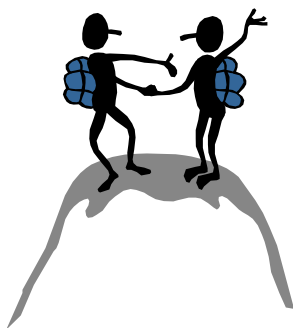


Ladies' Backpacking in the Black Hills 2010

Lutherans Outdoors in South Dakota

Dear Backpacker,

Welcome to a Lutherans Outdoors backpack trip. A great adventure awaits you. Backpacking is a unique camping adventure that will challenge you spiritually and physically. Your shoulders will carry everything you need, your feet will transport you wherever you go, and your lungs will strive to provide adequate oxygen for the tasks you take on. Take some time to read through the information that follows. We hope you have a wonderful adventure.



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

Departure: Friday at about 10:00 a.m.

Health Forms: Be sure to bring your health form with you to Atlantic Mountain Ranch. We need to know in advance if there are any special health concerns.

Notice: Please check to make sure you have the items outlined in the “Must Have” section of the equipment list. Remember, you must have a well broken-in pair of hiking BOOTS.

Registration Fees: Pay all fees to our Sioux Falls office two weeks prior to your arrival.

Transportation: Atlantic Mountain Ranch will transport the group and equipment to the trailhead.

The Route: We backpack on trails in the Black Hills National Forest northeast of Custer and Hill City, South Dakota. We are generally within five to six miles of a road. The group will hike up and down hills, both gradual and steep, through smooth and rocky terrain. The trail is rated as moderately difficult. The group camps in tents, uses filtered water from a stream, and cooks meals over a backpack stove.

First Aid: One staff member on the trip is certified in Wilderness First Aid and CPR, and a well-stocked first aid kit is carried.

Insurance: Lutherans Outdoors in South Dakota carries a minimal insurance policy for accidents and illness incurred at camp. Our policy assumes the campers' 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 insurer. 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.

Contact: While backpacking, you will not have access to a telephone or other means of communication. However, in case of an extreme emergency, family members may contact Atlantic Mountain Ranch at the number below, or if no answer, contact Outlaw Ranch at (605) 673-4040. The group may not be able to receive the message immediately. The National Forest Service or the camp staff may deliver the emergency message, depending on the circumstances.

<p>Camp Address: Atlantic Mountain Ranch 11760 Custer Limestone Rd. Custer, SD 57730 605-673-3017 or 605-673-3435</p>
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On the backpack trip, we carry a cell phone along for emergency use only, although we do not always get cell service everywhere in the Hills. If needed, a counselor can hike to a road to get help. The group could be several hours or up to one-half day away from a road or trailhead where help is accessible.

Offering: Each week we take an offering at camp. This year the offerings will go toward 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.

See you this summer!

Sincerely,

Mary Stutz
AMR Site Director

mary@losd.org
605-673-4040

SAMPLE BLACK HILLS BACKPACKING ITINERARY

Sunday (3:00 - 4:00 P.M.)	Arrive at Atlantic Mountain Ranch Receive gear and pack, set up tents
Sunday Evening	Enjoy a hearty supper Finish packing and learn more about life on the trail through an orientation program Close the evening with worship/campfire Get a good night's sleep

Monday	7:00 AM	Wake-up and pack
	8:00 AM	Breakfast
	9:00 AM	Depart for trailhead

Monday to Thursday include:	Cooking breakfast & supper, hiking, worship, trail lunch, Bible study, setting up camp.
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The adventure is heightened through:

- Immersing yourself in the awesome beauty of creation.
- Struggling with the challenging uphill on the trail.
- Discovering scriptures together.
- Feeling the freedom of hiking without your pack ("Day hiking" to a peak, lake, stream or canyon).
- Exploring worship opportunities in pine-filled cathedrals.
- Sleeping in the cool (and sometimes cold) fresh air of the Hills.
- Cooking and eating in the open air. "Trail food" is served when backpacking.
- Coming to know yourself, your friends, your counselors and your God in your new environment.



