



ROCKY MOUNTAIN MENNONITE CAMP

AT 9620' ON PIKES PEAK MASSIF

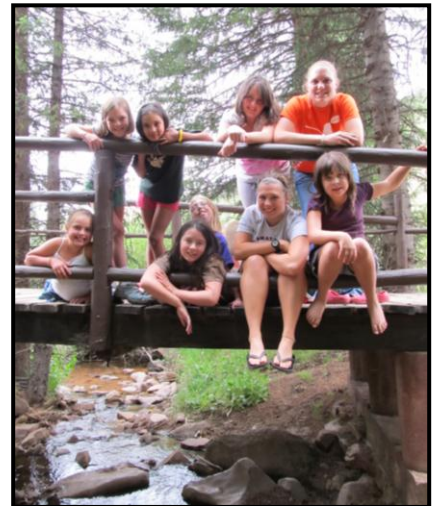
Prepare To Come to Resident Camp!

ABOUT RMMC

MISSION STATEMENT – Rocky Mountain Mennonite Camp is a ministry of the Mennonite Church with the purpose of providing a place of retreat which encourages holistic Christian growth by fostering the spiritual, social, physical, and intellectual growth of each guest.

SETTING - Rocky Mountain Mennonite Camp is situated on the west side of Pikes Peak at 9,620 feet above sea level and is completely surrounded by Pike National Forest. Campers and guests have the chance to experience Colorado's high country wilderness, with its clear streams, conifer and aspen forests, animals, birds, wildflowers, and the wonder of the world above timberline.

SPIRITUAL INPUT – Each week of Resident and Family Camp has a Camp Pastor who cares for spiritual growth of all participants. Wilderness campers take time for devotions and journaling as part of their time on the trail. While teachings are Bible based and from a Mennonite perspective, campers of all faiths are welcome to attend. To learn more about the Mennonite faith, check out “What Mennonites Believe” at www.thirdway.com/menno.



CARING FOR THE CAMPER



SUMMER STAFF – Our summer staff are typically college-aged students from Mennonite colleges and universities. All staff are trained during a week of orientation in caring for the campers who come. Training is focused on the well-being of campers to ensure their physical and emotional safety while at camp. All hike leaders receive Wilderness First Aid training. Climbing supervisors (for rock climbing/rappelling activities) are trained and certified by a professional instructor.

HEALTH CARE – A Health Supervisor is on staff to take care of campers and dispense medications while youth camps are in session. Emergency care is available within 15 minutes in Woodland Park at Pikes Peak Regional Hospital or at Penrose Mountain Urgent Care.

MOUNTAIN LIVING

ALTITUDE – Camp’s elevation is 9,620 feet so it is important for campers and guests to take time to adjust to the high altitude. About one in four visitors to Colorado suffer from acute mountain sickness, the mildest form of altitude illness. Common symptoms include headaches, shortness of breath, fatigue and dry throat. Things you can do to minimize or avoid altitude sickness include:



- Drinking plenty of water before and during your time here to prevent dehydration.
- Avoid strenuous exercise (hiking, jogging, etc.) and salty foods when you first arrive.
- A good first night’s rest is very helpful in giving your body time to acclimate.
- If coming from sea level or low elevation, a day or night spent in Colorado Springs (6,035 ft) will help allow your body more time to adjust to the change in altitude.

SUNBURN – The sun is more intense at this altitude so be mindful of how quickly sunburn can occur. Use adequate sun protection including sunscreen (SPF 15 or higher) or clothing (long sleeves, hat or cap) for outdoor activities. Reapply sunscreen periodically throughout the day as needed.

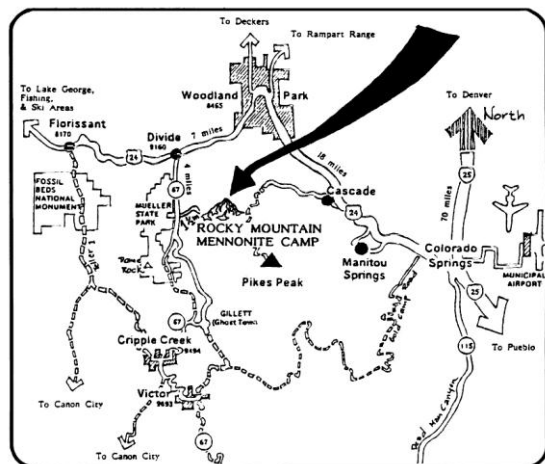
SUMMER WEATHER IN THE ROCKIES – Each day offers a sample of the seasons: spring in the morning; summer in the afternoon; fall in the evening. Even winter can be represented in early June with snow! Rain and hail storms can also come at a moment’s notice just to keep things interesting. Being prepared with appropriate clothing is the key to enjoying the variety of weather the Rocky Mountains offer!

