

Dry Bones Denver - Elevations High School Mission Trip 2019

Welcome and thank you for considering sending your student on this awesome trip this coming summer. I hope you find the information in this document helpful as you consider taking on this commitment.

Registration: Due to the nature of this trip we are only allowed to bring 11 students. Registration will open on January 14th at 12pm.

Cost: \$200, \$100 due March 15th, remaining due May 1st.

Dates: June 8 - June 17

Travel Plan: We will plan on taking two days to get to Denver, stopping in Amarillo on the way up and then taking two days to return, stopping in Amarillo on the way back. We will be traveling in a 15 passenger van pulling a trailer.

Food: All food is provided for the entire trip, but your student is welcome to bring snacks for the trip.

Adults: For this trip we will have 4 adults. Josh, Stephanie, and our two interns Jacob and Gwen.

Packing List: Please look at the section titled, Participant Guidebook, for the packing list and also lots of other helpful information.

Medication/Medical Information: This is a very intense trip and Dry Bones has medical guidelines that we must follow, please be sure to check out the section titled, 2019 Registration/Medical Form.



Participant Guidebook

What you can expect out of the week:

Elevations is a unique experience that combines the heights of adventure and contemplation in the wilderness with dynamic depths in the city. We design these trips to be inspiring, educational, fun, and uniquely spiritual - both in the city and the mountains.

Upon arrival, the first half of the adventure takes place in the Rocky Mountains where participants set up camp, hike, work together, experience wilderness adventures, and grow in the accelerator of God's creation.

All will emerge from the wilderness with a new-found passion and readiness to serve and to discover adventure among people in the city. The second half of the experience takes place in the depths of Denver where the lessons of higher elevations are immediately lived out in "bleeding places" throughout the city.

Elevations is a program of Dry Bones Denver. Groups are led by the Dry Bones ministry team (see more below). Participants* will be involved in various opportunities that are focused on building genuine and meaningful relationships among homeless youth and young adults. The group will host picnics in parks, take their new friends to a movie, be a part of Dry Bones' Thursday night event, explore the Denver underground, and much more (all activities included in Elevations fee). All of the activities will lead to new relationships where all involved encounter Christ. The combination of growth on the mountain with rich experience in the city becomes a springboard for the challenge of developing a deeply contemplative life of love and action back home.

*** Participation in Elevations is limited to those over the age of 14 (or those entering the ninth grade in the fall). We suggest one Adult sponsor for every five youth participants to accompany the teens. However, there should not be more than three adult sponsors (ages 20 and older) for every 10 teenagers. Restrictions are different for college and adult groups. The program is not limited to any race, sex, or denominational affiliation.**

What Your Fee Covers

Each participant is offered a discounted *Participant Fee* of \$395 if the balance is paid in full by the date specified by your group coordinator. If the *Final Balance Deadline* is missed, the fee reverts to the Non-discounted Participant Fee of \$425. A non-refundable deposit of \$100 per participant will be due before your trip and will be applied to your overall trip fee.

The fee covers all expenses during the six days of your Elevations trip including food in the wilderness and in the city, camping equipment, and sleeping arrangements while in the city, any ministry expenses, program administration costs, activities, and materials. All other non-program expenses such as travel, lodging before or after your trip, gas, medical expenses, extra activities, etc. are not included in the fee.

Safety Is Top Priority

Elevations makes every effort to ensure the safety of each individual during the entire week. All necessary staff are current in First Aid and CPR. It is mandatory that participants respect and obey the instructions and decisions made by the staff. As would be expected, there are inherent risks involved in active camping in the wilderness. While in the wilderness and in the city, participants will only go out in groups. No one will be allowed to break away from the group alone and each group will always be accompanied by an adult sponsor.

Elevations does not carry medical insurance for its participants. Each participant is individually and financially responsible for all medical costs. The medical form included in this information package is crucial and must be filled out in order to insure proper medical care in the case of an emergency. The staff will be carrying these forms at all times. Radios and cell phones will also be carried by the staff for emergency use. In the event that the participant must come off the mountain or check into a hospital, an adult from the group will be required to accompany them at all times. All costs for lodging, food, etc. while away from the trip are the responsibility of the participant.

The Ministry Team & Dry Bones

Elevations is operated by Matt and Nikki Wallace, Robbie Goldman, Nicole Heifferon, Haley Andreades and Mark Wilson. The staff have a combination of extensive mountain guiding experience as well as experience in youth ministry and ministry to homeless youth. They have the ability and passion to help students see the spiritual reality in worldly situations. All the staff work full time with the Dry Bones ministry year-round and have worked hard to develop trust and friendships with those who live on the streets of Denver.

