

GLACIER INFO

WHAT YOU'LL NEED

- Backpack
- Sleeping Bag (proper) and ground pad
- Money for food on the Train
- Pair pants (non cotton, no jeans)
- Rain Jacket
- 1 Pair light camp shoes
- 1 Pair long underwear (no cotton)
- 1 Pair hiking boots (sturdy & waterproof, **broken in!**)
- 2 Pair underwear
- 3 Pair wool socks
- 1 Long sleeved shirt (non cotton)
- 1 long sleeve fleece
- 2 T-shirts (non cotton)
- 1 Pair shorts / swimsuit
- 1 warm jacket
- Toiletries: small towel, tooth brush/ paste
- Sunglasses with safety strap
- Hat or visor
- Winter hat
- Pocket knife /multi-tool
- Personal medication / eye ware
- Unbreakable bowl and spoon
- Headlamp /flashlight w/ fresh batteries
- Nalgene (2 preferable)
- Know the lyrics to "Wagon Wheel" by OCMS and Mamas Don't Let Your Babies Grow Up To Be Cowboys by Willie Nelson

Description: Prepare for a wilderness adventure this summer as we hop aboard the Empire Builder and take the train to the Crown Jewel of our amazing National Parks System, Glacier National Park. Heading out from West Glacier we will spend 5 days in the backcountry, everything we need carried on our backs. We will explore the wilderness that is the Northern Rockies, learning backcountry skills along the way.

Trip Leader: Pastor Benjamin Morris (WFR)

Support Leaders: Landen Rimestad (BA Rec. Management), Ethan Larsen (WEMT)

Dates: August 8-15, 2017

Prices: You are responsible for securing your Amtrak ticket on the Empire Builder (estimated at \$250) Entrance Fee of \$15 and backcountry fee of \$7/day. Camping fee for the night before we head in and after we come out (TBD). Full equipment rental from Outdoor connection (Sleeping bag, pad, tent (share of), backpack, and headlamp will run you \$84. Food costs and other fees will be determined by the size and needs of the group. Our goal is to keep this trip under \$500. If you are over 21 - you will enjoy a beer or three the day we get off trail.

Other things: This trip is an opportunity to learn how to plan backcountry experiences as well as participate in the trip itself. To that end you will need to come to a monthly seminar covering various permanent topics as well as an April/May overnight trip to a local park/forest where we will do hands on training and processing. We will be processing our food over the course of the semester.

Some Essential Eligibility Requirements

Common Ground Campus Ministry does back country wilderness immersions to inspire others to enter into the beauty and awe of God's creation through creative recreational programming. Programs are day-long to multi-day wilderness adventures with the goal of immersing participants in and exposing them to wilderness variables that encourage and necessitate direct interaction with nature. The health and well being, of our students and staff and the effective education of our students are top priorities. The wilderness environments Common Ground trips live in and travel through are remote, dynamic, and physically, spiritually and emotionally challenging. These environments along with the educational activities conducted and the living and traveling conditions encountered require each student/participant to be fully committed to and capable of working hard, taking responsibility for themselves and working effectively in the group to achieve the goals of the trip.

The Essential Eligibility Criteria are applicable for all trip participants. A qualified person is one who can meet the EEC for participation in the program activity.

Wilderness Backpacking

Each participant must:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack weighing up to or exceeding 50 pounds or 40%-45% of body weight.
2. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields), needing to cross rivers and creeks without the aid of bridges up to three feet or more in depth, ascending, descending or traversing slopes covered in snow, rocks or vegetation, bushwhacking off trail through thick standing and/or downed vegetation and any and all travel can occur during periods of inclement-weather.
3. Travel distances can range from less than one mile to more than 10 miles in one day.
4. Travel durations can range from less than one hour to more than 7 hours in one day and occur on successive days.
5. Have average strength and endurance and basic balance and agility to safely travel through such terrain with a backpack.
6. Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for travel through deep rivers or ascending or descending slopes.
7. Be able to stay alert and to focus for several hours at a time while traveling.
8. Although groups will often be able to take hourly breaks or camp early if weather becomes hazardous, occasionally this is not possible.

Leadership and Expedition Behavior

1. Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
2. Contribute to a safe learning environment—no verbal or physical inappropriate behavior of others is tolerated for any reason.
3. Be able to willingly and equally share responsibility with tent mates in daily tent group chores.
4. Effectively communicate ideas and concerns on an individual and group level.

Outdoor Skills - Camping

1. Learn and competently perform some fundamental camping skills
2. Remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, sunburn or frostbite.
3. Be able to perform, after being instructed, the above activities independently in cooperation with other participants without direct supervision.
4. Be able to contribute to camping tasks as necessary
5. Live in a physically demanding, remote backcountry environment for the uninterrupted period of the trips length, which can range from one to eight days or more. Conditions of this environment may vary from cold (20° F) to hot (above 90° F) depending on elevation and weather patterns including and not limited to, rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. The remoteness is such that it may require at minimum 1-day's travel, but perhaps in excess of 1 week's travel, to reach the nearest road-head and advanced medical care.

Pre-trip Reading:

NOLS Wilderness Guide are available at Common Ground, though for \$14, it is just a good book to have.

Pick One: Into the Wild (John Krakauer), Into Thin Air (John Krakauer), The Singing Wilderness (Sigurd Olsen), A Sand Country Almanac, (Aldo Leopold) Wild (Cheryl Strayed), Fire Season (Phillip Connors) or pick a good nature book of your own.