

SUMMER 2024 INFORMATION PACKET



JUNE 21 SILVERWOOD DAY
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SILVERWOOD DAY

JUNE 21 10AM-8PM \$70

Details

Join us for a day of fun and adventure at Silverwood Theme Park!! We will carpool over to the park as a big group, but will split into small groups to spend the day. Cost is for transportation, park entrance, snacks, but bring extra cash for food and souvenirs in the park. Invite friends, but you must RSVP to Riss by June 14 (last day of school) in order to ensure we have enough drivers.

Parents, I will be needing volunteers to help drive students. If you are willing to help, your park entrance fee is covered AND you get to hang out with me all day (deal of a lifetime).

Schedule

- 10am: Meet Colbert Presbyterian Church
- 10-11: Drive to Silverwood
- 11-6 Romp in the park
- Dinner on your own in the park
- 6:30: Meet back up, walk back to cars
- 7-8: Drive home, Pick up at CPC at 8pm



What to Wear and Bring

Plan on bringing a water bottle, sunscreen, and comfy clothes to keep you cool. If the weather cooperates, Boulder Beach will be open from 11-7pm. Bring a swim suit and extra sun screen!

Snacks and a water jug will be provided, but make sure your student brings enough money to buy lunch and dinner in the park.





JUNIOR HIGH CABIN OVERNIGHT

AUGUST 7-8 \$20/PERSON

Details

Join us at Priest Lake for two days of fun and relaxation!
This trip is for incoming 6-8th graders



Menu

Day 1-

Lunch: Sandwich Bar

Dinner: Chicken, veggies, and pasta

Day 2-

Breakfast: Eggs, bacon, pancakes

Lunch: Grill out

Dinner: The Ram!

Schedule

Day 1:

9am: Arrive at CPC (having already eaten breakfast)

9:15-11 Drive to cabin, settle in, hang out!

Lunch and afternoon hang and swim

Dinner, worship, and Bible Study around the campfire

9:30pm Bedtime

Day 2:

