

HIGH ADVENTURE TREK CAMP

The wilderness creates the perfect setting for teenagers to encounter God and His Word while challenging them to live out their faith in tangible ways. At High Adventure Camp (HAC), campers will develop outdoor living skills in a small group environment alongside our professional guides who are committed to safety.

TREK Camp is an intermediate level High Adventure program. While camping in various locations and participating in outdoor adventures, TREK campers will work on developing wilderness skills, leadership, and Christ-likeness. Campers will be challenged with the timeless truth of God's Word through a half day solo experience and relevant Bible studies.



WHAT WILL I DO?

Age: 14-17 year olds **Capacity:** 8-10 campers

The week of TREK Camp is designed to expose campers to a variety of adventure activities and to develop outdoor skills while relating each experience to the Bible. Living in the great outdoors lends itself to developing close friendships with those who are discovering new places and things in God's creation. We want to prepare campers spiritually for their journey through high school and beyond by challenging them to live the greatest adventure.

Adventure Activities:

- Class V Whitewater Rafting (New River)
- Backpacking
- Low Ropes Teambuilding
- High Ropes Course
- Wild Caving
- Rock Climbing/Rappelling
- Half Day Solo Experience

Outdoor Skills:

- Orienteering (map & compass)
- Nature Lore
- Knot Tying
- Camp Cooking
- Shelter Building
- Basics to Backpacking
- Leadership/Decision Making

WHERE WILL I STAY?

TREK Camp is a wilderness adventure experience where you will get to experience primitive camping in a variety of locations and in a variety of ways. Some locations will have access to shower and toilet facilities while others will not. You will stay in platform tents for part of the week, learn to set up a tent at other locations and even build your own shelter with a tarp on an overnight backpacking trip.

WHO WILL I MEET?

You will have an opportunity to build deep relationships and engage with other teens who enjoy adventure and the outdoors. The girls will be led by skilled female counselors/adventure guides and the boys will be led by skilled male counselors/adventure guides. See what former TREK Campers have said about the leaders and fellow camp experience:

**The best part of camp was "the relationships and friendships we made."
Campers say the biggest impact from camp is "the leaders," "the other people," and
"working as a team."**

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WILL I BE SAFE?

As with any outdoor program there are inherent risks that are involved. Our summer staff go through an application process with references and background checks, extensive training for their specialized areas, are certified in first aid and professional CPR, and most are training at Appalachian Bible College for vocational Christian ministry. The overall trip leader has 15+ years of experience and is trained as a Wilderness First Responder. Alpine has developed an emergency action plan to care for various emergency scenarios. The closest medical facility will be approximately 20 miles from the furthest campsite.

Physical Fitness

If you have never participated in wilderness or adventure activities you may be wondering how physically challenging this camp will be. We have designed our program to have some flexibility built in so that trips can be adjusted to the abilities of the group. Each camper, no matter how strong or weak they think they are, will be encouraged to stretch themselves in all areas, spiritually, mentally, socially, and physically. We will be active and moving each day as well as carrying a 20-25 pound backpack for an overnight backpack trip. If your idea of physical activity is going to the fridge during commercials, you may want to prepare your body some but you do not have to be in top shape to participate. A positive attitude and a willingness to push yourself out of your comfort zone will be invaluable when facing challenges. If you have any questions, please contact our office. Due to weather conditions and assessment of group ability and needs, activities are subject to change.

Registration Reminders

- Return by June 1: Medical Form, Release/Assumption of Risk Form
- Place: Alpine Lodge at Appalachian Bible College
- Time: Monday, 1:00-2:00 pm
- Bring: Remaining balance due, Medications (turn in at registration)

Departure Time

Parents may pick up their children at 9:00 am on Saturday from gymnasium.

Medical Information

After registering for a program, you will be given a medical form to be filled out. This form should be returned or mailed to camp by June 1. All medications must be turned in during registration. All medications must be brought in original containers and labeled with camper's name, contents, and dosage.

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Clothing Policy

Clothing must be neat and modest. Shorts are to be no shorter than three inches above the knee. Shirts with sleeves are preferable; no bare midriffs or spaghetti straps. Modest bathing suits (no exposed midriffs) for girls, boxer-type trunks for guys. Clothing must not display alcohol, tobacco, vulgarity, or secular bands. Alpine reserves the right to make the final decision on any clothing considered inappropriate. For outdoor activities, it is a good idea to bring clothes made out of quick-drying synthetic materials such as nylon or polyester instead of cotton. Cotton dries slowly and can cool the body quickly.

“Experience
the
Adventure!”



Additional Optional Costs

Camp Store/Souvenirs	\$8-\$15
Snack Shop	\$5-\$10
Whitewater Photo	\$15
Camp Photo	\$10

Phone Calls

Campers are not permitted to use the phone while at camp. In case of emergency, parents can contact the camp office or Alpine Lodge: (304) 877-6427.