Thursday afternoon -	Return to Atlantic Mountain Ranch. Unpack and clean-up gear. Showers/sauna
5:30 PM	Supper at Atlantic Mountain Ranch Recreation, relaxing and sharing time Closing campfire/worship

Friday	7:00 AM	Rise and pack
	8:00 AM	Breakfast Camp cleanup Morning worship
	10:00 AM	Depart for home

THOUGHTS BEFORE BACKPACKING...



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

While packing, keep in mind that you will have to carry everything that you pack, plus food and other community items. Many of the things that you may think of bringing are unnecessary and simply make your pack heavier.

In the wilderness, staying dry is extremely important. Rain gear is an absolute must! Ponchos are very good and versatile. Rain pants are very important to keep your legs dry. When one becomes wet and cold in the wilderness, there is a real danger of hypothermia. Hypothermia is "a decrease in core body temperature to a level at which normal muscular and cerebral functions are impaired." This dropping of body temperature occurs most rapidly in cold, wet, windy conditions. The air temperature may be as warm as 40 to 50 degrees, yet hypothermia is a very real danger if one is wet and cold. A well-prepared backpacker is prepared to deal with these conditions and to avoid hypothermia.

Backpackers must be prepared for any weather conditions that may develop. The best way to prepare to stay warm in adverse conditions is to pack clothes that can be layered. Good layerable clothes include sweaters, long underwear, windbreakers, wind pants, wool or flannel shirts, shorts, wool pants, and t-shirts. While hiking, one may wear just shorts and a t-shirt. As it cools off, a sweater may be added, then wind pants, etc. When temperatures hit the lowest, all of the above mentioned clothes may be combined to provide a warm, comfortable outfit. When planning to layer, a big bulky jacket is not necessary or even advisable.

Some Thoughts on Fabrics/Materials for Clothing:

- Cotton:** Absorbs lots of water, dries slowly and loses most of its insulating value when wet.
- Wool:** Much less absorbent than cotton, dries quicker too. One of the best retainers of its insulating value 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 "poly-pro")
- 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 and is very difficult to get dry.
- Fleece:** Lightweight, non-absorbent. An excellent insulating layer. Dries quickly.

FOOTWEAR

Your feet are your "sole" means of transportation. For this reason, they require special attention. This does not mean that you should hurry to the shoe store and buy a new pair of boots. New boots, especially all-leather hiking boots, can be very hard on your feet. They often cause blisters, so frequently they are worthless for the first few days of use. If buying new boots, consider some of the new lightweight boots that are on the market. They are easier to break in and usually easier on your feet than the older all-leather type. Make sure your hiking boots provide ankle support. Running shoes provide no ankle support. If you plan to use new shoes or boots, be sure that you wear them for several weeks before the trip so that they are well broken-in. Also, be sure to bring a second pair of shoes so that you have a dry pair to slip on after a day of hiking. Your extra pair can be any type of comfortable sneaker.

Having good socks is as important as having good shoes. When chosen and worn properly, socks can help prevent blisters as well as keep your feet warm. Blisters are caused by friction; that is, your foot sliding against your sock or shoe. Wearing two pairs usually keeps the friction between the two layers rather than on your foot. Most backpackers recommend a thin pair of polypropylene or cotton socks underneath a pair of heavier socks.

YOUR MOUNTAIN BED

Keep in mind that the mercury may dip down to freezing at night, so a warm sleeping bag is important. Down bags are not recommended because they do not keep you warm when wet. Synthetic bags are a bit heavier but will keep warm if wet. Tapered bags that are a mummy shape are preferred by most backpackers. A foam sleeping pad (provided by the camp) will help keep you warm and dry as well as make the hard, rocky ground more comfortable. A waterproof stuff sack for your bag can be purchased or easily made and will help keep your sleeping bag dry (a heavy duty garbage bag will work, too.)

