

Youth Expectations and Information

Ascend 2025

What we expect from students:

- Meet Monday, July 7th, packing and testing gear
- Listen to all the adults with no questions asked
- Positive attitudes and words
- Putting others ahead of yourself
- Never leaving the presence of an adult sponsor
- Readiness to learn, grow, and deepen your spiritual lives
- To move quickly in the mornings when it is time to wake up and pack
- If something is wrong, letting an adult know
- Not leaving the tent at night unless there is an emergency, or you need to use the bathroom
 - In those cases, make an adult aware of the situation

Meals:

Meals will be simplistic and easily packed, this means that what we have is what we have. It also means that we cannot eat into our extras, because we will then be eating our food for another meal.

Meals will include things such as (this is not a complete list, amounts will be edited based off past trips and leftovers):

- Oatmeal
- Instant potatoes
- Trail mix
- Granola bars
- Peak Refuel Freeze dried meals

Free Time:

Free time is something we will try to have plenty of. I believe it is a waste to go to the mountains and then not allow the time to simply enjoy the beauty of creation. During our free times there will be multiple options for what the students can do, however, the rule still stands that they must be with an adult at all times.

These options include:

- Fishing (16 and older require a fishing license)
- Playing games
 - We will bring card games
- Exploring the surround areas
- Learning backpacking skills

Those 15 and under do not require a fishing license in the state of Colorado. However, if you are 16 and over you cannot touch a fishing pole unless you personally buy a license. This can be done on the Colorado Wildlife Department website. You will need to buy a 5 day license, it requires the purchase of a habitat stamp. When you purchase the license, if you are 18, it will require you to have your social security number or your driver's license. Make sure to select the proper dates for the license (June 11th-15th). You will be given an identification number after you purchase the license, make sure to write this number down and bring it with you on the trip. This must be done before we leave on the Saturday, so if you are having issues please contact me.

Hiking:

Hiking will be a large part of what we are doing. We do not have a plan on the amount of hiking we will do daily. When we have our first meeting we will have each student their personal goals for the trip and with all that information we will determine what our daily distance will look like. We will not be summiting a peak this year, if there are enough that have a personal goal to summit we may change that plan. We have not landed on a trail as of yet, once that decision has been made it will be posted.

Bathing & Changing:

Since this is a co-ed camping trip there are some strict guidelines for how we will handle both bathing and changing. First and foremost, everybody will be required to change inside their tent. In addition to this, the tent fly (tarp) must be on to be able to change inside your tent. Bathing will be done with wet wipes made for backpacking. This will be done inside the tent, with the fly closed, and one at a time.

Leave no trace:

Lastly, everyone needs to know that we will leave no trace of our presence on the mountain. This means we will completely clean up after ourselves. Not leaving trash or destroying any of the habitat that we are in.

Campfires:

We would love to have a campfire each night as we go through the week, however, that completely depends on the local regulations. This past year we were unable to have a campfire because of the lack of rain in the months prior. This may be a reality, so we advise that everyone has enough warm clothes to be able to be comfortable in the evenings when we have dinner and meet.