

Young Disciple Wilderness Experience



PARTICIPANT INFORMATION BOOKLET

**SUMMER
2021**



GENERAL INFORMATION

CONTACT INFORMATION

YD Office Phone: (509) 722-4300 ext. 6303

Email: ydcamp@youngdisciple.org

Address: 51 FDR Lake Rd #400
Inchelium, WA 99138

TRIP DATES

Teen Wilderness Experience: August 1–5

Leadership Wilderness Experience: August 8–12

ITINERARY

We will keep you posted as the trip gets closer with information about meetup and airport pickup/dropoff times.

CODES AND GUIDELINES

The Wilderness Experience codes should be respected and followed, not as a moral judgment, but as a way to facilitate a meaningful and organized experience in which participants will be better able to focus on enjoying the outdoors and strengthening their walk with the Lord.

- ✱ Participants must be accounted for at all times. Stay with the group!
- ✱ Food is to be consumed at meal time. No snacking or food allowed inside tents.
- ✱ No unsupervised wading or swimming.
- ✱ All drinking water must be filtered or purified.
- ✱ No visiting or note-passing during worships or meetings.
- ✱ Verbal or physical abuse, and horseplay will not be tolerated. This includes tripping, pushing, annoying, teasing, or throwing things at another person.
- ✱ Restitution shall be made for willful or negligent destruction of property.
- ✱ Exclusive and/or intense friendships are not permitted.
- ✱ Prohibited items: Food/candy/gum; gaming/communication/media devices; fireworks; card games; drugs; tobacco; alcohol; pornography; secular reading material; makeup; nail polish; jewelry; weapons; or anything that would detract from the goals and atmosphere of the Wilderness Experience.
- ✱ **Attire:** Bring sturdy, but lightweight clothing and shoes suitable for outdoor activity and hiking. Tops should not be sleeveless, low cut, or

see-through. Avoid questionable or suggestive images/lettering. No shorts. See packing information for more details.

Especially for Guys: Hats should not be worn backwards or sideways, and should be removed for prayer.

Especially for Girls: Tunic over loose pants/capris or knee-length skirts over leggings (tops for skirts must be long enough to cover bare skin when reaching or bending over). Additional information will be sent before the trip.

- ✳ Deliberate disobedience and a defiant attitude have no place on the Young Disciple Wilderness Experience.

CANCELLATIONS

Space is limited, and we are counting on each participant that is accepted. Once the trip is full, we will have to refuse any further applicants. A last-minute cancellation is unfair to those that may have been denied admission.

If a cancellation is necessary, please notify the camp office immediately so other campers can be given the opportunity to come. If you need to cancel, let us know and we will provide a full refund including the application deposit. Refunds cannot be made after the trip begins.

EQUIPMENT

Each participant will supply their own backpacking gear. We have purposely kept the price of the Wilderness Camps low because we know that many participants will need to acquire gear. Once you have your own gear you will be able to enjoy backpacking over and over again with very little additional expense.

We suggest participants buy, borrow, or rent high quality, lightweight equipment to enhance the comfort and enjoyment of the experience. Check out a local retail store to try on the gear to make sure it fits. REI is a good place to start. There are many rental options online as well that may work for you. YD also has a limited amount of rental gear. Please contact the office if you are interested.

For those that are flying, please keep in mind that some items like fuel canisters or trekking poles may not be allowed on the plane. Check with the airline ahead of time.

Total weight: The total weight of your backpack combined with what you will carry (not including food and water) should be 18lbs or less.

FOOD

Young Disciple will provide three plant-based meals per day which each participant will carry. Food will be dairy-free vegetarian. Gluten-free options are available by request. Those requiring special diets must clear this *in advance* with YD staff.

HEALTH AND SAFETY

To comply with Covid-19 guidelines, each participant will stay in their own tent. In addition, each participant should bring a face covering for traveling and for when a six-foot distance from others cannot be maintained. If a medical emergency should arise, the participant's guardians will be notified. Participating staff are trained in first aid, and will carry emergency communication equipment.

