



General Group Experience Details

Goods & Services

While your *Written Agreement* provides an exhaustive list of divisions of responsibility, this section exists to further inform you about *selected* general goods and services AdventureServe Ministries provides as a part of your missions experience. This list is limited to items we have found need for further clarification. You may wish to re-read your group *Written Agreement* for clarification of divisions of responsibility as it is important information that we will not duplicate here.

Our Staff

Our staff is expected to follow high standards of conduct and to be proficient in many different areas. We have three and a half weeks of staff training at the beginning of each summer to train the staff in all of our policies, philosophy, and procedures.

Each staff member is:

- Over 18 years of age
- First Aid Certified
- AdventureServe Ministries certified
- A Christian (holding to the Apostle's Creed)

Each staff member has:

- Been interviewed and screened
- Leadership experience
- Passed written tests on our policies and procedures
- Passed proficiency tests in our procedures for:
 - Rock climbing (set up/ belay)
 - Rappelling
 - Caving



A minimum of two staff will reside with your group for the duration of your experience. They are trained for and expected to fulfill the following roles and responsibilities:

1. Provide adequate food and shelter.
2. Safety via AdventureServe Ministries standards.
3. Organize & facilitate program activities.
4. Unite with leaders.
5. Build relationships with your group.
6. Spiritually challenge the group.

Upon your arrival on Sunday evening, our staff will sit with your leadership team to further discuss your goals/objectives for the week and make sure everyone is on the same page regarding the week’s activities. They will have been briefed by the member of our management team that has been handling your pre-trip



preparation and communication, but they may ask for further clarification on certain topics. Our goal is to support **YOUR** leadership team and **YOUR** agenda. Our staff are trained and prepared to lead all aspects of the experience or to let you retain ownership of as much as you would like (within our safety parameters). There are many options for “ownership of activities” detailed in this Packet and Packet Three (Packet Three is where you will make your decisions). Be prepared to further discuss these options with your staff upon your arrival.

Your ongoing communication and partnership with these staff members will be critical in the success of your trip. They are there to serve you and will accommodate any reasonable request you may have to the best of their abilities. If you are unhappy with something, these folks need to hear about it so they may rectify the situation. Our staff will ask you to a commit to a scheduled short leadership meeting each day that will be a great platform to discuss such issues. On behalf of our staff, we ask you to please not bury frustrations...place them on the discussion table where they can be dealt with either by our trip leaders or a member of our senior management team.

Daily Schedule

The following is an outline of the “basic” daily schedule you will follow during the mission’s portion of your trip. Times stated are to give you a rough idea of when and how things happen, not a concrete timeline. We will sometimes deviate from the schedule for certain activities like hiking, swimming, visiting scenic overlooks, finishing up a worksite on the last day of work, etc. Depending upon your choice of adventure activity, Friday’s schedule may look drastically different. As the leader, feel free to talk to your AdventureServe Ministries staff about adjusting the schedule to match your objectives for the trip.

7:00 AM	Rise & shine
7:15 AM	Breakfast Pack vehicles and lunch
8:15 AM	Seed Thought (devotion& quiet time)
9:00 AM	Leave for daily activity Monday through Thursday—worksites Friday—adventure activity
12:30 PM	Lunch
5:00 PM	Arrive back at base camp
6:00 PM	Dinner
7:00 PM	Free Time/ Leaders Meeting
8:00 PM	Worship
9:00 PM	Processing of the day (Debriefing)
10:00 PM	Quiet Hours Begin



Regarding Arrival Day

- *Make sure that your group has eaten prior to your arrival.*
- Meet your staff at your designated campground after 6 pm (EST) on Sunday. Let us know beforehand if you are planning to arrive after 7 pm (EST)—we would advise against this if possible.
- During the evening:
 - Introductions and campsite set up.
 - AdventureServe Ministries staff and group leaders meet to clarify the group's goals and objectives for the week, take care of any paperwork, break the group up into smaller chore teams, discuss the weekly schedule, etc.
 - Orientation meeting with your whole group. In this time, AdventureServe Ministries staff will introduce the some of the week's activities, goals, etc. They will also cover the policies that need to be followed for the week. This time will also be used to establish (or review) a group covenant (details to follow later in this section).
 - Bedtime.

Regarding Departure Day

- Eat breakfast.
- Help the AdventureServe Ministries staff clean, inspect, and pack all equipment. This helps your AdventureServe Ministries staff and helps groups all summer by keeping gear in clean and usable shape. Your staff may begin the cleaning process with you earlier in the week.
- Pack up and leave by 8:00 AM on Saturday.

Participant Insurance

As a courtesy service, AdventureServe Ministries provides each program participant with the following insurance:

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|---------------------|--|
| Accident Insurance: | Up to \$3000 per person, per incident, for the duration of the experience. |
| Sudden Illness: | Up to \$1000 per person, per incident, for the duration of the experience. |



Should a program participant require medical attention during their experience at AdventureServe Ministries, the above coverage will be primary, and an individual's personal policy will be secondary (assuming coverage limits are exceeded or an individual's condition stems from an ongoing or pre-existing condition). AdventureServe Ministries will not be liable for deviations from this policy or for medical costs incurred exceeding the above coverage limits.

Camping Facilities

Groups that choose camping will be camping in State Parks, National Parks or privately owned campgrounds. Each facility is unique in its amenities and some are "plusher" than others. All campgrounds have at least one communal bathhouse with men's and women's facilities, including a limited number of showers that your group will share with others staying at the campground. Electricity and water are available at most sites, but not all. A pavilion is usually available for rain shelter in the immediate camping area or within a close driving proximity. All participants should expect a minimalist, low-impact approach to camping (i.e., no portable Coleman kitchens, no tablecloths, no portable screen shelters, bug



zappers, etc.). If there are people in your group with disabilities, let us know so that we can accommodate with the best campground to meet your group's needs.

Groups that choose indoor lodging will stay on AdventureServe property unless there are special circumstances. Groups will either stay in King or Turkington Hall. They are both dormitory style with a men's and women's shower and bathroom. Laundry facilities are available and limited linens and towels are provided.

King Hall has 3 large rooms (sleep 12 people each) and 2 small rooms (sleep 3 people each) able to hold 40 people. Located on the first floor of King Hall is also a kitchen and dining area with cooking supplies & dishware for 40 people. King Hall also has air conditioning and heat to accommodate all seasons.

Turkington Hall has 9 small rooms (sleeping 2 each) able to hold 18 people. There is a separate building where there is a kitchen and dining area with cooking supplies and dishware for well over 40 people.

Both dormitories have access to our beautiful 9-acre property, large tabernacle/auditorium that can be used for skits, games and worship meetings. An outdoor Pavilion for group gathering and worship times or a prayer chapel and indoor lounge space also for gathering purposes. You can also take advantage of our outdoor fire pit, large charcoal grill, and nearby playground and fields. Lastly, if the need arises there is access to internet and Wi-Fi located on certain parts of the property as well.

Technology

Technologies like cell phones and iPods can be fun and beneficial. However, we strongly invite you to



consider limiting or prohibiting the group from using them during your AdventureServe Ministries experience. These technologies have a tendency of consuming time and attention, taking focus off of the physical here and now. This can be a challenge but also a wonderful opportunity to discuss the role these things play in their lives. Having said that, we recommend that you consider doing a "technology fast" in your group covenant. Though not mandated, prohibiting use of these devices can help foster a better experience.

We understand that the adult chaperones will probably keep cell phones on them for the trip. This is important in case of emergency and to smooth over possible logistical issues. We encourage them to keep use appropriate, especially if the group is not allowed to have cell phones. Our staff will do the same. Finally, in case of emergency, parents not on the trip **WILL** be able to get a hold of the group. If they are not able to reach you then they may call our office and we will get the message to the right person in a timely manner (800-884-8483).

Special Activities

During your trip, there may be times to deviate from the schedule for a special activity. Often a group will finish up the day's activities an hour early so they can go hiking, swimming, sightseeing, etc. The availability of these activities is dependent on the schedule and location of your trip and is not necessarily an included activity.

Swimming

AdventureServe Ministries is not able to lead your group in swimming unless we have a staff present who is lifeguard certified. Our staff members are not all trained lifeguards. Please note that if you would like to swim on your trip, **you, the group's leader, must read and sign the "Swimming Liability Release" form (It is in Packet 3, on the web, and your staff will also have a copy.** Only one form is needed. It is located in all these places for your convenience.), then each participant must sign it. Signing this releases all responsibility from AdventureServe Ministries while your group swims, and you, the leader, take this upon yourself. Note that the document urges you to, among other things, provide a lifeguard to be on duty while the group swims. If you hope to swim on your trip, it is recommended that you find a lifeguard from your church to be a chaperone on the trip who will be on duty while your group swims, and have them bring a copy of their certification along. If you choose to not do this and still wish to swim please read the Swimming Liability Release carefully before you sign it. We do not need the form prior to your trip.

Camping Equipment

AdventureServe Ministries provides for all basic camping equipment needs including tents, tarps, propane stoves, lanterns and ice coolers. We do NOT provide personal items such as sleeping bags, ground pads, flashlights or camp chairs. (See Packet 3 for a packing list) Unless you have chosen and arranged for indoor lodging *expect to sleep in a tent, on the ground.* Our tents are relatively high quality dome tents that will sleep five youth or three to four adults per tent with personal gear. We will try to accommodate requests for married couples to have their own tent, but cannot guarantee such arrangements. Please do not bring portable cots or inflatable mattresses, as it is almost impossible to accommodate them due to their size—we suggest a ground pad for all campers.

No tent is absolutely, 100% waterproof. If we get a "gully washer" of a rainstorm, you and your gear may get wet. This is the exception, not the rule. Should your group or select members of your group experience such misfortune, we will assist in getting your gear dry the following day.



Cooking Equipment

AdventureServe Ministries provides all necessary cookware and dinnerware for your experience including, but not limited to: pots, pans, knives, cutting boards, can openers, plates, bowls, cups, forks, spoons, etc. You will most likely NOT have all the modern conveniences of home, though you will have everything you need to make it through the week. You will be cooking in the outdoors...it will be rustic so no portable kitchens, tablecloths, refrigerators, etc. Your staff will instruct you on safe food handling practices and necessary sanitary procedures such as the ACA three-part dishwashing system.

Menu Schedule & Necessary Food

AdventureServe Ministries provides a menu schedule and necessary food provisions beginning Monday breakfast and ending Saturday breakfast. Breakfast, lunch and dinner are provided each day in between. Groups must provide for their own dinner on Sunday evening PRIOR to meeting AdventureServe Ministries staff at the predetermined location. Should a group leader decide to eat out at any time, it is that group's choice and financial responsibility, not AdventureServe Ministries. Should you choose to exercise such an option, we would suggest limiting it to one time, preferably Friday evening/the day of your adventure activity. The basic menu structure is as follows:

- Breakfast:** Continental. Variations include cereal, oatmeal, bagels & cream cheese, fresh fruit, milk, juice, coffee and tea.
- Lunch:** Cold meals. Variations include cold cut sandwiches and wraps, tuna pitas, PB&J, fresh fruit, granola bars, chips or pretzels, and water.
- Dinner:** Hot meals. Variations include "Chili-Joes", taco salad, penne pasta, vegetables, flavored drink mix and water.

If you would like more detailed information, please check out the sample menu located at the end of this section. This sample menu is one we have used in the past. It may not be exactly the same as the menu for your group's experience, as we make minor menu changes every year based on feedback from staff and previous groups.

Overall, most folks like the food, while some don't. Cold lunches, admittedly, get old after a few days, but hot lunches (and breakfast for that matter) interfere too much with daily program activities. Trust us...we have tried! Further, for health purposes, we use ground turkey rather than ground beef and limit the amount of sugar. Should you have special dietary needs within your group (vegetarians, lactose intolerant, diabetic, etc.), simply inform us, and we will make any necessary accommodations.



Regarding food quantities, we pre-pack all non-perishable food for your group prior to your arrival. Staff will then purchase perishables on a regular basis throughout the week to ensure their freshness. Food quantities are based upon our estimates of the average group. With that said, a group of junior high girls eats much less than a group of high school boys. Some groups can't get enough milk, while others don't seem to care for it. Our staff will work with you throughout the week making necessary adjustments to meet your group's needs. They will depend upon YOU for daily feedback in this area.

Sample Menu

The sample menu is on the following pages.

<p>Monday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>	<p>Tuesday Breakfast: Continental</p> <p>Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): 10 bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>	<p>Wednesday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>
<p>Monday Lunch: Picnic</p> <p>Turkey & Cheese Peanut Butter & Jelly Apples, Oranges Pretzels Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 3 loaves bread, 2 lbs sliced turkey breast, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 1 bag pretzels, mayonnaise packets, mustard packets, water.</p>	<p>Tuesday Lunch: Picnic</p> <p>Tuna, Pitas Peanut Butter & Jelly Apples, Oranges Regular Potato Chips Granola Bars Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. In each bin include 2 knives for peanut butter & jelly spreading. Also pack bowl, fork, & can opener to mix tuna salad (drain tuna, mix together tuna, mayo, mustard, and relish). Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 5 cans (12 oz each) tuna, 3 packages pita bread, 1 loaf bread, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 2 bags regular potato chips, 2 boxes granola bars, mayonnaise packets, mustard packets, relish packets, water.</p>	<p>Wednesday Lunch: Picnic</p> <p>Ham & Cheese Peanut Butter & Jelly Apples, Oranges Fig Bars Baby Carrots Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 3 loaves bread, 2 lbs sliced ham, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 2 packages fig bars, 2 bags baby carrots, mayonnaise packets, mustard packets, water.</p>
<p>Monday Dinner: Perfect Pasta</p> <p>Meat & Pasta Sauce Penne Pasta French Bread Green Beans Parmesan Cheese Pineapple Drink Mix</p> <p>Boil pasta per directions on box, stir constantly. Drain <i>most</i> of the water out afterwards. Brown meat and mix in entire bag of spices. Add pasta sauce unless there are vegetarians in group. If so keep some sauce separate. Keep warm on low heat, stirring continuously. Cook beans on med-high heat in pot with water until tender. Mix drink mix with water according to instructions on package. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 5 lbs ground meat, 3 jars pasta sauce, 4 boxes pasta, 2 bags frozen green beans, 2 loaves french bread, 5 cans pineapple, 2 packets drink mix, parmesan cheese packets, margarine, salt & pepper.</p>	<p>Tuesday Dinner: Jammin' Jambalaya</p> <p>Canned Cooked Chicken Breast Rice (non-Instant) Garlic, Celery, Onions, Bell Peppers Canned Tomatoes, Kidney Beans, & Vegetable broth Cajun seasoning, salt, pepper (In bag) Hot Sauce Apples and Caramel Dip Drink Mix</p> <p>Dice garlic, celery, onions, & bell peppers. Coat sauce pan with butter & cook diced vegetables until slightly softened. Place cooked vegetables, kidney beans, tomatoes, vegetable broth, rice, & seasonings into a large pot. Add canned chicken unless there are vegetarians in the group. If so keep some of the Jambalaya separate. Bring the pot to a boil and stir well, making sure nothing sticks to the bottom. Cover with lid, turn heat to low & simmer for 30 minutes. Cut apples for dipping, & mix drink mix according to package. Set dishes & food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 29oz chicken, 50oz rice, 3 cloves garlic, 2 celery packages, 2 onions, 2 bell peppers, 3 cans tomatoes, 3 cans kidney beans, 5 cans vegetable broth, 6 Tbs Cajun seasoning, 1 Tbs salt, 1 Tbs pepper. 1 bottle of hot sauce, 1 tub of caramel dip, 20 apples sliced, 2 packets drink mix</p>	<p>Wednesday Dinner: Chili-Joes</p> <p>Chili beans, tomato sauce, & ground meat Hamburger Buns Hot Sauce Onion Carrot & Celery Sticks Ranch Dressing (Dip) Oatmeal Cookies Drink Mix</p> <p>Brown meat. Add diced onion. Cook 2 min. In a large pot place chili seasoning, chili beans, & tomato sauce. Add brown meat and onions unless there are vegetarians then keep some chili set aside. Warm on low heat, stirring continuously. Peel/wash carrots & celery. Cut carrots & celery into sticks. Pour ranch dressing into bowl. Mix drink mix with water according to instructions on package. Set dishes & food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 7 lbs ground meat, 6 cans chili beans, 4 cans tomato sauce, 1 onions, 7 packets chili seasoning, 2 dozen buns, 2 packages celery, 2 lbs carrots, 1 bottle ranch dressing, 2 packages oatmeal cookies, hot sauce packets, 2 packets drink mix, salt & pepper.</p>

<p>Thursday Breakfast: Continental</p> <p>Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): 10 bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>	<p>Friday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>	<p>Saturday Breakfast: Continental</p> <p>Muffins, Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): muffins and bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, remaining fruit, 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>
<p>Thursday Lunch: Picnic</p> <p>Turkey & Shredded Cheese Tortillas Peanut Butter & Jelly Apples & Oranges Vanilla Wafers Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 2 lbs. sliced turkey, 2 packages shredded cheese, 3 packages tortillas, peanut butter, 1 jar of jelly, 1 loaf bread, 20 pieces of fruit, 2 boxes vanilla wafers, mayonnaise packets, mustard packets, water.</p>	<p>Friday Lunch: Picnic</p> <p>Turkey/Ham & Cheese Peanut Butter & Jelly Apples & Oranges Sandwich Cookies Pretzels Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 2 lbs sliced turkey and/or ham, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 3 loaves bread (and/or leftover wraps & pitas), 20 pieces of fruit, 1 bag pretzels, 2 packages cookies, mustard packets, mayonnaise packets, water.</p>	<h1>2016</h1>
<p>Thursday Dinner: Cherrific Chaco Salad Supreme</p> <p>Taco Meat & Chips Refried Beans & Black Beans Salad Fixings (Lettuce, Tomato, Bell Pepper) Sour Cream, Salsa, Shredded Cheese, Hot Sauce Canned Peaches Drink Mix</p> <p>Brown meat in skillet. Add taco seasoning. Shred lettuce and dice tomatoes and peppers and put into bowls. Heat black and refried beans separately over low heat stirring continuously. Set toppings out for individuals to make own salad. Mix drink mix with water according to instructions on packet. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 7 lbs ground meat, 3 bags taco chips, 7 taco seasoning packets, 2 heads lettuce, 5 tomatoes, 2 green bell peppers, 4 cans refried beans, 2 cans black beans, 1 tub sour cream, 1 jar salsa, 3 bags shredded cheese, hot sauce packets, 5 cans peaches, 2 packets drink mix, salt & pepper.</p>	<p>Friday Supper: Campfire Classic</p> <p>Polish Sausages & Jumbo Hot Dogs Corn Baked Beans Ripple Chips S'mores Drink Mix</p> <p>Heat corn in pot. Heat beans in pot. Pan-fry hot dogs & sausages OR roast over fire if weather permits. Mix drink mix with water according to instructions on packet. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well. After the meal, roast marshmallows over fire OR camp stove and sandwich with graham crackers and chocolate. Mmmmmmm.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 1 package polish sausages, 2 packages jumbo hot dogs, 3 dozen hotdog buns, 5 cans corn, 5 cans baked beans, 3 bags ripple chips, 1 box graham crackers, 1 bag marshmallows, 6 chocolate bars, 2 packets drink mix, ketchup packets, mustard packets, relish packets, salt & pepper.</p>	<p>"CP Kentuck Press" Coffee : Instructions</p> <p>-Pour correct amount of water into pot according to pouch size (see ziplock bag it is in for serving sizes; if one pouch makes 8 cups of coffee, pour 8 cups of water into the pot; if you want 12 cups of coffee, you'll need 2 pouches and have to pour in 16 cups of water). -Boil pot of water, covered, on Turkey Fryer. -Turn off fryer. -When water stops boiling (there are no more big bubbles), gently place Coffee pouch in water (do not open the coffee pouch). -Let steep for 4 minutes. -Enjoy.</p>

Adventure Activity Options

All AdventureServe Ministries programs incorporate a minimum of one day of wilderness adventure activities for all participants. Below are details about the different options your group can choose.

Caving

This is a great option because the cooler temperatures offer some relief from the heat and humidity and this activity can be done rain or shine. Here are some quick facts:

- The ground is very slippery and rocky. Those with knee or back problems should consult a doctor before caving.
- Any clothes worn in will be very muddy and possibly ruined.
- Stable footwear is a must. Sandals will not be permitted.
- No one has to go through small holes or slide in mud but it is greatly encouraged.
- Wear warm clothes. 56 degrees gets cold pretty quick.
- Your group must provide individual flashlights and batteries for the experience.

Rock Climbing & Rappelling

Climbing and rappelling is not only physically challenging but also mentally challenging as well. It is a great adventure in some of the world's most famous climbing areas. Here are some quick facts:

- The height of the climbs range from 25-70 feet.
- We can't climb in the rain. Back-up activities will be caving, hiking or initiatives.
- The height of the rappels range from 40-120 feet.
- We will not force people to climb or rappel though we will encourage them to try.



White Water Rafting

White water rafting on the Cumberland River is all day rafting and fellowship. Between the rapids there is time for fellowship and fun in the water. Here are some quick facts:

- Class III rapids and an up-close look at Cumberland Falls from the river below
- An all-day event about 5-6 hours on the water
- Guided by independent rafting companies. This cost is in addition to your participant fee so you will pay them the day you raft.
- The accepted policy is "If you like the ride - tip your guide." Please consider this expense in your budget planning.
- Depending on your base camp there is a drive time of .5-2 hours each way.
- Website: <http://www.ky-rafting.com/short.htm#rainbow>

Canoeing

This adventure activity, like white water rafting, does have its challenges and is a great day of fellowship on the river. There is less high action but the slower pace allows for more talking and better appreciation for Kentucky's beauty. Here are some quick facts:

- Canoeing is a great way for participants to learn to work together and get quality time together.
- Our staff are trained for canoeing and there will be at least one lifeguard on duty.
- The rivers we canoe are in Kentucky.

Initiatives and Team Building Exercises

This activity is wonderful for groups who are really wanting to take their teamwork, communication, and leadership skills to the next level. Here are some quick facts:

- These are challenges that encourage group and leadership development.
- They are generally less physical than other activities but can be strenuous.
- Initiatives are already woven into all programs throughout the week. This day will go above and beyond these activities.

Ropes Course

A ropes course is a great way to take the team building exercises to a new level by adding the adventurous aspect of the low and high course. Here are some facts:

- This is a full day and includes high and low ropes activities; participants are not required to participate in any activity if they are uncomfortable.
- Travel time is anywhere from 30 minutes – 2 hours depending upon your campground location.
- Requires an additional charge of approximately \$20.
- We use ropes courses at Asbury College in Wilmore and the Team Leadership Center in Monticello.
- Our groups in Central/Eastern Kentucky may choose to participate in a Via Ferrata course called Torrent Falls which is a ropes course on natural rock near the Red River Gorge.
- Call the Program Director if this sounds like a good option for your group (800-884-8483).

Barriers to an Outstanding Experience

1. Unrealistic Expectations

The biggest disappointments leaders encounter on an AdventureServe Trip stem from unrealistic expectations. Reading and understanding all pre-trip packet material will help you begin to understand what to realistically expect from your trip. If you have any questions or concerns, please don't hesitate to call. We want to answer all of your questions and serve you in any way we can.

Another way to combat unrealistic expectations is to set goals for your trip with your leadership team. Once you have set your goals, revisit them and evaluate how realistic your goals are. For example, if your group is full of spiritually immature people, do not expect them all to have a radical, life-changing experience. Praise God if it does happen. However, it is more realistic, and maybe just as exciting, to see them take their faith to the next level, even if it is just a small step forward.

2. Chaperone Troubles

Chaperones can make or break your trip. Chaperone troubles can be broken into three sub-categories.

- A. Problems Recruiting Chaperones—** Although some leaders are blessed with many adult volunteers to choose from, this is the exception and not the rule. Most leaders struggle to find enough adult volunteers. If you have difficulty finding chaperones of the needed gender contact our office. We may be able to make staffing arrangements to meet your needs.
- B. Unprepared Chaperones—** Make sure your adult chaperones understand what they should expect, and what their roles and responsibilities involve. We have provided information and meeting outlines in Packet One to help prepare your chaperon team. If you end up having chaperones come along last minute, make sure they at least understand AdventureServe's leadership philosophy and know they will be sleeping in a tent if you chose outdoor lodging.
- C. Negative Attitudes—** A chaperone's attitude can significantly affect the outcome of your trip. If you have chaperones that complain, undermine yours or the ASM staff's authority, take control or verbally lash out at participants or staff, your entire group will most likely have a bad experience. Please be aware of this and caution your chaperones against these things (especially complaining) before you arrive. If you notice any of it happening while you are on the trip, it is your job to pull the chaperone aside and address the issue as soon as possible. The longer you put off the confrontation, the greater the chance that your group will have a poor experience.

3. Lack of Communication

Good communication is key to having a great trip experience. Prior to your trip, it is important to communicate with everyone involved. Packet one will help you know what and how to communicate.

Prior to your trip it is also imperative that you communicate with AdventureServe Ministries. Before your trip ASM managers will call you several times to discuss the details of your trip and collect important information. Please return our phone calls/emails and make your payments on schedule. We desire to be on the same page with you prior to your arrival to make your experience the best we possibly can. Also, feel free to contact us at any time with any questions or concerns you may have.

4. Misunderstandings with your AdventureServe Ministries staff

You will have a minimum of two trained AdventureServe staff members who will meet you at your assigned campground and guide your group through the trip. It is imperative that you communicate well with your staff members. It is their goal to unite with you and your leadership team to serve your group to the best of their ability. They will sit down with your leadership team daily to see if there are ways that they can serve your group better. Please be open and honest with them, and let them know if you have problems or concerns as soon as possible. Most major and minor grievances can be avoided or at least resolved quickly by timely and open communication. If a major staffing issue arises, the trip director will mediate the situation and make staffing changes as necessary.



Wilderness Experience Details

Program History

When AdventureServe Ministries was first founded in 1980 it's predominate program was Wilderness adventures. The overall goal was that through outdoor experiences, groups would experience growth from the challenging experiences with others, God, and nature. Over the years other programs have been added and have changed.

Wilderness is still at the heart of our ministry with all programs participating in at least one wilderness day. We now offer two different types of wilderness experiences: *Basecamp Adventure* and *Backcountry Adventure*. While the philosophies and core concepts of these trips are similar, the group experience details vary. Due to the numerous differences, we have provided specific group experience details for each Wilderness trip type. If you know which experience you prefer you only need to read the appropriate section.



Wilderness Program Goals and Philosophy

AdventureServe Ministries' wilderness experiences are designed to give participants more than an encounter with high adventure. Focusing upon *building group unity, developing leadership skills, and fostering spiritual and relational growth*, we view the wilderness experience as an inwardly focused mission trip. High adventure activities and the wilderness environment are used to support and fulfill these objectives with great emphasis placed upon experiential education.

The core philosophies and methodologies of the wilderness program are detailed below. These elements operate as an extension and in conjunction with the philosophical *Pillars of AdventureServe Ministries* found in section two of this manual.

Building Group Unity

In order to unite a group on a Wilderness Experience, we engage the group in daily activities that require group cooperation. Participation in these activities enables the group to proceed through the stages of group development. We see this development as a five-stage process:

Forming ⇨ **Storming** ⇨ **Norming** ⇨ **Performing** ⇨ **Re-Forming**



Forming: In this initial stage the group is being established as a definable group. Group members are looking for a sense of belonging. This results in a “honeymoon” phase where everyone is polite, nice, and friendly as they develop a mutual sense of belonging.

Goal: To get the group comfortable with each other and begin to develop trust. The activities in this stage are mainly icebreakers to get the group comfortable. The staff may begin

trust-building activities to develop this important foundation for the week.

Storming: In this stage, agitation increases within the group. Group members start to rub each other the wrong way. A group must work through this difficult stage in order to progress and grow in healthy ways. In this stage niceness and politeness give way to impatience.

Goal: To work through conflicts and issues that may hinder group growth and unity. If this stage does not arise naturally due to some major conflict within the group, we may present the group with difficult problem-solving games or situations that are beyond the groups' perceived level of accomplishment. Forcing participants to work together and bring out frustrations that could be hindering the group from moving forward. Dealing with the issues now will develop trust and give the group a better ability to deal with conflict in healthy ways in the future.

Norming: This is the stage where the members of the group start to get to know the real strengths and weaknesses of the other group members. They form definite relationships, and the group as a whole begins to take on its own personality. Individuals start to discover where they fit into the whole group. Commitment to the group grows, and boundaries for “normal” behavior are established and followed by those in the group.

Goal: To continue building trust within the group and help group members recognize the various important roles within the group. When difficult challenges are presented to the group, the group will arise to the occasion. The group is learning to really trust one another, and they begin performing more like a team. They are becoming more committed to the group.



Performing: In this peak stage of group development, the group can work together effectively. The group thrives, and they create a synergy that allows them to accomplish things that they couldn't accomplish before. In this stage, positive attitudes prevail and members want to be part of the group out of desire, not obligation.

Goal: To bring the group to a point where they can think as a community and can accomplish almost any task put before them with a sense of unity and ownership. We continue to introduce difficult problem-solving initiatives and encourage the group as they work together to accomplish tasks they once perceived as impossible.

Re-Forming: This stage comes as the group faces situations vastly different than what they have seen. The things that brought them success before may no longer do so. For AdventureServe Ministries groups, this includes returning home. They have to deal with people who have not shared the experience and who do not know the “normal” behavior that brought them success on the trip.

Goal: The group will not look the same, but can build upon the foundation established in the previous stages. Success will look different at this point. If well facilitated, this is an opportunity for the group to take lessons from before and during your AdventureServe Ministries trip and apply them to new situations, with new people on board.

Developing Leadership Skills

Our Wilderness Program focuses on collaborative leadership.¹ This style of leadership occurs when an entire group recognizes each group member's strengths and weaknesses, which creates a synergy that allows the group to lead together as one body to overcome challenges. Instead of relying on one strong leader, all group members are encouraged to take a role in leading according to their own gifts. Now we are aware many students are still working to gain an understanding of their own gifts, so ASM staff will continue to encourage everyone to try leading in all roles. The end goal is as leadership flows through

¹ Ideas on collaborative leadership taken from Stanley, John. “Manito-Wish Leader's Manual.” 1997. Hare Strigenz, Inc., Milwaukee, WI.

each member of the group, they unite under one banner. This model of collaborative leadership emphasizes that leading and following are interconnected and dependent on each other.

Allowing God to Minister through Creation

AdventureServe Ministries' Wilderness Program offers more than extreme adventure. It utilizes God's creation to facilitate spiritual and relational growth.

Wilderness experiences offer participants time away from the hustle and bustle of normal daily life and focus on forming a spiritual community. As participants climb, cook and camp, they not only have fun, they begin to see sides of themselves and others that they had not previously known.

Times of reflection are key to this process. Each morning, the group will be given the chance to spend time alone with God. During this time, participants are not only ministered to through the Word of God, but through His awesome creation as well. By hearing the birds, seeing the mountains and feeling the grass, participants experience what the Psalmist passionately describes:

The heavens declare the glory of God;
the skies proclaim the work of his hands.
Day after day they pour forth speech;
night after night they display knowledge.
There is no speech or language
where their voice is not heard.
Their voice goes out into all the earth,
their words to the ends of the world.

Psalm 19:1-4 (NIV)



Each evening, the group is given more time to reflect during debriefing. The lessons that have been prompted by the day's activities are expressed to the entire group. This is key to the program because it allows the work that God is doing in an individual life to strengthen the faith of others.

We strive to make the growth that happens while at AdventureServe Ministries to be a lasting experience where the wilderness adventure week is only the starting point of further growth. We are not trying to promote spiritual highs, but to foster the implementation of spiritual truths into daily life in practical ways.

Other Important Philosophies

Redefining Success

To most people, success is gauged by whether or not they accomplish their highest goal. This mindset can cause people to feel like they often fail. At AdventureServe Ministries, we redefine what success means. Success may mean accomplishing a major goal, but it could also mean taking a significant step

forward. For example, for some people, success could just be standing at the top of a rappel or walking into a cave. We strive for individuals to find out what their personal definition of success is. We try to relay to participants that success can be different things in different situations; it is not a fixed point.

Environmental Ethic

Our care of creation should mirror the care of the Creator. We are called to be stewards of the environment and to watch over it. We see the intricacies of nature. They remind us of the complexity of our God and how God approaches all things with the intention of restoring a right relationship. Therefore, we attempt to create an understanding of care for our environment. At AdventureServe Ministries, we will ask your group to recycle and take care of our surroundings.

Additional Adventure Activities

Backpacking

On the wilderness trips your group has the option to do one or several days of backpacking. This means that everyone will hike as a team along predetermined trails with all your gear and food, finding campsite space each night. It really pushed the entire group both physically through the long days of hiking and mentally as they live outside the normal comforts of home and basecamp camping. Here are some quick facts about backpacking:



- Each member will need a framed backpack for this activity.
- If it rains, it rains. God is in control.
- Wear sturdy hiking shoes or boots, and make sure they are well broken in.
- Key word: "Team" - this is the hardest activity to stay together on.
- We'll keep the pace of the slowest person- leave none behind.

Solo

Solo time is a great mental and spiritual practice. In a world of non-stop noise the group will take time to pause in quiet alone time for either the morning or the whole day. Here are some facts about solo time:

- For safety purposes, solos will not be located more than 2 miles from the campground where the cars are parked.
- Each participant will be allowed to take their Bible, seed thought journal, water bottle, sleeping bag, tarp and whistle. Each participant will be given some small snacks, unless the group decides to fast.

Basecamp Adventure

Experience Overview

On your Basecamp Adventure, your group will be participating in a variety of adventure activities. Unlike a backcountry trip, you will leave from and return to the same campsite throughout your experience. This allows your group more time to focus on the way each day's unique challenges affect their life and faith.

Camping Facilities & Options

On your Basecamp Adventure, your group will camp at a wilderness area or park. The most common area we use is the Red River Gorge near Slade, Kentucky. However, occasionally we assign groups to other wilderness locations. Prior to your experience, the Wilderness Program Director will contact you with information and directions to your base camp location.

At your base camp location, you will have access to outhouses, but will not have shower facilities available. We use creeks or swimming holes and biodegradable soap to serve the same function. If your group feels that this level of "roughing it" is a bit too rustic, it is possible to assign your group to a base camp location that has access to showers, bathrooms and picnic areas. However, this option is only available upon request.

Lodging Options

On your Basecamp Adventure, you have three lodging options:

1. **Tents Only**— AdventureServe Ministries will provide five-person nylon dome tents. These tents are great for privacy and storing personal items. For groups not accustomed to camping and the outdoors, tents are the most non-threatening option. However, they are bulky and heavy to carry on your overnight backpacking experience.
2. **Tarps Only**—Groups that choose to only use tarps have a greater sense of "roughing it." There are many advantages to this option; among them are weight and packability on your overnight backpacking experience. A well set-up tarp can be as dry, if not dryer, than a tent in the event of rain.
3. **Tents and Tarps**—Some groups enjoy combining the privacy of tents at the campground with the light and easy transportation of tarps for their overnight backpacking experience.



Adventure Activities

Your Basecamp Adventure consists of a number of adventure activities that are covered in the previous section's material. In addition to these adventure activity options there is also the option for an overnight backpacking hike, and a personal solo which are covered above as well.

Itinerary

We have devised a general wilderness itinerary that includes many of the key elements previous groups found enjoyable, stretching and beneficial.

Basecamp Adventure
1 Day-Climbing and/or Rappelling
2 Days-Backpacking (Campout overnight)
2 Days (select 2): Caving, Rafting, Canoeing, or Ropes Course, solo, etc.... (additional charges for some activities)

While this itinerary tends to work well for most groups, itinerary changes are possible. Due to rain or other unforeseen circumstances, the schedule of activities is flexible and may change. It is possible to spend two days doing some activities and skip other activities completely.

We also understand that not every group has the same goals and abilities, so the general schedule allows you to customize your wilderness experience to achieve your group's goals. If you have some special activity or programming requests, let us know, and we will do our best to accommodate your wishes.

Level of Intensity

The difficulty level of hiking and backpacking can be changed to fit the athletic and emotional level of your group. If your group gets winded walking a half a mile on a flat path, we have some less strenuous hikes. We highly encourage all groups to do the overnight backpacking element of our trip for at least one night. However, if your group is about to mutiny over the backpacking element, we can substitute a day hike or two to fit your needs.

Transportation

Although we try to keep your activities as centralized as possible, we drive each day to get to the best adventure sites in the area. Caving, for example, is up to two hours from the campground. You will be responsible for transporting your group members to and from all wilderness activities. We suggest that you bring vans to transport your group as not all wilderness areas are accessible by bus. When you are budgeting for your trip, don't forget to plan for the cost of transportation during your experience.

Backpacks

For your overnight hike, you will need one backpack per person. We recommend packs with either an internal or external frame. However, since you are only backpacking one night, you may be able to get by without framed backpacks, or it may be possible to share packs. AdventureServe Ministries has a limited number of backpacks available for groups to borrow. These packs are available on a first come, first serve basis, and we give priority to backcountry groups. Please contact the Wilderness Director for availability and to reserve your packs.



Questions

If you have specific questions concerning your experience with AdventureServe Ministries, please check out the General Frequently Asked Questions located on the [web](#), or call our office at any time (800-884-8483).

Backcountry Adventure

Experience Overview

The Backcountry Adventure offers a variety of adventure activities combined with the element of backcountry travel. Your group will travel from campsite to campsite carrying everything you need for your trip on your back. Along the way, you may stop to explore limestone caves, rock shelters, arches, and rappel off natural cliffs. By the end of your trip, your group will have encountered God through the beauty of creation and become a stronger, more cohesive team.

