

Trek Info

Cost per teen - \$425/teen

- \$325 for registration
- Money for 7 meals, ~\$100
- Scholarships are available

Dates

- Jan. 21: \$100 deposit due
- July 4-6: Travel there
- July 7-11: On the mountain
- July 12-13: Travel home

See itinerary on the back for more details

Gear Required by Team Ascend

Clothing

- Rain gear (Jacket and Pants)
- Coat, fleece, or sweat shirt
- Two short sleeve shirts
- Long sleeve shirt
- Modest shorts
- Warm pants (jeans not recommended!)
- Thermal underwear (top and bottom)
- Underwear
- Two pairs of heavy wool socks
- Two pairs of lightweight socks
- Gloves
- Baseball Cap
- Warm Beanie
- Hiking boots
- Camp shoes or sandals

Equipment

- Bible
- Notepad and pen
- Daypack for summit climb
- Two durable water bottles (one quart)
- Headlamp
- Whistle
- Large camp cup
- Spoon
- Sunscreen (SPF 30 or higher)
- Toothbrush and toothpaste
- Biodegradable soap
- Deodorant
- Roll of toilet paper in zip lock bag
- Two trash bags (lawn size)

Recommended Gear

- Towel and other toiletries as needed
- Small Pocket knife (folding only)
- Insect repellant and lip balm
- Large zip lock bags and extra trash bags for packing
- Personal first aid
- Camera
- Extra batteries for camera and flashlight
- Snacks and powdered drink mix

Physical Preparation

- Team Ascend recommends all participants be able to maintain aerobic physical activity that elevates the heart rate for around an hour.
- I will provide an exercise schedule, there may be opportunities for our group to train together (Hiking Sugarloaf/Pinnacle)
- Hydration: It is important for all participants to begin drinking water weeks before the trip. Good hydration combats altitude sickness.

Detailed Itinerary

July 4th – Travel Day 1

- Leave Cabot, arrive in Amarillo, TX in the PM
- Stay overnight at the Central CoC
- Meals: Lunch & Dinner

July 5th – Travel Day 2

- Leave Amarillo, arrive in Pueblo, CO or Salida, CO (still working on that)
- Stay overnight
- Meals: Breakfast, Lunch & Dinner

July 6th – Travel Day 3

- Leave Pueblo/Salida, arrive at Team Ascend near Twin Lakes, CO
- Orientation; we'll receive our gear and spend the night in tents on Team Ascend's property
- Meals: Breakfast & Lunch

July 7th – Mountain Day 1

- Leave Team Ascend's property in the vans; Rappelling experience; hike to low camp (this is generally a pretty easy day, designed to acclimate participants to higher altitudes)

July 8th – Mountain Day 2

- Hike from low camp to high camp (a longer and, potentially, more strenuous day of hiking)

July 9th – Mountain Day 3

- Solo day: a day of rest where we get to spend solo time with God in nature, and hang out and have fun at high camp

July 10th – Mountain Day 4

- Summit attempt: hiking from high camp to the summit of the mountain and back down to high camp
- Called an "attempt" because bad weather may prohibit us from summiting; the majority of summit attempts are successful.

July 11th – Mountain Day 5

- Hike from high camp back to our vans at the trailhead; return to Team Ascend and turn in our gear
- Evening banquet and closing ceremony; we'll stay overnight at Team Ascend
- Meals: Lunch

July 12th – Travel Day 4

- Leave Team Ascend, arrive in Amarillo, TX
- Stay overnight at the Central CoC
- Meals: Breakfast, Lunch & Dinner

July 13th – Travel Day 5

- Leave Amarillo, arrive in Cabot
- Meals: Breakfast & Lunch