



Trip Planning Guide

The First Step

We want all of the groups that we work with to have amazing experiences! The intent of this Trip Planning Guide is to assist you as a group organizer in ensuring that your Compass Points adventure will be a successful one. The journey for your group is more than just the experience you have at Rainbow Trail. It starts as you begin to consider chartering a trip, and the relationships that grow through your experiences together can last a lifetime. Below you will find information gained from the hundreds of groups that have attended Rainbow Trail in the past. We know that each group is different but believe that the more of these practices you include in your journey, the more your group will gain from the experience.

Start The Journey Early

On trail it is important to get moving early in the day so that you can make it to your destination and have time to enjoy all of the amazing things you encounter along the way. The same is true when planning your trip. Here are some tips to help you get started

- Hold a trip planning meeting as soon as possible to share information about the trip and the activity options that the group has to choose from. An outline for this meeting is available from Rainbow Trail and includes descriptions of the various activities, individual informational flyers and registration forms, and a list of frequently asked questions and answers.
- **Get individuals to make a financial commitment when they sign up for the trip.** We ask for a \$100 per person non-refundable deposit (minimum 10 people) to reserve a charter. If you collect a \$100 non-refundable deposit from each participant you will not have to pay any money for your deposit from congregational funds. Individuals will also be less likely to back out later if they have made a financial commitment early.
- Reserve your charter date early to ensure that you can get dates that work for your group. This will help reduce the challenge of busy and conflicting schedules. Call Ben today at 719-431-0050, to check availability of specific dates.

Take The Lead

Every trip is better with great guides. You will need to fill this role in your congregation, and we'll help you through it. Keep information in front of kids on a regular basis, remind them to turn in their registration and deposit, and find time for the group to meet together to do pre-trip training and Bible studies. After you reserve your Compass Points charter we will send you additional information that will help you be a great guide for your group.



Trip Planning Guide

The Adventure Begins

Set An “All-Day Pace”

While we are on trail, we work to set an all-day pace. This allows us to travel as a group, enjoy the company of one another, and comfortably travel long distances. Although your Compass Points trip may seem far away, there is a whole journey of preparations before you come to Rainbow Trail. We are here to help you through the preparation process. If you set an “all-day pace” for trip preparations you will be able to enjoy the journey with your group.

- Once your charter is organized, it is important to keep the trip in front of your group. Try to experience something new about the trip at least once a month in the beginning. Starting in April or May try to put something in front of them about every two to three weeks.

- The following ideas are ways that other congregations have used to help kids keep thinking about the trip:
 - Messages in the bulletin
 - Articles in the church newsletter
 - Notes/postcards mailed to their houses
 - Go electronic! E-mail, Facebook, Ning Updates
 - Monthly trip planning meetings
 - Organized group hikes and fun workouts to get in shape
 - Group shopping trip to buy gear
 - Everyone Wear Their Gear to Church Day
 - Setting up installment payments so the participants are making a regular fiscal step

- We will help you through the planning process and provide regular correspondence that includes bible studies, sample meeting outlines, trip information, and ways for your group to shape the experience into something that is uniquely their own. A November/December correspondence will be followed by monthly correspondence January through May.



Trip Planning Guide

NOVEMBER & DECEMBER

Take It One Step At A Time

It sounds cliché, but every mountain is climbed one step at a time. Even as the air gets thin and the steps get smaller it's amazing how they add up. Before you know it, there you are looking over hundreds of miles of amazing beauty from the peak that once looked so far away. The little steps below will help you keeping moving towards the mountain.

- **Individual Participant Registration Forms** -- If you haven't already had your youth fill out their individual participant registration form, now is the time to hand these out. Hand them out at a meeting and set a due date for your youth to return them to you. The completed registration forms are due to Rainbow Trail by January 1st. Once your participants have completed their forms, send a them to:
Rainbow Trail Lutheran Camp
ATTN: Compass Points
PO Box T
Hillside, CO 81232
- **Newsletter Article** -- Share the experience with others in your congregation through an article in your December newsletter. It is important that the rest of the Congregation is aware of the trip and knows a bit about it. It's also a good idea to include information about who will be going on the Compass Points trip. If there are still openings for your trip, this article may also be a great way to reach a few more participants.
- **What to Bring** -- Start thinking about any equipment you might need. Rainbow Trail will provide most of what is required but there are a few things that people may need to get before the trip. With Christmas in sight and Christmas lists being made, it's a great time to share with your participants the packing list for their Compass Points trip. Print copies of the "What To Bring" list and distribute it at your meeting. Suggest that participants consider putting some items they need on their Christmas list. After Christmas sales are also a great opportunity to pick up some great deals and spend time together if you do a group shopping trip.



