



Introduction & Guide to the Preparation Materials

Partners in Ministry

We are so excited to partner with you and your group! Promoting growth through adventure is at the heart of who we are at AdventureServe. Our mission is to come alongside you to provide a truly outstanding missions experience.

- [The Sign Up Section](#) will help you get your brain around everything you'll need to do to prepare for your trip.
- [The Detail Experience Section](#) will help you understand the details of your trip.
- [The Group Analysis Section](#) will help you tell AdventureServe your group's specific needs and goals. Please return your Group Analysis Sheet by 28 days prior to your trip or as soon as possible.
- **The Seed Thought Pack** contains our journal which will be emailed later. Many leaders like to read through the journal before the trip.
- **Taking the experience home: perpetuating your group's growth** -- We want your group to continue growing long after the trip. Consider using "Taking the Experience Home" on our [website](#) ***Intentional follow up will increase the value of your trip immensely.***

For you, your adults/chaperones, and your participants to truly have an outstanding experience it is imperative that everyone is clearly prepared for what they will encounter. ***Nothing will benefit your experience more than having accurate expectations and good attitudes about the trip.*** This is especially true for you and the other adults.

Suggested Preparation Timeline

Have You Already Completed This?

- ❖ Read your Written Agreement. (We email this to you after the deposit is paid.)

Right Away

- ❖ Read the Group Preparation Pack so you know what to expect.

Three to Six Months Out (Depending on when you signed up)

- ❖ Advertise the AdventureServe Ministries program to the group, their parents, and possible chaperones.
- ❖ Set a budget and develop a fundraising plan. (Contact ASM for more help in this area.)
- ❖ Set deadlines for trip payments for the group members.
- ❖ Recruit adult chaperones and involve them in group preparation to give them proper expectations.
- ❖ Schedule a meeting with parents, adult chaperones, and your group.

Two Months Out

- ❖ Plan for your transportation needs.

One Month Out

- ❖ Make sure your payments are up to date. (See your Written Agreement payment schedule)
- ❖ Create a detailed schedule of when to meet at the church, leaving time, estimated arrival time, return time, important contact info, etc. to give to parents and other church authorities.
- ❖ Collect all the Participant Information and Liability Release Forms (on website) from each participant and adult. Make sure they are completely filled out and have the appropriate doctor, guardian, and participant signatures.
- ❖ Fill out the Group Analysis Sheet, which will be emailed to you. We cannot finalize planning your trip without the info provided on this sheet!
- ❖ Finalize your number of participants and inform the Program Director of any changes.
- ❖ Notify the Program Director if you have any special activity, service, location requests, or dietary restrictions.

Two Weeks Out

- ❖ You will be emailed a Program-specific packet of information about your trip. This packet will include directions, a rough itinerary, lodging details, contact information, and regional information.
- ❖ Host your Final Logistics Meeting with all parents, chaperones, and group participants.
- ❖ The program manager will contact you and finalize many of the details of your trip including small number changes, sleeping arrangements, activity changes, AdventureServe staff, and other important logistics.

Travel Day

- ❖ Make sure you have signed Participant Information and Liability Release Forms from all of your participants. Keep these handy so you can give them to your AdventureServe staff upon arrival.
- ❖ Monitor what is packed to weed out anything that will be a hindrance to traveling comfort or group growth.
- ❖ Give a copy of directions to each driver. Make sure contact information is exchanged.
- ❖ Bring AdventureServe Ministries' phone numbers with you in case you have trouble finding your lodging area or if you are going to arrive late.
- ❖ Eat dinner before arriving at your assigned lodging.

Group Preparation Outlines & Handouts

Overview

The success of your trip will depend largely upon how well you prepare your group for the experience.

We have provided in the following pages, suggested preparation outlines and handouts for parents, adults/chaperones, and participants.

You should also plan a post-trip session to follow up with the group afterwards. This is about long term results. Helping the group process the experience after the trip is essential for the lessons to stick for the long haul. Use "Taking the Experience Home" found on the web for information on this session.

Group Preparation

Session #1

Purpose: Orient parents to AdventureServe Ministries. Communicate trip prep time table.

Suggested Handouts: [Participant Information & Liability Release Form](#). Also feel free to give parents any part of the Preparation Packets we send you. You know your parents and you know what will make them feel safe about their child on a trip.

Discussion Points:

- Your goals for the group and this trip.
- How ASM will help you achieve these goals.
- Details about ASM ([Who is ASM](#)) . www.Adventureserve.org.
- Importance of adult/youth relationships ("5 Pillars" "community") **Consider: What can parents do after the trip to connect with their children?**
- Your timetable...what's next, how you would like them to be involved, financial deadlines, paperwork deadlines (Participant Information & Liability Release, others you may require), required parent and Group preparation meeting dates/times, fundraising information, etc. You may want to craft your own handout for this.

