



TEAM ASCEND Summer 2025 Info Packet



Schedule

Friday July 11

Leave for Amarillo (sleep overnight at local church for free) **(Legacy depart time apx 2PM)**

Saturday July 12

Arrive at Twin Lakes, CO around 3PM - begin program

Sunday July 13

Worship, Rappelling, Low Camp Hike

Monday July 14

High Camp Hike

Tuesday July 15

Rest at High Camp

Wednesday July 16

Summit Attempt

Thursday July 17

Hike Down, unload gear, lunch/shop Leadville, back by 5PM banquet dinner
(sleep for free overnight at conference room)

Friday July 18

Possible!!! River Rafting (Class 2-4 Rapids) @BrownCanyon 8AM & 1PM Lunch and head home to Fort Worth, TX (Will decide raft by May)

***If drivers tired we stay overnight at Amarillo on 18th and come in early on the 19th. If rested well we come home very late the 18th.**



Physical Preparation

Our journey will require you to hike with a pack for long distances. Everything you need for the trip will be in your pack, including personal and crew gear. Crew gear includes stoves, fuel bottles, and cooking pots and pans. You will also be required to carry your food and part of your tent. All of these factors should motivate you to be in the best physical condition before participating.

Participants in average condition are in good enough shape to accomplish the physical goals of TEAM Ascend. Being in better shape allows you to achieve a higher level of participation, which can increase your enjoyment of the trip. Backpacking is an aerobic activity, so anything that you can do to get your heart rate up for at least 30 minutes will be beneficial. If you cannot do this now, start with 10 minutes and work your way up. It is best to be able to maintain your activity for 60 minutes if possible. Also, be sure to drink plenty of water. Hydration for any strenuous activity begins weeks prior to the event. Dehydration is one of the main causes of altitude sickness. The average pack ways between 40-50 lbs once everything (your stuff and their stuff) has been loaded .



1x a month physical workouts/devotionals starting in January

Adults

Team Ascend is a dynamic youth program dependent upon adult participation to achieve the results desired. However, the camp is for the youth and our main focus is on the strengthening and enrichment of the youth. The following guidelines are provided to ensure that the youth are the main focus of the trip.

- All adults (including volunteer staff) are considered youth regarding crew responsibilities. This includes cooking, cleaning, and equipment distribution. The crew leader is a pre-selected youth who is in control of the everyday operation of the crew. This means that the adults receive no special treatment or considerations.
- Staff and adults should always be aware of safety concerns and be ready to step in if such a situation arises.
- Adults must allow teen leaders to fail in situations that will promote growth for that teen or others in the group. This means that sometimes things will not go as smoothly as we would like.
- If an adult sponsor has a problem, it is always better to approach staff away from the group. If there is a problem with a camper, it is usually better for the staff to resolve. If someone has to be the “bad guy”, we feel it is better for the staff to fulfill that role.

These basic guidelines have been proven to bring out the best in the youth on a trip. Every situation is different and will need to be resolved on a case-by-case basis. One of the most difficult things for adults on this type of trip is to allow disorganization to happen, especially if they have experience with other camps. Where some programs require much adult supervision and intervention, Team Ascend requires a watchful eye and plenty of patience. If adults and staff controlled the camp, operations would be smooth and organized. When teens “control” the camp, things can get a little stressful. When they are able to work through these problems, however, they learn valuable lessons in leadership.

One of the most important factors in the success of TEAM Ascend is stress. If there is no stress, there can be no growth. This means that TEAM Ascend is by nature stressful; we are not trying to make it easy. This physical and mental stress helps tear down barriers and bring out the true qualities of an individual. It is then that these qualities can be identified and improvements can be made.



Expected to drive van (25+)

Packing Tips

Attached you will find a list of gear to bring for TEAM Ascend. Please be sure to bring everything on the mandatory items list. Mountain weather is unpredictable and unforgiving! The mandatory items need to be in your pack for your safety.

You will probably be able to find most of the items you need for the trip around your house. When it comes to purchasing gear, remember that you do not need to spend an excessive amount of money on top of the line items.

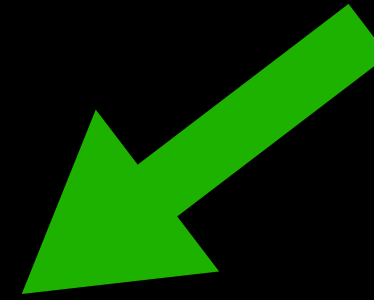
If you are taking prescription medications, be sure to bring double the amount you will need for the week so that the staff will have it in the case of loss or emergency.

Because some of the terrain you will be hiking over is rocky, we highly recommend hiking boots to protect your feet and ankles. **There is no need to spend \$100 - \$300 on hiking boots.** There are boots made by many manufacturers that cost around \$40 - \$60 and are great for our purposes. Just remember that whatever your choice in footgear, make sure that they are well broken in. If you buy new boots, make sure you wear them as much as possible before your trip.



