

# **AMR**

# Adventures

# **2010**

Booklet for Group Leaders



Atlantic Mountain Ranch  
11760 Custer Limestone Rd.  
Custer, SD 57730

**Lutherans Outdoors in South Dakota**

## TO GROUP LEADERS FOR AMR ADVENTURES PROGRAM: 2010

Welcome to an AMR *ADVENTURES* week at Atlantic Mountain Ranch. A great adventure awaits both you and your group this summer. We are recruiting and training a committed Christian staff, preparing our summer Bible study theme, planning for delicious meals, and setting up programs to be fun-filled and meaningful. We are looking forward to planning a unique camping experience that will challenge your group and help campers develop spiritually, socially, and physically. Please read thoroughly both this booklet and the camper booklet to help prepare the group for the adventures ahead.

Included in this booklet is the information you will need to have a great week with us. Please look it through carefully and discuss the options with your group. Return the form listing your choices by April 15, 2010, or earlier. We will then be able to plan your week and make arrangements for your activities.

This booklet includes:

- Details for the Group Leader.
- A quick overview of the Black Hills and the Adventures program.
- The Rhythm of A Day and the Rhythm of the Week.
- The Ten Options. You need to pick options totaling four days worth of programming.
- Thoughts Before Camping.
- Equipment List.
- Fitness suggestions which make sense when you are operating in mile-high country.
- Choice of Options Form. **Return this form to Outlaw Ranch by April 15, 2010.**

We are looking forward to having you with us this summer. We will have a great week together.

Mary Stutz  
Assistant Director  
Outlaw & Atlantic Mountain Ranches

If you have questions, contact Mary:

Before June 1st at Outlaw Ranch at 605/673-4040

After June 1st at Atlantic Mountain Ranch at 605/673-3017 or 605/673-3435.

or email: [mary@losd.org](mailto:mary@losd.org)

Lutheran Outdoors in South Dakota is an equal opportunity provider and is operating on the Black Hills National Forest under the terms and conditions of a Special Use Permit.
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## AMR ADVENTURES PROGRAM DETAILS FOR THE GROUP LEADER

**Arrival:** You may arrive at Atlantic Mountain Ranch between 3:00-4:00 p.m. (Mountain Daylight Time) on Sunday.

**Departure:** Friday by 10:00 a.m.

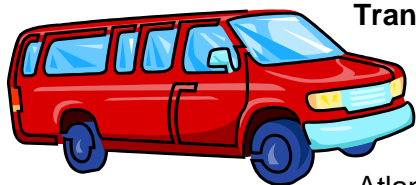
**Choice of Options:** Please read this booklet carefully and choose with your group four days worth of activities. **Return the “Choice of Options” form as soon as possible but by April 15<sup>th</sup> at the latest.**

**Group Size:** In our camp programs, we are committed to building relationships with a group of campers and their counselors during a week of camp. To best serve these small-group dynamics and our program and scheduling needs, we'd like to stay in small groups of about 12 people. Please divide larger groups into smaller counselor/activity groups no larger than 12 people each (including adult advisors). Turn in one “Choice of Options” page for each small group. These small groups will follow their choice of activity during the daytime, and will join together with other small groups for meals, evening activities and fellowship.

If you have questions about your group size and how to divide into smaller groups, please call and ask for Mary.

**Health Forms:** Be sure that all campers bring their health forms with them to Atlantic Mountain Ranch. All forms should be checked ahead of time to make sure that all information is complete.

**Registration Fees:** Pay registration fees to the Sioux Falls office two weeks prior to your arrival. If there is a change in the number attending from that originally paid, refunds will be made after your scheduled week. If a camper is not able to attend, the \$100 deposit is not refundable, but is transferable to another camper going from your church group. If we are not notified of a cancellation at least 2 weeks before your camp date, there is a \$25 service charge per person. Additional fees for caving, fly fishing, kayaking, or rock climbing should be paid on arrival at Atlantic Mountain Ranch. (See individual activities for details.)



**Transportation:** **Your group is responsible for ALL transportation (including the transportation of our staff members) to your various adventure**

**sites.** The locations of activities could be anywhere from ten to forty miles from Atlantic Mountain Ranch. There must be a seat belt for all of the occupants. Please carry proof of insurance for all vehicles and drivers.

Atlantic Mountain Ranch will transport bicycles or camping equipment as needed.

**Phone contact:** While out during the day on various adventures, you may not have access to a telephone or other means of communication. In case of an emergency, parents may contact Atlantic Mountain Ranch (see below) or Outlaw Ranch at (605) 673-4040. The camp will attempt to contact the group if the situation warrants such action. However, the group may not be able to receive the message until they return to camp from their daily adventure.

The address of camp is: Atlantic Mountain Ranch  
11760 Custer Limestone Rd.  
Custer, SD 57730  
Phone # (605) 673-3017 or (605) 673-3435

**Cell phones:** If your youth bring cell phones along for the van trip, please collect them or we can keep them in the office for the week. We ask that campers not have a cell phone with them during the week of camp, because this detracts from focusing on the daily activities and building relationships with others in the group.