Session #2

Purpose: Final logistical meeting.

Suggested Handouts: [Packing List](#), [What to Expect](#), [Top Ten](#), [How to Prepare](#) and [The Law](#)

Discussion Points:

- Craft a simple handout with an emergency cell phone contact for parents to use (yours or another trip leader's). Include our office number (859-858-0140) for emergency use with the understanding that this is our office number and we will reach the group as quickly as possible.
- Collect any last minute Participant Information & Liability Release forms.
- Share about the spiritual journey and how parents can pray for your leadership team and the group.
- Recommended: spend the last part of this session developing your group's covenant for the trip.
- Close the meeting with corporate prayer for your experience in KY/TN.

Who is AdventureServe?

Mission Statement:

AdventureServe Ministries seeks to create a Christ-centered community and encourage growth through confrontational experiences with God, self, others, and nature.

We live out this mission by providing relevant service and adventure opportunities for youth groups, and many other kinds of groups as well. We use the experience to challenge the group to grow as a team, and each person to grow spiritually and in leadership.

Theological Position:

AdventureServe Ministries works with groups and staff from many different denominations. As a staff we affirm the Apostle's Creed.

Our emphasis at AdventureServe Ministries is on developing a supportive Christian community and encouraging a lifestyle that flows from a Christian worldview. We provide a structure for you and your adult leaders to disciple the group and develop relationships with them within your specific theological system.

THE APOSTLES' CREED

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried; He descended to hell. The third day He rose again from the dead. He ascended into heaven and is seated at the right hand of God the Father Almighty. From there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church*, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting, Amen.

* Universal Church

The Pillars of AdventureServe Ministries

Our main goal is your group's growth! All programming elements and activities are designed to create a safe environment where this growth can occur. We use five pillars to achieve growth: ***focus on God, community, service, leadership development, and challenges***. While the focus varies in each program, our core philosophies are woven into all trip types.

If your goals are different let us know! We will work with you for the best possible experience for your group.



Focus on God

It is easy to focus on living rather than the reason for it. At AdventureServe we deliberately schedule time into every day to reflect on God. There are so many things God wants to teach us from the Word and through relationships with others.

Community

We are committed to living, teaching, and modeling supportive Christian Community. The biblical model is a body—we are all members of one body and need each other. No part of the body is more important than the other (Ephesians 4).

As your group grows as a community it becomes an even better context in which the group can grow individuals. Youth with strong relationships with Christian adults other than the youth pastor are more likely to keep their faith.

Service

Consider Christ's "parting shot": in His last hours Jesus chose to demonstrate "the greatest among you must become like the least; the leader like the servant." As Christians it's this humble servanthood we are called to. We are God's hands and feet on earth and it's our desire to demonstrate God's love to those with whom we come in contact.

Leadership Development

We all know that claiming to be a leader or even holding a leadership position does not make someone a leader. We believe that *spiritual leadership* is the responsibility of all who take the name “Christian.” We suggest that the definition of *spiritual leadership* is closely tied to an individual’s understanding of and interaction with God, community, and service. Based on the principle that leadership is learned and cultivated, “Leadership Development” has been at the core of AdventureServe Ministries’ philosophy since our inception.



We want to give your group a chance to take responsibility, ownership, to struggle, fail, and succeed. We desire to foster a safe arena in which people can “practice” leadership. The key here is empowerment. Our philosophy is **Show, Help, Let.** **Show** by example or instructions. We do this in preparing meals, setting up camp, and leading worship. **Help** is done by letting the soon-to-be leader cook, plan, solve, etc., while staying close by to answer questions. **Let** is the crux of what we want to accomplish—giving the participants ownership. We want them to face opportunities to engage their mind, to overcome obstacles (consequences of their decisions), and complete a task while being supported by others in ways other than providing all the answers. We want the group to have opportunities to make mistakes and learn from them and to have this chance to accomplish more than THEY or YOU ever thought they were capable of!

Challenges

Romans 5:3-4: “... We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.” We strive to produce an experience that isn’t “easy” or “comfortable” but is challenging yet achievable. We want your group to be outside their comfort zone so that they rely on God and their peers to help them. We view growth opportunities in three stages—the green, yellow, and red zones.



Green Zone: This is the place we are comfortable. It’s where we live the majority of our lives.

Yellow Zone: Here we are placed in a position where we’re uncomfortable. This can often be a place of “perceived risk” but is actually a safe place where growth can occur.