TEAM Ascend Gear List!

Mandatory Items (These must be in your pack!)



Clothing:

- Rain gear (Jacket and Pants)
- Coat, fleece, or sweat shirt
- Two short sleeve shirts
- Long sleeve shirt
- Modest shorts
- Warm pants our hiking pants (jeans not recommended!)
- Thermal underwear (top and bottom it gets very cold at night)
- Underwear
- Two pairs of heavy wool socks
- Two pairs of lightweight socks
- Gloves
- Baseball Cap
- Warm Beanie
- Hiking boots
- Camp shoes or sandals (Chacos or Tevas suggested)

Equipment:

- Small light weight Bible
- Notepad and pen
- Daypack for summit climb (school backpack)
- Two durable water bottles (one quart)
- Headlamp
- Whistle
- Large camp cup (sierra type or mug)
- Spoon or Spork
- Sunscreen (SPF 30 or higher)
- Toothbrush and toothpaste
- Biodegradable soap
- Deodorant
- Roll of toilet paper in zip lock bag
- Two trash bags (lawn size as a rain tarp)

Recommended Items

- Towel and other toiletries as needed
- Small Pocket knife (folding only)
- Insect repellant and lip balm
- Large zip lock bags and extra trash bags for packing and bringing wet stuff home.
- Personal first aid
- Camera / GoPro
- Carabiners (2-3) for your bottles/gear on pack
- Extra batteries for camera and flashlight
- Snacks and powdered drink mix or seasoning for food.
- You will want a change of clothes and an extra clean towel for when you come off the trail and get a real shower.

Rafting Items

- Remember that you will need an outfit for river rafting Friday. A swimsuit with a synthetic shirt/shorts for quick drying is recommend. Water or tennis shoes are mandatory NO crocs. Dry shoes or sandals to come home in. Bring \$ if you want to rent a wet suit.

What Not To Bring

- Knife with fixed blade or blade that exceeds 3 inches
- Electronics including gaming devices
- Thin rain gear (pocket ponchos are not adequate)
- Tobacco products
- Non-prescribed drugs
- Alcohol

Costs

\$225 per person + The Following:

- **Meals for on the road (Friday dinner, Saturday breakfast, Saturday lunch, all return road day meals BLD)**
- **Thursday lunch in town Mountain Meat Pies**
- **Souvenir money for Leadville or Rafting store.**
- **Shoes/Gear**
- **No Doctor visit to get paperwork signed**



Registration on CCB

**12 Student Spots
Currently 7th-12th Grade
(Then we will form a waiting list)**

**\$225* Early Bird
paid in full by 12/5**

**\$325 Regular
paid in full by 5/12**

(last day to add an adult/friend/student is 5/12)



TEAM Ascend Statements of Acknowledgement and Code of Conduct

Group Name: _____

Last Name: _____ First Name: _____
 Address: _____ Email: _____
 City: _____ State: _____ Zip: _____
 Birthday: __/__/____ Grade Completed: ____ Age: ____ Male: ____ Female: ____ Home
 Phone: (____) _____ Height: _____ Weight: _____
 Parent/Guardian Name: _____ Work Phone: (____) _____
 Parent Guardian Cell Phone: (____) _____ Other Phone: (____) _____
 Primary Care Doctor's Name: _____ Phone: (____) _____
 Alternative Emergency Contact Name: _____ Phone: (____) _____
 Work Phone: (____) _____ Relation to Camper: _____
 Does the camper have any allergies? ____ If yes, explain: _____

Is camper currently taking any medications? ____ If yes, list medication, dose, route, frequency, and purpose: _____

Please list any health problems that may affect camper's ability to carry a backpack: _____

Does camper have permission to take over the counter medications for headaches, upset stomach, aches and pain, etc.? ____yes ____no Any special considerations or instructions? _____

Date of last Tetanus Shot: __/__/____ Medical Insurance Company: _____
 Account Number: _____ Group Number: _____ Phone: (____) _____
 Please give any additional information below and continue on the back if necessary: _____

Participant Agreement

I understand that this experience includes certain physical demands such as hiking through rough terrain, backpacking with personal gear as well as crew gear, and climbing mountains possibly up to 14,500 feet in elevation. Having the assurance of my child's health through a current physical examination by a medical doctor, I hereby give consent for me or my child to participate in the outdoor program TEAM Ascend. I have included in this form all additional medical information about my child that should be known by leadership of the program. In the event of an evacuation, I understand that TEAM Ascend facilitators are not responsible for housing participants should they be unable to rejoin the group.