Trip Planning Guide

Group Meeting Outline December

1. Open with prayer – we will be praying a lot on trail and hope that members of your group will be comfortable praying for the group, as well as adult leaders and our guides. Instead of asking for a volunteer to pray we will approach people prior to the prayer and ask them individually to pray for us
2. Welcome and Introductions
 - a. You know your group better than we do, but we never assume that everyone knows each other well, or even all the names. Help the group get to know each other better if they do all know each other
 - b. Explain the purpose of the meeting
 - i. Start getting to know that group that is going on Compass Points
 - ii. Start the planning and preparation process and set a good “All Day Pace”
 1. The “All Day Pace” is one that lets the group travel at a comfortable pace and enjoy the journey along the way.
 2. It involves lots of little steps, even the biggest mountain is climbed one step at a time.
3. Hand out the Participant Registration Form, if you haven’t done so already, and set a date for when you would like to have them returned.
 - a. We need one of these Registration Forms filled out for each person, youth and adult, going on the trip.
 - b. They need to be sent in to us by January 1st
 - c. The forms are designed to help you get earlier commitments from individuals, as well as track the forms and payments that they make.
 - d. Please make a copy for your own records if it helps you in planning on your end of the trip.
4. Remind people of the individual deposits that need to be paid, we recommend that you get a \$100 deposit from each person as they sign up for the trip
5. Hand Out the Packing List
 - a. This explains both the what and why of the items that you will need to bring with you, as well as tips on purchasing things that you might not have.
 - b. We know that Christmas Lists are being made and that there are lots of great sale going on in the next couple of months, which can help ease any financial hardship that might exist if things need to be purchased
 - c. The list is designed to cover everything that you might need during your trip. Before going out on trail your guides will help the group determine what from the list will actually go with you. The rest will remain safely in your housing at RTLCL.
6. Have each person share one thing about the trip that excites and worries them.
 - a. Make notes (mental or on paper) of common, or extreme, excitements or worries.
 - b. If you would like help in dealing with them prior to the trip let me know
7. Close with a prayer – try asking one of the youth before the meeting if they would pray for the group at the end. Encourage them with suggestions for the prayer if they are reluctant.



Trip Planning Guide

January

Stay Hydrated

About 70% of our body is made up of water. That's quite a bit, and everything we do uses up some of this water. At altitudes great than 8500 feet (that is about the lowest you will be while you are here) the loss of water is exaggerated because of the dryness of the air, and increased breathing to get the oxygen you need. It's important to drink water regularly, and not rely on huge doses all at once. We feel the same way about prayer and bible study. Big doses can be helpful, but it just doesn't keep you healthy for the long haul. That is why we ask everyone on the trip to pray and participate in bible study, and encourage you to get in the habit early. Along with release forms this packet contains the first in a series of Pre-Trip bible studies written to get your group thinking about their upcoming adventure as a faith journey. We hope that you find these useful and that they start creating a sense of community amongst those who have chosen to travel together.

- **Health Forms, Physician's Release** -- Distribute the Health Form & Physician's Release Form. Set a due date for your participants that will ensure you can collect these and send them in together with Adventure Activity Forms and your final payment before June 1st. It would be best to be sure participants schedule and get their physical before the school year ends. The more time your participants have to get a doctor's appointment, the easier it will be for them.
- **Adventure Activity Release Forms** -- Have your participants fill out and sign all of the included activity release forms. Be sure to fill out **all** parts of **both** the Ropes/Rock Climbing Release and the Whitewater Rafting Release. Even if your group does not plan on participating in all of these activities, please fill them all out. This will allow for your schedule to be flexible in the event that your group decides, or other circumstances necessitates a change in your itinerary. We suggest asking setting your February meeting as a deadline for returning these forms. Please collect these forms and send them all together with your final payment and Health Forms by June 1st.
- **Begin Group Bible Study** -- Each month, we will send you a bible study for you to lead with your group. Getting your participants used to talking about their faith, the Bible and praying together is essential to having a positive spiritual experience on trail. It is just as important to spiritually prepare for this trip, as it is to be physically ready and to complete all other preparations.



