

Rainbow Trail Lutheran Camp

Compass Points

Pre-trip Planning Guide #5

Are We There Yet?

Sometimes the journey can seem mighty long. Even when you've set a great all-day pace, kept yourself hydrated, and are enjoying the camaraderie and scenery along the way you wonder if you will ever get to the end of the trail. Without the end in sight, it can be a challenge to find the motivation for the next step. This is a great time to take a short break, refuel with a snack, and then push on. As you move into late spring we know that schedules get busy and there are a lot of things on your plate. There aren't any specific trip preparations for this month; just encourage people to continue with physical preparations, rounding up the gear they don't have, and getting their forms turned into you.

- **Keep Exercising** -- Your trip is getting closer and it's important that your group is still doing physical exercise, individually or together, to be getting in shape for trail. After a few months of some sort of exercise and training this is a good month for you to plan an event, whether it's a fundraiser or social event that is physically challenging for the group. Keep up the training and exercise plan you created in February or revisit the plans you made to be sure they are still challenging the group physically and adequately preparing them for trail.
- **Reminder about Participant Forms** -- Remind your group participants about getting their physician's release forms filled out by a doctor, completing their health forms and all other activity release forms (white water rafting, climbing and ropes forms). Make sure all your participants are aware of the approaching deadline to turn this into you. Please have the Participant Registration Form, Ropes and Rock Climbing Form, and White Water Rafting Form gathered together so that you send them to Rainbow Trail with your final payment by June 1st, 2015. All health forms should be mailed so that they arrive two weeks prior to your trip.

Group Meeting Outline

1. Open with prayer – continue to pray as a group and giving participants a chance to pray aloud for the group to get them used to it before their time on trail.
2. Welcome and Group “Highs and Lows”
 - a. Welcome everyone to the meeting. Share any pertinent updates since your last meeting.
 - b. Help facilitate a sharing activity, either ‘Highs and Lows’ or ‘Roses and Thorns.’ Continue whichever activity you did last meeting so that your group can continue sharing with one another and getting to know each other.
3. Remind your group participants about Participant Forms that are due. The following forms should be filled out and returned to us by June 1st (so you will want to have an earlier due date for forms to be turned into you!)
 - a. Health Forms
 - b. Whitewater rafting release form
 - c. High Ropes Course/Rock Climbing release form
4. The final form, the Health History and Physician’s Release Form, should be sent to Rainbow Trail at least two weeks prior to your trip.
5. Close with a prayer.