

What to Bring

RAFTING:

Male - modest trunk style swim suit. No bikini or low cut suits. T-shirts are recommended. *Long pants are discouraged and may be a safety hazard.*

Female - modest one-piece swim suit. No bikini or other 2 piece suits. (if it's a 2 piece but doesn't show your belly it's ok) Ladies should also wear shorts and a t-shirt over swimsuit. *Long pants, skirts, or culottes are discouraged and may be a safety hazard.*

Sunscreen is recommended for sunny and overcast days.

Inexpensive sunglasses with strap. Safety strap for regular glasses.

It is recommended that guests not wear contact lenses while rafting unless absolutely necessary.

Water sandals or shoes for water recreation. *Flip-flops / shoes without backs are not acceptable and may be a safety hazard. (Old tennies work too)*

TEAMBUILDING, ROPES COURSE, RAPPELLING, CAMPUS ACTIVITIES:

Comfortable clothing that is not binding or restricting. Jeans or modest shorts and t-shirts are appropriate. Clothing which is too loose or baggy may be dangerous.

Layers of clothing such as a sweatshirt over a t-shirt are recommended for changing weather conditions.

Wear comfortable hiking or athletic shoes with good tread. *No open toed shoes or flip-flops.*

Those with long hair must wear their hair pulled back for safety.

Guidelines for Conduct at Alpine (these are their rules not mine)!!!

- Excessively loud or questionable styles of music that may be offensive are prohibited (this includes many contemporary styles of music). The volume of the music being used should be confined to the room or area in which it is being played.
- Physical contact and public displays of affection by single men and women are discouraged.
- Clothing must be appropriate for the activities in which the group is participating. No clothing shall be allowed that has questionable or offensive logos, signs, pictures, or wording. Loose fitting **shorts are permissible but should have a length below mid-thigh**. Girls should refrain from wearing spaghetti strap shirts and shirts that do not cover the midriff. Shoes must be worn at all times.
- No two-piece swimsuits are permitted. Ladies should wear shorts and a shirt over their swimsuits during activities and while walking to and from the pool.
- Guests should not bring skateboards, roller blades, or scooters.
- Guests are to leave facilities as they found them. Damages to room furnishings and equipment will be deducted from the group's Security Deposit. Any additional costs

above the amount of the Security Deposit will be billed to the group leader or to the group organization. Group leaders are to monitor excessive dirt and trash from their group. Water fights and shaving cream battles are forbidden.

- Curfew times for overnight guests are to be observed. Curfew is 11:30 PM each night. You must be in your overnight accommodations area by this time. For the safety and consideration of all guests and staff, we request lights out by midnight.
- In consideration of all our guests, we request that quiet hours be observed 11:30 pm - 7:00 am.

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Other things to pack:

Refillable water bottle

Snacks/Drinks

(NO energy Drinks will be allowed Monday – Wednesday for health and safety reasons)

Bath & Beach Towels

Bible

Clothing for 7 days (Nice cloths for the museum and dinner)

Jacket or hoodie, at least 1 pair long pants

(Be prepared for all temperatures. We will be in the mountains, so mornings and evenings are cool but afternoon is hot.)

Pillow

Twin size bedding or Sleeping bag,

Modest PJ's, Toiletries

Spending Money, Money for meals

Cell phones, Books & Game systems are ok

(We want you to interact with each other)

So please no headphones for the games.

Insect repellent & Sunscreen (as mentioned above)

Meds.

Bike, work out, mechanic type gloves, for High Ropes (Optional)

\$MONEY\$ for meals OTR You will have **5 meals** to cover on your own.

Possible stops at: BWW, McDonald's, **Tim Horton's**, Taco Bell, Subway, Mom & Pop local fare.

Special Notes:

All participants should bring any necessary medications with them, including inhalers, required prescriptions, allergy medications, or bee sting allergy kits.

Participants may also want to have insect repellent on trips.

Guests that wear contact lenses may want to consider wearing glasses on trips or carry a travel size solution kit for activities.

Itinerary:

Sunday 7/17:

Meet at Messiah 6:00am
Depart Messiah 6:30am
Stop for lunch 1ish EDT
Arrive at Alpine 6ish EDT
Go for Dinner 7ish EDT
Lights out @ Midnight

Monday 7/18:

Breakfast 8:30am
Adventure 9:30 am (Rappelling?)
Pool 4ish
Dinner 5:45
Bible Study 6:30pm
In rooms 11:30pm
Lights out Midnight

Tuesday 7/19:

Breakfast 8:30am
Adventure 9:30 am (WWR?)
Dinner 5:45
Bible Study 6:30pm
In rooms 11:30pm
Lights out Midnight

Wednesday 7/20:

Breakfast 8:30am
Adventure 9:30 am (High Ropes?)
Pool 4ish
Dinner 5:45
Bible Study 6:30pm
In rooms 11:30pm
Lights out Midnight

Thursday 7/21:

Breakfast 8:30am
Bus loaded 9:15am
On the road 9:30am
Stop for lunch 1ish
Arrive at guest house 3ish
Relax and games
Dinner 6ish
Check out the river/town,
Relax and games
In rooms 11:30pm
Lights out Midnight

Friday 7/22:

Breakfast 9am
Creation Museum 10am
Lunch 1ish
Ark encounter 2 or 3ish
Dinner 6-8ish
Bible Study (after dinner)
In rooms 11:30pm
Lights out Midnight

Saturday 7/23:

Up and packed by 8am
Load Bus 8:15am
Breakfast
On the road 9am
Stop for lunch Noonish EDT
Arrive at MLC 2ish CDT