Red Zone: This is the “danger zone” where we feel far from comfortable. We can’t grow because we’re restricted by fear, be it emotional, mental, spiritual or physical.

Our goal is that each individual would experience the yellow zone without entering the red zone.

When challenging participants we follow **challenge by choice**. We will challenge participants with experiences that can push them into their yellow zone. We will never force them to do something they are not comfortable with. We will encourage them but the choice is theirs. This means that AdventureServe’s job, and yours, is to create an environment in which participants can choose to step into the yellow zone.

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 trip).
 - 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
 - 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.**

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

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.

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 trip).
- ❑ 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 trip, 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.



What to Expect on Your Wilderness Basecamp Adventure

- You will be sleeping 4-5 to a tent.
- You will be in a small group rotating responsibilities (cooking, cleaning, leading worship, etc.)
- It probably will rain on you at some time, so come prepared. We will make the best of it!
- Showers will probably not be available, but you will be able to bathe in rivers and creeks.
- You may have to use an outhouse.
- You will face challenges physically, spiritually, mentally and emotionally.
- Your group will have to work together as a team.
- You will know the members of your group very well by the end of the trip.
- You will be out of touch with your world for the trip (i.e. no TV, music, cell phones, etc.).
- You will probably do something you've never done before.
- God will push you outside of your comfort zone.
- You will see God's creation in a whole new way.



A Sample Daily Schedule

7:00 A.M.	Rise & Shine
7:15 A.M.	Breakfast
7:45 A.M.	Pack lunch if needed
8:15 A.M.	Seed Thought
9:00 A.M.	Creation Restoration or Wilderness Activity
12:00 P.M.	Lunch
1:00 P.M.	More Activity
4:30 P.M.	Possible free time
6:00 P.M.	Dinner
7:00 P.M.	Free time/Leaders meeting
8:00 P.M.	Processing of the day
9:00 P.M.	Worship
10:00 P.M.	Quiet hours begin

Adventure Activities

Your wilderness activities will vary according to the weather and your group leader's choice of activities. However, your trip will include some of the following adventures:

- Backpacking
- Caving
- Rock-climbing
- Rappelling
- Solo
- Team Building Initiatives
- Water Sports
- High and Low Ropes Courses



What to Expect on Your Wilderness Backcountry Adventure

- You will be sleeping in lean-tos you will set up using tarps.
- You will be carrying everything you bring on your back.
- Your group may hike up to fifteen miles during your Backcountry Adventure.
- It probably will rain on you at some point, so come prepared. We will make the best of it!
- You will be in a small group rotating responsibilities (cooking, cleaning, leading worship, etc.)
- Restrooms & showers will not be available, but you will be able to bathe in rivers and streams.
- You will face challenges physically, spiritually, mentally and emotionally.
- Your group will have to work together as a team to overcome challenges and earn the use of “creature comforts.”
- You will know the members of your group very well by the end of the trip.
- You will be out of touch with your world for the trip (i.e., no Wi-Fi, music, cell service, etc.).
- You will probably do something you’ve never done before.
- God will push you outside of your comfort zone.
- You will see God’s creation in a whole new way.



A Sample Daily Schedule

- 7:00 A.M. Rise & Shine
- 7:15 A.M. Breakfast
- 7:45 A.M. Seed Thought
- 8:30 A.M. Pack Up Camp & Begin Hiking
- 10:30 A.M. May Stop for a Wilderness Activity
- 12:00 P.M. Lunch
- 1:00 P.M. More Wilderness Activity & Hiking
- 4:00 P.M. Set Up Camp
- 5:30 P.M. Possible free time or swim time
- 6:00 P.M. Dinner
- 7:00 P.M. Free time/Leaders meeting
- 8:00 P.M. Processing of the day (debriefing)
- 9:00 P.M. Worship
- 10:00 P.M. Quiet hours begin

Adventure Activities

Your wilderness activities will vary according to the weather and your group leader’s choice of activities. However, your trip will include some of the following adventures:

- Backpacking
- Caving
- Rock-climbing
- Rappelling
- Solo
- Team Building Initiatives
- Water Sports
- Ropes Course

How to Prepare for your Backcountry Adventure



Physical Conditioning

On your Backcountry Adventure, your group will be hiking 5 to 8 miles a day and up to 15 miles over the course of the trip. Your trip will require some stamina, especially because you will be carrying a full backpack. Because your trip is only 2 days long, you won't have very much time to ease into it. If you normally do not exercise, you will have a tough time if you do not prepare your body. Make sure that you do some exercising prior to your trip. Activities such as regular walking, running, aerobics and swimming are good exercises. You may even want to practice carrying a full backpack to get used to hiking with extra weight.

