

Hey – we’re so glad you’re going with us to Trek. We are prayerful for a really amazing week growing closer to God in the wilderness. This page will tell you some tips and helpful information about the trip and also some details about what to bring and how to pack.

Travel Details

Depart July 11 very early (like 4:00am early) / Return July 19, probably really late. A detailed schedule can be found below.

Money

The final Trek payment is due by July 11. The total Trek fee is \$425. Most people paid a deposit of \$100 when they signed-up, so \$325 is the remaining balance for most everyone. If you have any questions about how much you owe, talk to Monty.

Additional info about money you need to bring with you can be found below.

Service Hours

Make sure you have these done. 10 service hours are needed. If you need help or have questions, let us know. You can find the service hours submission form at amyouth.net under “Summer 2019”, “Trek” and “Forms/Info for those going to Trek”

Medical Releases

These must be the Trek medical releases – they will not accept any other medical releases. Make sure you make an appointment in plenty of time to get it signed by your doctor. Or Caprock Urgent Care will see you and sign the form for \$25. Turn these in by July 7. Again, you can get a copy from the youth website.

Rafting

We will go rafting on the Arkansas river on Friday after lunch. You will want some kind of swimsuit to wear under the wetsuit. You will also want some shoes (not just flip-flops...you’ll need water shoes or good sandals which strap on front and back) and sunscreen. We will likely tell everyone to wear their swimsuit on the bus from Pueblo to Salida. (2 hour ride) You will also want sunscreen.

We will get rafting releases for everyone soon. They will need to be turned in by July 11.

Pre-Trek Bible Study

Available at amyouth.net. (click on “Summer 2019”, “Trek”, and then “Forms/Info for students going to Trek.” This is a two-part study. One part is online with The Bible Project and the other is on the Bible App by going the How Teens P.R.A.Y. study.

Bible Memorization Form

Available at amyouth.net. The verses to memorize are: Colossians 3:1-2 and Ephesians 2:4-5

Packing list

This is located in the Participant Handbook on the youth website. A few things to note:

- About the socks: the wool/synthetic socks they list are to help with blister protection. We have always found regular socks (good quality) to work fine. However, if you are prone to blisters or if you would like some extra padding for your feet, thicker socks might be nice.
- About the Long Underwear: you will probably not need long underwear (it does get cool at night, but usually not so cold you need long underwear...however, you will want layers to wear to keep you warm)
- About the 2-3 non-cotton t-shirts and non-cotton long sleeve shirt. You can bring regular t-shirts if you want. They mention non-cotton because of rain and cotton not drying quickly. We have always taken regular t-shirts, and regular long-sleeve t-shirts, and we have been fine. You can bring something made of different material if you want, but it's up to you.
- About the rain pants and jacket: We usually scotch guard a pair of pants and use these for rain pants. You can bring rain pants if you want, but scotch guarded pants usually work fine. For the rain jacket in the packing list: A rain poncho of some kind or a good jacket/windbreaker (scotch guarded) with a hood work well too.
- About the hiking boots: hiking boots, hiking shoes, or a good pair of tennis shoes are fine. Most everyone does fine in tennis shoes – scotch guarding them usually helps. Regardless of what you bring, make sure you have a second pair of shoes to put on, in case your first pair get wet.

Extra things on trail

These are things not listed on the packing list, but might be helpful while at Trek: Wet wipes (these come in many varieties: hand wipes, body wipes, personal wipes, face wipes, etc.), powdered drink mix, foot powder, snacks (possible snack ideas: beef jerky, trail mix, granola bars, raisins, etc.), 2-3 extra ziplock bags (for trash or items you want to keep dry), anti bacterial hand sanitizer.

Extra things to pack – these items are for before/after our time on the mountain

Sleeping bag, pillow, cards or other games for the bus, clothes for Friday and Saturday before Trek and for Thursday and Friday after Trek, money for 6 fast food meals, rafting clothes and shoes that can get wet

Important Things to know

- The items listed on the packing list include the clothing you'll wear the day we go on the mountain. For example: the packing list suggests 3 shirts and 2 pair of shorts. If you wear shorts and a shirt the day we go on the mountain, your backpack will only have 2 shirts and 1 pair of shorts in it.
- We will provide everyone with the 55 gallon trash bags listed on the packing list. We'll give those to you in Colorado
- Travel pillow – this is helpful on the mountain. If you'd rather use a rolled up t-shirt or towel, that's fine, but a pillow is really nice on the trail. Wal-mart usually has small pillows for less than \$5. Other travel pillows can be found in many places.
- On the packing list a Bible with preferably OT and NT is listed. Both OT and NT are usually needed...so bring a Bible with both. And the smaller the Bible, the less it will weigh.