**Offering:** Each week we take an offering at camp. This year the offerings will go toward the Lutherans Outdoors Campership Fund, to ensure that truly everyone is able to attend camp. We are also collecting food and toiletries for the food pantry and women's shelter in Custer if you would like to contribute.

**Insurance:** Lutherans Outdoors in South Dakota carries a minimal insurance policy for accidents and illness incurred at camp. Our policy assumes the camper's insurance will be the primary coverage. If we must take someone to the doctor for treatment, the clinic will first file a claim with the camper's insurance. If there is no insurance, or if the camper's policy will not pay for this accident or illness, our insurance will cover the costs up to \$2,000 for an accident and \$200 for an illness. Personal property is not covered by camp insurance and any claims for loss, theft, etc., will need to be submitted to your personal homeowner's/renter's insurance company.

### **DIRECTIONS TO ATLANTIC MOUNTAIN RANCH:**

From Rapid City -- Follow highways 16 & 385 through Hill City south to the Crazy Horse Monument. Just past Crazy Horse Monument at "Heritage Village" watch for sign "Atlantic Mountain Ranch" on the right. Turn right (west) onto gravel road (Medicine Mountain Rd.) and veer left at fork onto Custer Limestone Rd. (about 3/4 mile off highway). Continue on this gravel road (about 3 miles past fork) watching for our sign on the right. Turn right into Atlantic Mountain Ranch.

From Custer -- Follow Highway 16 & 385 north for three miles. Turn left at "Heritage Village" onto Medicine Mountain Road (at Atlantic Mountain Ranch sign) and continue as directed above.

**Notice: Please check to make sure all participants have the items outlined in the "Must Have" section of the equipment list. Remember, all participants must have appropriate footwear for the activities chosen.**

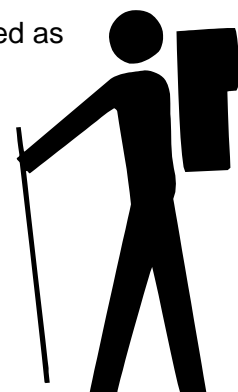
## **FITNESS**

The adventure you are about to embark on will be rewarding and fun, but it will also be physically challenging and should not be taken lightly. One must be as physically prepared as possible to enjoy the adventure experience to its fullest!

The best kind of "fitness" is what we call endurance fitness: the ability to do prolonged work without fatigue. It has to do with the body's overall health – the health of the heart, the lungs, the entire cardiovascular system and the other organs, as well as the muscles. The key is to get enough oxygen and to carry it in the blood to all areas of the body. This week you will be at a higher altitude where there is less oxygen in the air. As the activities become more vigorous, (i.e. hiking mountains, biking, caving) however, some of us have a harder time keeping up.

Therefore, what you need to do to prepare your body for this kind of trip is to engage in "aerobic" exercise that demands oxygen and forces your body to process and deliver it. Aerobic exercises include running, walking, swimming, cycling, aerobics, etc.

We want your adventure experience to be as enjoyable as possible! So, please spend some time exercising to get in shape for your week at camp!



## AMR ADVENTURES

**Native Americans called the Black Hills the *Paha Sapa***, the Hills of Black, or the Holy Place. Some Native Americans claim that they never stayed overnight in the Hills because of this. Others dispute this, but all call it a special place. Once you have been out here, we hope that you, too, will discover the sacredness of the Black Hills.

**The Hills are really smaller mountains.** Atlantic Mountain Ranch is at an elevation of just over one mile high. This is high for most of you who will journey to be with us for a week of camping. It takes a day to adjust to the altitude. Walking at your regular pace you will breathe deeper, become tired more quickly, and perhaps feel a little light-headed at times when you are pushing yourself. Don't worry about this. Within a day you'll be OK!

**The Black Hills have a special quality** to those of us who live in them year-round. Many claim that there is a special energy that comes from the Hills. Jesus talked often about going to the hills to be renewed. In the quiet of the hills, with wildlife moving through the meadows and forests, as the wind whispers through the pines, you will begin to sense more of the rhythms of the weather and connect with the rhythms of your own life. Hopefully, you will begin to see the connectedness of all life.



Your *AMR Adventures* week is designed for seeing yourself and your group in a bigger picture as you live out your time together in the Black Hills, the *Paha Sapa*.

**We have selected ten adventurous activities for you to review.** Please check them over to see the choices of number of days to allow for each activity. Your group is to pick activities that will take a total of four days. For example, you could pick four activities that take one day each. You could select two activities that take two days each. Or you could choose a combination of one and two-day activities.

Some of the activities will not take the full day. That is intentional. Some of your time will be spent at Atlantic Mountain Ranch. Worship, Bible study, campfires, games, and mealtime chores of cooking and clean-up are integral to each of our days. These take time. We will not want to rush these community times together. You will be involved in each of these key times during the day as a listener, participant, and leader.

**Your group will live at “The Outpost” area of Atlantic Mountain Ranch.** The site has cabins with bunks, outhouses, and sinks with hot and cold water. You will use flashlights and lanterns instead of the modern convenience of electricity. The modern bathhouse with showers is 1/4 mile away. Most meals during the week will be cooked over a fire by group members. A few meals will be served in the dining hall. The experience will be that of a simple lifestyle -- getting back to the basics, developing a team with your group, and having the adventure of a lifetime!