Choosing a Backpack

You will need a fairly large backpack with either an internal or external frame and a hip belt to carry all of your personal items and gear. If you do not have a framed pack, see if you can borrow one from a friend.



If you can't find one, don't go out and spend hundreds of dollars on a new one. AdventureServe has some packs available. Let your group leader know, so he/she can make arrangements with AdventureServe.

Pack Light, Pack Right

Make sure you go over the What to Bring List. When you are packing, remember that you will have to carry everything you bring on your back all trip. Plus, once you arrive, you will also add food, cooking utensils, and other necessary supplies to your load. If you bring your own backpack, do not pack it completely full. We recommend trying to find a small sleeping bag to make your load less bulky, but if you can't find one, any size will do.

Selecting Boots/Hiking Shoes

Since it is the nature of the wilderness program to be on your feet a lot, it is important that you make sure to take care of them.

Hiking boots are the best general footwear for the backcountry program. Whether they are yours or borrowed from a friend, make sure they fit well and are well broken in. Otherwise, blisters and foot problems will make for a miserable trip. You will regret not having a sturdy pair of hiking shoes/boots. If it is impossible for you to find boots or hiking shoes, make sure you at least have a solid pair of athletic/tennis shoes.



Also try to bring wool socks. If cotton socks get wet in rain or river crossings, they will only make your feet cold. Remember the good old wilderness W-rule: Wool is Warm when Wet!

Caving

Non-commercial caving is an adventure that most people will never get to experience, but you might. Make sure you bring the appropriate gear. Wear warm clothes with long sleeves and long pants because the cave temperature is only 56 degrees. If you get wet, you will get cold quickly. Any clothes and shoes worn caving will be ruined, and you will not be able to wear them again during your trip. Sturdy footwear is a must. Sandals will not be permitted. Also, do not forget to bring a flashlight with 2 extra sets of batteries. If you have a headlamp, you will want to bring it along.

Plan for Rain

The weather in Kentucky is fairly mild during the summer, but it does rain frequently. Make sure you have enough clothing to stay warm and dry in the event of rain. Bring raingear and a waterproof backpack cover. At the very least, you will want to make sure that you bring trash bags to keep your backpack dry.



How to Prepare for your Basecamp Adventure

Physical Conditioning

On your Basecamp Adventure, your group will walk or hike to almost every adventure activity. While your trip will not be extremely intense, it will require some stamina. Because your trip is only 2 days long, you won't have very much time to ease into it. If you normally do not exercise, you will have a tough time if you do not prepare your body. Make sure that you do some exercising prior to your trip. Activities such as regular walking, running, aerobics and swimming are good exercises.



Choosing a Backpack

You will need backpack with either an internal or external frame and a hip-belt to carry all of your personal items and gear on your overnight hike. If you do not have a framed pack, see if you can borrow one from a friend. Because you will only need a pack for one night, a large school backpack may work, or you may be able share to with a friend. If you can't find one, don't go out and spend hundreds of dollars on a new one. AdventureServe Ministries has some packs available. Let your group leader know, so he/she can make arrangements with AdventureServe Ministries.



Pack Light, Pack Right

Make sure you go over the What to Bring List. When you are packing, try not to bring a lot of extra "stuff" because you will have to store all of your personal items in your tent or van. We recommend trying to find a small sleeping bag to make your overnight backpacking trip easier, but if you can't find one, any size will do.

Selecting Boots/Hiking Shoes

Since it is the nature of the wilderness program to be on your feet a lot, it is important that you make sure to take care of them.



Hiking boots are the best general footwear for the wilderness program. Whether they are yours or borrowed from a friend, make sure they fit well and are well broken in. Otherwise, blisters and foot problems will make for a miserable trip. If it is impossible for you to find boots or hiking shoes, a solid pair of athletic/tennis shoes will do well.

Also try to bring wool socks. If cotton socks get wet in rain or river crossings, they will only make your feet cold. Remember the good old wilderness W-rule: Wool is Warm when Wet!

Caving

Non-commercial caving is an adventure that most people will never get to experience, but you probably will. Make sure you bring the appropriate gear. Wear warm clothes with long sleeves and long pants because the cave temperature is only 56 degrees. If you get wet, you will get cold quickly. Any clothes and shoes worn caving will be ruined and you will not be able to wear them again during your trip. Stable footwear is a must. Sandals will not be permitted. Also, do not forget to bring a flashlight with 2 extra sets of batteries. If you have a headlamp, you will want to bring it along.