Dry Bones is a Christ-centered organization that ministers among homeless and runaway youth and young adults that call the streets of Denver “home”. The hundreds of “street kids” that live, gather, and survive on the 16th Street Mall area are searching for more from life. This group of “kids” ranges in ages from 12 into their late-20s. These young people are on the streets for many different reasons. Most have been abused physically, emotionally, and/or sexually, some have been thrown out of their homes by parents, others are bound by their addictions, while still others have been orphaned or have parents incapable of providing parental care. They are sometimes scary looking on the outside, but are truly some of the nicest people you will ever

meet. We are all searching for Life. All Elevations participants play an active and important role in pointing Dry Bones' friends toward Life, as they themselves seek for and discover it too.

Dry Bones' mission is this: In the context of relationships, practicing the way of Jesus, we meet spiritual and physical needs of homeless and street-connected youth and young adults. We seek to equip and inspire all involved to relieve suffering, facilitate reconciliation, and free the heart to love.

Dry Bones is committed to developing meaningful and genuine relationship with youth that will lead to various modes of rescue and reconciliation to family, friends, and society. Your group's contact with Denver's homeless youth will be built upon throughout the year by the Dry Bones team and volunteers. More than anything, we desire for all Elevations participants to catch a vision that they will take home with them. Therefore, we call Elevations a *Vision Trip* as opposed to a *Mission Trip*.

The ministry team is committed to consistent attention to the group's safety and a deep personal interest in the spiritual formation of the participants. We strive to make each trip unique to the needs of the group while carrying out our ongoing mission to serve America's homeless youth.

Getting In Shape For Elevations

You will be doing some day hiking and camping during the first 3 days of the trip. Your physical ability should not limit you to coming on the trip. Still, if you would like to get in better shape for the hikes, some good activity ideas are:

- Walking/Jogging/Running
- Climbing stairs with a weighted pack and your hiking boots or closed toed shoes that you plan to hike in.
- Walking uphill with a weighted pack and your hiking boots or closed toed shoes that you plan to hike in.

Gear Supplied By Elevations

Gear For Each Individual:

- ✓ Sleeping Bag (5 degree mummy bag)
- ✓ Sleeping Bag Liner
- ✓ Sleeping Pad (foam)
- ✓ Large-frame Backpack

Gear For Each Crew:

- ✓ 4 Person Tents
- ✓ Stoves and Fuel
- ✓ Pots and Pans
- ✓ Cooking Utensils
- ✓ Dining/Rain Fly
- ✓ Water Treatment (Chlorine)

- ✓ First Aid Supplies (excluding medications)
- ✓ Food For 3 Meals each day
- ✓ Air Mattresses to sleep on Thursday and Friday nights in the city

The equipment issued during the week is on loan and each participant is responsible for proper care and usage. Elevations takes responsibility for the normal wear and tear on the equipment. However, participants are financially responsible for any necessary repair or replacement of equipment due to loss, misuse, abuse, or neglect.

My Packing List For The Week

In this section you will find a list of all the equipment and supplies you will need for your trip. It would be a good idea to start collecting this stuff now so you aren't scrambling for it at the last minute. You may want to consider packing with two separate trips in mind: the three days of camping and the three days in the city.

Keep your packing down to the minimum necessities. This will make it easier for you in the wilderness and will help you have a better understanding of how the kids on the streets actually live.

IMPORTANT: Colorado's weather in the mountains is very unpredictable. One week could bring rain, snow, hail, clouds and sunshine. Even if it's hot at home when you are packing, please realize that it gets COLD at night while camping in the Rockies. Plan for WARM days (65-80 degrees) and COLD nights (30-40 degrees). Pack your clothes in plastic zip-lock bags to further protect them against the possibility of getting wet.

Camping Gear:

- 2 T-shirts
- 2 pairs of shorts
- 1 pair of sweat pants or fleece pants or
- 1 pair of wind pants
- 2 pair of light weight socks for around camp
- 1 pair of heavy weight hiking socks. (Wool-blend or synthetic is better than cotton.)
- Underwear (as many as you need)
- Closed toed shoes to hike in (these can be tennis shoes, but make sure the tread is good)
- A second pair of shoes (preferably tennis shoes) to wear around camp or in case the others get wet
- Warm jacket or parka with a hood
- Rain gear or QUALITY poncho with hood (Do not get the emergency ponchos because these tear and ruin too easily. **Bring a good poncho or rain jacket!**)
- 1 pair of thermal underwear (both top and bottom)
- Beanie or winter hat for warmth
- Warm gloves
- Warm fleece or sweatshirt
- Cup and plate (plastic or metal)
- Spoon/fork
- Daypack (a backpack similar to what you would take to school but large enough to carry food, water, gear, and jacket for day hikes)
- 1 roll of toilet paper
- Small flashlight with extra batteries
- Whistle

Personal Gear (For both on and off the mountain)