## AMR ADVENTURES

### THE RHYTHM OF A DAY AT CAMP \*\*

#### Morning:

- 6:30-7:00 Wake up. Breakfast preparation begins.  
*First Word* - morning devotions – before breakfast
- 7:30-8:00 Breakfast. Chore groups will be involved in preparation and clean-up of all meals. We will pack lunches each day after breakfast.
- 9:00-10:00 Leave for the day's activity
- Noonish Lunch break at the appropriate time. This may be a time for Bible study . . . or we may fit it in at another time.

#### Afternoon:

- 4:00-5:00 Return to Atlantic Mountain Ranch. Meal preparation with the cook . . or . . time to relax.
- 5:30 Dinner
- 7:00 Group games or Bible study
- 9:00 Campfire / Worship
- 9:45 Closing devotions in small groups



### THE RHYTHM OF THE WEEK

#### SUNDAY

- 3:00-4:00 pm Arrival at Atlantic Mountain Ranch  
Settle into housing and living area  
Orientation to the week and your group's activities.
- 5:30 Dinner  
Clean up  
Continuation of orientation and group games.  
Go through individual and group goals for the week.  
Campfire/Worship.  
Closing devotions in small groups.

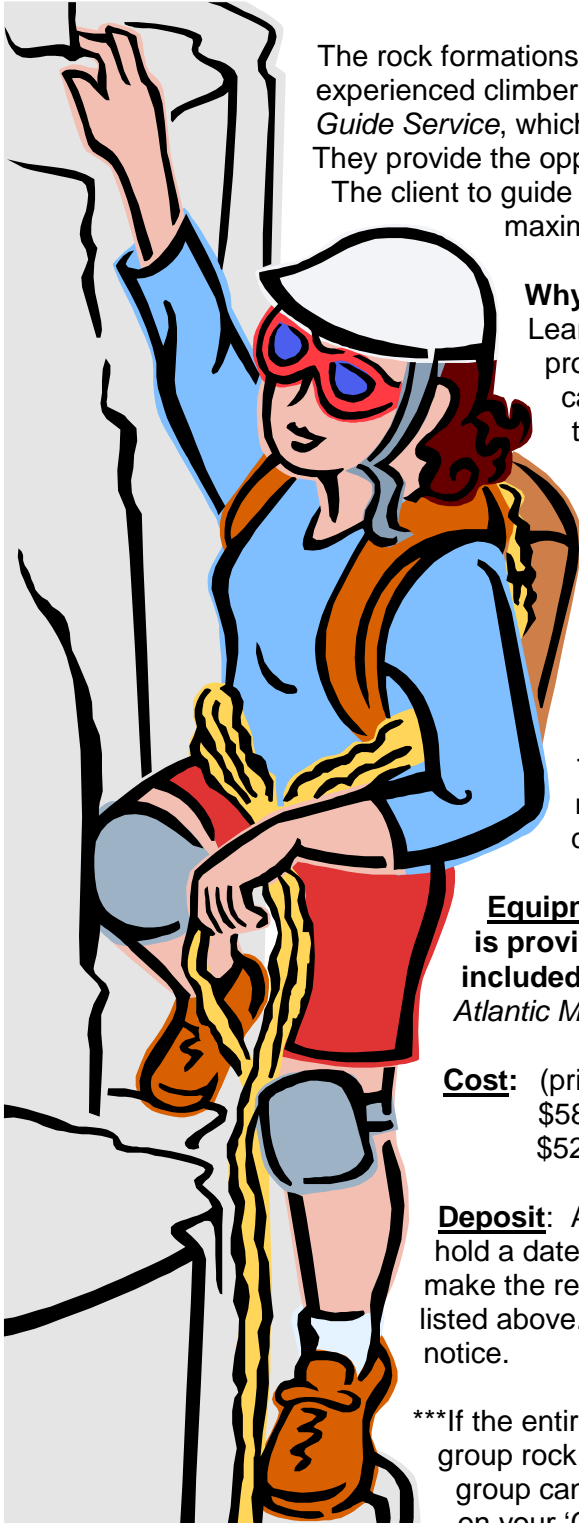
MONDAY through THURSDAY – See daily schedule above.

#### FRIDAY

- 7:00 am Wake up, packing for trip home, return camp gear.
- 7:50 *First Word*
- 8:00 Breakfast at the dining hall  
Clean up camp
- 9:00 Closing Worship
- 9:30 - 10:00 Depart for home

\*\*All times are approximate. Schedule may vary depending on the activities you have chosen and on the weather.

## OPTION #1 ROCK CLIMBING



The rock formations of the Black Hills make it a perfect place for beginner or experienced climbers. We will work with the *Sylvan Rocks Climbing School and Guide Service*, which is accredited by the American Mountain Guides Association. They provide the opportunity for you to think, learn, and climb at your own pace.

The client to guide ratio is low, allowing climbers to get the most for their money: maximum climbing time and quality hands-on learning.