Trip Planning Guide

Group Meeting Outline JANUARY

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, introduce any new participants that have decided to join your trip that were not there for the first meeting.
 - b. Help facilitate a sharing activity, either ‘Highs and Lows’ or ‘Roses and Thorns.’ This will help your group in continuing to get to know one another on a personal level. Have them share their high and low since the last meeting or in the previous week.
3. Lead your group in the provided Bible Study.
 - a. This is another opportunity for your group to come together and form bonds even before their Compass Points Trip.
 - b. It will also be important in getting your group used to talking about the Bible and their faith.
4. Hand out the Physician’s Release Form and the Adventure Activity Release forms, and set a date for when you would like to have them returned.
 - a. We need one of each of the forms filled out and completed by every participant.
 - b. They need to be sent in to us by June 1st, but explain that you are providing them plenty of time to schedule an appointment with their doctor to get the Physician’s Release Form completed.
 - c. Please make a copy for your own records, and bring it along for with you. This is valuable information in the event that a medical emergency happens during your travel to or from Rainbow Trail
5. Talk to your group about designing a t-shirt and tell them you will discuss it and make a design at your February meeting.
 - a. Use the rest of your meeting time to start brainstorming some ideas for the t-shirt they want to design to wear to fund raising events and on their trip to Rainbow Trail.
 - b. Send them home with the task of thinking of some other ideas so that you can make a final decision at your next meeting.
6. Close with a prayer – try asking one of the youth before the meeting if they would pray for the group at the end. Encourage them with suggestions for the prayer if they are reluctant.



Trip Planning Guide

Pre-Trip Bible Study - Going To The Mountain

Central Theme: God's people are called to the mountain top to hear God's word and learn the signs of God's presence in their lives.

Bible Passages: Passages that talk about going to the mountain to experience God (see list below)

Objectives:

- To understand the significance of the "mountain top experience."
- To learn why others have gone

Opening Activity: Divide the group up into small groups of 3-4. Have each group look up the verses in one set of the following sets:

Isaiah 2.1-3	Exodus 34.1-8	John 6.1-15	Matthew 28.16-20
Exodus 19.1-8	Genesis 12.6-9	Matthew 15.29-31	Matthew 17.1-9
Exodus 24.12-18; 31.18; 32.15-16		Matthew 5.1-11; 7.28-8.4	
Ezekiel 40.1-4		Luke 6.12-19	

Have each group write answers for the following questions and be ready to share with the large group:

- Who went to the mountain?
- Why?
- What happened on the mountain?

Bring whole group back together for discussion:

- Why did people go to the mountain?
- What was unique, amazing, and/or significant about the different people's time on the mountain?
- Why are you going to the mountain (on the Compass Point Trip)?
- What are you hoping to get from the experience?

Wrap-Up

- We all have our own reasons, hopes, and wants for the trip. If we keep talking about these as we prepare for the trip we can help everyone have a wonderful experience as we journey to the mountain top together.

Close Together In Prayer



Trip Planning Guide

FEBRUARY

Wear Layers

Colorado mountain weather can change very quickly, from sunny and hot to raining, windy, and cold in a matter of a few minutes. The best way to prepare for this is by wearing several layers of clothing. Then as the weather changes, you can too. And with a little practice, you can stay comfortable in almost any situation you find your self. There are several layers of trip preparation that will also help you stay comfortable during your trip. One of the layers is preparing your body. A backpacking trip more strenuous than most people's everyday life. If you start early and take the time to get into good physical condition your experience will be much more enjoyable. In the enclosed materials you will find more information on Physical Training and other layers you can add to help get ready for your journey.

- **Physical Training** -- February is the right time to start planning (and doing!) some physical exercise and training in preparation for trail. As a group, talk about some ways that you can exercise together, make some decisions and get dates set on your calendar. Refer to the document attached to your email for some physical training suggestions.
- **Plan Something Fun** -- It is also important that your group spends time having fun together before their trip to Colorado. During a meeting, plan some fun events to help continue to build bonds, friendships and community amongst participants.
- **Design a T-Shirt!** -- As a group, start designing a t-shirt. Once you come up with a design and order them, have your group wear them for fund raising events, fun events you plan together or for your workout. Having the same t-shirt for everyone to wear can also make traveling to Colorado fun and a bit easier for you!



