

Master Guide Outdoors

North American Division – Youth Ministries

August 5-9, 2020

Mount Ida (Elevation: 12,865ft)

Mount Ida is simply being used as an example. There will be different options for different levels of physical condition. In any case, the technical level of difficulty will be low to mild, and all the expeditions will be day-hikes.

At the Mount Ida summit the temperature range is between 20° and 50° Fahrenheit, and there will be no snow. We need to be ready for light rain but the ascent will be rescheduled in case of severe weather conditions. Trying again during the event extension, if the weather improves.

We should be able to start and finish the activity with sun light, and return to the basecamp by midafternoon.

Note: Day hikes may include high altitude conditions where air is thinner. Training in advance is strongly encouraged in order to enjoy the activity.

Clothing

- Sport underwear
- Merino Wool Thermal Underwear (Two pieces) (1st layer)
- Thermal socks (2 pairs) (Merino wool, wool, or blend)
- MGO T-Shirt
- Breathable hiking pants (2nd layer)
- Comfortable, no-new, light hiking shoes or boots
- Fleece jacket or wool sweater (2nd layer)
- Waterproof/breathable hoody jacket (3rd layer)

Accessories (highly recommended)

- Wool or fleece hat
- Wool or fleece gloves
- Balaclava, ski mask or similar
- Sun glasses
- Sunscreen (SPF 15+)
- Lip balm (SPF 15+)
- Toilet paper
- Emergency whistle (plastic)

Hiking equipment

- 15-35L day pack suitable for long day hikes.
- Meal bars/trail mix/or sandwiches. We will not cook in the mountains to avoid the extra weight and the time consumption.
- 32 oz. water bottles (3) or water bag
- Water treatment (filter, tablets, or drops)
- Pocket knife or multi-tool
- First-aid kit with **personal medications**

Equipment for basecamp (Estes Part Campground)

Here is where you will arrive and from where you will depart to the expeditions and to your home at the end.

For this place you need:

- A tent: space is limited in the campground, so please bring your team with you to occupy available space in the tent, or be open to share another tent.
- Sleeping mat
- Sleeping bag
- Sleeping bag liner or fleece blanket
- Thermal clothes (first layer) for sleeping at the tent (same as for hiking, but dry and just for sleeping use)
- Breakfast, lunch and supper for the days of the event. You can bring your favorite dehydrated meals, or buy something at the local stores.
- If you have, bring a hiking stove (gas is not allowed in the airplane, but you can buy it at the local stores)
- Headlamp
- Water treatment (filter, tablets, or drops)