GETTING HERE

DIRECTIONS – From Colorado Springs, go West on U.S. 24 to Divide. At the Divide stop light, turn South on Hwy. 67 toward Cripple Creek. Watch for the “Rocky Mountain Camp” sign 4 miles South of Divide soon after the Mueller State Park entrance. Turn East on the Forest Service Road (to Crags Campground) and travel 1 ½ miles up the road to Camp.

TRANSPORTATION – Families are responsible to make arrangements for getting their campers to Rocky Mountain. Camp offers these pre-arranged transportation options:

- **COLORADO SPRINGS, CO** (to/from airport or bus station) \$15.00 per camper per way. Contact camp with arrival/departure times.
- **HESSTON / SALINA, KS** \$95 round trip or \$50 one-way trip to or from camp. This transportation option is not available for Grade 3 Resident or Senior High Wilderness I & II. Please contact camp with any questions.



THE WEEK OF CAMP

ARRIVAL & DEPARTURE – All youth and wilderness camps begin at 3:00pm on the first day of camp and end on the last day after breakfast at 9:00am. Grade 3 Resident camp begins at 3:00pm and concludes after brunch at 12:00pm.

TRADING POST – Campers have the opportunity to buy snacks, drinks, postcards, etc. Spending money brought by youth campers is collected during registration for convenience and safety and will be



deposited into their “camper account” to use at Trading Post throughout the week. Campers have the option to donate any unspent money to the RMMC scholarship fund or to receive a refund of the remaining balance at the end of the week. See Trading Post items at www.rmmc.org/trading-post-items.

CORRESPONDENCE – Family and friends are encouraged to send letters or emails (camper@rmmc.org) by including the camper name in the subject field. Campers can send letters and postcards through the camp mailbox. Phone correspondence is not a normal option unless special

circumstances arise. Cell phones are permitted at limited times (*see “Technology” below*).

STAFF & CAMPER CORRESPONDENCE – Staff & Counselors are encouraged to be a positive role model to the campers during and after camp. All communication after camp should be initiated by the camper and with permission from their parents. Staff are instructed to view all post-camp communications with campers as if they were still present at camp.

TECHNOLOGY – Our hope is to offer a unique experience away from the “normal” routines of life in the beauty of God’s creation. During the week at camp, we ask for campers to leave electronic devices in the cabin, with the exception of cameras that may be used throughout the week. Cell phone use will be permitted at the summit of hikes as a fun way to communicate with friends and family back home. Campers may use electronic devices in vehicles during off-camp trips. Lost or stolen items are not the responsibility of RMMC.



REQUIRED FORMS – Please be sure to have all required forms for the week at camp. These *must* be completed and signed in order for you to attend camp. All campers must have a physical within two years of the last day of camp. A school or sports physical is acceptable for camp’s records. Please mail, email, or fax completed forms prior to your arrival, or bring them with you on the first day of camp. For a list of required forms for your week of camp, visit the specific week of camp’s webpage.



WHAT TO BRING

Clothing Items

- ✓ Warm casual clothing (*sweatshirts, jeans, etc.*)
- ✓ Light coat/jacket
- ✓ Rain gear (*a must!*)
- ✓ Cap or hat for sun protection
- ✓ Comfortable hiking shoes or boots (*2 pairs of shoes if possible*)
- ✓ Warm sleepwear

For Polar Bears (a morning dip in the cool stream)

AND all 8th/9th Grade Campers

- ✓ Swimsuit (*one piece or tankini for females and swim trunks for males*)
- ✓ Water shoes (*8th/9th Grade – shoes must have heel strap for tubing*)

(continued...)

Bedding / Personal Items

- ✓ Good sleeping bag and pillow
- ✓ Bathroom items (*soap, shampoo, towel, etc.*)

Other Items

- ✓ Bible, notebook & pencil
- ✓ Day pack or backpack
- ✓ Flashlight
- ✓ Sunscreen and chap stick
- ✓ Sunglasses
- ✓ Water bottle
- ✓ Money for Trading Post

(visit www.rmmc.org/trading-post-items for available items and prices)

Optional Items

- ✓ Cameras
- ✓ Instruments/talent for talent show



WHAT NOT TO BRING

- ✓ Food (other than for trip)
- ✓ Fireworks
- ✓ Knives or Firearms
- ✓ Tobacco, Alcohol, Illegal Substances, etc.
- ✓ Clothing with drugs, alcohol, or tobacco references or logos

A NOTE TO PARENTS

- ✓ Colorado state law requires us to “give the child’s parent or guardian information that explains how to report suspected child abuse or child neglect.” If you suspect child abuse or child neglect at Rocky Mountain Mennonite Camp, you may call the Teller County Department of Social Services at 719-687-3335.
- ✓ Colorado state law also requires us to “provide written information to parents at the time of admission on how to file a complaint concerning suspected licensing violations.” If you suspect Rocky Mountain Mennonite Camp of licensing violations, you may write the Colorado Department of Human Services, Division of Child Care, 1575 Sherman Street, First Floor, Denver, Colorado 80203-1714, or call at 303-866-3638. The Colorado permanent child care license number of Rocky Mountain Mennonite Camp is 47969.

