

Pre-trip Planning Guide #2

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 greater than 8,500 feet (that is about the lowest you will be while you are at RTL) 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 does not 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 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 on, or other circumstances necessitate, a change in your itinerary. We suggest setting May 1st 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 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.

Group Meeting Outline

1. Open with prayer – continue to pray as a group and give participants a chance to pray aloud for the group to get them used to it before their time on trail.
 - 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.

2. 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.

3. 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 RTLK 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 with you. This is valuable information in the event that a medical emergency happens during your travel to or from Rainbow Trail.

4. If you choose to, talk to your group about designing a t-shirt and tell them you will discuss it and make a design at your next 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 fundraising 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.

5. 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.

Pre-Trip Bible Study: Going To The Mountain

Central Theme: God's people are called to the mountaintop 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 "mountaintop experience."
- To learn why others have gone

Opening Activity: Divide the group up into small groups of 3-4. Give each small group three or four verses to look up:

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	Luke
6.12-1			

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

- 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 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 mountaintop together.

Close Together In Prayer