

## Eagle Lake Excursion Camps:

# Rocky Mountain Challenge Checklist



## Essential Items

The best way to dress for summer mountaineering is in layers as weather is unpredictable and often changing. Wool is the best fabric, as it stays warm even when wet. **Avoid 100% cotton** as it holds moisture and can cause a person to become easily chilled. **Loose-fitting jeans are not acceptable**, camouflage, fleece, or nylon pants over long-johns or shorts are better. Note: There are no laundry facilities available; extra clothing and gear is kept at Eagle Lake in the base tent. The following is a general list of clothing and equipment to bring for a safe and comfortable trip:

- 5-6 T-shirts (non-cotton blend) and pairs of underwear
- 3-4 pairs of shorts plus one pair of running shorts
- 1-2 long-sleeved shirts or sweaters (wool, fleece, acrylic blend)
- 2-3 pairs of pants (camouflage, lightweight wool, fleece, nylon; no jeans)
- 3-4 pairs of wool or wool blend socks; 1-2 pair liners; other socks
- 1 set of long underwear (polypropylene, thermal, or 50/50 blend)
- Swimming suit, sunglasses, and hat
- 1 lightweight jacket/windbreaker (preferably water repellent and breathable)
- Rain gear
- Bath towel and toiletries (include chapstick and sunscreen)
- 1 pair of running shoes
- 1 pair of old tennis shoes that can be thrown away (will get wet and grubby)
- 1 pair of hiking boots, well broken-in and waterproofed
- Stocking cap and lightweight mittens of gloves
- Daypack (small back pack)
- Backpack with full wraparound hip belt (5000 cubic inches minimum capacity) if not renting
- Mummy sleeping bag (fiberfill, lightweight, rated to at least 20 degrees) if not renting
- (2) 1-quart water bottles w/ water tight lids / hydration pack (ie Camelback)
- Flashlight/headlamp (don't forget spare batteries)
- Small but complete Bible, small notebook, and pen
- 1-2 bandanas
- 1 long-sleeved shirt and pair of long pants that will get very dirty

## Optional Items

Other items you may want to bring include:

- 1 set of nice clothes
- Camera
- Insect repellent
- Sleeping pad
- Portable camp chair (i.e. Crazy Creek)
- Spending money (\$25-\$50 for items like a camp picture, snacks, etc.)
- Plastic bowl and spoon

## Boots and Foot Care

It is necessary to have a good quality over-the-ankle boot for climbing and for hiking. Be sure to purchase them early enough to wear until they are broken in before arriving at camp. It is not necessary to buy an expensive pair of heavy leather boots; the lightweight hiking boots made with cordura, nylon, or suede are acceptable. However, a stiffer sole is better for the kind of rock at Eagle Lake. Please bring your pair of specialized rock climbing shoes if you have them; just remember that you still need some sort of hiking boot as well. Climbing shoes are not necessary; so if you don't own a pair, please don't feel the need to buy some just for this program. Be sure that ingrown toenails or other chronic foot problems like corns, or warts are taken care of before you come to camp.

**Note:** leather is the best choice for footwear, but a combination of leather/cordura is acceptable as long as they provide proper support when wearing a 35-45 lb. Work boots or cowboy boots are not acceptable, as they do not provide the comfort or support required for long hikes and rock climbing.

## Pre-Conditioning

In preparation for one of Eagle Lake's adventure programs, it is essential that the following minimum conditioning program be carried out by each camper five times per week for at least a four-week period prior to arrival at camp. We suggest emphasis on aerobic conditioning (biking, jogging, swimming) as this will make your time at camp much more rewarding, enjoyable, and safe. Weight-training alone is not adequate. Pre-camp conditioning is absolutely essential for the Rocky Mountain Challenge program.

Suggested exercises are as follows:

- Do at least 75 push-ups each day (modified push-ups for women); more if possible
- Do at least 100 sit-ups or crunches each day; more if possible
- Start walking whenever possible to and from school or work, and climb stairs instead of using the elevator.
- Run or jog at least 3-4 miles each day or six miles every other day; or bike for a minimum of ¾ hour (medium to fast pace) five days a week.
- Hike three or four miles once per week while wearing your hiking boots. You also may want to try a hike or two with a 40-50 lb. pack on your back (the weight you might carry at Eagle Lake).

## Eagle Lake Excursion Camps:

# Excursions General Information



## Camp Forms

To complete your camp registration, return all forms with the balance at least one month prior to camp. Forms to be returned include:

- Health Examination Form
- Parent Questionnaire
- Liability & Release Form
- Transportation Form

A reminder: the Camper Health Examination Form must be signed and completed by the camper's doctor within the 24 months prior to camp dates. Eagle Lake cannot retrieve past health forms. Parents or guardians must fill out the "Health History" section and sign in the space provided. We request that your camper has all the current inoculations recommended by your county Health Department.