HIKING AND BACKPACKING ETIQUETTE

LEAVE NO TRACE

- Pack it in, pack it out.
- Pick up any food remains and garbage.
- Stay on the trail; leave shortcuts alone as they disturb the wilderness and damage the trail. Hike on durable surfaces (rock, dirt, or snow). Avoid trampling undergrowth or meadows.
- Leave rocks and vegetation as you found them for others to enjoy. Don't leave permanent marks/initials on rocks, trees, etc.
- Relieve yourself at least 200 ft away from the trail, campsite, or water source. Dig catholes 6-8 inches deep.
- Hike quietly; speak in low voices so you and others can enjoy nature.

GENERAL ETIQUETTE

- Yield to uphill hikers. When stopping to rest, move off the trail onto a durable spot (rock, etc). Hike single file and stay to the right on wider paths.
- Horses have the right of way; give plenty of distance, and step off to the lower side of the trail if possible, so as not to startle them.
- Observe animals from a safe distance. Refrain from feeding wildlife; feeding gives them bad habits. If you encounter a bear, snake, moose, etc. don't panic; stay quiet and give plenty of space.
- Be friendly. Greet other hikers along the trail.

PACKING INFORMATION

Following is the packing list with additional comments and notes. A separate checklist is included at the end of the booklet. Please be sure you have all the necessary equipment well before the start of the trip. Prior to the trip, one of the YD staff members will go over the packing list with you personally to make sure you are well prepared. For a list of inexpensive and good quality sources for gear and other supplies, check youngdisciple.org/we.

CLOTHING

Shirts or tunics: Think lightweight, comfortable, and quick dry. Keep in mind that athletic-specific apparel is often designed for comfort when moving. Avoid shirts with decorative buttons, side zippers, etc. A synthetic

blend T-shirt would be a good choice. A rash guard type exercise shirt could work, but this type of material tends to chafe and will stink very quickly.

Pants: Lightweight synthetic hiking pants are best. Avoid jeans and any other heavy/cotton material.

Skirts: Choose skirts that are sturdy and durable. Selecting those with the same material as hiking pants is the best option.

Socks: Bring wool hiking socks. This is one area where we don't recommend scrimping. Cotton and synthetic socks tend to overheat, chafe, or hold moisture around your feet which often result in hot spots and blisters. Ankle or crew length mid-cushion socks are best. Check Costco or REI.

Base layer: Pants and long-sleeved shirt. Thin wool or synthetic thermals will work well. Use as pajamas, and on cold mornings.

Swim shorts: Quick dry and lightweight.

Hiking shoes: You should be fine with comfortable, well broken-in hiking boots. You will do even better with lightweight trail runners or sneakers. If you are purchasing new shoes for the trip, be sure to walk/hike several miles in them before the trip to make sure they are a good fit. If your new shoes are stiff hiking boots you will need a longer and more aggressive breaking-in period. One of the biggest mistakes backpackers often make is hiking in shoes or boots that are too small, not broken-in, or that don't fit their foot properly. If your toes hit the end of the shoe when you walk steeply downhill, the shoes are too small. We recommend going to a shoe store to be properly fitted.

Camp shoes: Best to bring something you can wear with socks. Crocs, lightweight sandals, or flip flops are good options. These can double as backup hiking shoes if your main shoes become unusable.

Warm jacket: Bring a warm but lightweight fleece, wool sweater, packable synthetic, or down jacket.

Rain jacket: Pack a lightweight waterproof rain jacket or lightweight poncho. Make sure it's a true rain jacket or poncho, not a wind jacket or emergency poncho. There are some very expensive options out there, but we've discovered that there are some very good affordable options.

Underwear: Wicking/quick dry is best.

