



PARTICIPANT AND GUARDIAN CHALLENGE EXPEDITION INFORMATION

We look forward to having you with us on your backpack and/or canoe challenge trip. Our mission at DM is to enable individuals and groups to grow to be like Jesus through challenge and recreation. Notice that our goal is not to teach backpacking or canoeing skills, although you will learn many in the process. The purpose of this trip is to put you and your group in challenging circumstances so that you grow and learn how to thrive, through Jesus, when you are pushed out of your comfort zone mentally, physically, and spiritually. Backpacking or canoeing with a group of novices is challenging in many ways. We believe if we teach a skill—like backpacking, canoeing, or socially interacting—you will soon forget it. However, if you struggle to figure out how to accomplish a skill and bear the responsibility for applying it, you will remember it forever.

Our facilitators are trained to allow you to struggle. They set the parameters for the trip, provide instruction as they see necessary, lead debriefings designed to help participants reflect, and provide medical assistance as Wilderness First Responders (visit <http://www.wildmed.com/> or call 1-888-wild-med for more details). Often our facilitators are viewed as mean and uncaring the first few days of a trip since they allow participants to reap the natural consequences of actions or inaction. By the end of the trip, participants usually realize this style of training is very loving. Visit our website for more information.

ARRIVING: The trip starts when you arrive. Be prepared to think and act wisely *as soon as* you pull in the driveway.

MEDICAL and PARTICIPANT AGREEMENT forms: NO ONE will be permitted to participate in the program unless these forms are signed and on file with us. Please get these forms to your organizer so your organizer can get them to us at least 2 weeks before the trip.

SPENDING MONEY: You may want to purchase souvenirs or candy in our canteen, and you may be charged for lost or damaged equipment.

MAILING INFORMATION: Right before you depart for home, you will receive any mail sent to you.

CELL PHONES AND OTHER ELECTRONICS: We will not allow you to take these items on the trip.

IN CASE OF EMERGENCY: Messages may be left by calling or e-mailing the office. We may or may not be able to make contact with your group to get the message to you immediately.

PRE-COURSE CONDITIONING: The better your condition, the more enjoyable the trip. We recommend that the following conditioning be carried out for at least two months prior to the trip:

- Run at least 1 mile each day or do an equivalent amount of biking or swimming. Stretch before and after exercising.
- Do push-ups, pull-ups, and/or sit-ups 2-3 times per week. Stretch before and after.

Additional Conditioning for Backpacking Expedition:

- Hike with a 40lb. backpack. It works well to put a sack of flour or several water bottles in a backpack to get the feel of carrying weight.
- Be sure the boots and shoes you will wear fit properly. Take care of any foot problems. Wear boots regularly so your feet are adjusted to them.

PERSONAL EQUIPMENT AND CLOTHING LIST:

Try not to add too much to this list. However, you will want traveling clothes in camp after the trip and for your return home. Army Surplus, Goodwill and Salvation Army stores sell second-hand clothing, which is inexpensive and suitable. Buy for function not looks. For backpacking trips, you carry all your personal items on your back!

A general saying in the wilderness is "cotton kills!" Cotton gets wet, stays wet, and robs heat from your body. Wool, polypropylene, nylon, and many other man made materials dry quickly and keep you warm even if wet. Even in summer, if a big storm blows in and pours rain, you can get cold quickly.

Another wilderness dressing principle is to dress in layers. It is better to have a warm, non-cotton shirt, fleece jacket, wind jacket, and rain jacket than to have 1 heavy, fleece-lined raincoat. If you have layers, you can add or take away articles to get warmer or cooler. Of course, in summer you can do without one or two of the middle layers.

REQUIRED ANY SEASON:

lightweight Bible
pen/pencil
for walking in water - gym shoes, aqua socks, or Teva type sandal
rain protection (poncho is minimal) – the colder it is, the better rain gear you will want
flashlight/headlamp, batteries
sunscreen

REQUIRED FOR BACKPACKING:

durable hiking boots
socks--3 pairs of quality hiking socks
+ 3 sock liners (optional)

REQUIRED FOR CANOEING:

lightweight hiking boots or tennis shoes for wearing around camp & land explorations
Socks—2 pairs

OPTIONAL:

small towel
minimal personal toilet articles
light gloves for winter camp chores
head net for summer
pocket knife
camera
personal journal – we provide a small one
hat with brim

MINIMUM FOR WARM WEATHER:

long-sleeved shirt
long pants--not tight fitting
2 pairs modest shorts
non-cotton jacket or sweater
swimsuit – most two piece swimsuits need to be covered by a non-white t-shirt.
2 sets of underwear
2 T-shirts
sunscreen --SPF 15 minimum
bug repellent

MINIMUM FOR COLD WEATHER:

winter weight mittens or gloves
2 long-sleeved wool, polypropylene, or other warm wicking shirts
2 pairs non-cotton pants
2 sets non-cotton long underwear, polypropylene is good
winter weight, non-cotton fleece or insulated parka
windproof jacket that fits over fleece (Waterproof if possible)
non-cotton stocking cap or balaclava – 75% of body heat escapes through the head and neck
durable hiking boots

ADDITIONAL BACKPACKING EXPEDITION INFORMATION:

BOOTS AND FOOT CARE: A good quality, lightweight hiking boot with laces is necessary. Boots should be purchased and worn so they are well broken in before the trip. We suggest wearing a polypropylene liner and lightweight hiking sock when you hike in your boots. Wearing the boots not only serves to break them in, it also helps condition your feet and help avoid blisters. Any exercise that will toughen your feet will be a benefit. We cannot over emphasize good footwear, proper conditioning, and care of feet. Be sure any ingrown toenails, corns or other chronic foot problems are taken care of well before you come.

Please feel free to call or write with any questions while packing for the trip. We are praying that Jesus will challenge and grow all of us through this trip together.