In the event of an emergency, I authorize my consent to any X-ray examination, medical, dental, or surgical diagnosis, treatment, and/or hospital care advised and supervised by a physician, surgeon, or dentist licensed to practice.

 Participant Signature or Parent/Guardian Signature (Required for campers under 18 years of age)

TEAM Ascend Participant Agreement, Release and Assumption of Risk

I hereby agree to release, indemnify, and discharge all TEAM Ascend Facilitators, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, persons representatives and estate as follows:

1. I acknowledge that my participation in hiking, camping, backpacking, and rappelling entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: slipping and falling; falling objects; water hazards; exhaustion; exposure to temperature and weather extremes which could cause: hypothermia, hyperthermia (heat related illnesses), sunburn, heat exhaustion, dehydration, and exposure to potentially dangerous wild animals, insect bites, hazardous plant life, equipment failure, and improper lifting or carrying.

Furthermore, TEAM Ascend facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless all TEAM Ascend facilitators from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of facilities, including any such claims which allege negligent acts or omissions of my TEAM Ascend facilitators.
4. Should any TEAM Ascend facilitator or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk or any medical or physical condition I may have.
6. In the event that I file a lawsuit against any TEAM Ascend facilitators, I agree to do so solely in the state of Texas, and I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my rights to maintain a lawsuit on the basis or any claim from which I have released herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____

Address: _____

Phone: _____ Date: _____

Parent or Guardian's Additional Indemnification (Must be completed for participants under the age of 18)

In consideration of _____ (Print minor's name) being permitted by TEAM Ascend Facilitators to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless and TEAM Ascend Facilitators from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____

TEAM Ascend Statements of Acknowledgement and Code of Conduct

The following guidelines are designed to make your experience in the wilderness satisfying to you and to all other participating on the trip. This means that all participants - youth, adults, and designated leaders (TEAM Ascend volunteer facilitators) - shall respect the individual rights, safety, and property of others.

1. I agree to participate in all planned activities as defined by the schedule and to be in appropriate dress. I understand that designated leaders are responsible for ensuring that everyone participates in all sessions of the planned program activities, unless excused by an adult. I further agree to be in my area at curfew and to comply with quiet hours, "lights out", and other rules set by designated leaders for my safety and the safety of others.
2. I acknowledge that the possession and use of alcohol, drugs, or tobacco, other than prescribed medication is prohibited. Any person found to using a controlled or illegal substance during camp sessions will be sent home and other measures will be considered. All minors must submit prescribed medicines to an adult for proper dispensation.
3. I agree not to bring items which are unsafe, intrusive, in poor taste, or otherwise objectionable to camp. Large knives, firearms, fireworks, electronic equipment, noise makers, and certain printed matter are examples of prohibited materials.
4. I agree not to use obscene and discriminatory language or roughhouse, and further understand that insubordination will not be tolerated at any time, and that youth members should demonstrate respect to adults.
5. I understand that the display of overly affectionate attention between youth members is discouraged.
6. I affirm the group with which I am traveling on National Forest Lands is under 75 persons. I affirm there will be no military or paramilitary training or exercises by private organizations or individuals as part of our activities.
7. I affirm that I have equally shared in the direct expenses of this trip, provided my own equipment and food as either the owner of such or through a third party off of National Forest Lands not associated with this trip, and that I have not paid a participation fee to any entity as a requirement to participate in activities on National Forest Lands.
8. I affirm to the best of my knowledge that designated leaders of the trip who might provide hiking, camping, and outdoor medical expertise are not compensated in any way for such, and are non-paid volunteers. As a volunteer on this trip, I affirm that I have not received or been promised any payment or other benefit for going along with the trip.
9. I agree not to materially impact the characteristics or functions of the environmentally sensitive resources or lands identified in Forest Service Handbook 1909.15, chapter 30 and further agree to follow the posted regulations of the area in which we camp or hike.
10. I agree not to violate state or any local public health laws and regulations or pose a substantial danger to public safety. I further agree there will be no gambling or providing of sexually oriented commercial services as part of the activities on NFS land, even if permitted under state law.

11. I agree to pack out my trash and abide by the "Leave No Trace" concept of outdoor ethics. I affirm there will be no disposal of solid waste or storage or disposal of radioactive or other hazardous substances on NFS land in the course of our activities.
12. I agree not to carve, chop, cut, or damage and live trees and will obey restrictions on fires, using only dead wood as fuel for fires in accordance with local regulations at the time of the camping activity.
13. I affirm that my participation in this activity is consistent with laws, regulations, orders, policies of NFS lands, other federal laws, and applicable state and local health and sanitation laws, and is consistent with the standards and guidelines in the applicable Land and Resources Management Plan. I affirm that my use of National Forest Lands will abide by local, posted Forest Service regulations and rules as understood.
14. I agree to obtain a Colorado State Fishing License if I plan to fish on the trip. Further I agree that there will be no hunting or capturing of wildlife while on National Forest Lands.
15. I understand and acknowledge that each participant is responsible for their own safety. I further understand that I am responsible for my own actions.