Plan for Rain

The weather in Kentucky is fairly mild during the summer, but it does rain frequently. Make sure you have enough clothing to stay warm and dry in the event of rain. Bring raingear and a waterproof backpack cover. At the very least, you will want to make sure that you bring trash bags to keep your backpack dry.



The Law of AdventureServe Ministries

Always:

- Stay within the defined camp boundaries. (Notify a leader if you need to leave)
- Wear shoes or sandals, even when swimming (unless in a pool) and rafting. Flip-flops are not enough. (Old sneakers work great)
- Be safe. (No horseplay, running near cliffs, etc.)
- Follow all specific safety procedures given by staff. (rock climbing, rappelling, caving, etc.)
- Follow all sanitary procedures for cooking and cleaning up meals.
- Wear clothing that is modest and will not offend anyone (i.e. crop tops or immodest clothing is not appropriate)
- Follow the instructions of the AdventureServe Ministries leader.



Never:

- Swim, unless there is a AdventureServe Ministries lifeguard on duty or have you have signed the Swimming Liability Release form and your Group Leader/adult leaders tell you it is ok to swim at this time with the group.
- Dive into any water (except a pool's deep end where diving is permitted).
- Use or possess alcohol or illegal drugs anywhere or anytime.
- Drive any AdventureServe Ministries vehicles.

Responsibilities & Requirements

Exhibit a Christ-Like Spirit

- Have a good attitude
- Be encouraging
- Enjoy other's achievements, not just your own

Keeping Yourself Safe

- Eating well
- Getting enough rest
- Being careful during high risk activities

Keeping Others Safe

- Don't be careless with equipment or tools
- Don't fool around with other's safety

Work

- Work hard with the tasks at hand
- Take initiative

Be a Team Player

- Looking out for others
- Serving each other
- Doing things as a group

Face the Challenges

- Push yourself
- Attempt even the tough activities

Top Ten Things You will Give up While At Adventure Serve

1. The comforts of home. Participants, leaders, and staff will be staying at a state park. You will be staying in tents that have few "creature comforts."
2. Your private shower & bathroom. The bathrooms and showers are also used by others, so please be very clean. Please be courteous of others and their needs.
3. Your nice soft bed. Everybody sleeps on the ground. It is good to bring a sleeping pad (therm-a-rest, ridge-rest, etc.) and a sleeping bag. These add a bit of comfort.
4. Your time. The schedule can be very busy. Free time is scheduled, but often it does not seem like enough!
5. Mom to fix your meals for you. Will we starve without Mom around? Your group will be split up into small groups, which will each be responsible for specific tasks. These tasks include: cooking, cleaning up, preparing and leading worship services, etc. Each small group will get an opportunity to cook. The food is tasty and we try to avoid less- healthy foods like "junk food" or "sodas." Ideally one adult will be in each group.
6. The indoors. It is impossible to guarantee what the weather will be like, but we will make the best of the weather we get. Be prepared for cool evening temperatures and for possible rain showers.
7. Boredom. At ADVENTURESERVE MINISTRIES we do exciting activities. We teach rock climbing, rappelling, cave exploration, and we also do white water rafting. These activities, and spending time with others in your group, will make this trip long remembered!
8. Your comfort zone. We try to stretch groups and individuals to do things that are new and sometimes uncomfortable. This is when rapid growth occurs.
9. Being anonymous. We expect all group members to be active participants in the discussions and worships.
10. Pick the one worldly thing you think you can't live without. You can.



General Group Experience Details

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 (hold to the Apostle's Creed)

Each staff member has:

- Been interviewed and screened
- Leadership experience
- Passed written tests on our procedures
- Passed proficiency tests in our procedures for:
 - Rock climbing, Rappelling, Caving, Canoeing

A minimum of two staff will be with your group. They are trained and expected to fulfill the following:

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

Upon your arrival, our staff will sit with your leadership team to further discuss your goals/objectives for the trip and make sure everyone is on the same page regarding the trip'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).

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 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 schedule you will follow during your trip. Times stated are to give you a rough idea of when and how things happen, not a concrete timeline. Depending upon your choice of adventure activity, your schedule may look different. As the leader, feel free to talk to your AdventureServe Ministries staff about adjusting the schedule to match your objectives for the trip.

