



PLEASE DON'T GIVE US BACK THIS PORTION OF THE FORM...YOU KEEP THIS PART.

- what::** 3-day hike & camp for high school guys
- where::** Red River Gorge in Slade, Kentucky
- depart::** Sunday, October 15 at 12:30p from **Faith**Church
- return::** Tuesday, October 17 at 6:00p
- cost::** Free! (camper must provide their own gear & food - see attached gear list)
- due date::** Permission Form and Liability & Medical Release form are both due by Wed, October 11

For questions prior, please call the church at 765.649.6612. In case of emergency during the trip, please call the church and listen to instructions. Then call 765.524.3442.
 For info on Red River Gorge, visit <http://www.redrivergorge.com/>

(please detach & return bottom portion)

I _____ give permission for _____ to participate in re:mix Renegade Backpack Trip. If an emergency arises while on this field trip, I give permission for my child to have the necessary medical treatment.

Students MUST have a LIABILITY, TRAVEL & MEDICAL RELEASE form on file as well. Please request a form or check to see if your previous form is up to date! Forms expire one year from signed date.

_____ date

parent/ guardian signature

I understand and agree to follow all of the rules and policies of **re:mix** while on this trip. (see attached)

_____ date

student(s) signature(s)

high school backpack trip//gear list

Personal Shelter – try to pack light

- Outdoor hiking boots or sturdy shoes with good tread
- Extra pair of socks
- Weather-appropriate jacket
- Waterproof bag for clothes or strong trash bag sealed

Optional:

- Hat, raincoat, poncho, sunscreen, insect repellent

Camp Shelter – try to pack light

- Tent (small backpacking style if possible) or hammock w/tarp
- Ground cover
- Sleeping bag
- Waterproof bag for sleeping bag or strong trash bag
- Hiking style backpack (*not a book bag or school type backpack*)
- Small flashlight or headlamp

Optional:

- Sleeping pad, extra batteries for light

Water

- 2 one-quart water bottles or “Camel-Back” type bladder system (filled at start)
- Small basic first-aid kit

Hygiene

- Personal toilet kit
 - Small toilet paper roll in Ziploc bag
 - Handi-wipes or hand sanitizer
 - Toothbrush & toothpaste

Food prep – try to pack light

- Matches or lighter and small pieces of fire starter (in Ziploc bag)
- Small pot for boiling water (approx. 1 quart or less)
- Plate/bowl & spoon/fork for eating
- Pot grabber
- Small garbage bag for waste

Optional:

- Small backpacking stove and fuel or sterno

Food

- Dehydrated foods or “Heat & Serve” foods – soups, noodles, rice, dried fruit
 - Dehydrated foods will be lighter than “Heat & Serve” but will require more water.
- Cheese, trail mix, energy bars, jerky, nuts, fruit, candy, etc.
- Dunham’s, Meijer & Wal-Mart have camp meals (add boiling water)
- If possible, avoid metal cans, Styrofoam, large amounts of plastic packaging

Meal Plan:

- Day 1 – Lunch/Dinner _____ on the road _____
- Day 1 – Night Fire _____
- Day 2 – Breakfast _____
- Day 2 – Lunch _____
- Day 2 – Dinner _____
- Day 3 – Breakfast _____
- Day 3 – Lunch/Dinner _____ on the road _____



- Note: consider food packaging that can be disposed of in the campfire.**
- We hold to the “LEAVE NO TRACE” policy. We want to leave the forest clean and essentially undisturbed. Keep this in mind as you prepare and pack.**