**Why climb with a guide?** Climbing is inherently dangerous. Learning skills while remaining safe takes time. Climbing with a pro greatly accelerates learning and lessens risks. An expert can teach you in a few days what it might otherwise take years to learn.

This four-hour climbing session will focus on building confidence on steep rocks, safety, communication, tie-in knots, proper equipment use, belaying and rappelling. A beginner-friendly location with varying degrees of difficulty will be selected. Enjoy spectacular views!

Waivers and health releases are required for all climbers. Minors must have a waiver signed by a parent or guardian. These forms will be sent to your group after we receive your registrations. If you question your physical ability, see your doctor prior to the climb.

**Equipment needed:** All climbing gear, including climbing shoes, is provided by the guide service. All clothing items you need are included on the enclosed equipment list.

*Atlantic Mountain Ranch will provide water bottles, lunch, and snacks.*

**Cost:** (prices include sales tax)  
\$58.03 per person for groups of six to 11 people (minimum six)  
\$52.75 per person for groups of twelve or more people.

**Deposit:** A \$200 deposit is required with the Rock Climbing School to hold a date for your group. We will ask you for this deposit when we make the reservations. The deposit is part of your group's total fee as listed above. There will be no refund if you cancel with less than 30 days notice.

\*\*\*If the entire group does not wish to climb, we can send a portion of the group rock climbing (preferred minimum is six people), and the rest of the group can choose another activity. Please list the number of climbers on your 'Choice of Options' page.

## OPTION #2 MOUNTAIN BIKING

Exploring the Black Hills by bike is an excellent way to see the scenery, feel the wind in your face, and enjoy being with your group. Our biking program makes use of public land in the Black Hills National Forest, one of the most unique natural settings in the world. We may also cross roads, pass homes, and ride through small towns as we bike through the Hills. Our riding is not a race, but a time to enjoy the scenery and ruggedness of the Hills as we stretch our muscles and minds.

There are two different trips your group could take. The entire group travels together for the day.

### 1. Biking on Forest Service trails and backcountry gravel roads.

This ride consists of steep uphill and downhill, difficult terrain, and a high level of exertion. Even so, we will be riding safely on trails and roads, not over dangerous precipices!

### 2. Biking on the Mickelson Trail.

For a more leisurely pace, ride on an old railroad line that has been converted to a bike trail. Ride over more gradual uphill and downhill than the first choice. Atlantic Mountain Ranch will provide trail passes for the Mickelson Trail.

You can choose biking for one day to four days. If you choose to bike for more than one day, you will bike through a different location in the Hills each day.

The camp will provide mountain bikes, helmets, water bottles and bike repair gear. You can bring your own well-maintained mountain bike (minimum 18-speed) and/or helmet if you wish.

**Equipment needed:** Each biker should bring a daypack to carry your jacket, raingear, water, lunch, camera, etc.



## OPTION #3 FLY FISHING

Try your hand at catching a trout in area lakes and streams. You will learn casting and other fly fishing techniques from a fly fishing expert. We will not guarantee that you will catch a fish, but we can guarantee that you will have fun!



**Fishing equipment will be provided by Atlantic Mountain Ranch. You can also bring your own fishing gear if you wish.**

**Cost:** South Dakota fishing license required for all over age 16.  
South Dakota resident - \$9.00  
Non-resident - \$16.00

This is a one-day activity.

## OPTION #4 BACKPACKING



days of hiking.

Your group can choose two to four days of backpacking in the pine forests of the Black Hills. **Immerse yourselves in the awesome beauty of creation, struggle with challenging uphill on the trails, and enjoy cooking and eating in the open air.**

You choose one, two, or three nights on the trail and we will plan a route to fit the group. One night will include two days of hiking; two nights will include three days of hiking, three nights will include four

**Equipment:** Atlantic Mountain Ranch will provide you with the following equipment: tent, backpack, cooking gear, food, tarp, water purification equipment, stoves and fuel, water bottles, maps and compass, first aid kit, experience, organization, and fun! You will need to provide items on the individual equipment list.

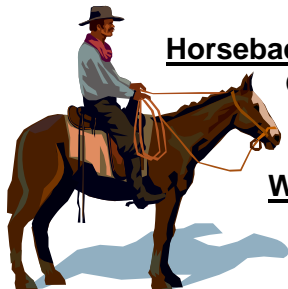
**Footwear:** Your feet are your “sole” means of transportation. The boots you wear for backpacking are very important. This does not necessarily mean buying a new pair of boots because new boots can cause blisters and be very hard on your feet. If buying a new pair, consider some of the lightweight hiking boots on the market. They are easier to break in and are usually easier on your feet than the all-leather type. Make sure your hiking boots provide ankle support. Running shoes provide no ankle support. Buy new boots at least two weeks in advance of your trip. Make sure your boots, whether new or used, are well-broken-in to your feet.

Having good socks is as important as having good shoes. Socks can help prevent blisters as well as keep your feet warm. Wearing two pairs of socks usually helps prevent blisters. We recommend a thin pair of synthetic socks underneath a pair of wool socks or medium to heavy hiking socks.

