

2025 Hike Procedures

To be done the Sunday night...

- Explain all the hikes to your kids. Give them some details so they know the difficulty of each. Share number of miles, terrain, give them complete information to make their choice of hikes.
- Help kids assess which hike is best for them. If you are trying to get your whole cabin to hike together, Eagle is probably not the best choice. Look at one of the shorter hikes that will fit all ability levels.
- Once they have picked a hike, assess that they are equipped to do that. That means that you **PHYSICALLY** check that they have sturdy shoes or boots, that they have water bottles, that they have layers, that they have raingear, and that they have a whistle. This is critical for all hikes, but especially for Eagle and Peerless. They can check some of this out on Monday, but now you know what they don't have.
- Kids need to choose a pack partner... have them choose carefully since they will need to hike with this person/these persons.

To be done the night before...

- Backpacks and water bottles will be checked out at Penstemon following dinner on Monday night. One backpack per pair and two water bottles for each hiker (three for longer hikes). If campers want to use their "RTL" water bottles that's okay.
- What to wear? Layers, layers, layers!!! Rain gear is MANDATORY for all hikes, and hiking boots or sturdy hiking shoes with good socks. Hiking boots are *required* for Eagle.
- What else to bring? Sunscreen, lip balm, camera, etc., and maybe morning watch journal.
- Be sure that all kids are hydrating the night before. Be sure they drink water at dinner, drink water at snack, and drink water before they go to bed.
- **Check campers for muddy boots and other equipment they have. Ask if they were muddy when they came to camp. If they were, clean and disinfect them according to the instructions on the disinfecting bottle kept with Day Hike diggers and iodine bottles.**

To be done the morning of...

- If your group is larger than 35-40 people and you are on a 5+ mile hike, we are going to split you into two hike groups. This will make for more efficient hiking groups. We will split by hike partners so they stay together.
- Distribute the community food for each pack...another way to serve the community!

- Go over hike list to make sure you've got everyone... give everyone a number.
- One staff from each hike will check out Iodine, U-Dig It/TP, and radio.
- One staff from each hike will check out first aid kit from the Nurse.
- Talk to kids about "hot spots" and give the visual/tactile example of rubbing palms together to produce heat. This is the time to make sure they are wearing the proper footwear... especially for Eagle.
- For ALL hikes, be sure they have their rain gear!!!!
- Talk about trail etiquette: do not cut corners on switchbacks; always stay on trail; when you have to go to the bathroom, be sure to be 200 feet/75 paces from water source and poop should be buried at least 6-8 inches below the surface. Urination should occur on rocks, and all should experience the air-dry method.
- Let campers know they must hike with their pack partners and use the buddy system. The first and last persons will be counselors/staff and the radio and First Aid kit will be at the end of the line. Make it a rule that *each* camper should always be able to see the person in front of them and behind them... if not... stop!
- Go over what to do if you get separated from the group. You should tell them to stay right where they are!!!! Hug a tree! Listen for a single blast on the whistle or members of the group yelling and don't move! Respond by giving 3 blasts on your whistle, but don't move until the group gets to you. Please impress upon the campers that the whistles are not toys. Each camper must wear their whistle at all times.
- Pack it in, pack it out! (Trash)
- Discuss the philosophy of hiking: God-time and hiking as a journey not a destination.
- PRAY it out!! ☺

During the Hike...

- The best hiking technique is slow and steady with fewer stops (take rest steps). For working muscles, short bursts and long breaks build lactic acid in the muscles and creates fatigue faster. Better hiking technique is a slower and steady pace with minimal breaks. Take advantage of those breaks to deal with any medical needs.
- Be sure that kids are eating gorp along the way. This has salt that will replenish the salt they have lost from hiking. Take water breaks and re-apply sunscreen often.
- Constant encouragement and a positive attitude will go along way!
- If campers are having troubles or are a little slower, move them to the front of the group to set the pace. Empower them be leaders rather than the followers.
- Document ALL First-Aid!
- If you need to bring a camper back because of injury or other reason, radio back to base station. Say where you are, what you are doing, and why you are

doing it. This will allow us to be ready for you when you arrive. This is a legal procedure.

- **NO SWIMMING IN BALMAN OR RAINBOW LAKE! We don't have authorization for kids to swim and we don't have official lifeguards on duty.**
- **Eagle Hike must head back down by 2:00 p.m.**, regardless of where you are. This is for safety reasons related to weather as well as a dinner issue. **NO EXCEPTIONS!!**
- Radio contact with the base station should be every half hour if for no other reason than to check in. Specific points to call in from in addition to every half hour:

Eagle Hike: Balman, Coors Bridge, Rainbow Lake, The Triangle, and then every 15 minutes after that. The radio should move to the front of the Eagle hike once you reach the base of the meadow. Base camp will determine whether or not you can continue up the mountain.