Hats: A warm beanie-type hat to stay warm at night and one to keep the sun off your face.

Buff or handkerchief: Very useful to keep the sun off your neck, as an extra layer around your neck/face if it is cold, as a head covering if you have bed head, as a potholder, or as towel to dry your pot after washing. You can use it to wipe your nose, as a wash cloth, etc.

Gloves: Inexpensive wool gloves work well for cold mornings, and will stay warm if wet.

Rain pants (optional): These are not only handy if it is wet but serve as a second layer if you get cold.

GEAR

Tent: Bring a 1-2 person waterproof backpacking tent. This is another big ticket item. There are many high quality backpacking tents on the market, but here are a couple of lower cost options: the Dan Dursten 1P tent is best, but the Lanshan 1, and the River Country Trekker 1.2 are good, too. Make sure the tent is waterproof! You may need to seam-seal it before the trip.

Backpacking backpack: Make sure it fits you well. Lighter is better, but be sure to get something durable. The Dan Dursten pack from drop.com is nice, and some people like Gonex and 3F brand bags. REI has a number of options, and the staff will help you find the right fit. A good size pack for an older teen or adult is 50-65 liters.

Pack liner (trash compactor bag): Put this inside of your backpack and stuff everything inside to keep dry.

Sleeping bag/Quilt: Down or warm/lightweight/packable synthetic fill. Should be rated for 10-20 degrees. Many backpackers are switching from sleeping bags to backpacking quilts for warmth and weight savings. Hang Tight Shop makes great quilts. Paria has a nice product, and Hammock Gear and Enlightened Equipment are even better but more expensive. If you are handy with a sewing machine you can actually make your own very inexpensively from two Costco down quilts (look for instructions online). Read "How to Choose a Sleeping Bag" before making a purchase: youngdisciple.org/we.

Sleeping pad: Your pad should have an insulation value of at least R-3 to keep you from getting chilled while resting. Inexpensive closed-cell foam mats are popular but aren't as comfortable as air mattresses. Klymit Ultra-light Insulated Static V pads are good value and often on sale.

Bear bag (10-13 liter). You want something that is strong enough to hang from a tree to keep the food away from critters. Best is if it's waterproof, but it doesn't have to be. You might even use your sleeping bag stuff sack!

Cord to hang bear bag (50' long): Paracord works fine, but reflective cord is better. Read: "How to Hang a Bear Bag" at youngdisciple.org/we.

Cookpot/mug: You only need one: you'll cook and eat out of the same mug. You will be boiling water in this for many of your meals. It only needs to be able to hold 2-3 cups. Titanium is lighter, but an ultralight aluminum one is great value. The IMUSA aluminum mug is very inexpensive, and it works fine but doesn't come with measure marks, so you have to make your own. Don't bring a heavy pot!

Long-handled spoon: The bamboo spoon listed at youngdisciple.org/we is perfect! Let us know if you want to do a group buy.

Stove and fuel: There are many different types of stoves; choose one that is small and light. We recommend the tiny yet powerful and dependable BRS. One full four-ounce Iso-Butane canister will be sufficient for fuel.

Lighter: Bring a small lighter you've tested to light your stove.

Headlamp/flashlight: Bring a headlamp or a small LED flashlight with fresh batteries, as well as an extra set of batteries. You can use a single cell AAA flashlight with a cap clip which can double as a headlamp.

Trowel: For digging toilet cathole. Some people use a snow stake.

Water bottles: Bring two 1-liter disposable Glaceau Smartwater bottles with sports caps.

Water filter: Sawyer Squeeze, Sawyer Micro or Hydro Blu are good options.

Whistle: Safety item for if you get separated from the group.

Light daypack (optional): A small, lightweight daypack for short hikes. Some backpacking backpacks have a removable waist strap and lid that can turn into a hip pack.

Trekking poles (optional): Highly recommended! The Cascade Mountain Tech poles from Costco are fantastic (look for the carbon fiber ones with quick locks). You can usually pick them up in the store or online.

