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Reservation Policy

Reservations are first come first serve. Trips are limited to a maximum of 10 participants.

To reserve a spot:

- 1) Register online- www.antiochfc.org/wilderness
- 2) A \$50 deposit is required

No deposit is necessary for being on the waiting list for a trip.

Full Trip Costs: \$200

Camper Equipment Rentals: \$25

Backpacking Trip

Goals:

We're talking high adventure! Every adventure trip is designed to facilitate belief, growth and maturity in Jesus Christ in a small group setting. We want campers to come to a better understanding of themselves, each other, and Jesus.

Activities:

The Rocky Mountains! We're gonna take you into the heart of them. You'll be "on the trail" for six days backpacking. We do our best to include opportunities to peak climb and get in an overnight solo. Our goal is to thrill you, to challenge you, to laugh and play, and relate it all back to the excitement of knowing and living a life with Jesus!

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

Sure you can. We're not here to break you. This is backpacking, not the Special Forces! We're going to lead you, teach you and take care of you. Honestly, it can be hard, but the rewards are rich, and the good parts overshadow the hard parts. Remember, it gets easier as the week goes on. You start out going up with full packs; you finish going down with lighter packs.

We will also be sharing in group times about our lives, our hopes, our fears, our struggles, and our victories. Our guides facilitate getting to know each other on a deeper level. Our hope is that this will be an amazing time of listening and sharing about our lives and being real with each other.

Trip Itinerary

- Plan to arrive at the church office at 8:00am Monday morning
134 W. Harvard #1 - Main Entrance on the Lower Level

Monday Morning

- You'll be with your guides at “basecamp” packing backpacks
- We'll have lunch together on our way to the trail that afternoon

Monday-Saturday

- You'll be out in the Rocky Mountains backpacking!
- You'll arrive back at the church offices between 12:00-4:00pm (guides will inform you before trip departure)
- You'll unpack trail stuff.
- Say goodbye

Guide Training and Responsibilities

GUIDES ROLE: To facilitate growth spiritually, physically and emotionally for all trip participants **This document helps you understand our guides better.** 😊

GUIDE TRAINING SCHEDULE:

1. Counseling and Content: guides complete a 2.5-day intensive on counseling and spiritual content for the trail. The Wilderness Ministry Institute facilitates this time.
2. Medical Training: Antioch Wilderness guides take part in a 2-day Wilderness First Aid course. This course is taught by WMI/NOLS (Wilderness Medicine Institute and National Outdoor Leadership School). This course allows our guides the ability to respond to medical emergencies until help can arrive.
3. Trail Training: trail training is a chance for guides to make a practice run on the skills that they have been learning throughout the spring training courses. This is a weeklong hands on training in the wilderness setting.

GUIDE RESPONSIBILITIES

1. Plan trip schedule
 - a. Route decisions, campsite locations, peak selection.
 - b. Content including; bible studies, trail talks, quiet times, sharing, discussions, etc.
2. Teach mountain skills to groups: ecology, safety and first aid, hiking technique, flora, fauna, meteorology, geology, general mountaineering, and trail policies.
3. Conduct daily guide team and leader meetings for evaluation, planning and prayer.
4. Provide the best care possible for all program equipment checked out and return that equipment to the Equipment Manager in the best condition possible.
5. Know that guides hold ultimate responsibility for the trip: spiritually, emotionally and physically.

A Parent's Guide to Backpacking with Antioch Wilderness

Antioch Wilderness is a unique high mountain adventure specifically designed to captivate and enrich the lives of teenagers.

Why this guide for parents?

We believe communication with parents is important to the success of our ministry. We want you to be informed and familiar with our program. Our mission is to provide kids with a high-quality and safe mountain experience where they have the opportunity to climb a mountain, hike through some of the most beautiful scenery in the country. Most importantly, we desire to facilitate their growth in Jesus Christ, to provide them time to examine their lives in relation to the God who created them ... we do this through teamwork, trust, vulnerability, caring and developing relationships.

Frequently asked questions regarding the Antioch Wilderness experience

Clothing: Due to the weather conditions in the mountains, the proper clothing is of utmost importance. Our years of experience have enabled us to provide you with a list of what your child will need. It is not necessary to spend hundreds of dollars on clothing - most items on the list (if not all) can be borrowed. The recommended clothing and boots are all your child needs to bring to Antioch Wilderness.

