



## PARTICIPANT AND GUARDIAN RECREATION EXPEDITION INFORMATION

We look forward to having you with us on your backpack and/or canoe recreation expedition. Our mission at DM is to enable individuals and groups to grow to be like Jesus through challenge and recreation. Even though this is called a recreation trip, we want you to know it can still be very challenging. Any time you venture into a wilderness environment, circumstances can occur that make the trip a little or a lot more challenging than anticipated. Your instructors will give you help and instruction if you want it. They will also do most of orienteering and cooking. However, you still have to carry your pack or paddle your canoe, help set up and take down camp, help cook and do dishes, interact with the rest of the group, and choose your attitude each moment of each day. If the weather, injuries, or other unpredictable circumstances conspire against the group, you will play a big role in taking care of yourself and everyone else. Our instructors are trained to give medical care as Wilderness First Responders (visit [www.wildmed.com](http://www.wildmed.com) or call 1-888-wild-med for more details) and provide wilderness tripping experience for the group. Beyond that, they just try to facilitate a growing experience for the group. Visit our website for more information.

**MEDICAL and PARTICIPANT AGREEMENT** forms: NO ONE will be permitted to participate in the program unless these forms are signed and on file with us. Please get these forms to your organizer so your organizer can get them to us at least 2 weeks before the trip.

**SPENDING MONEY:** You may want to purchase souvenirs or candy in our canteen, and you may be charged for lost or damaged equipment.

**MAILING INFORMATION:** Right before you depart for home, you will receive any mail sent to you.

**CELL PHONES AND OTHER ELECTRONICS:** We ask you not take them on the trip because they keep you in your own little world. We want you to interact with the world around you and others in the group. See "Participant/Parent Information" on our website for explanation of our reasoning.

**IN CASE OF EMERGENCY:** Messages may be left by calling or e-mailing the office. We may or may not be able to make contact with your group immediately to get the message to you.

**PRE-COURSE CONDITIONING:** The better your condition, the more enjoyable the trip. We recommend that the following conditioning be carried out for at least two months prior to the trip:

1. Run at least 1 mile each day or do an equivalent amount of biking or swimming. Stretch before and after exercising.
2. Do push-ups, pull-ups, and/or sit-ups 2-3 times per week. Stretch before and after.

Additional Conditioning for Backpacking Expedition:

3. Hike with a 40lb. backpack. It works well to put a sack of flour or several water bottles in a backpack to get the feel of carrying weight.
4. Be sure the boots and shoes you will wear fit properly. Take care of any foot problems. Wear boots regularly so your feet are adjusted to them.

## PERSONAL EQUIPMENT AND CLOTHING LIST:

There is no such thing as bad weather, just bad equipment and bad attitudes. Army Surplus, Goodwill and Salvation Army stores sell second-hand clothing that is inexpensive and suitable. Buy for function not looks. You may not need all of these things *if* the weather is perfect, your adventure doesn't require them, or you just like to be miserable for a day. However, sometimes we end early or cancel programs if the participants do not have clothing that we think is adequate. **Weather and itineraries often change at the last minute in the Ozarks.**

A general saying in the wilderness is "cotton kills!" Cotton gets wet, stays wet, and robs heat from your body. Wool, polypropylene, nylon, and many other man made materials dry quickly and keep you warm even if wet. Even in summer, if a big storm blows in and pours rain, you can get cold quickly.

Another wilderness dressing principle is dress in layers. It is better to have a warm, non-cotton shirt, fleece jacket, wind jacket, and rain jacket than to have 1 heavy, fleece-lined rain coat. If you have layers, you can add or take away articles to get warmer or cooler. Of course, in summer you can do without one or two of the middle layers.

### ALL YEAR:

- Pillow, towel, bed roll or sleeping bag
- Sturdy, lace-up shoes for activities and walking around camp
- **Old shoes, water shoes, or adventure sandals with tight straps for walking in water or on sharp rocks. Flip-flops are NOT acceptable for activities.**
- Shower shoes (This is the only place flip flops are acceptable foot wear)
- Glasses strap (So you don't lose your glasses in the woods, river, or bathrooms)
- Modest swimwear (**Most two piece swim suits must be covered by a non-white t-shirt.**)
- Modest active wear. **The instructors at DM have this test for modest clothing:** No one can see your underwear or what your underwear should cover when you are soaking wet and/or you bend over, stand on your head, climb in the air over other people's heads, etc. If you are not adequately clothed, the instructors reserve the right to have you change clothing. **If you don't have modest clothing and we can't find any in the lost-n-found for you, you will not participate in our programming.**
- A long-sleeved shirt, long pants, and shoes you can get muddy and ruin – caving is always a rainy day option.
- Flashlight and extra batteries for caving
- Raingear—no umbrellas; a poncho is minimal.
- Water bottle - at least 1 quart—reusable, plastic soda or Gatorade bottles are great.
- Daypack or other pack to carry water bottle, snacks, raingear, and change of shoes
- Sun-screen
- Light jacket or non-cotton sweatshirt

### OCTOBER THRU APRIL:

- Heavy coat or parka – or equivalent layers
- Stocking cap or balaclava (**70% of body heat escapes through an uncovered head!**)
- Warm gloves/mittens
- Warm boots