Breakfast and devotional time

Morning hike

Lunch

Hang out time by the water

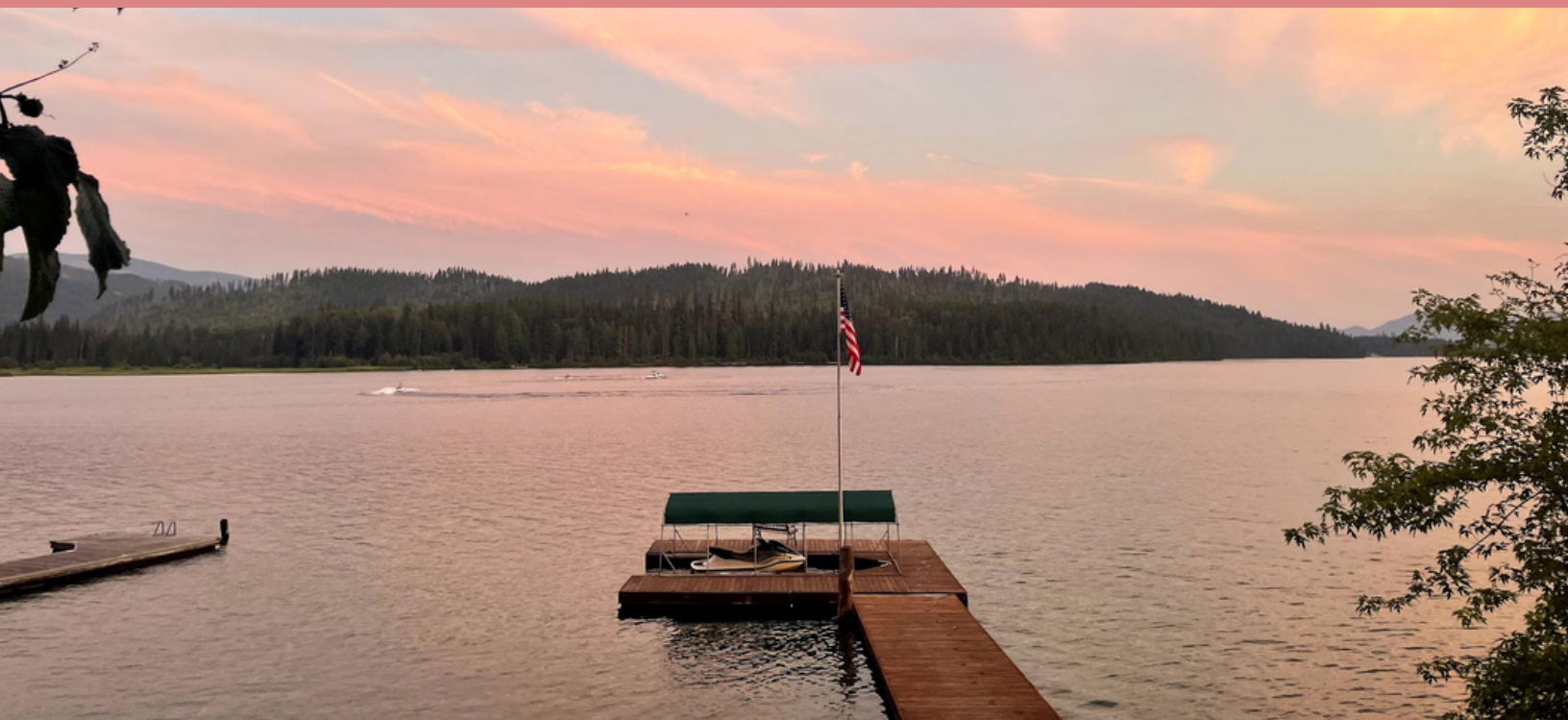
3:30 Leave cabin

5:00: Dinner at the Ram (bring \$)

6:00 Arrive back at CPC

Packing List

- Comfy clothing
- Swimming suit
- Beach towel
- Sandals and tennis shoes
- Sleeping Bag and pillow
- Sleeping Pad/Air Mattress
- Water bottle
- Sunscreen
- Money for dinner at the Ram
- Watch or way to tell time without your phone!
- Toothbrush and toothpaste
- Prescription medications (please let Riss know if you are bringing these)
- Sunglasses





SENIOR HIGH BACKPACKING

JULY 7-12TH

Overview

Colbert Youth is moving to Oregon! First, join us on an adventurous backpacking trip around the wilderness of Mt Hood. We will navigate valleys and peaks, cross many rivers, and explore God's creation in a new way. The goal of this trip is to build community, explore the beauty of God's creation, and engage in conversation that sometimes is only fostered out of ordinary times. This 25 mile A to B trail has many views of Mt Hood and beautiful forests as we (almost) circumnavigate the mountain. Overall this trail has copious interesting geographical wonders to see! While this trail can be challenging, we will take our time to insure a successful trip. The backpacking portion will take four days and three nights to complete.

After backpacking is complete, we will team up with Peak7 to whitewater raft the Deschutes River. This 11 mile section of class 2-4 rapids is called the Lower Deschutes and we will travel from Harpham Flats to Sandy Beach. Find more information at: <https://www.americanwhitewater.org/content/River/view/river-detail/1507/main>

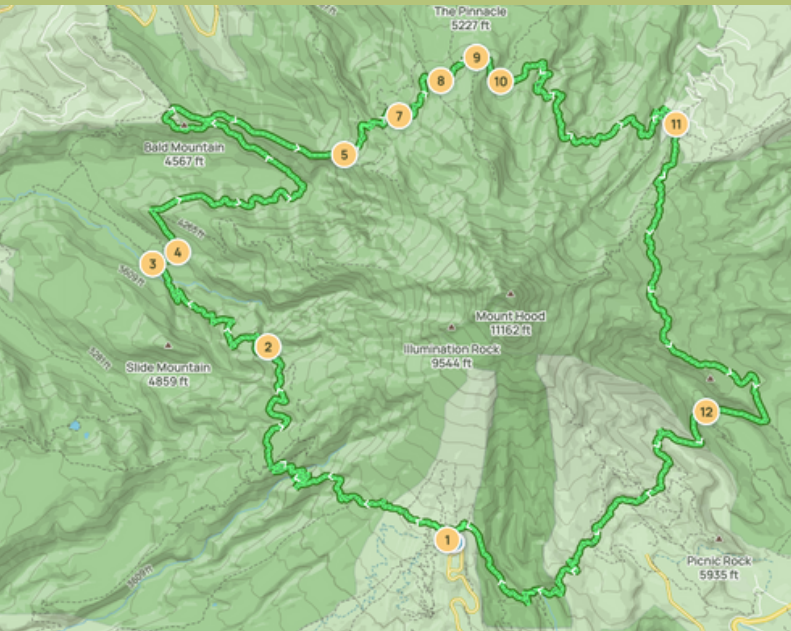
Because of the nature of this trip, last minute trail changes might be in order. Weather, trail and road conditions are all factors that go into planning a safe and successful trip. Several backup plans are in process and can be implemented if necessary.