Day 1		Day 2		Day 3	
6-7 pm	Arrive after Dinner	7:15 am	Breakfast	7:15 am	Breakfast
7 pm	Move in/ set up tents	8 am	Seedthought Time	8 am	Seedthought time
7:30 pm	Orientation on ASM	9 am	Wilder Activity	9 am	Wilder Activity
8:15 pm	Seedthought Time	12 pm	Lunch on site	12 pm	Clean up
9:30 pm	Leader's meeting	1 pm	Continue wilder activity	1 pm	Lunch
		5 pm	Dinner prep & Dinner	2 pm	Depart
		7:30 pm	Seedthought & Debrief		
		9:30 pm	Leaders meeting		

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). Let us know beforehand if you are planning to arrive after 7 PM (EST)—we would advise against this if possible.
- Introductions and campsite set up.
- AdventureServe staff and group leaders meet to clarify the group's goals and objectives for the trip, take care of any paperwork, break the group up into smaller chore teams, discuss the trip schedule, etc.
- AdventureServe staff will introduce activities, goals, covenant, and policies.

Regarding Departure Day

- Eat breakfast.
- Help the AdventureServe Ministries staff clean, inspect, and pack all equipment.
- Pack up and leave by 2:00 PM on Day 3.

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.

Lodging Facilities

Groups that choose camping will be camping in State Parks, National Parks or privately owned campgrounds. 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 likely stay on AdventureServe property in King or Turkington Hall. They are both dormitory style with a men's and women's shower and bathroom.

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

Turkington Hall has 9 small rooms (sleeping 2 each). There is a separate building with 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.

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 [packing list](#) above or on the web page). 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 this. 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 experience this, we will assist in getting your gear dry the following day.



Technology



We strongly invite you to consider limiting or prohibiting the group from using cell phones during your AdventureServe experience. Cell phones tend to consume time and attention, taking focus off of the present. We recommend that you consider doing a “technology fast” in your group covenant.

We understand that the adult chaperones will probably keep cell phones on them. 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 (859-858-0140).

Special Activities

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. Please note that if you would like to swim, **you, the group's leader, must read and sign the "Swimming Liability Release" form (It is on the web and your staff will also have a copy)**. Each participant must sign it. Signing this releases all responsibility from AdventureServe while your group swims, and you, the leader, take this upon yourself. Note that it is recommended that you find a lifeguard from your church to be on the trip while your group swims, and have them bring a copy of their certification along.

Cooking Equipment

AdventureServe 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. You will be cooking in the outdoors (if camping). 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 provides a menu and food beginning day 2 breakfast and ending day 3 breakfast. Breakfast, lunch and dinner are provided each day in between. Groups must provide for their own dinner on Day 1 evening PRIOR to meeting AdventureServe staff. Should a group leader decide to eat out, it is that group's financial responsibility.

Breakfast: Continental. Variations include cereal, oatmeal, bagels & cream cheese, fresh fruit, milk, juice, coffee .

Lunch: Cold meals. Variations include cold cut sandwiches, 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. 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. Food quantities are based upon our estimates of the average group. Our staff will work with you throughout the trip making necessary adjustments to meet your group's needs.

The following pages are a sample Menu



<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 Milk Fruit Orange Juice</p> <p>Pass out fruit and muffins, use pocket knives for cream cheese, and water bottles for milk and juice so that no dishes will need to be washed or used.</p> <p>FOOD REQUIRED (for 20 people): muffins and bagels, 1 tub cream cheese, 1 gal. milk, remaining fruit, 1 gal. orange juice.</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>2017</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>"Kentucky 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

A great option because the cooler temperatures offer some relief from the heat. This activity can be done rain or shine.

- 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.
- No one has to go through small holes or slide in mud but it is greatly encouraged.
- Wear warm clothes and stable footwear is a must. 56 degrees gets cold pretty quick.
- Your group must provide individual flashlights and batteries for the experience.

Rock Climbing & Rappelling

Physically & mentally challenging. In world-famous climbing areas.

- Height of the climbs range from 25-70 feet. Rappels range from 40-120 feet
- We can't climb in rain or snow. Back-up activities: caving, hiking or initiatives.
- We won't force people to climb or rappel but we will encourage them to try.



White Water Rafting

Between the rapids there is time for fellowship and fun in the water.

- An all-day event about 5-6 hours on the water
- Guided by independent rafting companies and an additional cost.

Canoeing

- 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.

Initiatives and Team Building Exercises

Great for taking teamwork, communication, and leadership skills to the next level.

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

Ropes Course

A great way to take the team building exercises to a new level by adding the low and high course

- 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 primarily use the ropes courses at Asbury University in Wilmore.

Barriers to an Outstanding Experience

1. Unrealistic Expectations

The biggest disappointments leaders encounter stem from unrealistic expectations. A way to combat this is to set goals for your trip with your team. If your group is full of spiritually immature people, do not expect them all to have a radical, life-changing experience. It may be more realistic for them to grow in their faith, 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**— Some leaders struggle to find enough adult volunteers. If you have difficulty finding chaperones of the needed gender contact our office.
- B. Unprepared Chaperones**— Make sure your adult chaperones understand what they should expect, and what their roles and responsibilities involve. If 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. It's your job to pull the chaperone aside and address the issue as soon as possible.

