



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:

- | | |
|---------------------|--|
| 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



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> <ul style="list-style-type: none"> -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.

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.



Disaster Relief Trip Experience Details

Program History

AdventureServe developed Disaster Relief Trips in 2012 as a response to a devastating series of storms that impacted towns in Eastern Kentucky. Our goal is to meet real needs in an impacted area while helping the group to grow. Over the last few years we have worked in those in communities to help with both their immediate and long term recovery and in 2015 added new communities that have been impacted by flooding.



Disasters by nature are unpredictable. At AdventureServe we are often preparing groups and our summer staff to respond to disasters that have not even happened yet. This means these trips are unique, unpredictable, but provide an even more amazing opportunity to love on communities that have been devastated.

Specific Disaster Relief Information

Tips to Keep in Mind

- **Be flexible!** Flexibility is a key component of any mission trip but especially important on a disaster relief trip. Communities are reeling from the disaster, prioritizing who needs help, and attempting to coordinate with an influx of resources and volunteers. As a result, projects change at a moment's notice and some communities will be better at coordinating the response than others.
- **Be OK with getting information at the last minute!** At AdventureServe we enjoy planning and preparing far in advance but we have discovered that this is often impossible with disaster relief trips. We will do our absolute best to get you information as soon as possible but details often do not fall into place until a week or two before your trip.
- **Disaster Relief is a Partnership and we are all on the same team!** Successful disaster relief means good coordination of state, local, and sometimes federal resources along with insurance companies and charitable organizations (like AdventureServe and your group). We are all partners and working toward the same goal but each group may have different ways of doing things.



Serving God

While much of the focus of the week is the project(s), AdventureServe Ministries desires for groups to see a grander picture of their service. They are serving God, not just a family. They are working on a family's home, not a project. They are helping a family in need and not "poor people" or "those less fortunate." Such distinctions, though they may seem harmless, can have a dramatic effect on the outcome of your experience. It's tough to develop a sincere relationship with an individual or a family when, subconsciously, you look down on them, their lifestyle, or priorities. You may not understand the culture or some of the lifestyle choices an individual or family has made, however, if you will engage poverty; if you will develop sincere relationships; if you will hold back on judging the culture; if your service is truly from and for God and not of selfish ambition, you just might receive a blessing!

This philosophy, along with the Leadership Development (Found in the Sign up Pack) leads us to work at homes for multiple weeks when possible and to take on projects in multiple phases (i.e. we don't build a house in a week).

Worksite Leadership

Each work crew (6 to 12 participants) will need at least one adult chaperone from your group who will serve as the worksite leader. They will transport the group to and from the site, oversee the safety of

the group and supervise the work project itself. This person should feel comfortable with leading the chosen level of worksite. They will be provided with basic construction plans for their specific project as well as a basic repair manual for reference purposes. Constant referral to the manual by the participants is ideal.

If you are bringing a construction specialist with you, you must prepare them for the frustrations of working on imperfect structures with imperfect helpers. We often see skilled chaperones slipping into professional mode and taking total control of the worksite, leaving the participants in the role of helper rather than letting them take an active role in decisions and projects. We need empowerment from the leaders not dictatorship. The more you can encourage your leaders to be enablers, the more your participants will gain from the experience.

AdventureServe Ministries staff will be on site at most times, but do not have master carpentry knowledge. The role of ASM staff on the worksite is to provide guidance, safety, materials, and logistics. They will also work alongside your group, encouraging them and communicating with the homeowner on the work to be completed. In some cases, ASM staff will manage logistics for multiple worksites. In this case they will typically spend the morning at one worksite and the afternoon at another. Worksite leaders (your chaperones) must be prepared for this.

Though ASM staff members are First Aid and AdventureServe Ministries certified, AdventureServe Ministries strongly recommends—though does not mandate—that a minimum of one additional individual with comparable certifications is present at each worksite (adult or student). *AdventureServe Ministries staff may not be available at the worksite at all times.* ASM will supply each worksite with a first aid kit.

Specific Worksite Assignments

You will receive your specific worksite assignments and pertinent information as soon as possible, but often not until a week or two before you trip. Do your best to be ready for anything!

Construction Standards

While AdventureServe Ministries seeks to empower incoming participants and give project ownership to the group, we believe that specific construction standards must be met to be good stewards of the money and materials that have been placed in our trust. Furthermore, recognizing that the quality of the labor of our hands reflects upon the Body of Christ, all projects completed under the name of AdventureServe Ministries should meet or exceed the following four requirements:

Useful Life

All structures built or repaired must have a minimum useful life of *five years*. Purely cosmetic projects and projects that mask the underlying problem should be avoided if at all possible (i.e. painting over rotten wood, etc.)

Simplicity of Design

All structures built or repaired shall be designed in a *safe, simple, and cost effective* manner.

Structural Integrity

All structures built or repaired should conform to accepted load span standards. Load bearing beams and supports must be fastened with lag or through bolts, not nails.

Quality of Craftsmanship

All structures built or repaired should be square, level, plumb, leak free, and free from “material” defects. Note that “immaterial” defects may occur as a result of inexperienced leadership over the project. The question “What is material?” may be answered with the question “Would you be happy with the repair if it was on your own home?” Necessary materials should be obtained to fix “material” errors.

Necessary Tools

You will be responsible for bringing the necessary tools to complete your work project(s). We have provided two different resources to assist you in planning for your tool needs. First, is a general tool list. You will not necessarily use all of these tools but by bringing all tools on the list you will prepare your group for any unforeseen changes in the worksite. If a tool isn't on the list and you feel it will be helpful, we encourage you to bring it. **The general tool list are tools you are required to bring for each work site regardless of the project assignment(s).**



Secondly, a site-specific tool list is provided for you to plan your tool needs once you have been given your specific project assignment(s). If your group has several similar projects (i.e. one team is building a porch and another a wheel chair ramp) your group will need many saws and post hole diggers. Work teams will typically *not* be able to share tools. Two weeks prior to your trip you will be provided with your specific project(s) information which will allow you to reference this list for more specific tool needs. This list is to be used in addition to the general tool list, not *instead of*. You are still responsible for bringing everything on the general tool list.

Used in conjunction, you should be adequately prepared for assigned mission project(s) or any last minute project changes due to weather. Both tool lists can be found at the rear of this section. If you have tool questions or transportation issues, contact the Program Director.

Make sure to label your tools with the church and owner's name. This is useful in sorting the tools at the end of the week and should a tool be left behind in AdventureServe Ministries' possession we know who to return it to.

If your group is able to donate any tools or supplies it will help AdventureServe Ministries to better meet the needs of future groups and the families we serve.

Worksites

Selecting the appropriate quantities and difficulty levels of worksites for your Disaster Relief Mission Trip is critical! A poor decision in this arena can significantly affect the outcome of your experience. Consider the following misjudgments and potential results:

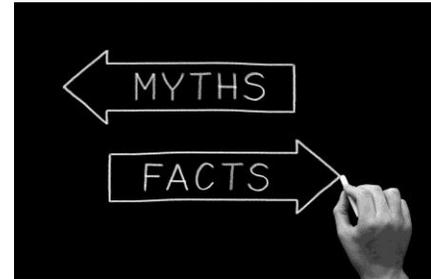
Misjudgment	Potential Result
I'm not a construction expert and neither are my chaperones. We better stick to level one painting projects.	Groups are not challenged and may feel they are doing surface level work. For example, painting a home that needs a roof. Groups lose motivation quickly.
My participants are young, have very little construction experience, and are not capable of anything but low-level projects.	Repairs are completed early with the materials budget fully exhausted. Participants asking, "Why did we travel this far from home?"
Though I have 15 participants, I only have one chaperone with construction experience. I'll just sign up for one worksite.	Participants lose motivation due to lack of work to be completed. Standing around, uninvolved, they become frustrated.
Joe chaperone says he's handyman extraordinaire...we can do anything!	It turns out that Joe exaggerated a bit and isn't so "extraordinaire." Participants lose motivation on the worksite when faced with difficulties and challenges they are not capable of overcoming due to lack of adult leadership. Frustrations mount quickly! The project is left unfinished at the end of the week.
I'm bringing 30 participants and 4 chaperones. I need 4 worksites...that could be a lot of money! We'll just have to make them all low level worksites.	The group is actually quite capable and are not challenged by the project. "We could be doing so much more," they might say. Repairs are completed early with the materials budget fully exhausted. Participants asking, "Why did we travel this far from home?" Participants loose motivation quickly.

The Disaster Relief Mission: Common Misconceptions

Misconception: The Disaster Relief Mission is about the trip.

Truth: The trip is about long-term results.

The Disaster Relief Mission is not about the trip or the activities you will do. The mission is ultimately about the long-term residual effects and growth of the group. While the Disaster Relief Mission 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 help, we have provided some suggestions on how to follow up after you return home. See "Taking the Experience Home." *We cannot tell you enough how important post-trip follow up is to your group's growth.* It will greatly increase the long-term value of the trip.



Misconception: AdventureServe Ministries Staff ARE construction experts.

Truth: Staff have basic construction understanding, but are not experts.

You will be provided with a minimum of two Disaster Relief Trip Leaders that will guide you through the week. They will be with you throughout your entire experience, integrating themselves as part of your group and leadership team. These staff are Christian, college-aged individuals that have committed their summer to serving God in Kentucky/Northern Tennessee. They are passionate, committed young people with varying construction experience. They **ARE NOT construction experts**. Each staff member completes a basic home repair-training course and has a basic understanding of tools, construction and home repair. They cannot replace the need for you to provide a qualified supervisor for each of your worksites. This does not need to be a construction professional but it should be someone who is comfortable with leading the given project.

Misconception: My Group will be blown away by the poverty and the damage!

Truth: Every AdventureServe Ministries project is important but there is a wide range of need.

This misconception may or may not be true of your group. The disaster areas will have some homes with little damage and some with a ton. Some of the families we serve are extremely poor and have a tremendous amount of physical need. Others are elderly, on fixed incomes, and are simply unable physically and financially to attend to basic home repairs. Please understand that both of these situations, and everything in between, have importance.

Misconception: Since the projects are planned and organized ahead of time, we will not encounter any complications on the worksite.

Truth: Unforeseen obstacles can arise.

While AdventureServe Ministries seeks to be professional and organized when it comes to planning your work projects, we ask that you be somewhat understanding and flexible if complications occur. Our work site development staff setup and design projects to the best of their ability. We do our best to anticipate complications, problems, roadblocks, etc. However, as any construction professional could tell you, unforeseen obstacles can arise in any project. Such complications might call for a change in plans, the need for additional building materials, etc. Our staff will work closely with your site leadership team, the group, and if need be, AdventureServe Ministries site development staff to overcome any obstacles you may encounter.

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

Truth: AdventureServe Ministries schedule is busy.

The AdventureServe Ministries' schedule is tight! The days are long and free time is limited. We do not have scheduled free time set aside. Generally before and after dinner there is about an hour (except for cook and worship teams). The best suggestion is to prepare your group for this trip as a mission's trip and not a summer camp. If they believe they are going on a service trip and not a summer camp, the lack of free time tends not to be as difficult.



Misconception: A mission trip is not successful unless people get "saved."

Truth: God will be at work but this is not specifically an evangelistic trip.

No matter what your denominational buzzword is for people understanding the teachings of the Bible and seeking to change their lifestyle, it is unrealistic to base the success of your trip on the number of people who "convert". In the past, God has used the Disaster Relief Program as a catalyst to draw participants and people the group served into a Christian relationship with God. Praise God for that but understand that the Disaster Relief Mission is not necessarily an evangelistic trip. We do encourage your group to share their faith, testimonies, and the reason for their service. Further, we know that God is at work during your week. Sometimes we cannot see God's work as clearly as we want, but you can trust that God is using the week for significant Kingdom work.

General Tool List

Required Per Person

- Safety goggles
- Work gloves
- Hammer (no small tack hammers)
- Canteen or water bottle
- Carpenter's Pencil

Required Per Church Group

- Sledge hammer
- Rakes (2)
- Tin snips
- Pliers

Optional Per Church Group

- Wheelbarrow
- Tree saw
- Flat head shovel
- Swing blade

-Make sure tools are sharp, labeled, in good condition, and come with chargers.