Trip Planning Guide

Group Meeting Outline FEBRUARY

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, introduce any new participants that have decided to join your trip that were not there for the first 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. Lead your group in the provided Bible Study.
 - a. This is another opportunity for your group to come together and form bonds even before their Compass Points Trip.
 - b. It will also be important in getting your group used to talking about the Bible and their faith.
4. Plan your group’s physical training activities. Share some of the ideas provided on the Physical Preparation page provided to us and have some ideas of your own.
 - a. Try to get your entire group to understand and get invested in the importance of training before your Compass Points trip.
 - b. It will be most successful if your group is excited about some of the training activities you plan as well, so, try to have the entire group involved in planning, don’t feel tied down to the suggestions we’ve provided.
5. Help your group in planning a community-building activity (something fun) for your group to participate in during this month or next month.
 - a. Just like planning Physical Preparation, try to include many people’s ideas and pick dates that work for the most people.
6. Finalize the design of your t-shirt. See what ideas people came up with since your last meeting and then decide as a group which design you want to use or if you want to combine a few different ones! Get these ordered so you can start wearing them to Compass Points group events.
7. Close with a prayer.



Trip Planning Guide

Pre-Trip Bible Study - Preparing for the Mountaintop Experience

Central Theme: There is little required of us as Christians to get prepared for our interaction with the Lord, our mountaintop experience. Preparing for the rest of the trip takes a little more work.

Bible Passage: Mark 6:7-12

Objectives:

- To understand why we need to prepare for our trip and what specific things will help make it the best possible experience for us.
- To determine what isn't required for interaction with the Lord.

Opening Activity: Ask each person in the group to read the passage on their own and ask them to note what they find interesting/enlightening/revealing about the passage. Answer these few questions:

- What did Jesus ask the disciples to bring with them?
- What did Jesus require of the disciples on their trip?
- What happened when the disciples went out?

Group Discussion: Come back together as a group and have one person read the passage aloud. As a group discuss the following questions.

- Why did Jesus limit what the disciples could take with them? What do you think this reveals about what Jesus is asking them to do?
- How does this passage help us prepare for your upcoming Compass Points trip?
- What do you normally pack for a trip? How does that differ from what you think you'll need for your Compass Points trip?
- How are you going to physically prepare for the trip? Why do you need to?
- What do you think makes a successful Compass Points trip?

Physical Prep, What to Bring and Wrap-Up:

- For this trip, we ask that everyone physically prepare themselves in addition to mentally preparing themselves.
- Attached is a physical preparation document. Review this sheet together and encourage your group to help each other by holding everyone accountable. Look for ways to prepare as a group.
- Double check that everyone has the what-to-bring list. Remind them that the list is designed for a full week of activity and not everything will go "on trail" with you. For your personal comfort during the trip please bring everything on the list.

Close Together in Prayer

Physical Preparation

Are you ready to sit on the rocks of a high mountain lake watching the last rays of sunshine slip past the horizon? How about scrambling the last few steps up to a mountain peak for an amazing 360 degree view of God's creation? Remember, it's the journey, not just the destination that's important and getting to that high mountain lake or a mountain peak takes a lot of hard work. We want your journey to be just as good as the destinations you will go to. Making a commitment, personally and as a group, to get in shape before the trip will help insure that your Compass Points adventure is a great one. Today is not too early to start

On your Compass Points journey you will be hiking at high altitude for long distances, some days may be 8-10 miles long. While we strive to live simply and "go light" on trail you will likely be carrying a backpack weighing 35 to 50 pounds. You may also be rock climbing, rafting, climbing on the High Ropes course, or doing service work. These activities also require good physical fitness to be enjoyed to the fullest

Aerobic exercise and strength conditioning for 20-30 minutes every other day beginning several months before your trip should be a part of your preparation. Walking at a brisk pace and taking day hikes with your hiking boots will help prepare your legs, your lungs, and your feet for the backpacking journey. Also, increasing your abdominal and upper body strength will help you prepare for the paddling on the river and climbing on the ropes!

Here are a few suggestions for making your physical training a fun part of your journey:

- Make a commitment as a group to personally prepare for your trip
- Schedule time to get together as a group to do some of the training
- Find a friend to work out with and hold you accountable to staying on track
- Keep a journal so that you can see your progress, or maybe even keep a chart of training as a group.
- How fast you can run or how far you go is not nearly as important as regular exercise. Start easy and gradually increase your activity
- Find physical aerobic activities that you enjoy and do them often
- We encourage you to use the training plan found on the following page to prepare yourself for your upcoming trip:

Today Is Not Too Early To Start!

