



# ROCK MOUNTAIN

## B I B L E C A M P

You are confirmed for The Joshua Trek

**Check-in is 3:00pm on Friday.**

**Check-in will be held at the Main Building Lobby.**

*(See enclosed Map for directions.)*

**Unpaid balances are due at Check-in.**

**Expect the trip to finish at 7:30pm on Sunday at Rock Mountain.**

**Refunds:** \$25.00 per participant deposit is non-refundable in the event of cancellation. Participants on a waiting list will be refundable all payments (Deposit & any paid balance) if a spot doesn't open up in the program. No refunds will be granted for an uncompleted trip.

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### **NOTE TO PARTICIPANTS:**

**Thank you for registering for the Joshua Trek!** We are excited about a great weekend of adventure, and look forward to learning, growing, and having a lot of fun together! Part of a great trip is safety awareness. Trip Leadership is certified in Wilderness First Aid and CPR. However, to minimize risk to participants and to equip our staff to handle an emergency better, the following details must be completed.

1) **MEDICAL DISCLOSURE FORM:** Both **father and son** must complete and return their own copy of the Medical Disclosure form to camp prior to trip online, or by mail. **Please contact Reid if you have ANY needs that should be addressed before the trip** (special diet, medications, etc.).

2) **MEDICATIONS:** At Check-in, you must inform the Trip Leader of meds (Rx & OTC) you have.

3) **INFORMED CONSENT:** **Each participant** must have an Informed Consent Form signed to participate in the trip. **This form should be returned to camp prior to trip online, or by mail.**

4) **PHYSICAL PREPARATION:** *This trip will require physical effort.* You will be carrying 25-35 lbs in your backpack, and be hiking up to 8 miles a day in mountainous terrain on a variety of trail surfaces. You should be exercising to prepare your body for this! **For your safety & enjoyment on the trip, get out & jog for 1 mile 3 times a week, or walk 2 miles 3 times a week at a good pace.** You do not have to be in marathon shape to enjoy this trip, but you do need to be physically able to have a safe trip! **Backpacking is not a leisurely stroll, you need to be preparing your body for the trip . . . it will thank you!**

5) **SPIRITUAL PREPARATION:** *This trip will require a teachable spirit.* Start praying now for the trip. Pray for deeper relationships between your father or son. Pray for a renewed focus & passion in your relationship with Christ. Pray that through the challenges of the Trek you will have insight into Truths to apply in your life after the trip. **To help you "gear-up" for the Joshua Trek, attached is Spiritual Preparation Guide. The Joshua Trek is more that just a weekend in the woods and you need to be preparing your heart and mind for the journey!**

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