



High School/Young Adult
Backpacking Adventure
BLACK ELK WILDERNESS, SD
August 5-7, 2018

INFORMATION PACKET

SIGN UP BY JULY 22!

Goals:

Adventure! We'll be heading into the heart of the Black Hills for a three-day/two-night backpacking trip. Our goal is thrill, challenge, and fun, while relating it all back to the excitement of knowing God and living a life with Jesus! Our hope is that this will be an amazing time of connecting with creation, each other, and our great Creator God!

Activities:

Explore the Black Elk Wilderness! You'll be "on trail" for three days hiking, learning outdoor skills, and sleeping under the stars.

Backpacking.....CAN I REALLY DO THIS???

Yes you can. The goal is not to break you. This is backpacking, not the Special Forces! Yes, it can be hard, but the rewards are rich, and the good parts overshadow the hard parts. Yes you can!

Trip Itinerary**Sunday Afternoon**

- After church service we will grill burgers outside, play some corn hole, and load up.
- Drive to the trailhead and start hiking.
- Set up camp.

Monday-Tuesday

- You'll be out in the hills backpacking!
- Climb Black Elk peak.
- Swim in Sylvan Lake.
- You'll arrive back at the church office Tuesday afternoon.

A Guide to Backpacking with Westminster Backcountry

This Westminster Backcountry trip is a unique adventure specifically designed to captivate and enrich the lives of participants.

Why this guide? We believe communication is important for this ministry to succeed. We want you to be informed and familiar with our program. Our mission is to provide a high quality and safe mountain experience with the opportunity to climb a mountain, hike through some of the most beautiful scenery in the country, and most importantly, grow in your relationship with Jesus Christ. Through challenge, teamwork, trust, fun, and developing relationships, each participant will be provided time to examine their lives in relation to the God who created them.

Clothing: Due to the weather conditions in the mountains, the proper clothing is of the utmost importance. Below you will find a list of what you will need. It is not necessary to spend hundreds of dollars on clothing - most items on the list (if not all) can be borrowed. Thrift stores such as Thrive are also an option. The mandatory items below are all you need to bring.

Guides: Each trip is led by at least two adult guides who have experience in wilderness travel, camping, backcountry navigation, risk management, and first-aid. Each guide team is equipped with a satellite device which allows them to communicate with the base support team (at the church “basecamp”). Guides will be with their group from the minute they leave the church until they return. Guide background checks are on file at the church per Westminster policy.

Food: No, we don’t eat that lousy and expensive freeze-dried stuff! All trail food is prepared at the basecamp prior to going out on the trail and is cooked in the mountains. We provide wholesome, healthy food specifically designed to properly nourish the body in relation to wilderness hiking. **If there is a food allergy, please make sure we are aware at least 10 days prior to the trip.**

Equipment: High quality equipment is provided for those who do not have what is needed. If you choose to bring your own equipment, please be sure it is adequate for a

three day experience in the mountain environment. In order to ensure your safety, your guides will have the final say about what goes out on the trail.

Routes: The group will travel about 15 miles during their three days on the trail. All trips begin and end at Westminster church (aka “basecamp”).

Health and conditioning: This wilderness experience has been designed for anyone in average health who is physically able to carry their own equipment. If you have any special condition (food or environmental allergies, etc.) please be sure to note all of that information on the PARENTAL/GUARDIAN CONSENT AND LIABILITY WAIVER/HEALTH FORM (below). It is church policy that we have that form on file, and will help us provide the best care possible in the unlikely event of an emergency. If there are additional health needs or concerns please contact us.

Clothing and Equipment List

The following clothing and equipment is essential for your safety. All items except those listed as optional are mandatory. If you want to save money, consider borrowing or buying used gear.

Mandatory:

Clothing:

- Hiking shoes or boots (see note below)*
- Old tennis shoes or sandals (NOT flip flops. Crocs and Chaco’s are great!)
- Wool or synthetic socks (NOT COTTON)** (need 2 pair)
- Wool or fleece pants
- Shorts (long mid-thigh length) or pants (need 1 pair) - NOT COTTON (NO JEANS!!)
- Cap with Visor
- Underwear (need 2 pair)
- Swim suit (modest)
- T-shirt
- Long-sleeved shirt – NOT COTTON
- Fleece Pullover (need 1) – medium weight
- Bandanna
- Lightweight rain suit or poncho (Frog Toggs are an inexpensive option)
- Small towel

Equipment and Personal items:

- One Liter Nalgene Water Bottles (need 2)
- Sunglasses with UV protection
- Small bible (Old and New Testament) Hobby Lobby has them for \$5
- Small notepad & pen
- Small flashlight or headlamp and extra batteries (headlamp is best)
- Glasses & Contacts
- Chapstick **with SPF** (not Carmex)
- Sunscreen (at least 15 SPF)
- Toothbrush & Paste

- Any Personal Medication
- Insect Repellant (with DEET)
- Sanitary Napkins (women)

Optional:

- Moleskin/Second Skin (blister preventer)
- Small bottle antibacterial hand cleaner

Provided Camper Equipment/Rental Gear:

- Backpack (at least 45 liter capacity)
- Pack rain cover
- Down or synthetic sleeping bag (20° range or lower)
- Sleeping pad (Ensolite, Therm-a-rest)
- Cup/bowl/spoon
- Whistle
- Group gear (i.e. tents, food, stoves, cookware, first aid, water purification, etc.)