-Storing and transporting tools is best accomplished in a trailer or pickup. If you can bring either, please do.

-Please note: the list to the right is per work team. Your group likely has more than one work team and therefore needs multiples of each item.

Required Per Work Team (Site)

- Paint brushes (6 or more)
- Paint roller and tray (3 sets)
- Paint scrapers (3)
- Drop cloths
- Rags (clean - a bunch)
- Caulking guns (2)
- Wire brushes
- Putty knives (disposable) (2)
- 4 to 6 inch putty knife (3)
- Screwdrivers
- Utility knives (2)
- Tape measures (2)
- Crowbar (2)
- Square
- Level (carpenters)
- Chalk line
- Staple gun (w/staples)
- Carpenter's pencils
- Digging shovel
- Socket set
- Hacksaw
- Hand saw
- Circular saw with extra blade
- Sawzall (reciprocating saw)
- Electric drill with bits
- Extension cord (50 ft minimum)
- Extension ladder
- 5 foot step ladder
- Broom
- Dustpan
- Cell Phone (1 per site)
- Post Hole Diggers

Site Specific Tool List

Yard Work / Gardening

Spade Shovels
Flat Head Shovels
Tree Saw
Pruning Sheers
Metal Rakes
Broom Rakes
Utility Knives / Blades
Broom / Dustpan
Pick Axe / Railroad Bar
Sledge Hammer?
Chain Saw (Gas, Oil, Chains, Etc.)?
Hedge Trimmer?
Wheelbarrow?
Weed Eater & Gas?
Swing Blades?
Safety Goggles / Work Gloves

Weatherization

Utility Knives / Blades
Caulking Guns
Putty Knives
Broom / Dustpan
Step Ladder
Wood Chisel
Safety Goggles / Work Gloves

Insulation Work

Utility Knives / Blades
Tape Measures
Carpenters Pencils
Staple Guns / Staples
Step Ladder
Hammers
Wire Cutters
Pliers
Disposable Putty Knives
Dust Masks
Safety Goggles / Work Gloves

Painting ("E" Denotes Exterior)

(E) Hammers
(E) Tape Measures
(E) Carpenters Pencils
(E) Circular Saw (Wood Blades)
(E) Hand Saw

(E) Extension Cords
(E) Chalk Line
(E) Extension Ladders
(E) Wire Brushes
Paint Brushes
Paint Rollers
Paint Trays
Paint Poles
Step Ladders
Drop Cloths
Paint Scrapers
Putty Knives
Rags
Caulking Gun
Screwdrivers
Dust Masks
Work Lights?
Safety Goggles / Work Gloves

Underpinning

Hammers
Tape Measures
Carpenters Pencils
Tin Snips
Framing Square
Circular Saw (Wood Blades)
Drill / Bits (up to 5/8")
Extension Cords
Hack Saw (Extra Blades)
Rivet Gun / Rivets
Chalk Line
Line Level
Carpenters Level
Spade Shovels
Pick Axe / Railroad Bar
Safety Goggles / Work Gloves

Roofing

Hammers
Cordless Screw Guns & Bits (Metal Roofing)
Nail Pullers
Tape Measures
Framing Square
Carpenters Pencils
Circular Saw (Wood & Masonry Blades)
Hand Saw
Sawzall

Extension Cords
Extension Ladders
Chalk Lines
Flat Shovels / Shingle Shovels
Staple Guns / Staples
Utility Knives / Blades
Linoleum Knife
Disposable Putty Knives
Tin Snips
Crow Bars
Flat Pry Bars
Broom
Nail Pouches
Rags
Wheelbarrow?
Safety Goggles / Work Gloves

Porch Construction

Hammers
Tape Measures
Carpenters Pencils
Circular Saw (Wood Blades)
Sawzall
Extension Cords
Hand Saw
Drill / Bits
Step Ladder
Extension Ladder (Porch with Roof)
Spade Shovels
Post Hole Diggers
Pick Axe / Railroad Bar
Chalk Line
Line Level
Carpenters Level
Framing Square / Speed Square
Sledge Hammer?
Socket Set
Wood Chisel
Crow Bar
Tin Snips
Nail Pouches
Safety Goggles / Work Gloves