Physical Training Plan

February and March

- Visit your doctor and have your physical completed (a physical and doctors release are required for all trip participants, Youth and Adult)
- Walk, jog in place, swim, or bike for 20 minutes or more at least three times per week. Gradually increase the length and intensity as you feel able.
- Start walking or hiking in the boots that you plan on wearing for the trip.
- Play volleyball, soccer, basketball, or do other aerobic activities on days that you are not walking, jogging, or biking for at least 20 minutes.
- Do a daily rotation of push-ups, crunches, and pull-ups. You might only be able to do one or two at the beginning but they will quickly become easier.

April and May

- Get outside and enjoy spring!
- Increase your aerobic exercise to 45 minutes or more a day at least three days a week.
- Fast walking, jogging, or hiking with a pack will help strengthen your leg muscles. Biking or swimming are also good but should not be your exclusive aerobic exercise.
- Jogging, running up hills, climbing stairs, and hiking with a full backpack are excellent preparation for your trip.
- Continue doing push-ups, crunches, and pull-ups. If you have access to weights consider strength training two or three times a week.
- Do a 3-5 mile day-hike with your hiking boots and a backpack once a month; this would be a great activity to do with others who are going on the trip.

June and July

- Increase your aerobic exercise to an hour or more a day at least three days a week.
- Hike 3-5 miles with your hiking boots and backpack at least one day a week
- Continue doing push-ups, pull-ups, and crunches on a daily basis.
- Do at least one hike of 6 or more miles with your boots and a backpack before the trip. Another great group building activity.

90% of Boy Scouts backpacking at Philmont Scout Reservation in 2005 said that they wished they had done more physical training before there trip.

Be the other 10%



Trip Planning Guide

MARCH

Make It Your Own

One of the great things about being “on-trail” is that the trip is really what you make it. What you choose to do is pretty much what you get to do. We want to make this a safe (so we may stop some activities) and enjoyable trip for you. We’ll work with you throughout the week to shape the trip to your specific wants and needs. We also want your input into the activities and food that we plan for your trip. This has to be done early so please take the time as a group to consider your options and let us know what you would like to do and eat.

- **Trip Expectations & Goals** -- This is the time to start talking about specific goals and expectations that your group has for their trip. Use the Trip Expectations Form to guide this discussion. Don’t speed through the worksheet to complete this, take time to talk about broad and generic goals that your group has for their trip as well as some specific goals and expectations each participant have.
- **Make Menu Choices** -- Use the Trip Expectations Forms to sit down with your group and make decisions about the dinner options available for your backpacking trip. Once your group has completed this worksheet, send it back to camp before April 30th. We will start preparing and shopping for trail meals soon so it is important this is done on time. You can fill this out on your computer and e-mail it to ben@rainbowtrail.org. Or, if you prefer, mail it to:
Rainbow Trail Lutheran Camp
ATTN: Compass Points
PO Box T
Hillside, CO 81232
- **Reminder about “What To Bring” List** -- Talk to your group participants again about their progress of getting any gear for trail that they need. Distribute the “What to Bring” list again if people have lost theirs, to ensure that they will have enough time to go shopping for their gear before the summer.
- **Display Board “Countdown”** -- Continue to keep the rest of the Congregation informed about your trip. As a group, create a display board to put up in a “high-traffic” area in your church. One idea is to make the board theme a “Countdown to our Compass Points trip.” Include any fundraising or other events that your Congregation should know about and can be a part of it. Make sure that members of your Congregation are still being reminded of the trip and how they can help or be part of the experience as well!



Trip Planning Guide

Group Meeting Outline MARCH

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, introduce any new participants that have decided to join your trip that were not there for the first 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. Lead your group in the provided Bible Study.
 - a. This is another opportunity for your group to come together and form bonds even before their Compass Points Trip.
 - b. It will also be important in getting your group used to talking about the Bible and their faith.
4. Review the Trip Expectations and Goals Sheet and Bible Study Options
 - a. Choose what trip activities you would like to do
 - b. Choose what Bible study program you would like to do
 - c. Choose what dinner meals you would like
5. Fill out the Trip Expectations Form and return it to Rainbow Trail **by April 30th**. Our planning for activities and food purchasing takes place during the first week of May, so if you do not have this in on time, your options will become more limited.
6. Check in with how physical preparation is coming for the trip. Encourage people to continue doing physical preparation for the trip.
7. Close with a prayer.



Trip Planning Guide

Pre-Trip Bible Study - What is Your Role on the Mountain?

Central Theme: As we embark on this journey together we each have our own expectations and gifts that we bring to the trip. These will all come together and play a significant part in each other's mountaintop experience.