## Arrival & Departure

Parents accompanying campers to Eagle Lake should arrive between 1:00pm and 3:30pm on the opening Sunday of each camp. Our gates will not open before 1:00pm (please do not enter the property before then). Campers are to be picked up at Eagle Lake between 8:30am and 10:30am on the closing Friday of the camp session. Late pick-ups are not allowed, and will be subject to a \$150 overnight stay fee (Eagle Lake does understand that emergency situations arise and will forgo the fee if a call is received before 11 AM). Eagle Lake offers limited weekend stays to campers arriving early, needing to stay later, or coming to two consecutive weeks of camp without a continual program in between. A one week notice is required to schedule a weekend stay. The fee for a one night stay is \$150 per camper; the full weekend is \$300 per camper to cover the camper's off-site accommodations and food as well as counselor supervision. Due to programmatic conflict, there are no weekend stays available July 2-3, July 9-10, and August 13-14.

## Payment/Refund/Cancellation Policies

All checks must be made payable to The Navigators, not Eagle Lake Camp. No refund will be made for dismissals due to disciplinary action, late arrival, or early departure. Refunds of the full tuition minus the \$100 non-refundable deposit may be given if request is legitimate and is made in writing more than 2 weeks prior to the scheduled camp week. Otherwise, refund requests will be handled on a case-by-case basis.

Eagle Lake reserves the right to cancel any camp before the date of departure. If cancellation should occur, campers have the option of receiving a full refund (including deposit) or transferring to another camp.

## Telephone Use/Faxes/Email/Mail Policies

With the exception of emergencies, campers are not allowed to make or receive direct phone calls or receive emails or faxes while at Eagle Lake. However, we can relay important messages to them. We do not offer a phone call home as a means of helping a camper overcome homesickness as such action often makes the situation more difficult after a camper hears the voice of the one he or she is missing the most. If necessary, a parent will be contacted at the discretion of the camp director and options will be discussed as to a beneficial course of action for the camper.

When mailing letters or packages, please allow up to 7-10 days for delivery. Write "camper" next to the camper's name and the camp dates on the front. **Note: mail will not be delivered out on the trail; campers will receive their mail when they return to camp.**

Mail may be sent to campers at this address:

Eagle Lake Camp  
Name, "Camper," Week #  
PO Box 6819  
Colorado Springs, CO 80934

## Contraband

Campers are not to bring pocket knives, weapons, fireworks, iPods, MP3 players, Discmans, Gameboys, cards, comic books, or gum. All campers are to refrain from using tobacco, alcohol, or drugs. Failure to comply with this policy is grounds for dismissal. All camper belongings will be searched at the beginning of each camp session and contraband items will be confiscated and returned at the end of the session unless the confiscated item is illegal.

## Medications

If a camper is on prescription medication, it must be checked in at registration with one of our camp medical staff. We do not allow campers to keep prescription medication (with the exception of inhalers) on them as our medical staff distributes all medication at the time it needs to be taken by the camper. Please do not bring over-the-counter medications as our infirmary is sufficiently stocked to meet the demands of most headaches, coughs, and scrapes. If you have specific questions, please contact the Eagle Lake office.

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## Clothing

Only modest fashions in dress are permissible; halters, spaghetti-strap tank tops without a form of clothing cover, bikinis, and ultra-short shorts are unacceptable and will be addressed. No laundry will be done while at camp, except in the case of an emergency.

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## Injury or Illness

In the event of an injury or illness, your child will be treated to the best of our ability. If Eagle Lake determines that a camper's condition requires treatment beyond our medical team's abilities, urgent care or emergency room treatment will be sought. In the event of a serious injury or illness requiring emergency room treatment or hospitalization you will be contacted immediately. If you express concern or disapproval regarding the use of outside medical care, you may choose to come pick up your camper from Eagle Lake within 3 hours of first contact. If you cannot pick up your camper within 3 hours, Eagle Lake will continue with the course of action that we determine is in the best interest of the camper and camp.

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## Personal Food

Please do not bring personal food to camp as it attracts wild animals.

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## Spending Money

Any money that a camper brings to camp must be deposited in his or her camp store account at the time of registration. The camper will receive a camper identification number (clearly printed on the back of his or her nametag) that corresponds to his or her own store account to make purchases. As long as adequate funds are available, the appropriate amount will be deducted from the camper's account, which works as a debit account. Any remaining balance is refunded to the camper on the last Thursday evening of camp along with a printed statement of his or her purchases for the week.