3. Lack of Communication

Prior to your trip it is imperative that you communicate with AdventureServe. Before your trip ASM managers will call you several times to discuss the details of your trip and collect important information. We desire to be on the same page with you prior to your arrival to make your experience the best we possibly can.

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 lodging 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. Please be open and honest with them, and let them know if you have problems or concerns as soon as possible. Most grievances can be avoided or resolved quickly by timely and open communication. If a major issue arises, the trip director will mediate the situation and make staffing changes as necessary.



Ripple Effect Wilderness Retreat Details



Program History

Like the ripple on water when an object is dropped into it, ripples expand across the water. One small three day trip can have bigger implications beyond that short trip.

Transportation

You will be responsible for transporting your group members to and from all activities. Please notify the Program Director 28 days prior to your trip if you plan on bringing a bus. Some campgrounds and activities are not easily accessible by bus.

Some driving is necessary every day. Although we have tried to minimize driving as much as possible, some of the activities are an hour away, so be ready. When you are budgeting for you trip, make sure to plan for the cost of transportation during the trip.

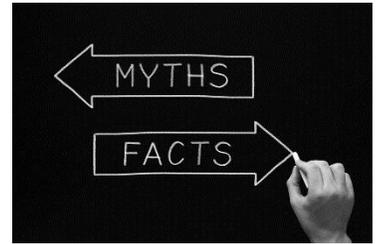


Wilderness Retreat Common Misconceptions

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 trip. 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 15 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: 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.

Group Analysis Options

Seed Thought Devotional Time

Each morning and evening time will be set aside for devotions: Seed Thought. ASM staff will assume Option A (see below).

Option A: AdventureServe Led

This devotion is written by ASM. The layout of this time typically involves an introduction to the theme, 15-20 minutes of quiet time for everyone to work through the Seed Thought material, and then some closing thoughts. For the evening session this time will look more like a discussion of the theme and questions after debrief.

Benefits: The material and responsibility is one less thing for you to do.

Drawbacks: ASM staff are just getting to know your group and may not know the best way to personalize the material.

Option B: Group Leader Led with AdventureServe material

You as the leader are receiving the Seed Thought journal a few weeks before your trip. This will allow you to then lead time's devotion in your own way but using a theme throughout the trip during various activities.

Benefits: You know your group and how to connect with them. The material is provided for you.

Drawbacks: Having a fresh voice and perspective that your group is not used to hearing may be more impactful.

Option C: Group leader Led with your own material

This would be a time of devotion that you would lead in whatever way you choose. You would also provide the material for the group to follow throughout the trip.

Benefits: Your group may be walking through a unique season of life needing specific attention.

Drawbacks: This option is more work for you and it takes away avenues for ASM staff to connect with your group.

Evening Debrief



Debrief is a time to discuss the day's activities, the morning devotion, or other group dynamics that need addressing. Often this time may include team building activities, spiritual practices, or just group sharing. Our staff will assume Option A.

Option A: AdventureServe Led

This option would allow for ASM staff to choose the topic of discussion. They would also lead facilitating it through methods they choose- i.e. team building activities, questions, etc. Staff go through many hours of training and practice in group facilitation and team building activities.

Benefits: ASM staff offer outside opinions about your group dynamics. There is no planning on your part.

Drawbacks: The group leader does not have control over the discussion or topic.

Option B: Group Leader Led and AdventureServe Led

This option allows for a partnership between ASM staff and you. You may choose to plan out debriefs together ahead of time, trade leadership roles, or tag-team the discussion.

Benefits: You will be able to speak to past experiences. Staff will offer a fresh external perspective.

Drawbacks: You may not understand each other well, leading to discussions that aren't cohesive or that take too long.

Option C: Group leader Led

This will be a time lead by you. It can be as long as you wish and discuss whatever topics you think are best.

Benefits: This allows for you to do more personalized discussion, perhaps for a graduating class.

Drawbacks: It's harder for the ASM staff to connect with your group. It may require prior planning.

Worship Services

Option A: Worship led by ASM staff continuing the seed thought journal theme.

Benefits: You have peace of mind knowing there is a plan.

Drawbacks: The group has no ownership in the service.

Option B: Group-led worship service each evening

The whole group is split up into smaller groups of around 5 people. A different group is responsible for planning, preparing and leading the evening worship each day. The AdventureServe staff have a worship manual resource for these small groups to help in preparation and can help guide them. A leader from your leadership team is normally also included in the group.



