



Where the trail and the street collide

Participant Guidebook

What you can expect out of the week:

Elevations' purpose is to provide a mountain experience that prepares and equips teenagers to live out their faith and then immediately offers the opportunity for outreach and further growth in the city. Participants should return home with a greater understanding of God's desire to use them, a deeper dependence on God, and a clearer understanding of their place in His Kingdom.

Upon arrival, the first half of the adventure takes place in the Rocky Mountains where participants backpack, work together, attempt to summit a mountain, and grow in the accelerator of God's creation.

All will descend from the mountain with a newfound passion and readiness to serve and to discover adventure among people in the city. The second half of the experience takes place in the depths of Denver where the lessons of higher elevations are immediately lived out in "bleeding places" throughout the city.

Elevations is a program of Dry Bones Denver. Groups are led by the Dry Bones ministry team (see more below). Participants* will be involved in various opportunities that are all focused on building genuine and meaningful relationships among homeless youth and young adults. The group will host picnics in parks, take their new friends to a movie, be a part of Dry Bones' weekly bowling night, explore the Denver underground, and much more (all activities included in Elevations fee). All of the activities will lead to new relationships that live out the love of Christ. The combination of growth on the mountain and experience in the city is a springboard for the challenge of developing the heart for a life of everyday ministry among friends and peers at home.

* Participation in Elevations is limited to those over the age of 14 (or those entering the ninth grade in the fall). At least one Adult sponsor for every five youth participants must accompany the teens. However, there should not be more than three adult sponsors (ages 20 and older) for every 10 teenagers. Restrictions are different for college and adult groups. The program is not limited to any race, sex, or denominational affiliation.

What Your Fee Covers

Each participant is offered a discounted *Participant Fee* of \$295 if the balance is paid in full by the date specified by your group coordinator. If the *Final Balance Deadline* is missed, the fee reverts to the Non-discounted Participant Fee of \$315. A non-refundable deposit of \$75 per participant will be due before your trip and will be applied to your overall trip fee.

The fee covers all expenses during the six days of your Elevations trip including food on the mountain and in the city, equipment, and sleeping arrangements while in the city, any ministry expenses, program administration costs, activities, and materials. All other non-program expenses such as travel, lodging before or after your trip, gas, medical expenses, extra activities, etc. are not included in the fee.

Please know that Dry Bones does not pay any staff from any fees collected from participants for "guiding services" in accordance with National Forest Service rules. Therefore, the fee that you are paying only covers the costs of your gear, food, ministry costs and all activities in the city for your group and the homeless youth you will meet.

Safety Is Top Priority

Elevations makes every effort to ensure the safety of each individual during the entire week. All necessary staff are current in First Aid and CPR as well as extensively trained in wilderness stabilization and evacuation techniques (Wilderness First Responder certified). It is mandatory that participants respect and obey the instructions and decisions made by the staff. As would be expected, there are inherent risks involved in climbing any mountain. While on the mountain and in the city, participants will only go out in groups. No one will be allowed to break away from the group alone and each group will always be accompanied by an adult sponsor.

Elevations does not carry medical insurance for its participants. Each participant is individually and financially responsible for all medical costs. The medical form included in this information package is crucial and must be filled out in order to insure proper medical care in the case of an emergency. The staff will be carrying these forms at all times. Radios and cell phones will also be carried by the staff for emergency use. In the event that the participant must come off the mountain or check into a hospital, an adult from the group will be required to accompany them at all times. All costs for lodging, food, etc., while away from the trip, are the responsibility of the participant.

The Ministry Team & Dry Bones

Elevations is operated by Matt and Nikki Wallace, Robbie and Karen Goldman, Rebekah Duke, and Zach Smith. The staff have a combination of extensive mountain guiding experience as well as experience in youth ministry. They have the ability and passion to help students see the spiritual reality in worldly situations. All the staff work full time with the Dry Bones ministry year-round and have worked hard to develop trust and friendships with those who live on the streets of Denver.

