



FORT WILDERNESS

Prep Guide

Journey: Rocky Mountain National Park

Preparing for your Journey

Thanks for joining us! We're so excited for the adventure that lies ahead. We ask that you do your best to stick to just what is on this packing list. Additionally, you may be asked to help carry gear for community use depending on the ability and space you have.

If you have any questions or concerns as you pack, please reach out. We'd love to help. Here are some helpful tips and best practices to make the packing process easy and successful!

Clothing:

With clothing, quick-dry moisture wicking materials are always better. They will help keep you drier, warmer, and happier on your trip. The idea is to have an inner layer that pulls sweat away from your body to keep you dry, middle layers that provide insulation to keep you warm, and a waterproof top layer to protect you from rain if needed. To save space and weight we will have to re-wear some clothes on this trip, but don't worry, we will all be in the same boat and smell together. It's just a part of the experience!

Upper Body/Lower Body

- 2 T-shirts
- 1 long sleeved top (long underwear wool or synthetic)
- 1 rain jacket
- 1 warm fleece or puffy layer (something that will keep you warm in the evening)
- 1 pair of shorts
- 1 pair of long hiking pants – no jeans please!
- 1 warm bottom layer (non-cotton) sweatpants or fleece pants
- 1 pair of rain pants (if you have them)

Other Items

- 4 pairs of underwear
- 4 – 5 pairs of wool socks
- 1 pair of broken in, high-quality hiking boots (no tennis shoes or trail runners)
- 1 swimsuit
- Warm hat
- Baseball hat/wide brimmed hat

Travel Clothes

Bring an extra pair of everything. In addition, show up on the first day of your journey wearing comfortable clothes to travel in. They should be clothes that you can wear for 3-4 days in the van. We will leave them in the trailer while we hike.

Hygiene and Personal Items:

Try to condense these items as best as you can. It will be helpful to put your toothbrush and toothpaste in a plastic bag to keep them together. Additionally, put your bible, notebook, and pen in a separate plastic bag.

- Toothbrush and toothpaste
- Sunscreen
- Bug spray
- Shower Bag – Bring a bag with shower supplies, a clean towel, and the extra change of clothes (listed under 'Travel Clothes') to use when we get back from our trip. Everything you leave in here will not go on the trail with us.
- Pen
- Notebook or journal
- Bible – Bring one that could get wet or lost. We have extra bibles on hand if you'd like to borrow one.

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Gear:

Having the right gear is crucial to having a good trip! As you collect these items, make sure that they are in good working order and ready for your use. Additionally, please ensure that your sleeping bag is rated to at least 30 degrees. If you are unsure of how to check, don't hesitate to reach out. Remember that if you need a sleeping bag, we have a some to check-out.

- 1 Sleeping Bag
- 1 Headlamp or Flashlight
- 2 Water Bottles
(32 oz. or more with a screw-top lid)
- 1 Hat or Cap for sun protection
- 1 pair of Sunglasses

Extra Items – These items are non-essential, but feel free to pack them if you would like.

- Sleeping Pad – Small and light weight, designed for backpacking
- Lip Balm

DO NOT BRING:

- Anything that smells – i.e. lotion, deodorant etc.
- Electronics
- Anything that you value and might get ruined if it gets wet
- Watches
- Pillow
- Knives or Weapons
- Alcoholic beverages or drugs and tobacco products

Health History Information:

A health history form and liability release must be filled-out and signed by the participant or by the parent/guardian of the participant (if under 18). This can be done as a hard copy, or on-line (preferred) and is due at the same time as your payment. Participants cannot attend camp if we do not receive these forms prior to arrival.

Insurance:

Each family is responsible for their own camper's health/accident insurance while they are participating in a Fort program.

Paperwork checklist:

- | | |
|---|---|
| <input type="checkbox"/> Camper fees paid on ___ / ___ / ___ | <input type="checkbox"/> Health History Form sent on ___ / ___ / ___ |
| <input type="checkbox"/> Liability Release Form sent on ___ / ___ / ___ | <input type="checkbox"/> Insurance Information sent on ___ / ___ / ___ |
| <input type="checkbox"/> Food allergy info (if applicable)
sent on ___ / ___ / ___ | <input type="checkbox"/> Transportation info (if applicable)
sent on ___ / ___ / ___ |

How challenging is this trip?