Food:

All food will be provided for students unless otherwise noted. Meals not provided include four driving meals where students will have their choice of fast food along our route.

Dietary restrictions will be accommodated when I am notified ahead of time.

TIMBERLINE TRAIL MT HOOD



Details

This trail winds around the base of Mt Hood, but that does not mean it's a flat hike! We will venture up and down drainages as we circumnavigate the mountain between 3,300 and 6,000ft. Over three days, two nights, we will explore rocky outcroppings, dense forest, and ford glacial streams. This is a popular hike so we are likely to see many other hikers.

This trail is designated as "challenging" because of its elevation gain/loss, navigation, and distance. We will combat these obstacles with teamwork, communication, and making sure we have the necessary tools to help us navigate properly.

Our group will complete this route clockwise, starting at Timberline Lodge (1) and ending at Cloud Cap (11). The full route finishes at Timberline lodge, making it a full circle. Due to timing, we will exit before we complete the full official circumnavigate.





07

Sunday

Meet at CPC at 11am, or come to church with us at 9:30am! We will pack up and leave around 11:15am. Bring some cash to get food along the way. We will drive to Government Camp Oregon (5.5 hrs) and camp at Still Creek Campground for the night!

Lunch: Packed lunch, made before we hit the road, Dinner: On the road

08

Monday

After packing up camp, we will continue driving to the trailhead at Timberline Lodge. Arrive and begin our hike in. Camp at Ramona Falls (or similar).

Breakfast: Bars and fruit, Lunch: sandwiches, Dinner: dehydrated meals

09

Tuesday

Hike! Just hike. Thats it. Camp at Elk Cove (or similar)

Breakfast: oatmeal, dried fruit, Lunch: summer sausage, cheese and crackers, bars, snacks, Dinner: Dehydrated meals

10

Wednesday

Finish our hike out! Our last 6 miles will be from Elk Cove to Cloud Cap. From there we will grab food in Hood River and meet up with Peak 7 (campground tbd)

Breakfast: Oatmeal, dried fruit, Lunch: Bagels and pb/cream cheese, Dinner: Out in town!

11

Thursday

Raft the Deschutes!

All food today provided by Peak7. Camp in same campground along the Deschutes River with Peak7.

12

Friday

Wake up and drive home! We will be home late afternoon/early evening. I will contact you with our ETA as soon as we know.

Breakfast: Bagels and pb/cream cheese, Lunch& Dinner: on the road!

SAFETY AND EMERGENCY INFORMATION

Injury and Illness: I (Riss) am a Wilderness First Responder, which means I have been trained to handle emergencies in the wilderness that range from sunburns to full evacuations. You should feel encouraged that most leaders at youth group have had ample experience in the outdoors as well as specific backpacking and rafting experience. We will carry first aid supplies to help with any minor injuries and the capabilities to evacuate any major injuries.

The most common illness in the wilderness is dehydration. To combat this, we will drink lots of water and stop as often as we need to to keep our water bottles full. We will filter all our water through either a Sawyer filtration system or a Platypus gravity filter and, as an extra backup, we carry iodine.

Flora and Fauna: The animals we will most likely encounter on the trail are small critters like chipmunks, deer, and birds. On occasion we may run into black bears, moose, or mountain lions and all students will be trained on what to do when you encounter these creatures.

Water Crossings: This hike will require many different water crossings. We never cross streams that are higher than where our fingers touch our thighs if there is a current. All student will be properly trained on river safely and be supported by other member of the team.

Weather: The high mountains are a place of extremes. We will experience both hot and cold, and likely rain and shine. Each student will need to wear appropriate sun protective clothing and sunscreen, in addition to being prepared for the rain. If the air quality index is higher than 150 on the Airnow.gov AQI, the trip will be canceled.

Communication: Some areas on trail will have cell service, but most of the time we will not. Each day I will send out a brief summary of our day and update parents with any changes to the original plan. We as a team will carry a satellite communication device to use when service is not available and your updates will come from our administrative assistant.



