

Most Frequently Asked Questions about Camp Forest Springs Wilderness Trips

1) How much money should I bring?

Work with your pastor/leader regarding money for food and travel. You will need money at camp if you want to rent a sleeping bag, thermarest mat, or crazy creek chair (see # 4). Our Mainstreet Café or General Store may be opened for other souvenirs, if time permits.

2) Who do I pay for the balance due on my trip?

You will pay your youth pastor/leader the balance due for your trip. They will handle the finances with Camp Forest Springs.

Youth Pastors/Leaders: you may pay Camp Forest Springs with a check.

3) Do I need a Health Form/Physicians Authorization?

Everyone will need a health form and informed consent form. If you are under 18 your form will need to be signed by a parent/guardian. If you are under 18 years of age and have any medical prescriptions, a “physician’s authorization” form must be completed and signed by your prescribing doctor. Your medication will be held and distributed to you by your leaders throughout your trip.

State regulations require that all prescription medications brought to camp **MUST** include written instructions from a physician. If medications are needed during the camp week, please be sure to have your prescribing physician fill out the **Physician’s Authorization to Dispense Medication form** sent to you (or download this if needed). Medications CANNOT be dispensed without this form. **Medications need to be in the original prescription bottle showing your name and an expiration date.** Unless absolutely necessary, please do not bring non-prescription medications or vitamins. Camp Forest Springs has basic non-prescription medications on hand.

4) What can I rent for my trip?

We have sleeping bags (\$10), thermarests (\$10), sleeping bag and thermarest (\$15) and crazy creek chairs (\$5)

5) What can I buy?

We have sleeping bags and travel pillows available to buy. We sell LaFuma bags for \$40 and Lafuma pillows for \$10. Both are excellent for wilderness trips because they can pack tightly into a stuff sack leaving you room for other things. This is a fabulous deal!

6) Can I bring extra snacks?

We discourage you from bringing extra snacks on the trip. We provide an adequate amount of food for your daily intake. Our breakfasts usually includes a protein, carb, and fruit (ie. Pancakes, sausage, & applesauce). Our dinners will include a protein, carb, and vegetables (ie. Spaghetti with meat sauce, garlic bread, & green beans). Our lunches are light and on-the-move. They consist of crackers, cheese, sausage, gorp, granola bars, Kool-Aid, and other snacks.

7) Can I bring soda and candy?

Feel welcome to bring pop and candy for your ride to and from camp, if your pastor approves. Please do not bring soda with you on the wilderness portion of the trip.

8) What if I have food allergies?

Please let your youth pastor/leader know of any food allergies that you have so that they can communicate that to us. We will do what we can to provide a modified diet, however, food allergies that require major diet changes are best dealt with by you before you come on the trip. We are glad to modify a persons food by taking out certain items if you cannot eat them (ie., taking peanuts out of the trail mix). Bring supplement items if this is a concern. ***Please call if there is a severe peanut allergy BEFORE your trip.**

9) Will I have enough room in my barrel?

Each person will be given their own “blue barrel” for river trips to carry their gear in. The barrel is the size of a large overnight hiking backpack. If you want to make sure you have enough room, stick to the “what to bring” list you were given and you should be okay. Make sure your sleeping bag is compactable (9”X20” when stuffed); this usually takes up the most room. If you are not sure about your sleeping bag, plan to rent or buy one when you get to Camp Forest Springs.



10) Do I have to take the swim test?

Everyone is required to take a swim test every year. We do not keep records from year to year. Our trip leaders need to know your abilities, for safety precautions on the river. If you choose not to take the swim test, you will be required to wear your life vest whenever you are near or in the water...including while in a canoe. If your trip does not involve water, then swim tests will not be a part of your orientation.

11) How long will we canoe or hike each day?

Every day is different on the river or trail. An average amount of paddling you will do is 4-5 hours. On hiking trips you could hike from 5-12 miles depending on the goals for the day. Some days will be shorter or longer depending on the location of the campsite, needs of the group, and destination of the day.

12) Can I bring my cell phone or ipod?

In short, NO. Once you arrive at Camp Forest Springs, headphones, MP3 players, ipods, gameboys, or cell phones will not be allowed to be used. We want to encourage time together as a group.