## OPTION #5 DAY AT THE RANCH/LOW ROPES CHALLENGE COURSE

Your group may choose to spend a day enjoying activities at Atlantic Mountain Ranch. We will have several options available including the items below:

**Low Ropes Course** – Atlantic Mountain Ranch has a 14-element low ropes course that will challenge your body and mind in group-building activities. Test your group’s ability to work together to successfully get all members through the Wild Woozy, Triangle Tension Traverse, Heebie Jeebie, Tire Traverse and other elements. You will learn leadership, problem solving and cooperative skills. You will end the day feeling much better about yourself and with a closer bond to the members of your group.



**Horseback Riding** - Take a one-hour trail ride through quiet pine forests of the Black Hills. Our wranglers will provide your group with a safety orientation and introduction to the horses of Atlantic Mountain Ranch.

**Wilderness Skills** - Become familiar with orienteering, wilderness survival, and safety.

## OPTION #6 CAVING AT JEWEL CAVE OR WIND CAVE

The exploration of Jewel Cave began about 1900 when two South Dakota prospectors happened to hear wind rushing through a hole in the rocks in Hell Canyon. Enlarging the hole, they found a cave full of sparkling crystals. Finding no valuable minerals, they tried turning the cave into a tourist attraction. In 1908, Jewel Cave National Monument was established to protect the small but extraordinarily beautiful cave. Fifty years later, cave exploration intensified and still continues today.

On a tour you can sense that Jewel Cave is not the small cave it was once thought to be. Today it is the third longest known cave in the world, a labyrinth that twists and turns for miles, renowned for its variety of formations.

### Cave Safety And Regulations:

- Boots or rubber-soled shoes, depending on the tour, are recommended because trails can be slippery and some stair climbing is required on each tour.
- Wear a light jacket to keep comfortable in the 49-degree temperature of the cave.
- Persons who have heart or respiratory problems, have recently been hospitalized, or have a fear of heights or closed-in spaces should consider these before selecting a tour.

[Material taken from National Park Service publication.]

**CAVE TOUR OPTIONS:** Your group has two options for cave tours.

**LANTERN TOUR:** For all ages. A 1930s-style adventure, this 1/2 mile, 1 3/4-hour tour follows the paths of Jewel Cave's earliest explorers. You see the cave's calcite-coated passages lighted by lanterns. The round-trip tour begins at the historic entrance in Hell Canyon. Strenuous with steep stairs, this tour requires bending and stooping. Jewel Cave provides lanterns. Wear long pants.

**Cost:** \$8 for age 17 and over, \$4 for up to age 16.

**SPELUNKING TOUR: (For age 16 and older)** This four-hour cave-crawling tour gives you a chance to scramble over cave "breakdown," chimney between cave walls, use a handline to climb a nearly vertical wall, and belly-crawl through tight passages. Spelunking will be in either Jewel Cave or nearby Wind Cave, depending on availability. To qualify, you must crawl through an 8 1/2 by 24-inch opening. Youth must be age 16 or older, with parent's written permission. Reservations for spelunking based on availability. If no space is available, we will book the group members on the Historic Tour.

**Equipment needed:** Campers need to bring old clothes (long pants and long sleeve shirt/jacket) that may be stained black because of the manganese in the cave. **\*Above-ankle, rubber-soled, lug-soled, lace-up boots are required.\*** Caving equipment is provided (i.e., knee and elbow pads, gloves, hard hats, headlamps, etc.).

**Cost:** \$23 – \$27 per person depending on cave availability.



**Option #1:** Entire small group chooses to go on Historic Tour.

**Option #2:** Part of your small group chooses the Spelunking Tour and the rest choose the Historic Tour. Mark number of people on each tour on the "Choice of Options" page. Permission Forms for spelunking will be sent to you after you register.

## OPTION #7    BLACK HILLS DAY HIKE / LAKE SWIMMING

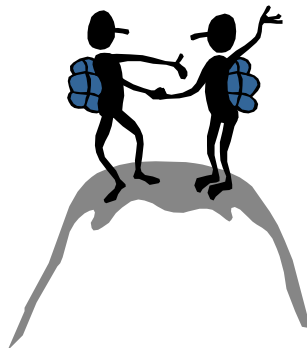
Native American people have held the Black Hills, or *Paha Sapa*, as their spiritual center for hundreds of years. The tallest peaks were often sought out for vision quest ceremonies. Hiking up to a peak or overlook is an exhilarating experience that gives a magnificent view of the surrounding area.

There are several options for your group for an invigorating day hike in the Black Hills:

- **Little Devil's Tower** is a unique rock formation that affords spectacular views of the Cathedral Spires, Harney Peak and the entire southern hills.
- **Harney Peak**, at 7,242 feet, is the highest peak in the Black Hills.
- **Sunday Gulch Trail** follows along a stream flowing out of Sylvan Lake. Hike through a dramatic valley with granite walls towering overhead.
- **Lover's Leap Trail** begins in pine forests, follows a ridge line with a high rocky outcrop (Lover's Leap), passes through an area burned in a forest fire, and meanders along a creek.

When you arrive at camp, our staff will help you select a hike to suit your group.

**Equipment needed:** Atlantic Mountain Ranch will provide water bottles and lunch. Campers will need hiking shoes or boots that are broken in, and a day pack in which to carry their lunch, water, and a jacket or raingear.