- Lotions or deodorants with high concentration of perfume will attract bugs...so try to bring items with no perfumes. And speaking of deodorant – you need it. If you are normally anti-deodorant, please consider something for the sake of others. :)
- You should consider putting Scotch Guard on your outer layer of clothing and shoes/hiking boots
- When thinking about the items you are bringing give extra consideration to weight. For instance, don't bring more toothpaste than you need...bring a light-weight cup and plate...give consideration to the weight of deodorant, bug spray, sunscreen, flashlight, etc.
- Biodegradable soap is rarely needed. And there will be some with the gear we get from the Trek people. (Wet-wipes usually take the place of any bathing you would do with soap.) A small thing of hand-sanitizer would probably be good.
- There is a daypack listed in the participant handbook. Any school backpack / lightweight backpack is good for this. This could be the same backpack you take on the bus with things for the trip. Basically the daypack is for the day we attempt to go to the summit. You'll have food, water, rain gear, sun protection, and a jacket in this bag.
- Exercise...LOTS. And lots and lots. The better shape you are in now, the easier Trek will be.

Things not to bring

Knives (yes, even for all of you guys who have told me you want to bring a knife on the trail), fireworks, electronics, radios, mp3 players, cd players, cassette tape players, 8-track tape players, record players, video games, cell phones, alcohol, tobacco, illegal drugs (actually they didn't mention the 8 track players and such...that was an addition by us...we included these because there aren't many plugs on the mountain and you might not have a place to plug in your 8 track player.) Also, ear-buds/headphones are not to be brought on this trip.

Info about Phones: Like all trips, we will allow students to check-in a phone if they would like to bring it on this trip. We will distribute them at various times (probably before we go on the mountain and after we get off the mountain.) They are also available at anytime students want to call their parents before/after the mountain. Students are also welcome to use our phones to call parents at any time before/after the mountain. Phones are not allowed on the mountain. (Remember, this trip is about connecting with God and getting away from all the noise and distractions in our life.) One more note: we'll do our best to keep all cell phones and mp3 players safe, but be aware that the bus could get broken into while we are on the mountain...so don't bring anything you can't live without.

A Word About Packing

- Everything you'll need for Thursday, Friday and Saturday should be put in a small overnight bag. (You can call it a two-night bag.) You'll need your sleeping bag and pillow the first two nights as well. These things will go with us in the bus.
- Everything you'll need for the mountain and after the mountain (this includes everything for your backpack) should be put in a big bag and it will go on the trailer – which will be leaving on Wednesday – more info about this later.
- Gallon size ziplock bags can be really really helpful when packing your backpack. If you pack in ziplocks before you leave home, you can just transfer your ziplocks to the backpack without having to make decisions about what to put in your pack. For example: put 3 t-shirts in a gallon ziplock, socks and underwear in another one, pants in

another one, shorts and a hat in another one, etc.) Ziplocks allow you to push all the air out and pack efficiently and they also keep all of your clothes dry in case your backpack gets wet. And usually bags which have a “movable-zipper” do not seal as well as regular ziplock bags.

-When we arrive, we will be transferring our things from our bags to the backpacks. (They provide the packs.) It will save us time when we get there if you will have your stuff separated according to what you need for the mountain and what you need for the trip home.

In case you are confused about packing, here is a quick review:

Basically you will need a small “two-night” bag with stuff for before the mountain. You’ll need a “big bag” with all of your stuff for the mountain and for after the mountain. You’ll use the stuff in your “big bag” to pack your backpack. A school backpack or small backpack will be needed on the trail as well.)

1) “Two-night” bag/suitcase with these things:

- Clothes and toiletries for Thursday night, along with a sleeping bag and pillow.
- Clothes for Friday. Specifically, clothes and tennis shoes for a morning workout...clothes or swimsuit for river rafting...and clothes to wear after our showers on Friday.
- Stuff for a shower...this includes a towel. (We'll shower after the river rafting)
- Clothes for Saturday morning. (shorts and t-shirt will be fine, along with a jacket...we will have a few activities before we check-in with the Trek folks.

(The things listed above go in the back luggage compartment of the big bus.)

2) Suitcase/big bag with these things:

- Everything you'll need for the mountain (all of the things listed on your Trek Participants Handbook)
- Clothes for Thursday evening (after we get down from the mountain)
- Swimsuit (we'll go to Salida Hot Springs pool for showers...and we'll have a chance to swim while we're there.)
- Clothes for Friday (on the way home).