Benefits: Leadership and decision-making is fostered in group members as they learn to plan and lead worship. It is customized to the exact needs of the group. Doesn't require prior planning. The leader is not set up as the only "spiritual" one.

Drawbacks: Group members may plan a poor service. (This doesn't normally occur when there is adequate guidance.) The group leader is not in control of the outcome.

Option C: A worship service pre-planned and led by a leader

This can be a theme for the trip or a set of topics that relate to what will be happening.

Benefits: You feel prepared because you are! A theme can be followed or content can be covered. Your position as the leader is firmly established. The group leader is in control of the outcome.

Drawbacks: The topic(s) may not fit with what the group is experiencing. The group leader is in control of the outcome. Leadership is not fostered in the group members. It's not the group's service; it's the group leaders. Groups don't learn to plan for a worship service. Group members take no initiative and don't have the opportunity to express creativity.

Covenant

A covenant is a promise which is made and upheld by the whole group. This is a serious vow which says that during the time limit described, we as a group will follow the stipulations of the agreement. This is your group's covenant -- they come up with it and they enforce it. Things are included on the covenant if, and only if, each group member decides that he/she can and will abide by that stipulation for the duration of the contract.

- Establishes the intentions of the group
- Defines expectations of group behavior in all areas (physical, spiritual, social, mental)
- Provides accountability for all of these expectations
- Enhances commitment
- Provides a basis for vulnerability

- Puts love into action
- Makes everybody a team; everybody works together (there's no "them against us")
- God uses covenants to define the expected commitments (Exodus 19:1-8, Hebrews 9:15)

We recommend you establish one before your trip but if this isn't feasible, it can be established upon your arrival.

Option 1: Create your covenant before you come

Should you elect this option, be sure to write out the covenant, have everyone sign it and bring it with you! Some good questions to ask when you are creating your covenant are:

- What is a covenant? (See above)
- Why are you going on this trip?
- How do you want this trip to affect your life?
- What do you, as a group, want to be about?

Option 2: Create your covenant upon arrival

AdventureServe staff will lead the group through the process, on the evening you arrive as part of your orientation time.

Covenants are only as good as the time and thought put into them.

If you are unsure of where to start or what kind of items should be included in a covenant, here is a list of suggestions:

- Nothing negative / making fun of yourself or others (Example: 1 cut-down = 2 sincere compliments/words of life).
- Good attitude about all of the safety rules.
- No complaining or whining about things we can't change (weather).
- Be positive and encouraging to one another (never negative).
- No cell phones or iPods (except by adults, only when absolutely needed).

Itinerary

Option One: Know ALL your itinerary details

Before your trip, AdventureServe Ministries will provide you with a detailed itinerary, which includes a basic time schedule and an overview of all scheduled activities.

Benefits:

- You have better information to field questions from your chaperones, parents, and group.
- You can ensure the itinerary of your trip meets your goals
- Your expectations may be more realistic.
- It may be easier to prepare your group

Drawbacks:

- It is more difficult to be flexible with schedule changes

Option Two: Know a general outline of your itinerary

Prior to your trip, the Program Manager will explain the general activities included in your itinerary. However, you will not necessarily know when each event will take place. This is an attempt to get the best of both worlds.

Benefits:

- You have a basic understanding of your itinerary to help answer questions.
- You can make sure that the planned activities will meet your goals.
- You are more apt to be flexible with schedule changes.

Drawbacks:

- If you have hopes for other activities or free time that is not being included.

Itinerary Information

1. Trip itineraries change for repeat groups, to address different themes, and to best serve the local community.
2. Not all locations have the same resources and organizations, so each trip is comprised of different activities.
3. AdventureServe partners with many other organizations to offer a variety of opportunities that meet the needs of the local community. Most of the organizations do not know what their needs and schedules are ahead of time.
4. We match each group to the itinerary we feel will best suit their needs and addresses their goals.

One month before your trip we will assign each group to a specific location and by two weeks out we will have a specific itinerary for each trip. An ASM staff will then contact you with directions to your campground and details about your trip and activities. **If you have specific questions or requests about your itinerary, location, or wilderness activities, please give the Program Director a call at 859-858-0140.** We reserve the right to make major changes to your itinerary before and during your trip. **You play an important role in determining your groups' itinerary!** We assign Wilderness Retreat locations based on the needs and goals of each group. It is up to you to share those needs and goals with us. **You, as the leader, must fill out and return the Group Analysis Sheet (on the [webpage](#) or attached to this email) as soon as possible or at least 28 days before your trip. We cannot assign your group to a specific itinerary until we have that form!**