Guides: Each trip is led by two experienced guides who have extensive training in mountaineering, orienteering, relationship building, first-aid and high altitude medicine. Each guide team is equipped with a satellite phone which allows them to communicate with base support team. Guides are fully certified through the Wilderness Medicine Institute. Guides are with their group from the minute they arrive at camp until they drive away.

Food: No, we don't eat that lousy freeze-dried stuff! All trail food is prepared at the "base camp" prior to going out on the trail. 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 Antioch Wilderness is aware of the food allergy at least 10 days prior to arriving.

Equipment: High quality equipment is offered for rental through Antioch Wilderness.

- Backpacks: Internal frame packs that are specifically fitted by the guides to each camper.
- Sleeping bags: Rated to be warm even if it's freezing outside.

- Blow up pads: This is a pad placed under the sleeping bag to provide insulation and a little cushion.
- Raincoats:
- Everything your child will need to be safe and to have the best experience possible.

Routes: Each group travels about 30 miles during their five and a half days on the trail. They travel at elevations ranging from 9,000 feet to 13,000 feet. All trips begin and end at the church office aka “base camp.”

Health and conditioning: The Antioch Wilderness experience has been designed for any teenager in average health. If your child has any special condition, (allergies, etc.) please be sure to note all of that information on the Health Form that you can access on the webpage under the Wilderness Quicklinks tab. It is Colorado law that we have that form on file, and it, of course, will help us provide the best care possible in the unlikely event of an emergency. If there are additional health needs or concerns, please do not hesitate to contact our office.

What is Antioch Community Church?

We are a church that meets at the Fort Collins Lincoln Center every Sunday. Our vision is to be an authentic community of people who have encountered the love and grace of God in the person of Jesus, and desire for others to know Him as well.

Clothing and Equipment List

The following list of clothing and equipment is **essential** for your safety. You will be traveling in rugged and spectacular country where your lives are literally dependent upon you gear. All items except those listed as optional are **mandatory**. We ask you to trust this list; despite the weather at home or the advice from others. Don't deviate: severe cold weather is possible all summer long in these mountains. If you want to save money, consider borrowing or buying used gear.

Mandatory

Clothing

- Hiking Boots (see note below)
- Old Tennis Shoes or Sandals (not flip flops)
- wool Socks (or wool) (3 pr)
- Fleece Pants
- Shorts – (2 pr)
- Cap or Visor
- Underwear (2 pr)
- Long Underwear – not cotton (Top/Bottom)
- Swim suit
- T-Shirts (2)
- Fleece Pullover
- Wool or Fleece Stocking Hat
- Wool or Fleece Gloves/Mittens
- Bandannas (2-3)

Equipment

- Sunglasses
- Small Bible (Old/New Testament)
- Small Notepad & Pen
- Small Flashlight and extra batteries

Personal

- Glasses & Contacts
- Chapstick with SPF
- Sunscreen (at least 15 SPF)
- Toothbrush & Paste
- Any Personal Medication
- Insect Repellant
- Sanitary Napkins (women)

Optional

- Moleskin/Second Skin (blister preventer)
- Parka or Vest (Down or Synthetic)
- Wind, Rain or Snow Pants
- Small Bottle Antibacterial Hand Cleaner
- Camera
- Ziplock Baggies
- Disposable Towelettes (you will be responsible for carrying them out)

Camper Equipment/ Rental Gear

- ___ Backpack (4000-5000 cubic inches or 65-80 Liters)
- ___ Pack rain cover
- ___ Down or synthetic bag (20° to 0° range)
- ___ Sleeping pad (Ensolite, Therm-a-rest)
- ___ 2 Water Bottles
- ___ Rain Jacket
- ___ Cup/bowl/spoon
- ___ Camp Chair

We will provide all the necessary camper equipment (i.e. backpacks, sleeping bags, eating utensils, rain jackets, camp chair for a rental fee of \$25).

All group gear is included (i.e. tents, food, stoves, cookware, first aid 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. 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 any cotton clothes. If cotton gets wet it will take forever to dry in the mountains and you will get hyperthermia. (the exception is cotton clothing to change into in camp)

Rentals: We rent all personal backpacking equipment for \$25/trip

If you choose to bring your own equipment, please be sure it is adequate for a six day experience in the mountain environment. In order to insure your safety, your guides will have the final say about what goes out on the trail.