



Compass Points

Trip Expectations

You've just buckled your backpack, it's feeling a little heavy but you know you can handle it. You are excited and ready to go! You take off down the trail and are looking forward to an adventure filled week. A little while later you stop for a break at a trail intersection and search through your pack for the map to figure out which way to go next. There's a moment of panic as you realize that you forgot the map at camp. Without it how will you know where to go?

Don't worry; we won't forget the maps! However, setting out on your Compass Points adventure without taking time to talk as a group about your expectations for your trip would be like heading down the trail without your maps. We want you to have the best possible experience while you are at Rainbow Trail. Please take the time to talk as a group about what you hope your trip will be. The questions below can help you think through your trip, both as individuals and as a group.

We want this to be your trip and have several ways that can start to shape the trip to make it your very own. Included in this document are descriptions and a place to make choices for the activities that you want to include as part of your trip. The core of each trip is a 3 day, 2-3 night backpacking trip. That leaves two days for you to choose additional activities. There are also descriptions of our backpacking dinner options. Please discuss these as a group and choose your top four. You can also choose if you would like to use RTLC's "Breaking the Rules: Following Jesus' Lead" Bible Study or your own as a focus for the week.

Please fill out the questions on the third page and send it back to Sam by April 30th. This will help us prepare for your time at Rainbow Trail and have everything ready for your arrival.

Questions To Talk About As A Group

1. My favorite camping/backpacking or outdoor adventure is...
2. I think backpacking will be ...
3. The thing that will be scares me the most about this trip is ...
4. The one thing that I/we want to do the most on this trip is ...
5. To physically prepare for the trip I/we will ...

Meal Descriptions

Most meals on trail are “one-pot” meals to facilitate cooking and clean-up. Each day a different “trail crew” will be responsible for cooking. While you are on-site at RTLC your meals will be cooked and eaten with other groups participating in the Compass Points program. Sides and desserts will be added to round out your meals.

Chicken Fajitas

Grab a tortilla and fill it with fajita spiced chicken, rice, cheese, salsa, and veggies.

Turkey Pastarama

A wonderful blend of turkey and vegetables, served mixed with pasta and sauce.

Spanish Burritos

Fill your tortilla with Spanish rice, refried beans, beef, cheese, and salsa,

Rainbow Stew

A signature dish for most RTLC trips, this delicious beef stew is one of a kind

Sweet and Sour Chicken

A tasty mix of chicken and veggies in a sweet and sour sauce, served over rice

Cashew Chicken

Stir fried chicken, cashews, and veggies, served over rice

Pesto Pepperoni Pasta

A delicious pesto sauce and cheese cover angel hair pasta tossed with pepperoni.

Italian Chicken Couscous

Italian spiced chicken mixed with couscous, a great rice-like pasta.

Activity Descriptions

At its core, Compass Points is a wilderness backpacking experience. Stories of wilderness experiences are found throughout the bible and in them people are challenged, tested, strengthened and called. Wilderness travel can be a transformational event and we have found that the minimum time for a positive trip in our environment is three days. Other activities can enhance the time on trail and are great additions to a trip.

Additional Day(s) On-Trail

1 or 2 days can be added to the on-trail time allowing for additional day hikes, peak attempts, or exploration and fishing (groups must provide their own fishing equipment and licenses as appropriate)

White Water Rafting

Led by professional guides from Arkansas River Tours, this is an adrenaline filled day in Class 3-4 rapids. Be ready to get wet and play hard as your team navigates the many rapids on the Arkansas River. (If chosen, this will be scheduled for Friday)

Service Projects

God has blessed us with an amazing creation and also challenged us to be good stewards of it. On-trail we practice Low Impact and Leave-No-Trace camping so that we leave the places we visit better than we found them. Off trail you can choose to take a day to do trail maintenance and construction to improve the experience for others. (If chosen, this will be scheduled for Monday)

High and Low Ropes

Led by RTLC staff on-site, this is a full day of individual and group challenges designed to teach teamwork, trust, leadership, and problem solving. Low elements are just a couple of feet off the ground; high elements are up to 30 feet up into the trees. (If chosen, this will be scheduled for Monday)



Trip Expectations, Goals, and Planning

For

(Your Group Name)

on

(Trip Dates)

Total Group Size _____

Breakdown	Male	Female
Youth		
Adult		

Travel Arrangements

We will be arriving by

- Bus
 15 Passenger Van
 Cars/Vans # _____

Our vehicles can be used to travel to trailheads or activity sites if reimbursed for mileage

Yes No

We will arrive/depart at regular times:

Arrival: Sunday 3:00 – 4:00 pm
Departure: Saturday 7:30-8:30 am

We need to arrive/depart at other times:

Arrival: Sunday _____
Departure: Day _____ Time _____

Our Backpacking Hopes

On our trip we would like to

- Hike a lot of miles
 Have short days hiking
 Hike a difficult route
 Peak a mountain
 Have a rest day at a lake
 Have time to fish

Activity Choices

Each trip has 5 days of activities, 3 of which are backpacking. Please choose your trip activities from the attached descriptions; keep in mind they may not be in this order.

- Day One: Backpacking
Day Two: Backpacking
Day Three: Backpacking
Day Four: _____
Day Five: _____

Meal Choices

Please choose your top 4 meals from the attached meal descriptions. These will be used to pack your “on-trail” meals

- 1st _____
2nd _____
3rd _____
4th _____

Dietary Issues

Please list the number of people and type of
 Food allergies*

Special dietary concerns*

*These should also be detailed on the individual's health form

Program Leadership

We would like:

RTLC staff to lead the study on
“Fruits of the Spirit”

Our group leaders to lead bible studies based
on a topic we have been studying. Please share
this topic with us:

Other Concerns

There are members of our group with special
medical concerns (these should be detailed on
the individual's health form).

Members of our group will celebrate their
birthday during the week.

There are special group situations that guides
should be aware of.**

We have specific questions/concerns that we
would like addressed prior to the trip.**

**Please share these with Sam in an e-mail or phone call

Please Return to Sam Berglund, samantha@rainbowtrail.org
RTLC, 107 S 9th St, Suite B, Canon City, CO 81212 or fax to 719-276-5235

By April 30th, 2017