Outhouse Construction

Hammers
Tape Measures

Carpenters Pencils
Circular Saw (Wood Blades)
Hand Saw
Staple Guns / Staples
Drill / Bits
Screwdrivers
Extension Cords
Carpenters Level
Framing Square / Speed Square
Spade Shovels
Pick Axe / Railroad Bar
Wood Chisel
Sledge Hammer?
Nail Pouches
Step Ladder
Safety Goggles / Work Gloves

Wheelchair Ramp Construction

Hammers
Tape Measures
Carpenters Pencils
Circular Saw (Wood Blades)
Hand Saw
Extension Cords
Drill / Bits
Spade Shovels
Post Hole Diggers (several!)
Pick Axe / Railroad Bar
Sledge Hammer?
Carpenters Level (posts levels are great too!)
Framing Square / Speed Square
Chalk Line
Socket Set
Nail Pouches
Safety Goggles / Work Gloves

Basic Framing

Hammers
Tape Measures
Carpenters Pencils
Circular Saw (Wood Blades)
Hand Saw
Framing Square / Speed Square
Chalk Line
String
Line Level

Carpenters Level
Nail Pouches
Step Ladder
Extension Cords
Safety Goggles / Work Gloves

Floor Repair

Hammers
Tape Measures
Carpenters Pencils
Circular Saw (Wood Blades)
Carpenters Level
Sawzall
Extension Cords
Hand Saw
Chalk Line
Caulking Gun
Nail Pouches
Linoleum Knife
Utility Knives / Blades
Wood Chisel
Broom / Dustpan
Flooring Trowel
Safety Goggles / Work Gloves

Drywall

Hammers
Screw Guns / Bits (Preferably Cordless)
Extension Cords
Tape Measures
Carpenters Pencils
Utility Knives / Blades
Drywall Square
Framing Square / Speed Square
Drywall Trowels
Tape Trowel
Inside / Outside Corner Trowel
Mud Trays
Putty Knives
Drywall Saw
Drywall Sanding Blocks
Extension Pole
Step Ladders
Caulking Gun
Nail Pouches
Chalk Line
Dust Masks
Safety Goggles / Work Gloves

Vinyl Siding

Hammers
Tape Measures
Carpenters Pencils
Framing Square / Speed Square
Tin Snips
Aviation Shears
Chalk Line
Step Ladder
Extension Ladder
Scaffolding?
Nail Pouches
Safety Goggles / Work Gloves

French Drains

Spade Shovels
Flat Head Shovels
Pick Axe / Railroad Bar
Sledge Hammer
Metal Rakes
Utility Knives / Blades
Tin Snips
Hack Saw (Extra Blades)
Wheelbarrow
Sawzall
Extension Cords
Hand Saw
Drill / Bits
Step Ladder
Extension Ladder
Chalk Line
Carpenters Level
Framing Square / Speed Square
Crow Bar
Wood Chisel
Socket Set
Safety Goggles / Work Gloves

Masonry

Hammers
Tape Measures
Carpenters Pencils
Masonry Trowels (Brick, Finishing, Etc.)
Spade Shovel

Flat Head Shovels
Pick Axe / Railroad Bar
Carpenters Level
String

Line Level
Concrete / Mortar Mixing Tub
Safety Goggles / Work Gloves

Let's face it, there is nothing like having the right tool for the job! On the other hand, frustrations mount quickly when you find yourself not having the proper tools to complete a project. We have done our best to prepare you for the projects listed above and encourage you to think through your project from start to finish before dropping tools from the supplied lists. Should you feel additional tools may be required for a specific project, please feel free to include them. There are hardware stores conveniently located in every county we service should you need to purchase that "key" tool you may have left behind.

Disaster Relief Packing List

- T-shirts (immodest clothing or inappropriate graphics is not appropriate).
- Shorts (no short-shorts).
- Sweater/ jacket for cool evenings.
- 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 thick soled shoes or work boots (broken in)
- Shoes and/or Sandals for around camp
- 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)
- Bible, notebook and pen (in a Ziploc bag)
- Safety goggles and work gloves
- Hammer
- Any necessary medications (with a MD's note).
- Clothes for the entire week



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.

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.

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