***On Boots:** You will travel on rugged terrain both on and off the trail which requires a good quality hiking boot. Be sure your boot is above the ankle. Medium weight leather upper boots with Vibram soles are best. The fabric/leather upper boots are also good and break in easily. Whichever type you have, it is recommended that they are waterproofed (Nikwax, Sno Seal or Gore-Tex) and thoroughly broken in before you come. If you do not have boots or have access to any, an active shoe that is heavier duty than a tennis shoe can work (trail-runners). You will be sacrificing ankle protection (from rolling an ankle) and keeping your feet dry but there are plenty of shoe options that can work in the backcountry. However, we have found boots to be ideal.

****On Cotton:** Let's just say this: It's a bad idea, don't bring cotton clothes. If cotton gets wet it will take forever to dry in the mountains. (Exception: cotton clothing to change into in camp or for sleeping is okay)

On Cell Phones: Why your cell phone is not on the list: 1) There will be no cell service in the mountains. 2) Losing or breaking a cell phone is a real possibility. 3) It will add weight to an already heavy pack. 4) The battery will run down quickly with no way to charge it back up. 5) Anything left in the vehicles will be at risk for theft. 6) You won't need it. 7) Guides will have communication capability for emergencies. 8) An added challenge – can you live without your phone??!!

Reservation Policy

To reserve a spot:

- 1) Fill out PARENTAL/GUARDIAN CONSENT AND LIABILITY WAIVER/HEALTH FORM.
- 2) Turn in form at the church office with \$50 trip cost.
- 3) Scholarships may be available – if you want to go but funding is a problem please let us know – we don't want anyone to miss out!

PARENTAL/GUARDIAN CONSENT AND LIABILITY WAIVER/HEALTH FORM

Participant's name: _____

Birth date: _____ Male/Female: _____

Parent/Guardian's name: _____

Home address: _____

Home phone: _____ Business phone: _____

I, _____, grant permission for my child, _____, to participate in this youth ministry event that requires transportation to a location away from the church. This activity will take place under the guidance and direction of chaperones/volunteers from Westminster Church. A brief description follows:

Type of event:
Backpacking trip

Destination of event:
Black Elk wilderness

Individual in charge:
Andrew Bellisle

Date of event:
5-7 August 2018

Mode of transportation: ***POVs***

As a parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor ("participant"). I agree, on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend Westminster Church, its directors and agents, chaperons, or representatives associated with the event, arising from or in connection with my child attending the event or in connection with any illness or injury or cost of medical treatment, and I agree to compensate Westminster Church, its directors and agents, chaperons or representatives associated with the event for reasonable attorney's fee and expenses arising in connection therewith.

Signature: _____ **Date:** _____
This document (both sides) should be kept with the event leader!

(Over)

MEDICAL MATTERS:

I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child. (Of the following statements pertaining to medical matters, sign only those that are applicable.)

Emergency Medical Treatment:

In the event of an emergency, I hereby give permission to transport my child to a hospital for emergency medical or surgical treatment. I wish to be advised prior to any treatment by the hospital or doctor. In the event of an emergency, I authorize needed medical care without my prior notification. If you are unable to reach me at the above numbers, contact:

Name & Relationship: _____
Phone: _____ Family Doctor: _____ Phone: _____

Family Health Plan Carrier: _____ Policy #: _____

Signature: _____ Date: _____

Medications:

My child is taking medication at present. My child will bring all such medications necessary, and such medications will be well labeled. Names of medications and concise directions for seeing that the child takes such medications, including dosage and frequency of dosage, are as follows:

Signature: _____ Date: _____

No medication of any type, whether prescription or non-prescription, may be administered to my child unless the situation is life threatening and emergency treatment is required.

Signature: _____ Date: _____

I hereby grant permission for non-prescription medication (such as aspirin, throat lozenges, cough syrup) to be given to my child, if deemed appropriate.

Signature: _____ Date: _____

Special Medical Information:

Westminster Church will take care to see that the following information will be held in confidence.

Allergic reactions (medications, foods, plants, insects, etc.): _____

Immunizations: Date of last tetanus/diphtheria immunization: _____

Does your child have a medically prescribed diet? _____

Physical limitations? _____

Is your child subject to chronic homesickness, emotional reactions to new situations, sleepwalking, fainting? _____

Has your child recently been exposed to contagious disease or conditions, such as mumps, measles, chicken pox, etc.? If so, date and disease or condition: _____

You should be aware of these special medical conditions: