

Ascend '17

The Heavens Declare

6/25-6/29 or 6/30 Trek Agreement Form

(Initial Blanks after reading 1-4)

1. I understand that I will be responsible for carrying my own pack. I feel confident that I can hike 2-3 miles at a reasonable pace with a 45+lb. Backpack. _____
2. I understand that safety is the first priority on this trek, and agree to follow instructions from: Sean Layman, Daniel Wheat, Jason Richter or any other adult sponsor without arguing or questioning. This may mean that I do not reach the summit due to weather or dangerous conditions. _____
3. I am committed to the group, and to encouraging my teammates and challenging myself and them spiritually. I am also committed to pushing myself to succeed on the trail while also communicating any difficulties to the sponsors. _____
4. I agree to have my pack and equipment prepared by 6/19 for a gear inspection. If I do not have equipment, I will communicate to Sean by 6/17 what equipment I still need. _____

Name: _____ Signature: _____ Date: _____

What NOT to bring: *Electronics (Including Cell Phones), Soap + Shampoo, Sugary Snacks, Cosmetics (Bears like the smell), Weapons (Knives and guns will not be necessary)*

I, _____, Hereby give permission for _____ to participate in the ASCEND Youth Ministry Trek from 6/25-6/29 or 6/30, 2017. I also give permission for the aforementioned to ride in approved vehicles with approved adult drivers. I understand that backpacking in the wilderness has certain risks involved and that the youth minister (Sean Layman) and other adult sponsors are committed to safety. I understand that minor injuries (scrapes, bruises, etc), altitude sickness, and exertion are common on a trip like this, and will not hold Sean or other sponsors liable for these, or any automobile accidents not resulting from irresponsible behavior on the part of the sponsors.

Name: _____ Signature: _____ Date: _____



Before Ascend

- Required Hikes:** We are requiring you to go on three hikes during the 3 months leading up to Trek. This way we can help better prepare you for Trek. We also have workout recommendations to help prepare, but these are not required.
- Hikes:**
- April 22nd- 9am @Turkey Mountain– Blue Trail
 - May 20th– 9am @Turkey Mountain– Yellow Trail
 - June 17th– 9am @Turkey Mountain– Pink Trail
- Recommended Workouts:**
- Stairs/Bleachers– This will help ready you for steep climbs during trek.
 - Long walks– This will help prepare you for the hours we will be walking and hiking everyday.
 - Backpacking- Try these two workouts with a heavy backpack on to simulate having a 40-50 pound backpack on.
 - Leg Cardio- Any things that gets you running and moving will help, cycling is great and so are playing sports. Weighted lunges and squats will also help.
- Equipment:**
- Hiking Boots- Use them before the trek, or else you will have foot issues during trek. Try using them during the hikes and workouts.
 - Cold wear- Make sure you have clothes good for both the heat and the cold. It will most likely be warm during the day and cold at night. Also when we summit you will need good cold weather gear.