Penalties for Infractions:

Infractions of this Code of Conduct must be reported promptly by anyone observing them to the adults on the trip who will bear final responsibility for disciplinary action. Penalties may include any or all of the following:

- sending a youth, adult, or designated leader home
- barring that youth, adult, or designated leader from future activities
- being assessed the cost of damages and repairs in the event of damage or destruction of property.
- being released to the nearest law enforcement agency and/or the proper authorities

Parents and designated leaders will be notified of action taken. If a participant is sent home, their costs of the trip, including those shared by the group will not be refunded, and will be at the participant's own expense.

* * * * *

I, _____ have read the Statements and Acknowledgement and the Code of Conduct and agree to abide by such. I understand that infractions of this Code will result in any or all of the penalties listed above.

Youth/Adult/Designated Leader Signature

Date

Youth/Adult/Designated Leader Name

Home Zip Code

TEAM Ascend Adult Participant Expectations

TEAM Ascend is a dynamic youth program dependent upon adult participation to achieve the results desired. However, the camp is for the youth and our main focus is on the strengthening and enrichment of the youth. It is the intention of the program to provide an environment for growth for all campers, including adult sponsors provided that adult growth does not come at the expense of the youth on the trip. The following guidelines are provided to ensure that the youth are the main focus of the trip.

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One of the most important factors in the success of TEAM Ascend is stress. If there is no stress, there can be no growth. This means that TEAM Ascend is by nature stressful; we are not trying to make it easy. This physical and mental stress helps tear down barriers and bring out the true qualities of an individual. It is then that these qualities can be identified and improvements can be made.

TEAM Ascend cannot exist without adult sponsors and staff. Behind each successful trip are a number of concerned adults who spend their limited free time to invest in the lives of their youth. Thank you for your commitment to the growth of your youth.

FAQ's

Where is the TEAM Ascend basecamp located?

Team Ascend
1499 County Road 24
Twin Lakes, CO 81251

How long has TEAM Ascend been operating?

Team Ascend is a non-profit backpacking ministry that has been operating since 1997. We serve under a branch of Majestic Mountain Ministries (MMM) which is a non-profit ministry. MMM includes counseling, speaking, etc. We also use our basecamp conference center and property for groups, families and retreats.

Team Ascend has a partnership with Shadow Foxtrot for all of our gear needs and is owned by one of our founders. If you book with Team Ascend your group leader will pay Shadow Foxtrot for all gear, food and equipment rentals.

Who do I contact in case of an emergency back home?

As groups move up the mountains, they will most likely lose all cell phone reception. However, we always have a guide stationed at our base camp to receive emergency communication from home. In case of emergency during your group's trip, contact: Darrell Lanford (817-933-9430) or Marc Tillery (972-768-8691).

Are there any forms I need to return?

You will need to complete, sign and provide your group leader the following forms from this packet: Medical Release, Participant Agreement/Release, and Code of Conduct.

What will we do while on TEAM Ascend?

Our core Trek program is an adventure you will never forget. Each participant will take part in the following: repelling, devotionals as a group, hiking in beautiful Colorado, a summit hike attempt to the top of a 14,000 ft. mountain, leadership opportunities, and solo time with God.

What type of food do we eat on the mountain?

Our trail food is a mix of the best nutrients you will need to make it to the top of the mountain. We use prepackaged meals and snacks that you will split with a partner for breakfast & lunch and then split with your crew for dinner.

How do I communicate about my dietary restrictions/food allergies?

Please communicate all dietary restrictions/food allergies to your group leader asap. They will communicate with us and we will make recommendations for alternatives. These alternatives will be your responsibility to bring with you.

What should I do about my medications or my student's medications?

We will not take up or give out medications, however our guides will be attentive to their dosage and distribution via your group leader. Here are a couple pointers to assure your student receives their medications: 1) Make sure the medication is clearly labeled with their name. 2) Make sure it is clearly labeled with the dosage amount and times. 3) Be sure to communicate with your group leader any special instructions or information they may need to know.

What mountain will we climb?

Each group is given the opportunity to choose from a variety of mountain experiences. This decision will most likely be made by the group leader prior to arrival on property.

Will there be wifi at basecamp?

No. There is no wifi service at basecamp and the cell service is spotty at best. Once your group departs for the trail, they will most likely not have cell service while on the mountain. Our group facilitators can communicate with basecamp via radio.

Should I bring any extra money?

Sure. Your group will have an opportunity to have lunch in one of the surrounding mountain towns on Thursday afternoon. There are some pretty cool stores and delicious places to eat. We will also have TEAM Ascend merch you can purchase at basecamp.