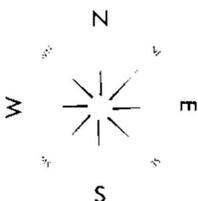
Identification and Lost Items

Please label all clothing, suitcases, sleeping bags, plastic bags, and any other items your camper plans to bring. Any items that are found by the camp will be kept for two weeks. Requested items will be shipped C.O.D.

Mail

TREK Camp campers will not be on site to receive mail. Letters may be given to the trip leader at registration in order to give out during the week.

“God has taught me to be a strong, courageous, and bold leader. He taught me that I have walls I need to climb over, things I need to get rid of and new people I need to have in my life.” ~ TREK Camper



“Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” Revelation 4:11

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What Should I Bring?

TREK Campers do not need to buy expensive specialized equipment but can begin building their base of personal gear.

*must comply with clothing policy as previously stated

- Clothing for being outdoors*
- Fleece, sweats, or warm clothing for cool evenings*
- Modest bathing suit (for water activities girls must wear shorts over swimsuit)*
- Long-sleeved shirt and pants or coveralls that will get dirty for caving*
- Old kneepads, elbow pads, and/or gloves for caving (optional)
- 2 pairs of sturdy hiking boots or athletic shoes with good tread (no open toed shoes)
- Pair of light shoes for campsite (optional)
- Water shoes or old sneakers for water activities (must be secure & have backs)
- Rain gear (poncho or good quality rain suit is recommended)
- Batteries for flashlight
- Pen or pencil & small notebook or journal
- Bible (small)
- Towels and washcloths
- Toiletries (toothbrush, travel size toothpaste, soap, shampoo, etc)
- Water bottle
- Sunscreen
- Sleeping bag (rated to at least +40F) and pillow (sleeping bags can be provided)

OPTIONAL EXTRA GEAR (feel free to bring it if you own it): Alpine will supply backpacks, sleeping bags, sleeping pads, cookware, bowl, cup, eating utensils, nylon rope, and baggies to those who need them.

- Backpack (internal or external frame) (optional)
- 1-3 man tent (optional)
- Walking stick or trekking poles (optional)
- Sleeping pad (optional)
- Compass (optional)
- Small plastic bowl and cup and a spork (optional)
- Small cooking pot (optional)
- Bug Spray (optional)
- Hat (for sun and rain protection)
- Flashlight or headlamp
- Chapstick (optional)
- Sunglasses (optional)
- Small nylon rope/string 25' (optional)
- Plastic baggies/Ziploc bags to waterproof items (optional)
- Wristwatch (optional)
- Whistle (optional)
- Rock climbing shoes (optional)

DO NOT BRING: electronic devices (cell phones, games, headphones, etc.) There is no electricity in the woods! Fireworks, tobacco, alcohol, and illegal drugs are forbidden.

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Creation Stewardship

Minimizing environmental impact through biblical stewardship.



Beware of Big Foot!

On every trail, by every stream, and anywhere around camp there is always a chance that you will see evidence of "Big Foot." Some of the clues from "Big Foot" are more noticeable than others but each person has a responsibility to minimize the impact that "Big Foot" leaves on an area. There are some basic principles that each person can follow to demonstrate their care and stewardship for God's creation. Don't be a "Big Foot" and help reduce the evidence of any "Big Foot" sightings we find.

- Stay on marked trails in single file.
- Do not cut off on switchbacks.
- Pack out what you pack into the backcountry. Properly dispose of your trash as well as any you find along the way. Leave the area in better condition than you found it.
- Properly dispose of human waste away from water, camp, and trails.
- Help prevent forest fires by tending fires and camp stoves and completely putting them out.
- Don't feed the animals, especially bears. Don't remove bird nests or disturb wildlife.
- When possible, walk on durable surfaces.
- Care for all of God's living creatures, don't needlessly kill or destroy plants and animals. Don't carve on or cut down trees for firewood.

*"The earth is the Lord's
and the fullness thereof"
Psalm 24:1a*

Alpine Ministries

Alpine Bible Camp

- Teen Camp (ages 12-18)
- High Adventure TREK Camp (ages 14-17)
- Junior Camp (ages 8-12)
- Junior Adventure Camp (Ages 8-12)
- Day Camp (ages 5-12)
- Winter Camps (Ages 12-18)

Alpine Adventures

Bring your friends and youth leaders to Alpine for a retreat and "Experience the Adventure!"

- Whitewater rafting (New & Gauley Rivers)
- Rappelling
- Caving (wild caves)
- High Ropes Course
- Group Teambuilding
- Paintball
- Hiking

The Best in Christian Adventure Recreation!

www.alpineministries.com