Rainbow Lake: Balman, Coors Bridge, and Rainbow Lake.

All other hikes: Call in every half hour, when you depart, or if any sort of first aid is used.

- **BE PROBLEM SOLVERS.** We cannot anticipate everything you will encounter on a hike. Think through your situation, call us on the radio for advise, work to a solution. We are counting on your good judgment.

Land marks for the Eagle Hike ...

From parking lot at Rainbow Lake, look across the lake for the blazed trail up through the trees. Follow the trail to the triangle. Follow the ridge to the boulder field, then uphill to the top. Coming down follow the ridge, look for the triangle, follow the trail to Rainbow Lake.

When putting Iodine in Water...

The ratio is 1/2 capful of iodine per 1 liter of water. Make sure the iodine is settled, not recently shaken. There are crystals in the iodine that must remain in the bottle. Pour carefully. Let iodine water sit for a minimum of 30 minutes before drinking. If the water is extremely cold, let it sit longer. Don't use the liquid iodine below the last 1/2 inch of the bottle. At this point, pour water into the iodine bottle to recharge it. The crystals on the bottle will create a new saturated solution by the next time you will need it. If you use up all of the iodine crystals, there are iodine tablets in the med for emergencies.

After the hike has returned...

- Any campers that received injuries or first aid treatment during the hike need to report to the Nurse immediately after supper.
- All campers will clean out their day packs, return all food to the kitchen, and throw the rest of the trash away.
- Packs and water bottles will be taken back to Penstemon to be checked in after dinner.

- First aid kits, radios, iodine bottles and borrowed whistles need to be returned by dinner. Bio-hazardous waste should stay in the first aid kit.

Here are the options ladies and gentlemen...

Cam will decide which hike counselors will go on depending on where his/her campers have chosen to go. Support staff will be going on hikes too!!

Circle Hike-for intro and juniors, 1+miles
 Balman Reservoir- All ages except intro, 4 miles RT
 North Rainbow Trail- All ages except intro, approx. 4 miles RT
 Fire Hike- All ages except intros, approx. 4 miles RT
 South Rainbow- All ages except intros, 4 miles RT
 Cloverdale Mine- Senior High and Family Camp, 12 miles RT
 Eagle Peak-for Junior High and Senior High, 14 miles RT
 Rainbow Lake- Junior High, Senior High and Family Camp, 8 miles RT
 Peerless-Family and Senior High, 12 miles RT
 Cottonwood-Family Camp (4WD drive vehicle needed)
 Venable Falls-Family Camp (4WD vehicle needed)

Mountain weather considerations to think about...

Mountain weather changes very rapidly -- be prepared to respond quickly. We typically have afternoon storms between 2 and 4 p.m. These storms can produce anything from lightning and rain to snow and hail. The temperature can drop as much 25 degrees in a matter of minutes. SAFETY has to be the number one consideration. If you get caught in a sudden storm, get your campers below tree line as soon as possible. Rain gear is a must for all hikes! Several layers of clothing should be included in their day packs as well. There are extra ponchos available in Penstemon... use them!!

Check List for Hikes:

Day pack (1 per every 2 hikers)
 Water bottles (2 per hiker)
 First Aid Kit
 Whistles
 Layers of clothing
 Good sturdy shoes and socks
 Raingear
 Lunch food
 Sunglasses & sunscreen
 U-dig it & toilet paper
 Iodine bottle
 Radio

What can you do during the hikes??

- Mini mysteries

- Riddles - Involve all hikers
- Scripture: First shall be last, last shall be first; read scripture during every water break
- Moving along with a song
- Peat and repeats: Boom Chicka Boom, Rock The Bus

Odds and ends...

- Although we love you... please don't come home early. Spend extra God time, or just hang out with your campers. Emphasize the observation and enjoyment of nature. This is an opportunity to experience and appreciate the beauty of God's creation. **PLAY GAMES, MAKE IT FUN FOR KIDS AND YOU!**
- Remember that hikes are for campers; please engage campers in conversation and fun activities.
- They are fun, but **radios are not a toy**. Campers should never use them.
- FYI... the appropriate call-in language is KNGR846, Unit (# on radio) to base.

Revised 5/25