Camping Facilities

You will probably spend your Backcountry Adventure at Red River Gorge near Slade, Kentucky. However, occasionally we assign groups to other wilderness locations. Prior to your experience, the Wilderness Program Director will contact you with information and directions to your wilderness location.

Your camping facilities will be primitive with no access to restrooms, shower facilities or running water. You will have to get used to finding a spot in the woods and purifying your water. Creeks, swimming holes, and biodegradable soap will serve as your shower. Your group will not be staying in tents. Instead, you will camp out under tarps because they are light and easy to carry on your backpack. Never fear; a well set-up tarp can be as dry, if not dryer, than a tent in the event of rain!



Backcountry Travel

Every day your group will hike from one campsite to the next, carrying everything you need on your back. Over the course of the week, you will hike 25-40 miles of trail. Travel itineraries vary depending on your group's size and physical fitness level, as well as the trail conditions. An average day of hiking is anywhere from 5-8 miles. Though we may split the group into hiking teams to reduce the size of any single group and minimize the impact to the trail and surroundings, each team will stay together. Important bonding happens on the trail, and hiking is a team effort. In other words, we will only hike as fast as the slowest participant, so no one misses out.

Adventure Activities

Your Backcountry Adventure consists of a number of adventure activities that are covered in the previous section's material. In addition to these adventure activity options your group will also be backpacking throughout the week and there is also the option for a personal solo both of which are covered above.

Itinerary

We have devised two general backcountry itineraries, which include many of the key elements that previous groups found enjoyable, stretching and beneficial. These itineraries are based on whether or not your group has signed-up for an optional activity.

Backcountry Adventure With Option	Backcountry Adventure Without Option
3 Days- Backpacking	4 Days- Backpacking
1 Day- Climbing and/or Rappelling (on backpacking route)	1 Day- Climbing and/or Rappelling (on backpacking route)
1 Day- Caving, Rafting, Canoeing, or Ropes Course, solo, etc.... (additional charge for some activities)	3/4 Day- Team Building Initiatives (throughout the trip)

While this itinerary tends to work well for most groups, itinerary changes are possible. Due to rain or other unforeseen circumstances, the schedule of activities is flexible and may change. It is possible to spend two days doing some activities and skip other activities completely.

We also understand that not every group has the same goals and abilities, so the general schedule allows you to customize your wilderness experience to achieve your group's goals. If you have some special activity or programming requests, let us know, and we will do our best to accommodate your wishes.

Level of Intensity

The difficulty level of hiking and backpacking can be changed to fit the athletic and emotional level of your group. If your group gets winded walking a half a mile on a flat path, we have some less strenuous hikes.

Transportation

Although we try to keep your activities as centralized as possible, we drive each day to get to the best adventure sites in the area. Caving, for example, is up to two hours from the campground. You will be responsible for transporting your group members to and from all wilderness activities. We suggest that you bring vans to transport your group as not all wilderness areas are accessible by bus. When you are budgeting for your trip, don't forget to plan for the cost of transportation during your experience.

Preparing Your Group

You will find materials in your Sign up Pack 6 to help prepare your group for their experience. There is a detailed "What to bring" list for both backcountry and basecamp trips at the end of this packet for you to handout. Please make sure all of your participants receive a copy of this handout. Remind them to pack light and pack right because they will have to *carry* all of their belongings AND with food and camping gear. In addition, encourage your group to physically prepare themselves by increasing their level of exercise. Finally emphasize to your participants that hiking boots are the best general footwear for the

backcountry program. Make sure they fit well and are **well broken in** or blisters and foot problems will make for a miserable trip.

Backpacks

For your overnight hike, you will need one backpack per person. We recommend packs with either an internal or external frame. However, since you are only backpacking one night, you may be able to get by without framed backpacks, or it may be possible to share packs. AdventureServe Ministries has a limited number of backpacks available for groups to borrow. These packs are available on a first come, first serve basis, and we give priority to backcountry groups. Please contact the Wilderness Director for availability and to reserve your packs.



Food and Equipment

AdventureServe Ministries will provide all your food and cooking equipment. Keep in mind that you will be backpacking all week, so your menu will consist of non-perishable food that is easy to carry, simple to prepare and does not need refrigeration.

Questions

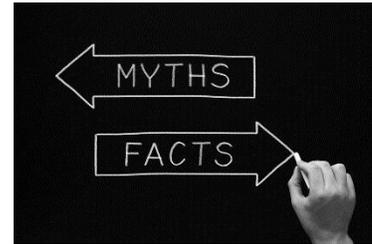
If you have specific questions concerning your experience with AdventureServe Ministries, please check out the General Frequently Asked Questions located on the [web](#), or call our office at any time (800-884-8483).

Common Misconceptions About Wilderness Experiences

Misconception: Our wilderness trip is about playing in the woods and extreme adventure.

Truth: The trip is about long-term effects.

The wilderness trip is ultimately about the long-term effects and growth of your group. While your wilderness experience can be an amazing and powerful experience, if you do not follow up and apply lessons and concepts when you return home, it will just be a trip. Our desire is for it to be a springboard for your ministry to continue when you return to your hometown. To help, we have provided some suggestions on how to follow up after you return home. These are located on our web page as well as it will be emailed to you at the end of the summer.



Misconception: AdventureServe Ministries Staff will do everything for us.

Truth: We will help your group learn to do things for themselves.

You will be provided with a minimum of two AdventureServe Ministries Wilderness Staff members that will guide you through the week. They will be with you throughout your entire experience, acting as facilitators and integrating themselves as part of your group and leadership team. While our staff are trained to serve your group to the best of their ability, they will not do everything for you. They will not be cooking your meals or setting up your tents for you, but rather helping your group learn how to do these things for themselves.

Misconception: My group will have plenty of free time to relax during the trip.

Truth: The schedule is full.

As you have probably already noticed, AdventureServe Ministries' schedule is tight! The days are long and the free time is limited. We do not have very much scheduled free time set aside. Generally, before and after dinner there is about an hour (except for cooking and worship teams). The best suggestion is to prepare your group for this trip as a team building experience.

Misconception: We will be staying at a campground with restrooms and many other amenities.

Truth: Plumbing may not be available.

