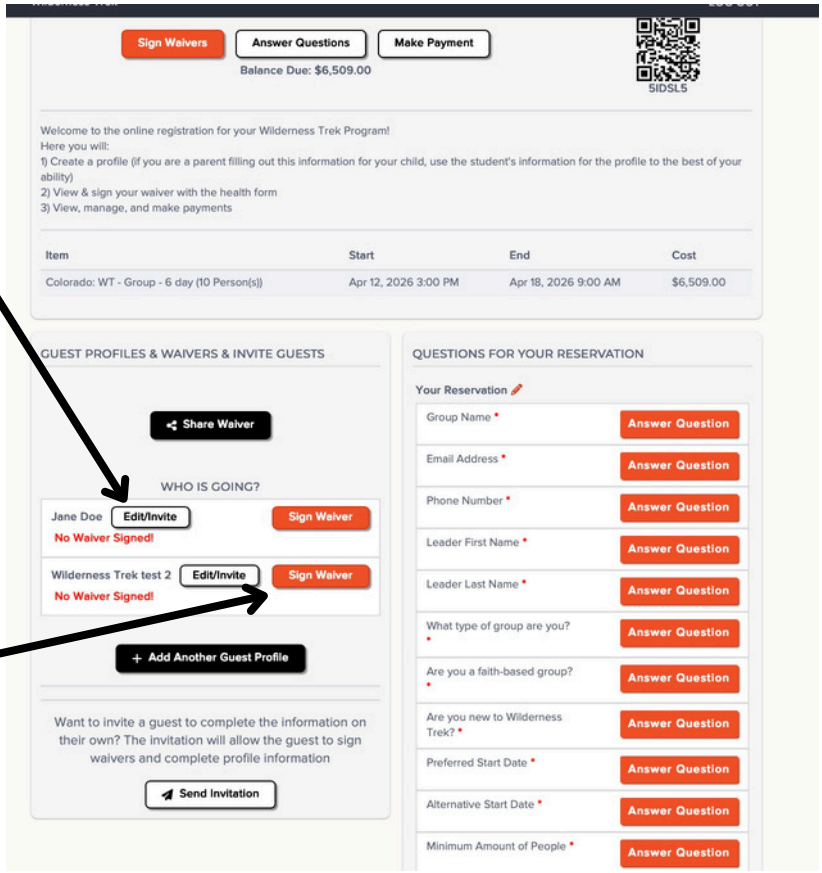
Fill out:

-Participant Email

-Participant Phone Number

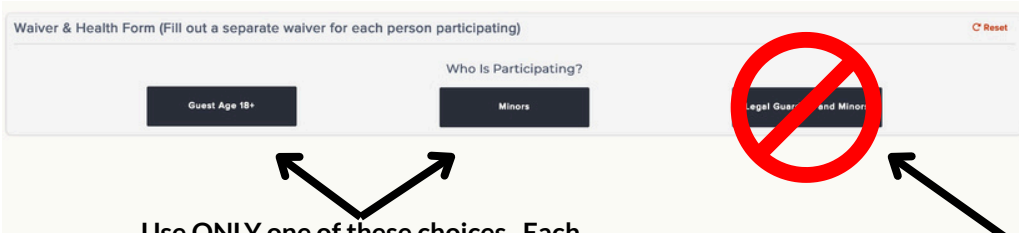
(IF the participant is a minor, this may be their Parent/Guardian's Info.)

then Press SAVE button



Be sure to complete your own wavier!

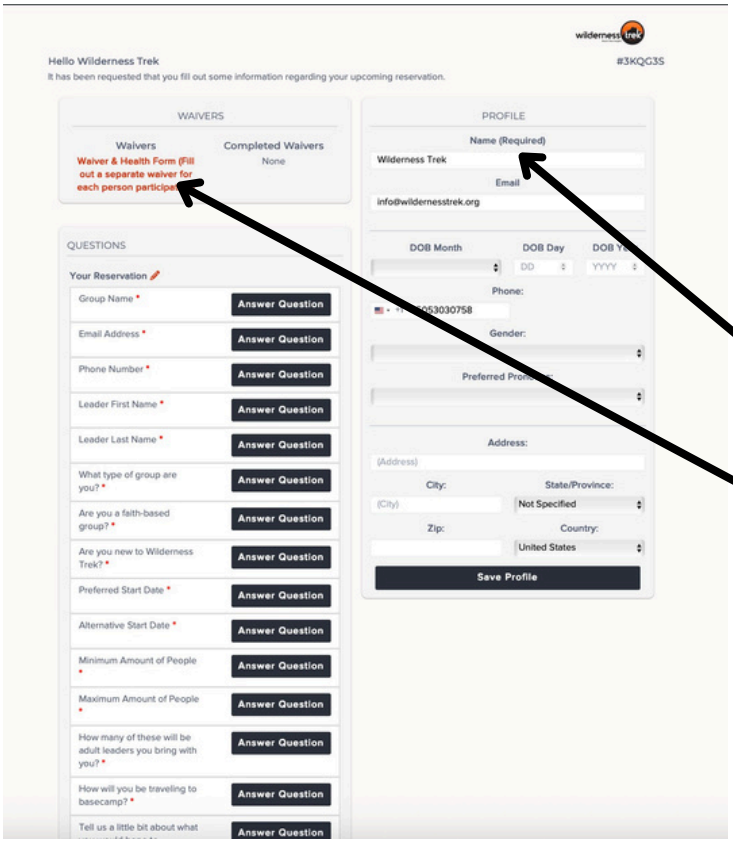
A Note about Filling out Waivers:



Use ONLY one of these choices. <u>Each participant must fill out a separate waiver.</u>

Use the MINORS button if filling out as a Parent/Guardian for a participant under age 18.

