

East White Oak Senior High Youth Ministries

# Colorado

Discipleship Adventure Camp

June 27- July 4, 2024



This summer our Senior High (including current 8<sup>th</sup> – 12<sup>th</sup> Grades) will be traveling to Colorado Springs, CO for our Discipleship Adventure Camp. The purpose of this trip is to challenge our students and staff to consider Jesus' call on their life as we experience different high adventure challenges each day, while relating them to the life of a disciple as we worship and talk them through around a campfire each night.







Some of the Adventures will include:

- Team Building
- Low and High Ropes Challenges
- Rock and Rappell day
- White Water Rafting
- 14,000 ft Peak Ascent

We will be renting a portion of La Foret Conference and Retreat Center in Black Forest, CO and staying in “Yurts” (Mongolian nomadic tents semi-permanently mounted at the camp) at night.



We will be traveling via East White Oak’s bus and vans and staying one night in a hotel (TBA) in Kansas on the way to Colorado as well as on the way back.

**Cost for the trip will be \$650. Scholarships are available.**

First non-refundable deposit/installment due by May 1<sup>st</sup> (\$325)

Second Installment Due June 1, 2024 (\$325)

## Tentative Itinerary:

|  |   |
|--|---|
| <b>Thursday,<br/>June 27</b>                           |   |
| 6:30 am  | Load Trailer at East White Oak  |
| 7:00 am  | Leave East White Oak  |
| Noon-ish   | Fast Food Lunch in Columbia, MO (going through St.Louis area this time)   |
| Approx.<br>5:30 -6:00 pm                               | Check in to Hotel (TBA) in Salina, KS<br><br>NOTE: Pack a overnight backpack with everything you'll need for overnight so we don't have to look for your tub of stuff in the trainer. |
| After that   | Fast Food Supper in Salina, KS  |
|  |   |
| <b>Friday,<br/>June 28</b>                             |   |
| 6:00 am  | Breakfast at Hotel in Salina, KS  |
| 7:00 am  | On the Road (at some point we gain an hour as we cross to Mountain Time)  |
| Noon-ish   | Fast food lunch on the road.  |
| Approx.<br>3 pm  | Arrival at La Foret Conference and Retreat Center and move in to your Yurt!   |
| Approx. 5:30-<br>6:00                                  | Supper in the Yurt Village  |
| After this...  | Begin Discipleship Adventure Camp!  |
|  |   |
| <b>Saturday,<br/>June 29 –<br/>Tuesday,<br/>July 2</b> | High Adventure Discipleship Events Including:<br>Team Building, Low and High Ropes, Rock and Rappel, White Water Rafting, 14,000 ft Peak ascent                                       |
|  |   |
| <b>Wednesday,<br/>July 3</b>                           |   |
| 6:00 am??  | Breakfast at Yurt Village   |
|  | Pack up and load trailer – Group Photos etc.  |
| By 8:00 am   | On the road to Kansas City area   |
| Approx.<br>6:30 pm                                     | Arrive at Hotel in the KC area (TBA)  |
| <b>Thursday,<br/>July 4</b>                            |   |
| 6:00 am  | Eat Breakfast and hit the road home   |
| Approx. 2 pm   | Arrival at East White Oak   |

## Colorado Packing List:

- Bible, Notebook, Pen
- Pack an overnight bag with a change of clothes, swimsuit (if desired), sleepwear, toiletries, and any medication you may need for the overnight at the hotel going both directions. Make sure you have cash for food on the road with you and not packed in the trailer.
- GOOD HEAVYDUTY WATERBOTTLE (Walt recommends Nalgene as they are pretty much unbreakable)
- Toiletries and medications
- Pillow/Good Sleeping Bag. It will be chilly at night. You will be sleeping on bunk beds in an unheated Yurt.
- Warm hat (for sleeping and the peak ascent)
- Warm Socks (for sleeping and the peak ascent)
- Clothes that can be layered. Colorado and it's varying altitudes can be hot and cold in the same day. It will be chilly at night.
- Remember that at various times you will literally be above others of the opposite sex who will be looking up. Take that into consideration when packing. **NO Crop Tops, and make sure your shorts are not revealing (especially when in a harness).**
- Girls and/or guys with long hair – Bring something to tie your hair back. Lots of chances to get your hair stuck in climbing/rappelling gear.
- Poncho or other rainwear. Poncho is especially good for glissading on the snow during the peak climb. Get a decent poncho or several of the cheap ones.
- Sunglasses! (Remember we are going to be at altitude – closer to the sun)
- Lip balm of some sort
- Heavy duty sun block (again, closer to the sun. Sunburn is no fun – especially while wearing harnesses)
- Hoodie(s), possibly a lightweight warmish jacket.
- Gloves (Come in handy for rappelling and for the peak ascent)
- Warm clothes to have in your backpack for Peak Day. It can be 80 degrees at the bottom and snowing at the top.
- Closed toed shoes for activities.
- Sandals/slides/Texas/etc. ok in and around the camp.
- Rafting day sandals that attach to the foot, water shoes, or old athletic shoes NO slides or flip flops!