



Frequently Asked Questions

WHAT IS COMPASS POINTS?

Compass Points is a unique high adventure program run by Rainbow Trail Lutheran Camp that offer opportunities for growing in faith, living a simple life in Christian community, and exploring the wonders of God's creation. Each adventure program is tailored to the unique needs of the group. The core of each trip is a multi-day backpacking experience, and groups can choose to add rock climbing, whitewater rafting, Low and High Ropes challenge course, or a service opportunity.

WHERE ARE COMPASS POINTS TRIPS AT?

Rainbow Trail Lutheran Camp operates under a US Forest Service Special Use Permit in the San Isabel National Forest, about two hours southwest of Colorado Springs, CO.

HOW DOES OUR TRIP START?

All Compass Points trips begin at Rainbow Trail Lutheran Camp. When your group arrives on Sunday afternoon our guides will outfit you with equipment and give you an orientation regarding your specific week of adventure. The evening includes a hearty meal to help prepare you for the week and will close with worship and devotions.

WHAT IS THE TRIP LIKE?

Each day is centered on worship, prayer, Bible Study. We believe that journey is as important as the destination and work to build strong Christ-centered relationships in the midst of hiking to the top of a mountain peak or rafting down the Arkansas River. Each day is filled with new challenges and the schedule of a week depends on the options the group chooses.

ARE THE TRIPS SAFE?

Any wilderness adventure has some degree of inherent risk due to weather, wildlife, terrain, and distance from advanced medical care. However, we take great pride in offering trips with well trained guides, certified in Wilderness First Aid and CPR, who are able to adjust to changing situations and keep the groups safety as a primary consideration. In addition our guides carry radios and GPS units and are able check in with the main site. In the event of an emergency Rainbow Trail has established procedures for medical care, rescue, or evacuation if needed.

ARE THE TRIPS PHYSICALLY DIFFICULT?

Any physical activity in high altitudes is strenuous. If you are not physically fit it will lessen your enjoyment of the trip. We ask all participants to do physical training to prepare for the trip.

CAN I GET ALTITUDE SICKNESS?

While serious side effects are uncommon, headaches, dehydration, sun sensitivity, and loss of appetite can occur. Even the more serious symptoms of altitude sickness are easily cured by moving down in elevation. Drinking lots of water and staying away from coffee and soda prior to and during your trip greatly reduces the effects of these symptoms.

WILL I STAY CLEAN ON TRAIL?

Personal hygiene is always important, but you will get dirty on trail. Due to our low-impact practices, we discourage the use of most toiletries while on trail including deodorant and commercial toothpaste. (Don't worry, we do brush teeth and no one else will be using deodorant either so you won't be alone!) These products can damage the fragile mountain environments and attract wildlife. Your guides will teach you appropriate low-impact practices for staying healthy in the backcountry. Modern shower facilities are available when you return from the trail.

WHAT IS THE WEATHER LIKE?

Weather conditions often vary hourly in the high country with temperatures in the 30's at night and the 80's during the day. A warm afternoon can give way to an evening of wind, rain and even snow! The secret to a good adventure experience is to prepare for the worst and expect the best. Your attitude and preparedness will determine how much fun you have in the midst of unexpected circumstances.

DO I NEED TO BUY A LOT OF EQUIPMENT FOR THE TRIP?

No, Rainbow Trail provides tents, backpacks, cook sets, first aid kits, food, stoves, and other group gear, guides, trail permits, and all specialty equipment for activities. You only need to bring personal clothing and effects, and a sleeping bag. You are welcome to bring your own backpacks or other gear. Our guides will help you decide if they are adequate for the week.

WHAT ABOUT FOOD?

Rainbow Trail will provide all food for your trip. We take pride in offering lots of healthy, good tasting food for all our programs. While on trail the group will be preparing simple hearty meals, and at the end of the week we have a steak and trout cook-out to celebrate your experience. We are accustomed to meeting the needs of those with food allergies and other special dietary needs; please make sure that we are aware of any such needs prior to the trip.

CAN WE SMOKE ON TRAIL?

The mountain environment we travel in is very fragile. Therefore, use of tobacco products, alcohol and illegal drugs in any form is not permitted. This applies to both campers and their sponsors.

CAN WE FISH?

A Colorado fishing license is required to fish lakes and streams within the areas of our Compass Points trips for anyone over 15 years of age. You can fish if there is a body of water available and you have a current Colorado license as well as your own gear.