Bible Passage: 1 Corinthians 12:12-27

Objectives:

- To discern what our individual role on the mountain will be, and how it works with others'.
- To realize that a journey together is successful if the group struggles and rejoices as one.
- To get a better idea of what the mountain will be like.

Opening Activity:

Option 1: Have the group break out individually to read and meditate on the passage

Option 2: Have the group read the passage together while assigning different people body parts to 'act out' i.e. hands clap, feet stomp, eyes yell out "see, see, see"

Answer these few questions:

- Who is a part of the body?
- What is the most important part of the body?
- What happens when one part suffers? One part is honored?

Group Discussion:

- What is the overall message Paul is trying to convey in this passage?
- What can we learn from these verses that will help you on your Compass Points Trip?
- What kind of part of the body of Christ do you think you are? What do you think are your gifts?
- How can you use your gifts on your Compass Points trip? (Are you someone who is gifted in leading? Encouraging? More of an observer?)
- What do you think your group needs to do as a whole to have a successful Compass Trip?

Trip Options and Wrap-Up

- As a group, create goals for your Compass Points Trip, see Trip Expectations Sheet.
- Decide as a group what your additional trip options you might like to do.
- Discuss as a group what you individually want to be able to do, where you think your gifts lie, and where you are going to need your group's support the most.
- Spend time together as a group praying with and for each other so you can become one body together to have this mountain top experience.

Close Together in Prayer



Trip Planning Guide

APRIL

Are We There Yet

Sometimes the journey can seem mighty long. Even when you've set a great all-day pace, kept your self 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 site is 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 there 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, 2010. All health forms should be mailed so that they arrive two weeks prior to your trip.
- **Road Music** -- We know that music is very important on Road Trips and want to encourage the use of it. In fact it can be a huge opportunity form community. This great idea came from one of the Youth Groups that we work with regularly, instead of letting everyone bring along their I-pods and drifting off into their own little world consider encouraging the group to put together one Youth Group I-pod. If possible purchase an I-pod for the youth group and let everyone submit music to it. Take all submissions unless they are obviously inappropriate, you can even submit some of the songs you enjoy! Bring this along and let it be driving music for the trip.



Trip Planning Guide

Group Meeting Outline

APRIL

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. Lead your group in the provided Bible Study.
 - a. This is another opportunity for your group to come together and form bonds even before their Compass Points Trip.
 - b. It will also be important in getting your group used to talking about the Bible and their faith.
4. 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
5. 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.
6. Close with a prayer.



Trip Planning Guide

Pre-Trip Bible Study - Living on the Mountain

Central Theme: As we set off on our journey we must keep in mind that we are to be good stewards to God's creation, and that it is our responsibility to respect it.

Bible Passages: Psalm 8

Objectives:

- To understand that we should respect the nature we live in
- To realize our role as Christians to care for God's creation
- To learn more about how we can be one with nature, by "Leaving No Trace"

Opening Activity: Read the Psalm 8 passage as a group, popcorn style. Answer these questions:

- Who has been left to take care of God's creation?
- What do you think David was feeling as he wrote this passage?

Group Discussion:

- When you think about God's creation, what first comes to mind?
- Do you feel like man has been good stewards to the earth in the past?
- What can we do right now that can help preserve God's creation?
- What do you think you'll do on your trip that will help preserve creation?
- When was the last time you just sat back and admired the beauty of creation?

Leaving No Trace and Wrap-Up: Share the attached brochure information with your group.

Close With Prayer



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MAY

- **Final Payment Due June 1st** -- Your final balance will be calculated based on the final numbers that are indicated on your Trip Expectations form that is due May 1st. Invoices will then be mailed to you in early May.
- **Forms Due 2 Weeks Prior to Trip** – This is the month for you to be gathering all necessary forms from your participants. Please combine your forms into one packet and mail them so they reach Rainbow Trail 2 weeks prior to your trip, if you do not have all your forms please send what you have and send the rest in when you receive them. The forms that need to be in the packet are:
 - Health Form
 - Physician's Release Form
 - White Water Rafting Release Form
 - Climbing and Ropes Release Form

Once you have gathered all of your forms, please send it to:

Rainbow Trail Lutheran Camp
ATTN: Compass Points
PO Box T
Hillside, CO 81232

- **Final Preparations** -- During the month of May, make any final preparations for your trip to Colorado and Rainbow Trail. It is important that your meeting with participants this month answers any lingering questions they may have about their Compass Points Trip. Let us know if there are any questions you cannot answer. We look forward to seeing you this summer for you Compass Points trip!