



PARTICIPANT AND GUARDIAN RETREAT INFORMATION/EQUIPMENT LIST

We look forward to having you with us for your retreat. Our mission at DM is to enable individuals and groups to grow to be like Jesus through challenge and recreation. Even though this is called a retreat, we want you to know it can still be very challenging. Any time you venture into a wilderness environment, even just for a day trip, circumstances can occur that make the trip a little or a lot more challenging than anticipated. If the weather, injuries, or other unpredictable circumstances conspire against the group, you will play a big role in taking care of yourself and everyone else. Our instructors are trained to give medical care as Wilderness First Responders (visit www.wildmed.com or call 1-888-wild-med for more details). Beyond that, they purpose to facilitate a growing experience for the group. Visit our web site, goDM.org, for more information.

MEDICAL AND LIABILITY WAIVER FORMS: NO ONE will be permitted to participate in the program unless these forms are signed and on file with us. Please fill these forms out completely (the medical form has two sides), and return them to your retreat organizer ASAP. We charge \$5 per form that we have to fax to obtain a guardian signature, so please ensure both forms are signed in the correct places.

SPENDING MONEY: You may want to purchase souvenirs or candy in our canteen, and you will be charged for any equipment or facilities you lose or damage.

MAILING INFORMATION: Packages may be mailed to you at our mailing address. Please include the group name in the mailing address so we can get the mail/package where it belongs. If the mail/package arrives after your group leaves for home, we will mark it "Return to Sender" and put it back in the mail. Mail travels slowly to Eminence, MO.

CELL PHONES AND OTHER ELECTRONICS: Please do not bring them on the retreat. We want you to interact with the natural world around you and others in the group. We will not allow you to use them while doing activities with DM staff. See "Participant/Parent Information" on our website for more reasoning.

IN CASE OF EMERGENCY: Messages may be left by calling 573-226-3213 or emailing contact@dmchallenge.org. We may not be able to relay the message until dinnertime if the group is doing an off-site adventure.

FOOT CARE: Every activity Discovery Ministries does require lace-up shoes. Although slip-ons may be fashionable, they are dangerous in an adventure environment.

PERSONAL EQUIPMENT AND CLOTHING LIST:

There is no such thing as bad weather, just bad equipment and bad attitudes. Army Surplus, Goodwill and Salvation Army stores sell second-hand clothing that is inexpensive and suitable. Buy for function not looks. You may not need all of these things *if* the weather is perfect, your adventure doesn't require them, or you just like to be miserable for a day. However, sometimes we end early or cancel programs if the participants do not have clothing that we think is adequate. **Weather and itineraries often change at the last minute in the Ozarks.**

A general saying in the wilderness is “cotton kills!” Cotton gets wet, stays wet, and robs heat from your body. Wool, polypropylene, nylon, and many other man made materials dry quickly and keep you warm even if wet. Even in summer, if a big storm blows in and pours rain, you can get cold quickly.

Another wilderness dressing principle is dress in layers. It is better to have a warm, non-cotton shirt, fleece jacket, wind jacket, and rain jacket than to have 1 heavy, fleece-lined rain coat. If you have layers, you can add or take away articles to get warmer or cooler. Of course, in summer you can do without one or two of the middle layers.

ALL YEAR:

- Pillow, towel, bed roll or sleeping bag
- Sturdy, lace-up shoes for activities and walking around camp
- Old shoes, water shoes, or adventure sandals with tight straps for walking in water or on sharp rocks. Flip-flops are NOT acceptable for activities.**
- Shower shoes (This is the only place flip flops are acceptable foot wear)
- Glasses strap (So you don't lose your glasses in the woods, river, or bathrooms)
- Modest swimwear (**Most two-piece swim suits must be covered by a non-white t-shirt.**)
- Modest active wear. **The instructors at DM have this test for modest clothing:** No one can see your underwear or what your underwear should cover when you are soaking wet and/or you bend over, stand on your head, climb in the air over other people's heads, etc. If you are not adequately clothed, the instructors reserve the right to have you change clothing. **If you don't have modest clothing and we can't find any in the lost-n-found for you, you will not participate in our programming.**
- A long-sleeved shirt, long pants, and shoes you can get muddy and ruin – caving is always a rainy day option.
- Flashlight and extra batteries for caving
- Raingear—no umbrellas; a poncho is minimal.
- Water bottle - at least 1 quart—reusable, plastic soda or Gatorade bottles are great.
- Daypack or other pack to carry water bottle, snacks, raingear, and change of shoes
- Sun-screen
- Light jacket or non-cotton sweatshirt

OCTOBER THRU APRIL:

- Heavy coat or parka – or equivalent layers
- Stocking cap or balaclava (**70% of body heat escapes through an uncovered head!**)
- Warm gloves/mittens
- Warm boots