Often parents ask how much money they should send with their kids to camp. This really is a matter of preference, but we would suggest anywhere from \$25-\$50. Eagle Lake apparel (hats, sweatshirts, T-shirts) DVDs, pictures, snacks, jewelry and other items are available in our Camp Store.

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## Parent Visitation

There is no parent visitation for any Eagle Lake Excursion camp as all programs take place on the trail.

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## Lost & Found

All personal items should be clearly marked with first and last name. For information about ordering pre-made labels for your camper's belongings, visit our website at [www.eaglelake.org](http://www.eaglelake.org). While not responsible for lost items, Eagle Lake catalogs lost and found for possible C.O.D. return. Items not claimed within two weeks of the camp session are donated.

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## Questions

Visit the Eagle Lake web site at [www.eaglelake.org](http://www.eaglelake.org) for most answers about programs, staff, dates, prices, and to other frequently asked questions. If you need to speak with someone, the Eagle Lake Camps office is open Monday -Thursday from 8:00am-4:00pm (MST) and Friday from 8:00am -12:00pm (MST).

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## Contact Information

Eagle Lake Camp Office  
P.O. Box 6819  
Colorado Springs, CO 80934  
Phone: (719) 472-1260  
Fax: (719) 623-0148  
Web: [www.eaglelake.org](http://www.eaglelake.org)  
Email: [registrar.el@navigator.org](mailto:registrar.el@navigator.org)

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## Colorado Department of Human Services

Eagle Lake Camp is a licensed child care provider by the state of Colorado. To file a complaint with the Colorado Department of Human Services, please contact:

Colorado Department of Human Services  
Division of Child Care  
1575 Sherman Street, First Floor  
Denver, CO 80203-1714  
Phone: (303) 866-5509  
Fax: (303) 866-4453

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## God's Design for Stress Experiences

"When all kinds of trials and temptations crowd into your lives, my brothers, don't resent them as intruders, but welcome them as friends! Realize that they have come to test your faith and to produce in you the quality of endurance. But let the process go on until that endurance is fully developed, and you will find you have become men of mature character with the right sort of independence."  
(James 1:2-4, Phillips)

Whenever circumstances test our faith, endurance, courage, integrity, love or skill, we experience stress. This principle of stress is God's mechanism for developing maturity in His people, whether they be individuals or nations. We are designed so that we must respond whenever stress is applied to our lives. Whenever we respond correctly, growth is positive; whenever we respond wrongly, growth is negative.

It is important to realize that different areas of our lives can be influenced by stress. According to Luke 2:52, Jesus grew mentally, physically, socially and spiritually. We are no different. In order for us to become complete, mature people, we must undergo development in each of these realms. Stress and our responses to it are vital to each one. Thus we catch a glimpse of God's plan. He, in His sovereign love and wisdom, has built stress into nature and life. We face obstacles and hardships by design, for by these things God develops our character and our relationship with Him.

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## The Role of Wilderness Stress Camping

Wilderness stress camping is simply a means of structuring and intensifying the stress-growth principle, using the wilderness as a vehicle to facilitate personal growth and development. It in no way precludes God, but simply utilizes His design for stress experiences. Therefore, stress camping can become a very important tool of Christian education, especially in these days when hardship and discomfort are normally far removed from everyday life.

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## Elements and Principles of Wilderness Stress Camping

Above all, a wilderness stress experience is a wealth of personal learning opportunities. It is an education in living. Personal awareness is enhanced while self-consciousness, others-consciousness and God-consciousness become very real. These things, coupled with repeated group discussions and times of personal reflection, provide for continual re-evaluation. Values are tested; new insights and skills can be applied immediately; and, very practical application of the Scriptures can be made. God's principles for living become very meaningful as a person's real needs begin to surface.

Six basic elements seem to make stress camping workable and effective as a teaching process. They include:

- Wilderness environment
- Non-directive leadership
- Small group setting
- Stress experiences
- Relevant Bible study
- The Holy Spirit

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## Wilderness Environment

The value of the wilderness setting is manifold. For most of us, it is a new environment, one apart from our normal culture. It deprives us of the conveniences, comforts, and securities of home. The result is good as we become more aware of self, others, and God and are more willing to learn new things.

Secondly, the wilderness experience reduces life to its simplest terms. Suddenly life becomes very uncomplicated and such things as food, water, shelter and companionship take on new importance.

Thirdly, it provides natural stress experiences. Stress is inherent in encounters with things like unfavorable weather, elevation changes, and rugged terrain.