### **Optional activity:**

After enjoying lunch on the trail and the view from the top, when you reach the end of the trail, your group may wish to swim in Sylvan Lake or Legion Lake in Custer State Park. Both lakes have sandy beaches and are surrounded by granite rock outcroppings. They are beautiful areas in which to enjoy your time in the Black Hills. The water may be cold, but it is invigorating!

For swimming activities, a lifeguard is required. AMR will do its best to provide a guard, but depending on staff assignments, a camp lifeguard may or may not be available. In order to assure a swimming activity, you may want to bring your own certified lifeguard.

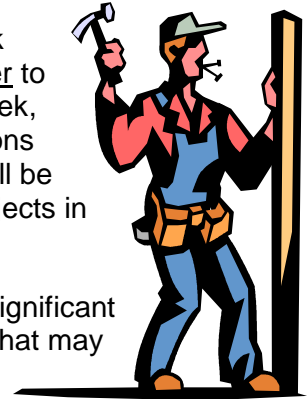
Swimsuits and towels will be needed if the group wishes to swim after the hike.

## OPTION #8 SERVANT PROJECT

Your group will have a choice of three project areas. We will need to know when you send in your choices which servant project you would like to do so we can line it up for you.

### **Servant Project #1 HOME CONSTRUCTION/RENOVATION PROJECT**– One or two days

Help to provide decent housing for low-income families. We work with the Black Hills Area Habitat for Humanity in Rapid City. Participants need to be 16 or older to work with Habitat. If Habitat for Humanity is not able to schedule us for your week, other construction projects might involve work in renovating a home or renovations with a non-profit agency in the Custer area. The project your group works on will be selected by the Atlantic Mountain Ranch staff depending upon availability of projects in a particular week.



All building supplies and tools will be provided. If a member of your group has significant construction experience, please let us know when you send in your options, as that may help determine which project we can do while your group is here.

Some groups have also found that it greatly enhances the experience to bring an offering to contribute toward the cost of the supplies to be used in this summer's projects. This is also a great way to get additional involvement from your congregation.

**Equipment needed:** Participants will need to wear work clothes and sturdy shoes or work boots. Paint clothes are sometimes needed. If you have a favorite tool belt or hammer that you like to use, please bring it. Every additional tool helps out.

### **Servant Project #2 U.S. FOREST SERVICE** – One or two days

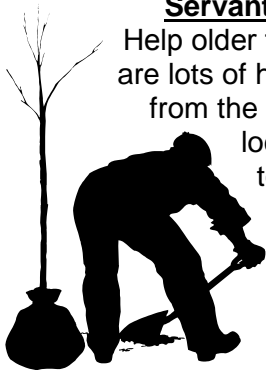
Work with the Forest Service on trail maintenance projects in the Custer District of the Black Hills National Forest. The work could include cleaning or constructing water bars, rerouting or rehabilitating sections of hiking trails, wilderness clean-up, or seeding and brushing in the Black Elk Wilderness, Harney Peak area, or other areas of the Black Hills.

The Forest Service will provide the necessary tools, hard hats, and a staff person supervising the project. They may also present a talk on the forest ecosystem and our place in caring for the environment.

**Equipment needed:** Wear long pants and boots and bring a long-sleeve shirt.

### **Servant Project #3 CUSTER SENIOR CENTER** – One or two days

Help older folks in the Custer community who aren't able to do things for themselves. There are lots of household tasks we can help people with: yard work, cleaning, moving things up from the basement, painting, washing windows, etc. The Senior Center in Custer will help us locate local seniors who can use assistance. A nice benefit of this day is that you get to visit with the people you are serving.



**Equipment needed:** Campers should wear work clothes (perhaps bring paint clothes, as sometimes we do painting projects).

## OPTION # 9 GEOCACHING

Do you like searching for a hidden treasure? Then try your hand at Geocaching.

**Geocaching** is an entertaining adventure activity for GPS users. It will give your group the chance to explore the woods and varied terrain of the Black Hills as you hike with the purpose of finding a hidden “cache.”

**Using GPS devices, campers work in groups using location coordinates (Latitude and Longitude) to find hidden objects (“caches”) that have been set up in the Atlantic Mountain Ranch vicinity.** The cache may be a bucket or a box containing several items, or a clue for your group.

Each camper will have a GPS unit and campers will work in groups of two to four youth with one staff member or adult advisor. You will be taught the skills of using a GPS unit, then will head off to follow a trail. When your group finds a cache, you make a notation in the logbook and look for further clues to continue the search for the next cache. There will be a surprise at the end.

***An explanation of terms:** The word Geocaching is made up of “Geo” for geography, and “caching” for the process of hiding a cache. (The activity is pronounced Geo-cashing, like cashing a check.) GPS stands for Global Positioning System. A GPS unit is an electronic device that uses signals*

*from three or more satellites to determine your location on the planet within a few feet. You use the unit to navigate from your current location to another location.*



## OPTION # 10 KAYAKING

Spend the morning at a mountain lake learning the skills of paddling a kayak where you want it to go. Enjoy cruising across the lake, observing the wildlife, and listening to the sounds of nature as well as to the laughs and conversations of your fellow group members. In the afternoon, you get to try your hand at kayaking down a section of a creek, navigating your way through the rocks and small rapids.