DO NOT USE THIS OPTION!



Your guests will receive an email and text message inviting them to the Flybook, it will bring them to this page where they:

1) Complete 100% of their Profile Information and

2) Complete 100% of their Waiver & Health Form

It is important to note that the total price of your program is based off of the minimum # of participants in your group stated in your contract. If this number changes, the price will change too.
CONTACT AVERY IF YOUR GROUP TOTAL IS LARGER THAN THE PROJECTED GROUP MINIMUM

For payments submitted via check, please send to:

Wilderness Trek
606 Saxet Trail
Spring Branch, TX 78070

If you have any questions regarding The Flybook registration system, please contact Avery - avery@wildernesstrek.org

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?

For all Colorado Trips:
Wilderness Trek
1699 Camino Drive
Westcliffe, CO 81252

For all New Mexico Trips:
Glorieta Adventure Camps
11 NM-50
Glorieta, NM 87535

Where do your programs take place?
Our programs take place in the Rocky Mountains of both Colorado and New Mexico. We utilize many different areas that we are permitted in based on weather, terrain conditions, group size and need, and logistical requirements.

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 so that we can best support your needs. 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, however, if you already know of restrictions please send us an email asap.**

What should I do with my medications OR my participant's medications?
If you have prescription medications there are a few things you can do to make sure that participant is well taken care of. 1) **Be sure to list ALL medications on the health form attached to the waiver. (prescription and/or over the counter).** 2) Make sure the medication is clearly labeled with their name. 3) Make sure it is clearly labeled with the dosage amount and times. 4) Be sure to communicate to Wilderness Trek any special instructions or information they may need to know regarding medications. ***Wilderness Trek does not take up or give out medications, but does need to be alerted each time participants take their medication.****

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. While participants may bring their cell phone if they desire, there is no service in the back country. Removing participants from the noise of the digital world makes space for incredible experiences and the ability to connect with God and others without distraction. To mitigate any risk that comes with being out of cell service, our staff carries satellite communication devices and are in contact with our base camp staff multiple times every day.

How do I pay my balance?
Please refer to "The Flybook Registration" section of the Leader Handbook. You will receive a confirmation email from The Flybook that includes a link to your account that shows your balance. It also has all of your paperwork (except for the Medical Release form).

If we are flying, what airport should we fly into, and do you provide a shuttle?
Denver International Airport (3+ hours from basecamp) and the Colorado Springs Airport (2+ hours from basecamp) are the two nearest airports. We do offer a shuttle service for an additional cost. $1000/15 passenger van (round trip) for the DEN Denver Airport and $500/15 passenger van (round trip) for the Colorado Springs Airport. Arrive no later than 1 pm on the program start date. We will bring you back to the airport at 10 am on the program end date.

This may be different for groups trekking in NEW MEXICO - contact WT if unsure of your arrival logistics for that location.

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, Bible studies, policies review, a 14-hour Wilderness First Aid certification, 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.

What about safety, weather, 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 background checks and have had over 100 hours of specific training before they work. This includes training on best practices for inclement weather (storms, fires, smoke, etc.) 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 8 miles away in Westcliffe, CO with major hospitals located 50-60 miles away in Salida, Canon City, and Pueblo, CO. 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.

What type of footwear do I need for this?
Terrain includes shale, loose rocks, boulders, uneven ground, and stream crossings. We strongly recommend you wear hiking boots that offer good ankle support. If you are unable to bring boots, athletic running shoes may suffice. Be sure to also bring a lightweight pair of shoes to wear at camp during times you are not hiking.

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 8,000-14,000ft 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.

Here again are the REI recommendations for how to train for backpacking at high elevations:
Backpacking Conditioning
Elevation & Cardiovascular Conditioning

Are all meals provided by Trek?
We provide all meals for while your group is with us with the exception of lunch after you get off trail. Groups and their guides typically eat at a restaurant near their specific trailhead before returning to basecamp. We then provide dinner and breakfast before you leave the next morning.

What happens on arrival day?
Upon your arrival at the Wilderness Trek Basecamp, your guides will greet you before both preparing and equipping you for the week. You will eat dinner together and spend the night in tents before leaving for trail the next morning.

Should I or my participants bring cash for anything?
Participants 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.

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 great local companies for whitewater trips. They are awesome with great guides! Tipping your whitewater guide $5-$10 per person is the average rate.

We are doing a Pack & Paddle trip. What else should we pack?
Our full packing list for rafting can be found on this link here!

If you have any further questions, visit our website FAQ page here @ https://www.wildernesstrek.org/faq/

Reminder of Wilderness Trek's Cancellation Policy:

1. ALL PAYMENTS MADE ARE NON-REFUNDABLE.

2. I understand and agree that if cancellation occurs eight weeks to four weeks before the scheduled start date for the course, Wilderness Trek Christian Camp requires payment of 50% of the program cost.

3. I understand and agree that if cancellation occurs four weeks or less before the scheduled start date of the course, Wilderness Trek Christian Camp requires payment of 90% of the program cost.

4. If the course is cancelled by Wilderness Trek prior to the arrival date, all payments will be refunded or moved to another offered event if the registrant prefers.