13) Is there a dress code?

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes, low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn on the river or beach and going to and from the river or beach only.

14) Should I bring warm clothes?

If you follow the "What to Bring" list, then you will have the right clothes for the trip.

15) Can I bring flip flops?

You may bring flip-flops; however they may only be worn as your second pair of shoes at the campsite. While you are canoeing, kayaking, or climbing we want your feet to be safe and insist that you wear a sturdy pair of shoes, ie, tennis shoes, or Teva type sandals.

16) Can I have a pocket knife?

You may bring a small, folding knife (ie. Swiss Army knife). If you want to bring a larger one for fishing your youth pastor/leader or trip leader will hold on to it until it is needed.

17) Can we bathe in the river?

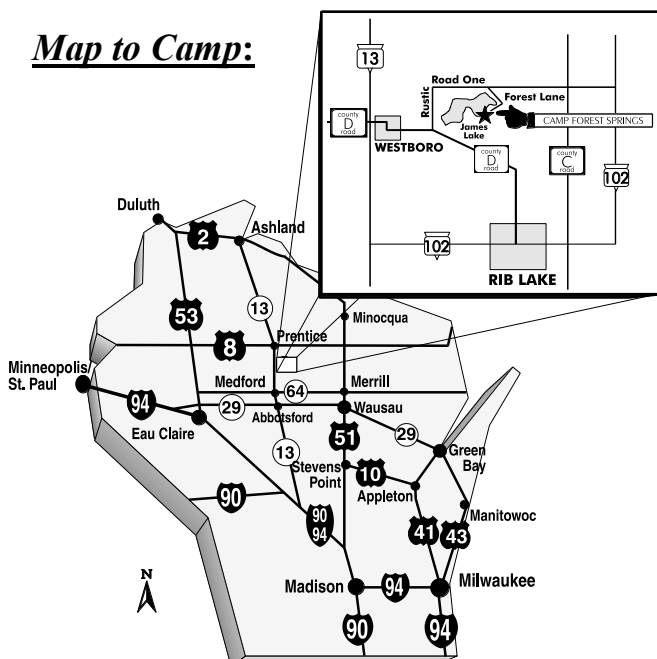
It is not a good idea to bathe in the river. Many of the soaps/shampoos that we use are harmful for the environment. You will have plenty of time to swim and rinse off in the river and then you can look forward to your shower when you get back to camp.

18) Can I leave my belongings in the cabin?

If you find that you have extra items left after packing your barrel and your transportation has left, we have a special closet that you may keep your extra items in. The closet is safe and will be locked. Please do not leave extra clothing, bags, or pillows in the cabins, our accommodations crew will take them to our lost and found area.

19) Where is camp located?

Map to Camp:





Climbing Trip What to Bring List

WHAT TO BRING: (remember, less weight is usually better)

- HANDWRITTEN GOALS
- Clearly labeled medications and Physician's Authorization Form, if bringing prescriptions. Unless absolutely necessary, please do not bring non-prescription items.
- Signed Health Form (by parent/guardian if you are under 18 years old)
- Signed Informed Consent Form
- Bible
- Paper, pen and/or pencil
- Sleeping bag: be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing space.
- Flashlight (check batteries)
- Hand Sanitizer
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- 1 or 2 plastic garbage bags (these serve many purposes)
- Personal items that you know you will need
- Hat for protection from the sun
- Small towel and washcloth
- Tennis shoes for hiking to climbing site. Sandals not recommended.
- A second pair of shoes (tennis shoes, sandals or flip-flops for campsite or participate in a water activity, if needed)
- Modest one-piece swimsuit
- 1 pair of long pants
- 2 pairs of shorts (pair for climbing should be loose fitting that is flexible and will give you a good range of motion)
- Underwear
- Socks (2-4 pairs)
- 2 T-shirts (prefer quickly drying)
- Wool sweater or something comparable for warmth
- Rain gear, top and bottom (top is most important)
- Your own drinking mug or cup
- Your own unbreakable plate and eating utensils
- Extra set of clothes for your last night at camp and your trip home. This will be kept in your luggage and stored in a safe place while you are on your trip. (if needed)

OPTIONAL ITEMS: Sunglasses, camera, extra water bottle (CFS will give you a 22 oz water bottle to keep)

KEEP IN MIND: Everything you need will be carried in a waterproof plastic barrel, with about as much space as a large backpack. In addition to your personal gear, you will be expected to carry some of your own food in a small stuff sack. ☘ Your sleeping bag should fit into a stuff sack approximately 9" X 20". You may rent a bag from us for \$10 per trip or purchase a LaFuma bag for \$40.