- 2 one-quart wide-mouth plastic water bottles (PLEASE bring 2!!)
- Toothbrush/toothpaste
- Hairbrush or comb
- Hand towel/ wash cloth
- Chapstick with spf 15 or more
- Sunscreen with a high block rating
- 2 large heavy duty trash bags (preferably 55 gallon – used to cover pack to keep it dry)
- Insect repellent
- Deodorant
- Small Bible
- Pen or pencil
- Sunglasses
- Personal medicines (place in a zip lock bag by themselves)
- Ziplock bags (to sort and carry the above personal gear)
- Any small/extra snacks that you may want
- Camera

NOTE: The Staff will not administer any type of medications, including aspirin, Tums, Tylenol, etc. If you need any over the counter medication, you must bring them with you. Also, all food items should be carried in ziplock freezer bags. If you are

carrying individually wrapped items such as gum, jolly ranchers, etc. please remove the wrappers before you come. This will help reduce litter problems.

City Gear

- 3 T-shirts
- 3 pairs of shorts or jeans
- 3 pairs of socks
- Underwear (you figure out how many)
- Toiletries
- Comfortable shoes for walking (At least one pair of closed-toed shoes which can be the same as used for camping)
- Towel for shower
- Pillow

NOTE: Clothes should be appropriate for working. Girls, choose clothes that are tactful (no short shorts, tank tops, shirts that show your midriff, skirts, etc.) Keep in mind that the idea is not to look cute, but be able to work comfortably.

Items NOT TO BRING:

- X Knives
- X Firearms
- X Fireworks
- X Alcohol or illegal drugs
- X Cell phones, electronics, etc.

Elevations Emergency Phone Numbers:

303-809-7389

(Nikki Wallace cell)



Where the trail and the street collide

2019 REGISTRATION/MEDICAL INFORMATION FORM

Please Print Clearly

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____

Email: _____ Group Name: _____

Dates Of Trip: _____

Check One: Teen (Grade In Fall 2019: 9 10 11 12 Graduate)

Adult Sponsor

Emergency Contact Information

Emergency Contact: _____

Relation to Participant: _____

Home Phone: _____ Work Phone: _____

Participant Commitment

We are so excited that you are planning on joining us this summer. Your individual spiritual growth as well as your desire to serve and love others is the goal of the week. This week will stretch you, challenge you, and provide opportunities for you to step outside of your comfort zone. In order to create the most effective atmosphere possible for you and your group, we need this commitment from you:

(please initial next to each statement and sign at the bottom)

- ✓ **I will begin praying for the week and all that God has in store.**
- ✓ **I will spend time journaling and thinking about the concepts presented in the preparation materials.**
- ✓ **I will be involved and on time to all activities without argument.**
- ✓ **I will have no knives, firearms, alcohol, fireworks, or illegal drugs in my possession at any time.**
- ✓ **Because I am representing Jesus, my church, my family, and Dry Bones while on this trip, I will be courteous and polite.**
- ✓ **I will respect property that is not my own and realize that I am financially responsible to repair or replace all equipment I lose, abuse, or neglect.**
- ✓ **In order to remain safe, I will carefully obey all instructions communicated by the staff during my week of Elevations.**
- ✓ **I will accept responsibility for my actions and conduct myself in a Christ-like manner.**

Participant Signature

Date

Medical Information

All participants must complete the following information:

Health Insurance Company: _____

Policy Number: _____

Personal Physician: _____ Physician's Phone: _____

Age: _____ Gender: Male Female Height _____ Weight _____

Medical History

Check response that accurately describes your health history. Explain any "Yes" answer.

Yes	No	Explanation:
_____	_____	Allergies: Food, medicines, insects, plants, etc.
_____	_____	Asthma/Respiratory problems
_____	_____	Do you have your inhaler?
_____	_____	Cancer/leukemia
_____	_____	Convulsions/seizures/fainting spells
_____	_____	Epilepsy
_____	_____	Diabetes
_____	_____	Headaches
_____	_____	Heart trouble
_____	_____	AIDS/ HIV/ HEP-C
_____	_____	Hemophilia/bleeding disorder
_____	_____	Hernia
_____	_____	High blood pressure
_____	_____	Low blood pressure
_____	_____	Kidney trouble
_____	_____	Menstrual problems
_____	_____	Serious illness in the past 12 months
_____	_____	Surgery in the past 12 months

NOTE: The staff will not administer any type of medications, including aspirin, Tums, Tylenol, etc. If you need any over the counter medication, you must bring them with you.

List any over the counter and prescription medications that you will have with you:

NOTE ABOUT FOOD: Trail food is by necessity a high carbohydrate, high caloric diet. It contains wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. If these food products cause a problem to your diet, you will need to bring appropriate substitutions and advise the staff upon arrival.