Hiking 40 miles in the Rockies is sure to provide stunning mountain top views, memories to reminisce about in the years to come and new physical challenges to face. Backpacking experience is not necessary, but preferred. Being in good physical shape – having the ability to carry your pack, hike terrain, and follow the requirements listed below – is necessary for your safety and the safety of the group. We won't be racing up the mountain, but general good health and physical fitness is required and will make this trip enjoyable. If you have questions, please contact the Adventure Program Manager, Gunnar Koehn at gunnarkoehn@fortwilderness.com

1. Each participant must, at minimum, be able to hike through varied wilderness terrain with a backpack weighing up to or exceeding 70 pounds or 40%–45% of body weight. (Depending on what personal gear you bring, your pack may weigh less than 70 pounds.)
2. Travel conditions may include: rough, rugged, uneven steep, sloping, and rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders; ascending, descending or traversing slopes covered in snow, rocks or vegetation. All travel can occur during periods of inclement weather or nighttime hours. Each participant must have average strength, endurance, balance, and agility to travel through such a terrain with a backpack.
3. Each participant must be able to travel and camp at elevations between 9,000 and 14,000 feet.
4. Each participant must be able to travel distances ranging from 2 miles to 10+ miles in one day.
5. Each participant must be able to travel a duration of 2 hours to 12+ hours in one day and occur on successive days. Although groups will often be able to take hourly breaks, occasionally this is not possible.
6. Each participant must have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick. (For travel through deep rivers, on snow slopes or ascending or descending slopes.)
7. Each participant must be able to ration food. Resupplies of food occur every 4-8 days (depending on trip, route, and pre-arranged logistics). Thus, campers need to be able to carry gear, and food needed for that ration period. A limited amount of necessary personal items may be sent in at each re-ration.

Common Questions

When do campers arrive and depart?

Campers will be picked up in a Fort van on the way to Colorado or have the option to fly to and from DIA (Denver International Airport)

If Driving:

Pick Up Locations

July 13th:

11am – Fort Wilderness: 6180 Wilderness Trail, McNaughton, WI 54501

4:30pm – Minneapolis: Blackhawk Park and Ride, 4565 Blackhawk Road, Eagan, MN 55122

8pm – Des Moines: Prairie Flower Campground, 10498-10534 NW Lake Drive, Polk City, IA 50226

July 14th:

7am – Des Moines: Prairie Flower Campground 10498-10534 NW Lake Drive, Polk City, IA 50226

10am – Omaha: Park and Ride Chalco, Gretna, NE 68028

Drop Off Locations (same as pick-up locations): *Other drop-off locations can be arranged if needed.* Contact Gunnar Koehn at gunnarkoehn@fortwilderness.com

July 21st:

3pm – Omaha: Park and Ride Chalco, Gretna, NE 68028

5pm – Des Moines: Prairie Flower Campground, 10498-10534 NW Lake Drive, Polk City, IA 50226

9pm – Minneapolis: Lebanon Hills Campground, 12100 Johnny Cake Ridge Road, St. Paul, MN 55124

July 22nd:

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11:30am – Fort Wilderness: 6180 Wilderness Trail, McNaughton, WI 54501

If Flying:

Getting There – Flights must arrive to DIA by the afternoon of July 14th. Once at the airport, we will connect and provide you transportation to where we are staying.

Getting Home – You will return to the DIA (at the earliest) 3pm on July 20th. Departing flights can be made anytime after.

When are camper fees due?

Camper fees are due, in full, no later than **2 WEEKS PRIOR** to arrival.

What if I have to cancel?

Each registration deposit is non-refundable and non-transferable.

What if/my child has medications needed on the journey?

On opening day of camp, the Emergency Medical Responder will check in all medications. The health form has a list of medications provided by Fort. Parents and campers will meet the EMR at registration time and be able to discuss any additional information. Medications are then dispensed when needed by appropriate medical staff throughout the week.

How are health issues handled on the trail?

A trained and certified Emergency Medical Responder and Wilderness First Responder will travel with each trip. We will work with special conditions, allergies, or concerns on a case-by-case basis. Filling out the health form accurately and completely at registration is important so we can serve you well.

What if/my child has food allergies and/or a special diet?

For any food allergy, we want to help. The nature of the trip allows some flexibility with food - Please email at the same time as online registration to be sure we can accommodate your needs. Contact the Adventure Program Manager, Gunnar Koehn at gunnarkoehn@fortwilderness.com

What equipment does Fort Provide?

Fort provides all necessary equipment such as tents and packs. Your personal belongings and required items can be found on the packing list above.

Can I bring my phone?

This is an unplugged adventure! No phones allowed. Trip leaders have phones for emergency purposes.

What are the sleeping arrangements?

We have high-quality four person tents that 2 - 4 people share. The tents will be separated by gender, unless a married couple registers together, they will have their own tent.

What about bathrooms and showers?

Pit/vault toilets will be provided at all campsites we stay at. Showers will be available upon returning to camp the night before pickup.

What about food and water?

On the trail we eat high-quality, freeze-dried food to save weight and space in our packs. A previous trip of high school students gave very high marks! We filter all the water that we consume using Platypus gravity water filters.

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How will problems be handled?

The following steps will be taken in working with any camper who has broken rules, regulations or is disrespectful to other campers or camp leaders:

1. A leader will talk with them to see if the problem can be resolved.
2. If the problem persists, the trip leader will call the parents and inform them of the problem.
3. If the problem continues, the trip leader will call the parents to arrange immediate transportation home for the camper, without any refund of camping fees. Automatic dismissal of any camper that is stealing, possessing drugs/alcohol/firearms, or physically abusing another camper is at the discretion of the trip leader and will be dealt with swiftly, without any refund of camping fees.