SHOES: At no time will you be permitted to be barefooted. Sandals with Velcro straps will come off of your foot very easily when in the river and should have buckles if you intend to wear them while canoeing. Flip-flops are not allowed for your time in the canoe; however they are permitted for your time at the campsites.

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- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn at the beach and going to and from the beach only.

WHAT NOT TO BRING: Audio devices such as CD or MP3 players, ipods, cell phones, electronic games, laser pointers, illegal drugs, alcohol, tobacco products, fireworks, and firearms

CAMP FOREST SPRINGS PROVIDES:

Tents, sleeping pads, cooking equipment, food, camping gear, first aid, climbing equipment, a certified climbing instructor, and certified lifeguards

ITEMS TO RENT OR BUY:

Rent: Sleeping Bag \$10, Thermarests \$10, Crazy Creek Chair \$5

Buy: Sleeping Bag \$40, Sunglass Strap \$5. Mosquito Nets \$2



2011 Wilderness Trip Adult Health Form

All campers must have this side completed each year.

Last Name First Initial

____/____/____ Male Female
Birthdate Age

Address

City State Zip + 4

(____) _____ (____) _____
Home Phone # other (cell or work) Phone #

Health History

	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Physical Disabilities	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>
Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Special Diet	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Stomachaches	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>	Earaches	<input type="checkbox"/>	<input type="checkbox"/>
Pregnant	<input type="checkbox"/>	<input type="checkbox"/>	Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>

Allergic to:

	YES	NO		YES	NO
Insect stings	<input type="checkbox"/>	<input type="checkbox"/>	Penicillin	<input type="checkbox"/>	<input type="checkbox"/>

Foods _____ Other Drugs _____

Date of last tetanus booster ____/____/____

Emergency Release:

I hereby certify that I, _____ is in good health, free from and not exposed to communicable diseases within the last three weeks prior to camp time, and is able to participate in all camp activities.

IN CASE OF MEDICAL and/or SURGICAL EMERGENCY or other necessary medical attention, I hereby give permission to the trained medical staff selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia, x-rays, or surgery for my child as named above. I agree not to obligate Camp Forest Springs to pay medical bills related to treatment.

Signature Date



Over



2011 Wilderness Trip Youth Health Form

All campers must have this side completed each year by a PARENT or GUARDIAN.

Last Name First Initial

____/____/____ Male Female
Birthdate Age

Parent/Guardian

Address

City State Zip + 4

(____) _____ (____) _____
Home Phone # other (cell or work) Phone #

Health History

	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Physical Disabilities	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>
Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Special Diet	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Stomachaches	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>	Earaches	<input type="checkbox"/>	<input type="checkbox"/>
Pregnant	<input type="checkbox"/>	<input type="checkbox"/>	Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>

Allergic to:

	YES	NO		YES	NO
Insect stings	<input type="checkbox"/>	<input type="checkbox"/>	Penicillin	<input type="checkbox"/>	<input type="checkbox"/>

Foods _____ Other Drugs _____

Date of last tetanus booster ____/____/____

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I hereby certify that _____ is in good health, free from and not exposed to communicable diseases within the last three weeks prior to camp time, and is able to participate in all camp activities.

IN CASE OF MEDICAL and/or SURGICAL EMERGENCY or other necessary medical attention, I hereby give permission to the trained medical staff selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia, x-rays, or surgery for my child as named above. I agree not to obligate Camp Forest Springs to pay medical bills related to treatment.

Parent's/Guardian's Signature Date



Over



2011 Physician's Authorization to Dispense Medication

In order for campers to receive prescription medication while at Camp Forest Springs, this form must be completed and **signed (and stamped on back)** by the prescribing physician.