You will be taught by experienced kayakers and your counselors. All equipment will be provided.



A release form is required. Forms needing parental signatures will be sent to your group after you register.

**Clothing:** Shirt, shorts, and shoes to get wet. Fleece jacket. Shirts should be of a material that will dry quickly and not absorb moisture, such as polypro, nylon, wool, spandex, or neoprene (not cotton). Shoes must be able to stay attached to your feet, and must be worn at all times while boating. Less bulky shoes, with a close profile to your foot, are better. Swimsuits are optional, to be worn under clothing. Also bring a towel.

**Cost:** \$40 per person per day.

This includes instruction and the rental of kayak, paddle, life jacket, helmet, and skirt.

## EQUIPMENT LIST

These are items you must bring for your week of *AMR Adventures*:

- \_\_\_\_\_ Sleeping bag rated at 30 degrees Fahrenheit
- \_\_\_\_\_ Rain gear (poncho or rain coat and pants) – **A MUST!!!**
- \_\_\_\_\_ Two pair of shoes/boots depending on your chosen activities (hiking boots for backpacking and hiking, work boots for servant projects, boots with 1/2 “ heel for horseback riding, other shoes for around camp)
- \_\_\_\_\_ 2 pair long pants (work pants or jeans; loose-fitting for hiking, working, biking)
- \_\_\_\_\_ 5-6 pair heavy socks (Need both wool/heavy socks and thinner cotton/polypro socks for long hikes and backpacking)
- \_\_\_\_\_ 1-2 pair shorts
- \_\_\_\_\_ 4 T-shirts (no tank tops – chance of sunburn)
- \_\_\_\_\_ 1 long-sleeve shirt
- \_\_\_\_\_ Sweatshirt or windbreaker with a hood
- \_\_\_\_\_ Wool sweater or polar fleece layer
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Bandanas (optional)
- \_\_\_\_\_ Hat/cap to shield face from sun
- \_\_\_\_\_ Gloves/knit hat for warmth
- \_\_\_\_\_ Flashlight
- \_\_\_\_\_ Pen/pencil and paper
- \_\_\_\_\_ Bible
- \_\_\_\_\_ Day backpack (school bookbag size)
- \_\_\_\_\_ Towel/washcloth
- \_\_\_\_\_ Clothes for your group’s van trip
- \_\_\_\_\_ Health form filled out and signed

Toiletries:

- |                             |  |
|-----------------------------|--|
| _____ Toothbrush/toothpaste | _____ Brush/comb   |
| _____ Soap                  | _____ Deodorant  |
| _____ Sunscreen             | _____ Lotion   |
| _____ Insect repellent      | _____ Feminine hygiene supplies  |
| _____ Lip protection/balm   | _____ Medicines (Please bring prescriptions in the original bottle with the doctor’s directions on the label.) |

**Additional Items:**

For Backpacking  
Broken-in hiking boots

For Caving (Spelunking)  
Old clothes (long pants and long-sleeve shirt/jacket)  
Ankle-high lug sole boots – a **must** for spelunking

For Servant Project  
Work clothes, boots or sturdy shoes

For Day Hike/Swimming  
Hiking boots/shoes  
Swimsuit/towel if swimming

For Rock Climbing  
Loose-fitting clothing

For Kayaking: Swimsuit/towel  
Shoes, shirt, shorts to get wet  
Fleece shirt or jacket

Optional items: Money for camp t-shirt/sweatshirt or snacks, sunglasses, long underwear, hacky sack, frisbee, deck of cards, book, binoculars, camera.

Please do not bring: junk food, electronic devices (i.e., MP3 players, iPods), cell phones, pets, tons of toiletries, clothing with inappropriate slogans or logos, knives, fireworks, weapons, illegal substances (alcohol, drugs, tobacco products), or other unnecessary or dangerous items.

HYDRATION: Please drink lots of water for two to three days prior to coming to camp. This will help prevent altitude sickness. Avoid caffeine and pop on the trip out to camp.

## THOUGHTS BEFORE CAMPING IN THE BLACK HILLS

As you are thinking about what to bring, a description of possible weather conditions will be helpful. The key thing to keep in mind is the elevation and the weather extremes that will accompany it. Elevations will range from 5,000 to 7,000 + feet above sea level. In summer in the Black Hills, one may encounter frost, rain, hail and snow as well as 85 to 90-degree days.

In outdoors conditions, staying dry is extremely important. Rain gear is an absolute must! It is also important to keep warm. The best way to stay warm and dry in adverse conditions is to pack clothes that can be layered (see equipment list). A big, bulky jacket is not necessary.

