

# Backpacking with Immanuel, FAQs

Bighorn Mountains of Wyoming, 2020

## ABOUT THE TRIP

You are invited to an adventure filled with faith and friendship, personal growth and panoramic scenery as we hike, climb, laugh and pray our way through the Bighorn Mountains of Wyoming. Highlights include awe-inspiring scenery, majestic mountains, crystal clear lakes, roaring waterfalls, fresh trout dinners and life in a tight-knit group. You will enjoy enough to eat, wonderful company, shared struggles and encouragement to meet the challenges of the trail, and you will uniquely experience God's presence and love so evident in both people and place. Hikers also practice "Leave No Trace" camping skills in caring for God's creation.

High adventure trips challenge people physically, emotionally and spiritually providing incredible opportunities for growth.

## SCHEDULE

Saturday, July 18

- Meet 6am to depart by 6:30am (or as soon as we are ready)
- Lunch, supper and snacks on the road at your expense)
- Stay overnight in a Buffalo, Wyoming campground
- Purchase [fishing licenses](https://wgfd.wyo.gov/Apply-or-Buy/License-Fee-List#fish) - <https://wgfd.wyo.gov/Apply-or-Buy/License-Fee-List#fish> for those that would like to fish. Please note that when purchasing a Wyoming fishing license, they require the person's social security number.

Sunday, July 19

- Drive to trail heads and begin hiking.

Friday, July 24

- Hike out to trailhead and drive back into Buffalo for showers and lunch.
- Head into Buffalo for treats and shopping.
- Pizza supper provided at our campground.
- Each group shares their trip story around the campfire

Saturday, July 25

- Depart Buffalo around sunrise and return to EP at about 8:30pm.
- Breakfast provided at camp. Plan to purchase lunch and supper on the road home.
- Group equipment carried in your pack is to be left at Immanuel.
- Vans to be cleaned of trash, gassed up and then returned to rental company (van drivers and one additional vehicle/driver needed to return the vans).

## BACKPACKING ROUTES & TERRAIN

- We start hiking at about 8,500' to 9,000' and may go over a pass at 11,200'
- The highest point in the Bighorns is Cloud Peak, 13,200' (On some trips there will be an optional day hike to Cloud Peak).
- Groups usually hike about 25 miles over the course of the week, and then day hikes as routes allow.

- Group routes are finalized in the Spring and often depend on the make-up of the group.
- Groups can have no more than 12 people (assuming that at least one person in the group has had Leave No Trace training, otherwise 10 is the maximum number/group).
- Hike approx. 3-5 miles/day with a full pack. The last day of hiking is often longer (6-7 miles).
- We typically eat lunch on the trail.
- We build a devotional first-word and evening reflection with highs and lows into the rhythm of each day

### **PHYSICAL PREPARATION**

- It's wise to prepare yourself for carrying a heavy load at altitude! Any form of cardio training is good for developing lung capacity for hiking at altitude.
- Practice hiking with your pack, and progressively adding weight to your pack, will help get your legs in shape for the trip (It will also make sure that your boots are broken in and ready for the trip).
- Several practice hikes will be offered in late Spring and early summer to help you prepare for the trip. We hike at the Richard T. Anderson Conservation area on the Minnesota River bluffs.

### **PACKING**

- This is a tried and true packing list that has been refined over years of leading this trip: [http://www.immanuel.us/images/uploads/Packing\\_List\\_For\\_BIGHORN\\_BACKPACKING.pdf](http://www.immanuel.us/images/uploads/Packing_List_For_BIGHORN_BACKPACKING.pdf)
- We've had hard freezes, and even snow once in the mountains in July, so we need to have layers in the event of extreme weather. High temperatures in the 80s.
- Be careful to not overpack (which often happens with first-time backpackers).
- Maximum weight of your pack should not exceed 1/3 of your body weight.
- About 2/3 of your pack contents should be personal items and 1/3 group equipment (see below).
- Please let Pastor Paul, Paul E or Martin know if you are in need of borrowing some backpacking equipment as we have many people who have gone on the trip before and have equipment available for loan.

### **PACKING NIGHT**

**Wednesday, July 15, 6:30pm**

We meet to organize and distribute our meals and group equipment, and respond to final questions.

- You will receive breakfast, lunch and snack foods for you to carry.
- Evening meals will be organized (all ingredients for the evening meal will be reduced to the least possible packing/weight, with each evening meal being packed in a single garbage bag).
- You will receive some group equipment to carry. Group equipment includes: tents, cook-kit, burners, fuel, water purifiers, potty packs, tarp, first aid kit, evening meals, etc.
- You will receive 2 large garbage bags (one for you to use as a liner for your pack and one for you to cover your pack each night).
- You will receive your trip T-shirt.
- If you need help with organizing your pack please bring it on this night and ask your group leader to help you.

## MENU

Menu items provided in the cost of the trip include:

- **Breakfast:** oatmeal and breakfast bars, coffee and hot chocolate
- **Lunch:** tortillas, peanut butter, Nutella, GORP (trail mix), candy bars, beef jerky, string cheese, dried fruit
- **Supper:**
  - Appetizer: Ramen or potato chowder
  - Main Meal: often includes spaghetti, Mac and cheese, cheesy potatoes, mashed potatoes. With dried chicken, beef or tuna. Dried vegetables.
  - Dessert: pudding (chocolate or vanilla) with cookies; Oreo dessert; Strawberry cheesecake dessert
- Food items and group equipment will be distributed to group participants at the Wednesday packing night.
- Group participants will take turns helping with meal preparation and clean-up, and all will assist with getting water to be filtered.
- We can cater for various dietary needs. Once groups are determined the group leader will work with individuals who have allergies and develop a plan for meals and cooking procedures.

## TRANSPORTATION & DRIVERS

- Immanuel rents 12 passenger vans with extended back storage (15 passenger vans with no back seat). Adults are needed to help drive their group's van.
- Adults over 25 can drive the rental vehicles following a background check. Please connect with MaryKay –[marykay@immanuel.us](mailto:marykay@immanuel.us) - to make this arrangement.

## FINANCES

- Trip Cost: \$325
- \$150 deposit is due by April 1 and can be made online or by check.
- The balance is due June 1 and can be paid online or by check.
- Students may participate in Immanuel fundraisers to earn funds for this trip: <http://www.immanuel.us/youth/fundraisers>
- Scholarships/financial assistance is available upon request.

## CONTACTS FOR YOUR QUESTIONS

- Pastor Paul Nelson: [paul@immanuel.us](mailto:paul@immanuel.us)
- Martin Rathjen: [martin@immanuel.us](mailto:martin@immanuel.us)

[www.immanuel.us/youth/backpacking](http://www.immanuel.us/youth/backpacking)