FUNDRAISER MAY 5

SPAGHETTI DINNER AND SILENT AUCTION

5-7PM IN THE CPC GATHERING PLACE

We value keeping the cost of adventure trips low because we know how much of a strain finances can be with busy summer schedules. We want this trip to be accessible to all students, so we have kept the cost purposefully low, and are requiring all students to help plan and run a fundraiser dinner on Sunday May 5th to cover the full and actual cost of the trip (about \$450).

This trip costs more than our last summers trip because of the addition of bringing on Peak7 guides and growing cost of transportation. Peak7 has the gear necessary to whitewater raft, as well as additional training to be able to safely navigate a new river for us.

Students will be assigned tasks to complete beforehand and the night of to do, with the goal of being done with the night by 8:30/9pm.

If you, as a parent, would like to volunteer during this night, your help would be greatly appreciated.



PACKING LIST

Clothing:

- 7 pair of moisture-wicking underwear
- 3-4 moisture-wicking t-shirts
- 2 pair quick-drying pants or shorts
- 1 long-sleeve shirt
- 1 warm fleece or jacket
- Long underwear or leggings
- 'Worn in' Hiking boots
- 4 pair of socks (synthetic or wool)
- 1 rain jacket
- Camp shoes (Chacos, Crocs, rubber Birks, etc)

Other:

- Town clothes
- Pillow for car rides
- Books or non-electronic car entertainment
- Swimming Suit

GEAR:

- Backpacking Backpack (with supportive hip belts, at least 50L)
- Sleeping bag
- Sleeping pad
- Headlamp
- 2 water bottles (32oz at least)
- Watch
- Toothbrush and toothpaste
- Menstrual products
- Prescription medications (please let Riss know if you are packing these)
- Sunglasses
- Sunscreen
- Money for three meals on the road
- Hiking Poles (optional, but helpful)

IF YOU ARE IN NEED OF ANY OF THIS GEAR, PLEASE CHECK WITH RISS, SHE MAY HAVE LOANER GEAR FOR YOU!



SENIOR HIGH CABIN OVERNIGHT

AUGUST 9-10 \$20/PERSON



Details

Join us at Priest Lake for two days of fun and relaxation!

This trip is for incoming 9-13th graders

Menu

Day 1-

Lunch: Sandwich Bar

Dinner: Chicken, veggies, and pasta

Day 2-

Breakfast: Eggs, bacon, pancakes

Lunch: Grill out!

Dinner: The Ram!

Schedule

Monday:

9am: Arrive at CPC (having already eaten breakfast)

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Lunch and afternoon hang and swim

Dinner, worship, and Bible Study around the campfire

10:30pm Bedtime

Tuesday:

Breakfast and devotional time

Morning hike

Lunch

Hang out time at the water

3:30 Leave cabin

5:00: Dinner at the Ram (bring \$)

6:00 Arrive back at CPC

Packing List

- Comfy clothing
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- Sleeping Bag and pillow
- Sleeping Pad/Air Mattress
- Water bottle
- Sunscreen
- Money for dinner at the Ram
- Watch or way to tell time without your phone!
- Toothbrush and toothpaste
- Prescription medications (please let Riss know if you are bringing these)
- Sunglasses



Sign Up Form

Student Information

Name: _____ Birthday: _____

School: _____ Grade: _____

Home Address: _____

Parent/Guardian Name(s): _____

Parent/Guardian Phone Number(s): _____

Parent/Guardian Email Address(s): _____

Additional Emergency Contact Name: _____

Additional Emergency Contact Phone Number: _____

Allergies: _____

Prescription Medications: _____

Dietary Restrictions: _____

Trip Information

I am signing up for:

- Silverwood Day, June 21 \$70
- HS Adventure Trip (Mt Hood), July 7-12 \$250
- MS Cabin Overnighter, August 7-8 \$20
- HS Cabin Overnighter, August 9-10 \$20

Parent Signature _____ Date: _____

Payment

Payment can be made online or by paper check. All checks can be made out to Colbert Presbyterian Church. Payment required by June 14th

<https://tinyurl.com/ColbertChurchOffering> (submit under "youth programs")

Adventure Trip Only:

Fill out Peak7 Adventures two online forms: "Combined Activities Waiver" and "Overnight Medical Form". Both forms available from link below or in informational email

<https://tinyurl.com/colbertadventure>