Dry Bones is a Christian organization that ministers among homeless and runaway youth and young adults of downtown Denver. The hundreds of "street kids" that live, gather, and hang out on the 16th Street Mall area are searching. They are searching for more to life. This group of "kids" ranges in ages from 12 into their mid-20s. These young people are on the streets for many different reasons. Most have been abused physically, emotionally, and/or sexually, some have been thrown out of their homes by parents, others are bound by their addictions, while still others have been orphaned or have parents incapable of providing parental care. They are sometimes scary looking on the outside, but are truly some of the nicest people you will ever meet. We are all just searching for Life. All Elevations participants play an active and important role in pointing Dry Bones' friends towards Life as they themselves discover it too.

Dry Bones' mission is this: In the context of relationships, serving and loving in the way of Jesus, we meet the spiritual and physical needs of homeless youth and young adults. We seek to equip, inspire, and deploy believers to relieve suffering, facilitate reconciliation, and free the heart to love.

Dry Bones is committed to developing meaningful and genuine relationship with youth that will lead to rescue through Jesus Christ, and reconciliation back to family, friends, and society. Your group's contact with the homeless youth will be followed up throughout the year by the Dry Bones team and volunteer staff.

The ministry team is committed to consistent attention to the group's safety and a deep personal interest in the spiritual formation of the participants. They strive to make each trip unique to the needs of the group.

HOW TO GET IN SHAPE FOR ELEVATIONS

As you can imagine, climbing a mountain is a strenuous activity. However, the challenge of backpacking up a 13,000 to 14,000 foot mountain can teach many spiritual and relational lessons. When one person is struggling, they rely on someone else to help and encourage them along the way. The group relies on each other to make it to their destination, because the only way to make it is as a complete group.

Being a responsible and contributing member of the team is very important to the week's success, and being physically in shape for the climb is where you should begin. Remember that you will be carrying your own personal equipment as well as some group equipment long distances, uphill. This can weigh as much as 40-60 pounds. Being in a consistent aerobic conditioning program throughout the year is ideal, but a good rule of thumb is being able to run at least 2 miles in 20 minutes or less.

The two key areas of activity that should be focused on are:

1. Increasing your lung's capacity to efficiently use oxygen. This is called aerobic conditioning and is defined by the American Council on Exercise as, "Rhythmic, large muscle activity of low to moderately high intensity that can be sustained without undue fatigue for at least 10 to 15 minutes."
2. Increasing your muscle's strength and stamina by doing weight-bearing activities.

Before beginning a conditioning program, please consult your physician. Make some goals and list ways you can achieve those goals. Share them with an accountability partner. They will be invaluable in keeping you on track and responsible for your commitments. Listen to your body. Begin gradually and work up to the desired physical goal. Concentrate on stamina rather than speed due to the length of the hikes. Keep with the program you have chosen; it will pay off on the mountain.

It's hard to give a sample training schedule because everyone's body and current physical abilities are so different, but if you will consult with a coach from your school or your doctor, they will have a better idea of the kind of schedule that will best benefit your body. A website that may be useful in creating your workout schedule is www.runnersworld.com

Some good activity ideas are:

- ◆ Walking/Jogging/Running
- ◆ Climbing stairs with a weighted pack and your hiking boots
- ◆ Walking up hill with a weighted pack and your hiking boots

Gear Supplied By Elevations

Gear For Each Individual:

- ✓ Backpack (external frame)
- ✓ Sleeping Bag (5 degree mummy bag)
- ✓ Sleeping Bag Liner
- ✓ Sleeping Pad (foam)

Gear For Each Crew:

- ✓ 4 Person Tents
- ✓ Stoves and Fuel
- ✓ Pots and Pans
- ✓ Cooking Utensils
- ✓ Dining/Rain Fly
- ✓ Water Treatment (Chlorine)
- ✓ First Aid Supplies (excluding medications)
- ✓ Food For 3 Meals each day
- ✓ Air Mattresses to sleep on Thursday and Friday nights in the city

The equipment issued during the week is on loan and each participant is responsible for proper care and usage. Elevations takes responsibility for the normal wear and tear on the equipment; however, participants are financially responsible for any necessary repair or replacement of equipment due to loss, misuse, abuse, or neglect.