Fourthly, it provides many workable opportunities for understandable man-made stress experiences. Some of these include prolonged hikes, rope courses, rock climbing, and rappelling.

And finally, outdoor living provides tremendous opportunity for the acquisition of new skills. Soon an individual has new flexibility in being able to move and function in the wilderness safely.

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## Non-Directive Leadership

Non-directive leadership is the element that makes wilderness stress camping practical. The principle is to allow the group to assume its own leadership. The non-directive instructor merely outlines the immediate problem and then assumes the role of advisor or

resource person. He gives a minimum of instruction in order to keep the group off balance and looking to themselves for solutions; however, he also has an important responsibility of providing support by maintaining an atmosphere of acceptance and offering guidelines for safety. He must also insure that spiritual dimension is integrated into the total growth process. This type of leadership stimulates initiative, problem solving, creativity, consensus leadership, group cohesiveness, and personal responsibility in the lives of the campers.

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## Small Group Setting

Small group dynamics can contribute greatly to the development of interpersonal relationships, leadership qualities, self-awareness, sensitivity to needs of others, responsibility for others, and teamwork. Group interaction provides a continual source of feedback for personal evaluation. Also, group support can be highly motivating, especially for weaker members.

A very important principle is that mutual stress leads to unity and cohesiveness in a small group. Rapport between members, compassion for one another, and teamwork begin to characterize the group. As they begin to mature and function as a unit or "family", they are able to go beyond themselves to meet the needs of others.

Of course, the one ingredient that maximizes the benefits of small group dynamics is Christian fellowship. The Spirit of Christ in us can knit hearts together like no other force and permits us to "die to ourselves" in order to love others.

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## Stress Experiences

Stress is that factor which forces us to go beyond our self-imposed or preconceived limitations to new levels of growth. It can affect various areas of our lives and it can take many forms:

- mental, as in forms of fear (of the unknown, injury, failure, or death)
- physical, as experienced in physical conditioning or encounters with hunger, thirst and pain
- social, as in interpersonal relationships that test our patience, humility, and compassion
- spiritual, as when our personal resources are completely exhausted and we come to acknowledge our dependence upon God

Stress tends to remove our barriers and facades. It strips away our phoniness and reveals our real character and needs. Finally, we begin to face up to ourselves when we no longer have a place to hide.

The principle of application is understand our perceived limits and then to go beyond them. The emphasis is not on having fun; rather, it is on discovering just how far we really can go when we have to.

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## Relevant Bible Study

The Bible, being God's Word, is our source book for truth and our authority on how to live life. As such, it can be likened to an "owner's manual" for our lives. In it, God, our Designer, tells us how we can manage our lives so we can live abundantly and to His glory. Consequently, the Bible has a lot to say about stress—its sources, its purposes, and how to properly handle it. Studying what the Word teaches about stress while experiencing it on both an individual and group level provides a unique opportunity to develop insight and conviction about this vital subject.

Of course, the Bible also teaches us a lot of other things about God—who He is and what He's like. As we spend devotional time in His Word each day we get to know Him better and grow in our relationship with Him.

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## The Holy Spirit

The Holy Spirit, of course, is the agent by which real meaning and eternal values are added to the whole stress camping experience. He is the One who empowers us, renews our minds, and imparts truth. He is the One who enables us to grow and endure physically, to absorb and apply knowledge, to relate and minister to others, and to know and serve God. He is the catalyst and power behind the entire process.

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## Summary

Wilderness stress camping is an opportunity to discover and to learn. If we look closely we can see that this is due to the basic elements that tend to create "teachable moments," those times when an individual has gone as far as he thinks he can and is finally ready to listen, to learn, and to change in order to succeed. These are the incidences in which the non-directive leader, group support, and the working of the Holy Spirit can turn frustration into new growth.

**Eagle Lake Camps:**  
***Equipment Rental Form***

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**Program/Camper Information**

What program are you registered for (i.e. Mountain Discovery, New Adventure, etc.)?

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Name:

Camp Dates:

<b>Equipment Item</b>	<b>Cost</b>	<b>Number of weeks needed</b>	<b>Quantity</b>
Backpack	\$20 per week		
Sleeping bag	\$20 per week		
Crazy Creek chair	\$8 per week		
Thermarest self-inflating mattress	\$10 per week		

**Rental will be charged at registration, please do not send money now**

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**Miscellaneous Information**

Campers are welcome to bring their own equipment as long as it meets the enclosed equipment criteria (see specific camp checklists for more information). If personal equipment does not meet these criteria, campers will be asked to rent appropriate gear.

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**Trip Outfitter/Store Notes (for Eagle Lake Staff use only)**