Medical screening and physician's evaluation

Please be advised that due to serious health risks, Elevations will not allow participation by persons with any of the following conditions, unless a licensed medical physician approves them for participation.

- Any history of coronary heart disease (you must be cleared by a cardiologist)**
- Hypertension**
- Asthma**
- Diabetes**
- Any psychiatric condition requiring tranquilizers or antidepressants**
- Any person presently under medical care**
- Any person possessing prescription medication, including a prescription inhaler**
- Epilepsy**
- Pregnant**

If you have any of the conditions above, schedule a visit with your doctor and discuss your condition in regard to the activities of Elevations described below. The doctor's signature is required in order for you to participate in Elevations. You only need a doctor's signature if you have one of these conditions! The Physician's Form is on the following page.

Physician: The applicant will be taking part in active camping including hiking at 8-12,000 foot elevation, extreme weather conditions, cold water, exposure, fatigue, and remote conditions where medical care cannot be assured. Please feel free to call Elevations at 303-809-7389 if you have any questions.

Physician's Evaluation:

have examined the applicant and have approved him/her for participation in Elevations program activities.

have examined the applicant and have approved him/her for partial participation in Elevations program activities.

Please list the activities that should be limited for this participant

Signed: _____ **Date:** _____

Physician licensed to practice medicine

Physician Information:

Name: _____

Office Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone Number: _____ - _____ - _____

Release of Liability and User Indemnity Agreement

I hereby acknowledge that I have voluntarily agreed to participate in the sport of hiking, and camping as well as service projects in downtown Denver, and interaction with friends of Dry Bones and others of downtown Denver while working with Elevations.

I understand that the above activities, and all other hazards and exposures connected with the activities conducted in the outdoors and in Denver, do involve risk and I am cognizant of the risks and dangers inherent with the activities. I am fully capable of participating in the activities contracted for and willingly assume the risk of manmade or natural obstacles, whether they are obvious or not.

I understand and agree that any bodily injury, death, or loss of personal property and expenses thereof, as a result of my negligence in any scheduled or unscheduled activities associated with Elevations, are my responsibilities.

I understand that accidents or illness can occur in remote places without medical facilities, physicians, or surgeons. I am also aware that I may be exposed to temperature extremes or inclement weather. I further agree and understand that any route or activity chosen as a part of the Elevations activities may not be of minimum risk, but may have been chosen for its interest and challenge.

I agree to defend, indemnify, and hold harmless Dry Bones Denver, the United States Forest Service, Colorado Parks and Recreation Department, and any and all state or affiliated organizations, agents, or employees for any injury or death caused by or resulting from my participation in the activities associated with Elevations, both scheduled and unscheduled, whether or not such injury or death was caused by their negligence or from any other cause. I have carefully read the agreement and understand its contents. By the signature below, I certify this is a release of liability.

Adult Agreement/Parent's or Guardian Agreement

I understand the nature of the Elevations experience having the physical demands of hiking over rough terrain, and camping at elevations possibly higher than 8,000 feet. Having the assurance of (my/my child's) good health through a current physical examination by a medical doctor, I hereby give consent for (myself/my child) to participate in the outdoor/inner-city vision program sponsored by Elevations, I have included in this form all necessary medical information about (myself/my child) that should be known by the leadership of the program. I assure (my/my child's) cooperation and assume responsibility for (my/my child's) actions.

I understand that I am responsible for any medical expenses incurred in the event of needed medical attention for (myself/my child). I further agree that I will be financially responsible to repair or replace all items lost, abused or neglected by my child or myself.

In the event of an emergency, I authorize my consent to any X-ray examination, medical, dental, or surgical diagnosis, treatment, and/or hospital care advised and supervised by a physician, surgeon, or dentist licensed to practice. I understand that the designated next of kin will be contacted as soon as possible.

I have examined the information given by (myself/my child). By the signature below, I certify that it is true and correct.

Should this form and/or any wording be altered, it will not be accepted and the participant will not be allowed to participate in Elevations.

X _____
Participant's Signature (teen or adult)

Date

X _____
Parent or Guardian Signature
(of participants 18 or younger only)

Date

Your Preparation Checklist

Use this checklist to make sure you have completed every requirement before arriving in Denver for the first day of the trip.

- ✓ I have completely filled out the Elevations Registration/Medical information Form.**
- ✓ I have read and initialled each item on the participant commitment and signed at the bottom.**
- ✓ I have filled out the medical information sheet completely and thoroughly.**
- ✓ My parent/guardian has signed the “Parent/Guardian Agreement”.**
- ✓ I have also signed the agreement.**
- ✓ I have all the items on my packing list.**
- ✓ I have my inhaler and other necessary prescription medications (If Applicable).**
- ✓ I have gotten a physician’s evaluation if necessary and have had my physician sign the release form.**
- ✓ I am ready for an awesome trip in God’s Creation!**