Camper Name: _____

Medication _____

Dosage _____

Frequency _____

Route _____

Duration _____

Adverse Reactions _____

Camper Name: _____

Medication _____

Dosage _____

Frequency _____

Route _____

Duration _____

Adverse Reactions _____

Specific condition when contact should be made with the physician _____

Prescribing Physician's Signature: (Stamp on back side)

Office Phone (_____) _____

Date: _____

Write additional instructions and/or additional medications on the back of this form.

Wilderness Trip Informed Consent



Agreement to personally assume all risk and release of all claims for liability and waiver of right to sue based upon my understanding of this activity and its inherent risks.

I (full name) _____ of (city and state) _____

having the date of birth of (month) _____, (day) _____, (year) _____ and being married , or single , desire **Camp Forest Springs, Inc.**, a Wisconsin not for profit corporation, to permit me to participate in the following described activity. (check the box or boxes that describe your activity)

- Canoeing Kayaking Rock Climbing Backpacking
 High Ropes Course Mystery Trip Related Activities

Risks

I am aware that the above mentioned and related activities are inherently dangerous. I understand that they are strenuous activities that can result in physical and health complications. Other risks include bodily injury and death arising out of accidents due to things such as, but not limited to, the forces of nature, dangers inherent to lake and river activities, dangers from falling rocks, insect bites, snakebites, and other injuries due to encounters with animals. I am aware that a mistake by another camper could result in injury to myself. I am also aware that other campers may be beginners with very little or no experience.

Insurance

I understand that all activities, outings or expeditions sponsored by Camp Forest Springs, Inc. are **not** covered by any form of health insurance. Whenever I participate in such activities, regardless of where they are held, type or duration, that I do so at my own risk and of my own free will. I am aware that I am responsible for paying all my own medical expenses and related costs for any injuries that may occur. In the event of professional rescue needed, the rescuer will bill the rescued person(s) for costs incurred in the rescue. I hereby am advised to review my health insurance policies to determine for myself whether there may be any exceptions for this trip.

Permission and informed consent

In consideration for permission from Camp Forest Springs, Inc. to participate, I hereby expressly consent to the exposure to all the dangers, hazards and risks of this and related activities. I release, promise and agree not to sue Camp Forest Springs, Inc., its officers, its directors, employees, or volunteers as a result of any claims or demands that I might otherwise have resulting from any type of cause of action or personal injury or property damage of any type, including death, which may arise from my participation in this trip sponsored by Camp Forest Springs, Inc. Further, I hereby indemnify and agree to hold Camp Forest Springs, Inc., its directors, officers, employees and volunteers harmless from any and all liability actions, causes of action, claims, and demands of every kind, including natural hazards and dangers whatsoever, as well as costs and attorney fees, resulting from my actions and activities (whether negligent, reckless, intentional or otherwise), associated with my participation in this trip sponsored by Camp Forest Springs, Inc.

Responsibilities and conditions

I further acknowledge that my failure to adhere to safety rules established by group leaders may result in being asked to discontinue participation in the trip and its related activities. If I am barred from further participation in the activities, or if I voluntarily refrain from participation, or if I leave the trip, I am responsible for all expenses incurred and I have no claim for any refunds from Camp Forest Springs, Inc., its officers, directors, employees or volunteers.

Signatures on back →

Each Participant Must Sign

(The signatures below must be of the individual named on the front of the form and of his or her parents or guardians if participant is a minor)

I hereby acknowledge that I have personally read this document in its entirety, that I understand it and agree to all the terms, conditions and limitations stated. I also am signing this Informed Consent form of my own free will.

Signed: _____ Dated _____
(Participant's signature)

If married, as spouse of the above individual, I hereby acknowledge that I have read this document in its entirety, that I understand and am signing it of my own free will and give up any claims I may have as a spouse.

Signed: _____ Dated _____
(Consenting spouse if married)

If minor (under age 18 through the dates of the trip), as parent or guardian of the participating individual, I hereby acknowledge that I have read this document in its entirety, that I understand and am signing it of my own free will and give up any claims I may have as a parent/guardian, and I also give up all rights as set forth on this form for this child.

Signed: _____ Dated _____
(Parent or legal guardian)