You will probably be staying in a state wilderness area or national forest. There most likely won't be bathrooms, sinks, showers or any other established shelters besides your tents and tarps. You will be sleeping outside and will be subjected to the elements.

Misconception: Our wilderness experience will not be very physically challenging.

Truth: The activities are physically demanding.

You will be walking/hiking to and from almost every activity. If your group signed up for a Backcountry Adventure, your group may hike up to 40 miles over the course of your experience. Prepare your group. All wilderness experiences may be challenging for those who are not used to being active every day.

Misconception: Our wilderness experience will run perfectly.

Truth: Flexibility is needed.

Most likely, your trip will not go exactly as planned. Sometimes, unforeseen situations or weather may drastically alter your itinerary. Please understand that AdventureServe Ministries Staff have just as little control over these issues as you do. The staff will work with you and make the best of whatever situation you encounter.

Misconception: The weather will be beautiful with sun and pleasant breezes.

Truth: “Beautiful” may include heat and storms.

While we would love to promise that the weather the week of your trip will be wonderful, the weather is out of our control. The average summer highs are between 82-90°F. The average lows are around 60°F. It typically rains about 5 inches a month, so chances are high that it will rain at least once while you are in Kentucky. Plan for rain! We will make the best of whatever weather comes our way. Your AdventureServe Ministries staff will be trained in severe weather procedures and will do their best to keep you safe and as dry as possible.

Misconception: All of my group members are going to grow in drastic ways.

Truth: Each group will be challenged to take it to the next step.

The goal of the wilderness program is to facilitate individual and group growth for all participants. However, we recognize that not all growth is noticeable immediately. Do not be discouraged by the participants that seem resistant to learning. Some group members may grow in ways that are difficult to see on the surface level. It is unrealistic to think each group will walk away as a “perfect” team. Instead, consider where the group is now and partner with AdventureServe Ministries in challenging them to take it to the next step.

Backcountry Adventure Packing List

- ❑ T-shirts (immodest clothing or inappropriate graphics is not appropriate).
- ❑ Shorts (no short-shorts).
- ❑ Sweater/ jacket and pants for cool evenings. Make sure that your warm layers are **NOT COTTON!**
- ❑ Old, long pants and long sleeve shirt for caving (will get very muddy) and old shoes (may get ruined).
- ❑ Socks (at least one pair of wool) and underwear (enough for the entire week).
- ❑ Modest swimsuit (swimming may or may not be available).
- ❑ Footwear for swimming: this is **required**. Flip-flops are not enough; use sandals with a heel strap or old sneakers. This will also be a good pair to wear around camp while not hiking.
- ❑ At least 1 pair of boots or thick-soled shoes (well broken in).
- ❑ Personal toiletries: toothbrush, soap, shampoo, deodorant, etc. (Shampoo and soap must be biodegradable.)
- ❑ Raingear: poncho or jacket (plan for rain).
- ❑ Flashlight with **2** sets of batteries.
- ❑ Reusable water bottle (at least 2 liters total).
- ❑ Sleeping bag & ground pad (air mattresses are not ideal - too big).
 - Make sure both your sleeping bag and ground pad are *packable and light!* You will be carrying them every day.
- ❑ Bible, notebook and pen (in a Ziploc bag).
- ❑ Large and small plastic bags for dirty clothes & protecting gear from rain (backpack cover).
- ❑ Any necessary medications (with a MD's note).
- ❑ Backpacks: You will need a large framed backpack with a hip-belt. See your Group Leader if you don't have one, as ASM have some available.
- ❑ You can re-wear clothing, but make sure that you bring enough so that if things get wet, you can still be dry and warm.



DON'T BRING:

- Valuables (your gear will be stored in tents or vehicles).
- Laptops, tablets, cell phones, watches, etc. (as discussed with your group leader.)
- Your favorite clothing (They will get dirty, torn, and most likely ruined!)
- Animals/Pets.
- Alcohol/drugs, firearms, pocketknives with a blade over 3 inches long.

***Community gear is provided by AdventureServe like tents, cooking equipment, general camping gear, food, etc.**

***You may be packing and unpacking several times through the week, so don't bring lots of "stuff," and make sure you have a bag that is quick and easy to pack/unpack.**

***PACK LIGHT! You will be carrying all your personal items plus your portion of the group gear every day!**

Be Responsible!

- * At AdventureServe, you will be responsible for keeping track of your own stuff. AdventureServe Ministries is not responsible for any lost, damaged, or stolen items.
- * Any personal gear/equipment requiring special knowledge for use must be stored away from other participants.

Basecamp Adventure Packing List



- T-shirts (immodest clothing or inappropriate graphics is not appropriate).
 - Shorts (no short-shorts).
 - Sweater/ jacket for cool evenings.
 - At least one pair of long pants.
 - Old, warm clothes for caving and old shoes (both may get ruined and very muddy). Bring these even if you are not planning to cave.
 - Socks, underwear (enough for the entire week).
 - Modest swimsuit (swimming may or may not be available).
 - Footwear is required for swimming (unless in a pool). Flip-flops are not enough. Use sandals with a heel strap or old sneakers.
- At least 1 pair of tennis shoes or hiking boots (broken in).
 - Raingear: poncho or jacket (plan for rain).
 - Personal toiletries (toothbrush, soap, shampoo, deodorant, etc.) (Shampoo and soap must say biodegradable on the bottle.)
 - Flashlight or headlamp with 2 sets of batteries.
 - Water bottle (at least 2 liters total).
 - Bug spray & sunscreen.
 - Sleeping bag & pillow, ground pad (air mattresses are not ideal - too big).
 - A small folding camp chair (if your group has room to pack them)
 - Bible, notebook and pen (in a Ziploc bag).
 - Large and small plastic bags for dirty clothes & protecting gear from rain (backpack cover).
 - Any necessary medications (with a MD's note).
 - Musical Instrument (i.e., guitar, drum).
 - Backpacks
 - Overnight Hikers: you will need a large framed backpack with a hip-belt. See your Group Leader if you don't have one. ASM has some available.
 - Day Hikers: Day Pack is needed; you could share with a friend.

DON'T BRING:

- Valuables (your gear will be stored in tents or vehicles).
- Laptops, tablets, cell phones, watches, etc. (as discussed with your group leader.)
- Your favorite clothing (They will get dirty, torn, and most likely ruined!)
- Animals/Pets.
- Alcohol/drugs, firearms, pocketknives with a blade over 3 inches long.

***Community gear is provided by AdventureServe like tents, cooking equipment, general camping gear, food, etc.**

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