



ROCKY MOUNTAIN MENNONITE CAMP

AT 9620' ON PIKES PEAK MASSIF

Prepare To Come to Wilderness 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 part in 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 part of a week of orientation in which skills and procedures are reviewed in caring and serving campers of all ages. Training is focused on the well-being of all campers to ensure their physical and emotional safety while at camp. All hike leaders receive Wilderness First Aid training and climbing supervisors and instructors (for rock climbing/rappelling activities) take part in a two day training course led by a certified instructor.

HEALTH CARE – A Health Supervisor is on staff to take care of campers and dispense medications 24 hours while the camp is in session. Emergency care is 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.

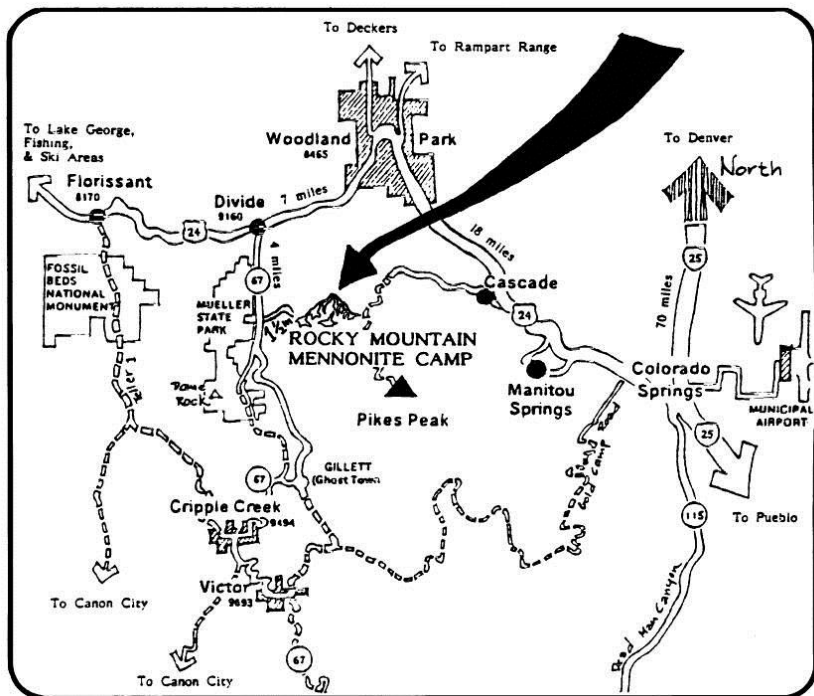
SUNBURN – The sun is more intense at this altitude so be mindful of how quickly sunburn can occur. Use adequate sun protection including sunscreen (SPF 15 or higher) or clothing (long sleeves, hat or cap) for outdoor activities. Reapply sunscreen periodically throughout the day as needed.

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 Craggs 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.



COLORADO SPRINGS, CO TRANSPORTATION – Transportation is available to and from Colorado Springs’s airport or bus station for \$15.00 per camper per way. Colorado Springs transportation costs can be added during online registration. Please contact camp with camper’s arrival/departure times.

KANSAS TRANSPORTATION – Transportation is available at Hesston and Salina, Kansas. Fees are \$95 for a round trip or \$50 for a one-way trip to or from camp. Kansas transportation costs can be added during online registration. 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 will have the opportunity each day to purchase snacks, drinks, postcards, clothing (T-shirts, sweatshirts), etc. Trading Post money can be allocated to your camper during the online registration process. Money brought by campers is collected during registration for convenience and safety. Campers will have a running balance at the Trading Post of purchases during the week. Any unspent amount will be returned at the end of camp. To view a list of Trading Post items, check out our website at: www.rmmc.org/page/trading-post-items



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

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 – Campers are welcome to use electronic equipment (cell phones, music players, games, etc.) as part of their trip to and from camp. During the week of camp, we ask for electronic devices to remain in their personal belongings for limited use during quiet times. Cell phone use will be permitted at the summit of hikes as a fun way to communicate with friends and family back home. Lost or stolen items are not the responsibility of RMMC.



WHAT TO BRING

For Base Camp:

- ✓ Normal Casual Clothing
- ✓ Warm Sleeping Bag (*mummy bag best*)
- ✓ Pillow
- ✓ Towel
- ✓ Toiletries (*soap, shampoo, toothbrush, toothpaste, chapstick*)
- ✓ Small Flashlight
- ✓ Sunscreen
- ✓ Money for Trading Post
(visit www.rmmc.org for available items and prices)

For Back Packing:

- ✓ 1 Rain Coat
- ✓ 1 Pair of Hiking Boots or Shoes
- ✓ 1 Pair of Sandals
- ✓ 3 Pairs of Socks (*preferably wool*)
- ✓ 1 Pair Shorts (*not jean shorts*)
- ✓ 1 Pair of Athletic Pants
- ✓ 1 Pair of Sweat Pants/Long Underwear
- ✓ 2 Pairs Underwear
- ✓ 1 Short Sleeve T-shirt
- ✓ 1 Long Sleeve T-shirt
- ✓ 1 Fleece or Sweatshirt
- ✓ 1 Pair Light Gloves
- ✓ 1 Stocking Hat

For Horseback Riding:

- ✓ Jeans

For Rock Climbing / Rappelling:

- ✓ Tennis Shoes or Hiking Boots

For Rafting:

- ✓ Swimsuit
(*one piece or tankini for females and swim trunks for males*)
- ✓ Water shoes
(*sandals with heel straps or tennis shoes that can get wet*)

Optional Items

- ✓ Water Bottle
- ✓ Baseball Cap
- ✓ Camera

WHAT NOT TO BRING

- ✓ Candy/Gum
- ✓ Knife
- ✓ Fireworks
- ✓ Tobacco, Alcohol, Illegal Substances, Firearms, etc.
- ✓ Clothing items with drug, alcohol, or tobacco references or logos

RMMC PROVIDES

- ✓ Back Packs
- ✓ Sleeping Mats
- ✓ Plastic Rain Covers
- ✓ Water Bottles

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.

