## Pre-Camp High Country Helpful Hints

High Country Day is a great day! Guests will be stretched and accomplishments will be made!

Guests will encounter incredible views and hopefully experience God in a new way.

The hike at Frontier is a challenging and rewarding experience. Your campers coming prepared will help ensure that it is a positive one. Please note the few things below before you come to camp.

- Everyone goes on the hike unless permitted to stay in camp by the camp doctor. Please be
  prepared for every one of your campers to go on the hike. No campers can be left in camp
  without a leader. If a camper stays in camp due to doctor's orders then a leader from your
  area must stay in camp with them.
- We encourage lots of water before the hike. Be sure water bottles are on your camp packing list.
- Everyone needs to take a jacket, heavy shoes, hats, sunglasses and sunscreen. It is often cold and windy at the summit. Weather can change quickly; make sure that kids wear socks with their shoes. Be sure that these items are on your packing list as well.
- Water and lunch will be provided on the trip.

A member of our medical team will have more detailed information with further instruction at a leaders meeting during your camp week before the hike.

We work closely with the US Forest Service who issues our Outfitters Permit to be on the mountain in large numbers. We are evaluated at the end of each summer as to how well we kept on the trails, litter & trash cleaned up etc. Please help use. A Forest Service Ranger may show up at any time to join our climb without prior notice.