Sleeping pad patch kit (optional): Optional, but a good idea.

Ultralight pillow (optional): Some people use a stuff sack with clothes inside.

OTHER

Devotional materials: Don't bring an entire Bible unless you have a tiny travel size. Consider bringing some Bible memory bookmarks and/or a lightweight devotional book.

Face covering: Keep this with you and accessible for use when traveling.

Scent-free hand sanitizer/wipes: Think "small."

Bug spray: Bring a small container. Important! Bug spray can make the difference between enjoying the trip or being miserable.

Sunscreen: Important! Sun is much more intense at higher elevations.

Travel size toothbrush/toothpaste: Small.

Lip balm: Important! Sun is much more intense at higher elevations.

Toilet paper: Unroll about 10 squares per day, and put in a ziplock bag.

Wet wipes: Small pack.

Deodorant: Extra small/travel size.

Pocket knife: A tiny Swiss Army knife works well.

Stuff sacks: For clothing, miscellaneous items. You could use ziplock bags, but lightweight stuff sacks are much more convenient.

Tiny first aid kit: A few band aids and larger bandages, and ace bandage.

Duct tape/Leukotape: Pack a few feet wrapped around a trekking pole, flashlight, etc. Use to treat blisters or hot spots. Read "Taking Care of Your Feet" at youngdisciple.org/we.

Small travel towel: 10"x14" size.

Paracord: 10'-15' of paracord or other small rope for clothesline.

Ear plugs (optional): These are very helpful if you have trouble falling asleep.

Salt (optional): Tiny salt dispenser.

PHYSICAL PREPARATION

Backpacking is more than an easy hike. Your enjoyment and fulfillment of the trip will be significantly improved if you begin preparing several months before your trip.

- Each week, plan two hikes: a long hilly hike, and a shorter faster hike.
- Nothing prepares you for backpacking like hiking with a pack! On training hikes, work up to carrying 75% of your anticipated backpack weight (about 20–25lbs with food and water).
- When training, use the same shoes and socks that you plan to wear on the trip. This will significantly decrease your likelihood of getting blisters on the trail.

PROBLEMS ON THE WILDERNESS EXPERIENCE

Participants are expected to follow all camp codes and policies, and to follow the directives of the Wilderness Experience staff. Young Disciple ministries reserves the right to send home any participant who does not comply. In such an event, the parent or guardian would be responsible for the cost of transportation, and the participant will forfeit his or her fees.

WHAT TO BRING

- 2 synthetic blend t-shirts
- 2 pairs lightweight synthetic hiking pants
- 3 pairs wool socks
- Base layer
- Swim shorts
- Hiking shoes
- Camp shoes
- Warm jacket
- 3–4 underwear
- Wool or fleece hat
- Cap/sun hat
- Buff or handkerchief
- Lightweight wool gloves
- 1-2 person tent
- Backpacking backpack
- Pack liner (trash compactor bag)
- Sleeping bag/quilt
- Sleeping pad
- Bear bag
- Cord to hang bear bag
- Cookpot/mug
- Long-handled spoon
- Lighter
- Headlamp/flashlight
- Trowel for digging cathole
- 2 waterbottles
- Water filter
- Devotional materials
- Face covering
- Scent-free hand sanitizer/wipes
- Bug spray
- Sunscreen
- Travel-size toothbrush/toothpaste
- Lip balm
- Prescription medications you must take or may need (e.g. asthma medication)

- Toilet paper
- Wet wipes/small hand sanitizer
- Travel-size deodorant
- Pocket knife
- Stuff sacks
- Duct tape/Leukotape
- Ear plugs
- Salt
- Small travel towel
- Paracord

Recommended optional items:

- Rainpants
- Light daypack
- Trekking poles
- Sleeping pad patch kit
- Ultralight pillow
- Small backup lighter

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