(The things listed here go in the trailer on Wednesday.)

Money:

Although Trek is an expensive 9 days, we work really hard to keep this trip as cheap as we can. You can save money by not buying something at every gas station and by eating less expensive meals or drinking water at food stops. All of our meals on the mountain are already paid for. We do have to pay for some meals while driving. In order to save money, we'll be buying some breakfast and lunch meals in advance and providing the meal for you. There will be 6 meals we will provide while traveling. We'll ask everyone to pay \$15 total for these meals. There will be

an additional 5 meals you will need to pay for. All but one of these will be fast-food meals...the non fast-food meal will be at a reasonable sit-down restaurant.

Below is a list of the meals we'll be eating on the road. Meals which say "we will provide" will be a part of the \$15 we'll collect on the road.

Before Trek:

Thursday breakfast – we will provide

Lunch – we will provide - on the bus – Chick-fil-a or Subway boxed meal

Supper – fast food – probably McDonald's and Arby's in Raton - students pay

Friday breakfast – we will provide

Lunch – we will provide

Supper – restaurant in Salida - students pay

Saturday – breakfast – we will provide

Lunch – we will provide

AFTER Trek:

Friday – breakfast - group

Lunch – fast food - students pay

Supper – fast food - students pay

Again, bring money for 5 meals at restaurants + \$15 for meals together (we will collect money on the road)

The Schedule:

Thursday – Travel to Pueblo

Friday – Travel to Salida, go rafting, shower, eat supper

Saturday – Check in at Trek at 1:00pm

Sunday thru Thursday – on the mountain

Thursday afternoon – off the mountain, back to Salida, shower, banquet and closing devo, travel to Pueblo

Friday – Travel home

Extra things you might want to bring money for (these are optional): souvenirs from Colorado or Trek, picture of your group rafting, money for snacks/drinks at rest stops, etc.

Are You In Shape?

Please, please, please, be in shape for Trek. If you can't go 2 miles in 20 minutes or less, you are not meeting the **minimum** requirement for Trek. Make no mistake, Trek is AWESOME, but if you haven't been getting in shape, it's time to really get after it. PLEASE do not come without spending some time building up your endurance and strength. If you do not exercise, you will be letting yourself and your backpacking group down. So go take a long, fast walk. Or jog. Or go find some stairs and go up and down for a long time. Or put some heavy stuff in a backpack and go take a long walk.

On the Bus:

Since the trip to Colorado is a wee bit longer than other trips we generally take in the bus, we suggest bringing cards, games, your Bible, books, etc., to play/read. Please do not bring any music devices or earbuds.

Extra info, if you want it. The following is some info about Altitude Sickness from the Colorado Altitude Research Institute:

The most commonly asked question about altitude and it's effect on your body:

- **WILL I GET AMS?**

Acute Mountain Sickness (AMS) is a combination of symptoms that are present when your body does not adapt to its current altitude. The most frequent symptoms of AMS are headache, queasiness, tiredness and trouble sleeping.

- **AM I AT RISK OF DEVELOPING AMS?**

Anyone who goes to altitude can get AMS; despite age, gender, physical fitness, or previous altitude experience. If you know from previous experience that you are susceptible to AMS, there are steps you can take to prevent it.

- **WHAT CAN I DO TO PREVENT AMS?**

- drink more fluids and less carbonated drinks
- eat less salty foods
- take it easy for the first day or two

If you have experienced altitude sickness in the past or are worried about it, you can greatly reduce the symptoms of AMS by asking your doctor for a prescription drug called acetazolamide (Diamox). If you are not sure if you are affected, but want to optimize your experience at altitude, we recommend you:

- **My HEART SEEMS TO BEAT FASTER**, is this normal ?

On arrival at altitude many people notice that they are more breathless and their heart beats faster, especially when they exert themselves. These are your body's normal, early responses to altitude adaptation

- I am in **VERY GOOD PHYSICAL SHAPE** – doesn't that mean that I'm less likely to feel the effects of the altitude?

Being physically fit does not prevent you from experiencing AMS symptoms. There does not seem to be a link between fitness level and susceptibility to altitude illness.

- I have a mild **HEADACHE** – is it safe to take Tylenol?

You can take one or two tablets of tylenol, aspirin, or ibuprofen that you can buy at a drug store

- What **WARNING SIGNALS** should I be aware of?

Warning signals of AMS are: headache, queasy stomach, tiredness, trouble sleeping.