My Packing List For The Week

In this section you will find a list of all the equipment and supplies you will need for your trip. It would be a good idea to start collecting this stuff now so you aren't scrambling for it at the last minute. You may want to consider packing with two separate trips in mind: the three days on the mountain and the three days in the city.

Keep your packing down to the minimum necessities. This will make it easier for you on the mountain and will help you have a better understanding of how the kids on the streets actually live.

IMPORTANT: Colorado's weather in the mountains is very unpredictable. One week could bring rain, snow, hail, clouds and sunshine. Even if it's hot at home when you are packing, please realize that it gets extremely COLD at night on the mountain. Plan for WARM days (65-80 degrees) and COLD nights (30-40 degrees). Pack your clothes in plastic zip-lock bags to further protect them against the possibility of getting wet. It is also helpful to treat your hats, gloves, jacket, parka, etc. with Scotch Guard, Nikwax, etc.

Mountain Gear:

- 2 T-shirts
- 2 pairs of shorts
- 1 pair of sweat pants or fleece pants or
- 1 pair of wind pants
- 1 pair of light weight socks for around camp
- 2 pairs of heavy weight hiking socks. (Wool-blend or synthetic is **much** better than cotton.)
- Underwear (as many as you need)
- Hiking boots with ankle protection and aggressive tread (make sure to break these in well before beginning the trip).
- A second pair of shoes (preferably tennis shoes) to wear around camp or in case the others get wet
- Warm jacket or parka with a hood
- Rain gear or QUALITY poncho with hood (Do not get the emergency ponchos because these tear and ruin too easily. *Bring a good poncho!*)
- 1 pair of thermal underwear (both top and bottom)
- Beanie or winter hat for warmth
- Warm gloves
- Warm fleece or sweatshirt
- Cup and plate (plastic or metal)
- Spoon/fork
- Bungee cords (approximately 4-6 for strapping items onto your backpack)
- Daypack (a backpack similar to what you would take to school but large enough to carry food, water, gear, and extra clothing on the summit climb)
- 1 roll of toilet paper
- Small flashlight with extra batteries
- Whistle

Personal Gear (For both on and off the mountain)

- 2 one quart wide mouth plastic water bottles
- Toothbrush/toothpaste
- Hairbrush or comb
- Hand towel/ wash cloth
- Chap stick with spf 15 or more
- Sunscreen with a high block rating
- 2 or more large heavy duty trash bags (preferably 55 gallon – used to cover pack to keep it dry)
- Insect repellent
- Deodorant
- Small Bible
- Pen or pencil
- Sunglasses
- Personal medicines (place in a zip lock bag by themselves)
- Ziplock bags (to sort and carry the above personal gear)
- Any snacks that you may want
- Camera

NOTE: The Staff will not administer any type of medications, including aspirin, Tums, Tylenol, etc. If you need any over the counter medication, you must bring them with you. Also, all food items should be carried in ziplock freezer bags. If you are carrying

individually wrapped items such as gum, jolly ranchers, etc. please remove the wrappers before you come. This will help reduce litter problems.

City Gear

- 3 T-shirts
- 3 pairs of shorts or jeans
- 3 pairs of socks
- Underwear (you figure out how many)
- Toiletries
- Comfortable shoes for walking (At least one pair of closed-toed shoes)
- Towel for shower
- Pillow

NOTE: Clothes should be appropriate for working. Girls, choose clothes that are tactful (no short shorts, tank tops, shirts that show your mid-drift, skirts, etc.) Keep in mind that the idea is not to look cute, but be able to work comfortably.

Items NOT TO BRING:

- X Knives
- X Firearms
- X Fireworks
- X Alcohol or illegal drugs
- X Cell phones, radios, ipods, CD players, PSPs, etc.

Elevations Emergency Phone Numbers:

303-809-7389

(Nikki Wallace cell)

OR

720-937-2305

(Karen Goldman cell)

In the event of an emergency, you will be able to leave a message at the numbers listed above. The message will then be passed on to the participant as quickly and efficiently as possible. However, participants will not be able to be called to these phones.