



## **PARTICIPANT AND GUARDIAN RECREATION EXPEDITION INFORMATION**

We look forward to having you with us on your backpack and/or canoe recreation expedition. Our mission at DM is to enable individuals and groups to grow to be like Jesus through challenge and recreation. Even though this is called a recreation trip, we want you to know it can still be very challenging. Any time you venture into a wilderness environment, circumstances can occur that make the trip a little or a lot more challenging than anticipated. Your instructors will give you help and instruction if you want it. They will also do most of orienteering and cooking. However, you still have to carry your pack or paddle your canoe, help set up and take down camp, help cook and do dishes, interact with the rest of the group, and choose your attitude each moment of each day. If the weather, injuries, or other unpredictable circumstances conspire against the group, you will play a big role in taking care of yourself and everyone else. Our instructors are trained to give medical care as Wilderness First Responders (visit [www.wildmed.com](http://www.wildmed.com) or call 1-888-wild-med for more details) and provide wilderness tripping experience for the group. Beyond that, they just try to facilitate a growing experience for the group. Visit our website for more information.

**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 ask you not take them on the trip because they keep you in your own little world. We want you to interact with the world around you and others in the group. See "Participant/Parent Information" on our website for explanation of our reasoning.

**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 immediately to get the message to you.

**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:

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

Additional Conditioning for Backpacking Expedition:

3. 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.
4. 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  
polarized sunglasses  
flashlight, extra bulb, batteries  
sunscreen

### REQUIRED FOR BACKPACKING:

Lightweight hiking boots  
socks--3 heavy pairs + 3 light pairs

### 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/film  
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:

heavy mittens  
2 long-sleeved wool, polypropylene, or other warm wicking shirts  
2 pairs non-cotton pants  
2 sets non-cotton long underwear, polypropylene is good  
heavy non-cotton fleece or insulated parka  
wind-proof jacket that fits over fleece  
non-cotton stocking cap or balaclava – 75% of body heat escapes through the head and neck  
insulated boots are best for winter

**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.