### SOME THOUGHTS ON FABRICS/ MATERIALS FOR CLOTHING:

**Cotton:** Absorbs lots of water, dries slowly and loses most of its insulating value when wet.

**Wool:** Less absorbent than cotton, dries quicker. Keeps you warm even when wet.

**Polypropylene:** A lightweight synthetic fiber that is non-absorbent, can be shaken nearly dry. A very good fabric for inner wear. (often called “polypro”)

**Nylon:** Lightweight, good wind protection. If waterproof, good rain protection. Dries quickly. Very good outer layer.

**Down:** Lightweight and packable, but nearly worthless if it gets wet; very difficult to get dry.

**Fleece:** Lightweight, non-absorbent. An excellent insulating layer. Dries quickly.

### FOOTWEAR

Your feet are your “sole” means of transportation. The boots you wear for hiking or backpacking are very important. This does not necessarily mean buying a new pair of boots because new boot can cause blisters and be very hard on your feet. If buying a new pair, consider some of the lightweight hiking boots on the market. They are easier to break in and are usually easier on your feet than the all-leather type. Make sure your hiking boots provide ankle support. Running shoes provide no ankle support. Buy new boots at least two weeks in advance of your trip. Make sure your boots, whether new or used, are well-broken-in to your feet.

Good socks are as important as good shoes. Socks can help prevent blisters as well as keep your feet warm. Wearing two pairs of socks in hiking boots usually helps prevent blisters. We recommend a thin pair of synthetic socks underneath a pair of wool or medium to heavy hiking socks.

### YOUR MOUNTAIN BED

Keep in mind that the mercury may dip down to freezing at night, so a warm sleeping bag is important. Synthetic bags will keep you warm if wet. The camp will provide foam sleeping pads if you will be backpacking or camping out and sleeping on the ground. A waterproof stuff sack for your bag is handy if you will be backpacking.

### OUTFITTING

The camp will provide the following equipment, which varies depending on the activities your group chooses: tent, backpack, bicycles, cooking gear, food, tarp, water purification equipment, water bottles, shovel and TP, stoves and fuel, ropes, map and compass, first aid kit, experience, organization, and fun! You provide the items on the “Equipment List” page and any specific equipment for the activities chosen by your group.

### HYDRATION

As you come to higher elevations, you need to drink more water to help your body adjust to the elevation. For two or three days prior to coming to camp, drink lots of water. This will help prevent altitude sickness. It is better to drink only water or lemonade, not caffeine, on the trip out to camp. You will feel much better on your adventures if you drink plenty of water.

## AMR ADVENTURES CHOICE OF OPTIONS 2010

\*\*Complete one page for each small group of up to 12 people.\*\*

**This form must be returned by April 15th** so that we can make plans and reservations for your group.

Name of Youth Group/Parish \_\_\_\_\_

Congregation Advisor/Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

E-mail of Contact Person \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Dates at camp \_\_\_\_\_ Church Phone \_\_\_\_\_

Number of people in this small group \_\_\_\_\_ For youth, list grades completed in 2010 \_\_\_\_\_

**Please choose a total of four days worth of activities.**

Number of Days

\_\_\_\_\_ #1 - Rock Climbing (extra fee): \_\_\_\_\_ # of people climbing -- one day  
(if some are not climbing, please mark alternate activity) \_\_\_\_\_

\_\_\_\_\_ #2 - Mountain Biking: (select from one to four days biking) \_\_\_\_\_  
\_\_\_\_\_ Mickelson Trail \_\_\_\_\_ Backcountry trails & roads

\_\_\_\_\_ #3 - Fly Fishing -- one day (extra charge for fishing license) \_\_\_\_\_

\_\_\_\_\_ #4 - Backpacking: \_\_\_\_\_ Two days hiking (one overnight) \_\_\_\_\_  
\_\_\_\_\_ Three days hiking (two overnights)

\_\_\_\_\_ #5 - Day at the Ranch/Low Ropes Challenge Course/Trail Ride -- one day \_\_\_\_\_

\_\_\_\_\_ #6 - Jewel Cave -- one day (extra charge for cave entrance fee) \_\_\_\_\_  
number of participants: \_\_\_\_\_ Lantern Tour \_\_\_\_\_ Spelunking (age 16 & up)

\_\_\_\_\_ #7 – Black Hills Day Hike/Swimming -- one day \_\_\_\_\_

\_\_\_\_\_ #8 - Servant Project: \_\_\_\_\_  
\_\_\_\_\_ U. S. Forest Service -- one or two days  
\_\_\_\_\_ Home Construction/Habitat for Humanity – one or two days  
\_\_\_\_\_ Custer Senior Center -- one or two days

\_\_\_\_\_ #9 – Geocaching – one day \_\_\_\_\_

\_\_\_\_\_ #10 – Kayaking – one day (extra fee) \_\_\_\_\_

**TOTAL NUMBER OF DAYS: 4**

I understand the costs related to each of these activities. Our group will bring money to Atlantic Mountain Ranch to pay the additional costs for our group's participation in choice activities. I understand that Atlantic Mountain Ranch staff will select the days for each activity and the time frame. I also understand that we will be furnishing transportation for our group as well as the Atlantic Mountain Ranch staff.

Signature of Group Leader \_\_\_\_\_ Date \_\_\_\_\_

**Please return this form to: Outlaw Ranch, 12703 Outlaw Ranch Rd., Custer, SD 57730**

Any questions: Call 605/673-4040. Fax: 605/673-3044. E-mail: [mary@losd.org](mailto:mary@losd.org)