OUTFITTING

The backpack staff will meet you at Atlantic Mountain Ranch to provide you with the equipment, food, and staff necessary for your week in the mountains. AMR will provide the following: tent, backpack, sleeping pad, plastic bags, cooking gear, food, tarp, water purification equipment, shovel and TP, stoves and fuel, water bottles, matches, ropes, maps and compass, first aid kit, experience, organization and fun! You provide the items on the following page.

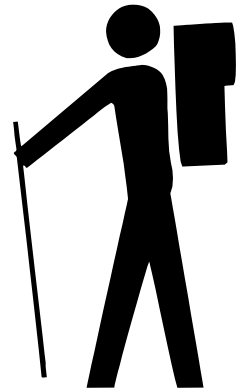
HYDRATION

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

CLOTHING / EQUIPMENT LIST - Black Hills Backpacking

These are items that you must have for your trip.

- ___ Sleeping bag rated at 20 degrees Fahrenheit (tapered mummy shape preferred)
- ___ Sleeping pad (optional) It's OK to bring one, but we have them here (don't buy one)
- ___ Rain gear (coat and pants) or a poncho and rain pants
- ___ Hiking boots for trail hiking (see footwear section)
- ___ Tennis shoes or sandals (possibly for stream crossing)
- ___ 1 pair shorts
- ___ 1 pair of pants (warm - lightweight wool, nylon, or twill; no jeans) – can be zip-off pants
- ___ 2 t-shirts (no tank tops)
- ___ Lightweight long-sleeve shirt
- ___ Bandanas (optional)
- ___ Sweatshirt or windbreaker with a hood (synthetic)
- ___ 3 pair wool socks
- ___ 3 pair cotton/polypro socks
- ___ Long underwear tops and bottoms
- ___ Underwear
- ___ Wool sweater or polar fleece
- ___ Flashlight
- ___ Gloves or mittens (wool or fleece is preferable)
- ___ Hat (a must) - baseball cap or other to shield face from sun
- ___ Knit hat for warmth
- ___ Small Bible
- ___ Day backpack (this is a school bookbag size)
- ___ Also bring clothes for your van trip home and a towel for a shower
- ___ Health Form completed



Toiletries:

- | | |
|---|-------------------------------|
| ___ Toothpaste & toothbrush | ___ Washcloth or small towel |
| ___ Soap that is environmentally safe | ___ Brush/comb |
| ___ Sunscreen | ___ Deodorant |
| ___ Lip balm | ___ Feminine hygiene supplies |
| ___ Insect repellent | (altitude may alter cycle) |
| ___ Medicines (Please send prescriptions in the original bottle with the doctor's directions on the label.) | |

Optional: Hackysack, frisbee, deck of cards, book, binoculars, pencil and paper, camera/film, flower/bird/rock books, money for camp t-shirt or sweatshirt. (Just remember, you're carrying it!)

DO NOT bring junk food, electronic devices (i.e., walkmans, MP3 players), cell phones, pets, tons of toiletries, knives, fireworks, weapons, illegal substances (alcohol, drugs, cigarettes), or other unnecessary or dangerous items.

ALERT: Please include hydration with water before you leave home - two to three days prior to coming to camp. This will prevent altitude sickness.

ALERT: NO CAFFEINE AND NO POP on trip out to the camp. (However, if you are a long-time coffee drinker, you may still use caffeine to maintain your well-being. Typically, caffeine causes dehydration and may lead to poor physical performance.)

...AND GOD CREATED THE HEAVENS AND THE EARTH...."

Our backpacking programs make use of public land in the Black Hills National Forest. The Black Hills experience allows us to use thousands of acres that have been set aside for special and careful use. We will occasionally see cabins or cross old logging roads and previously logged areas as we backpack through the Hills.

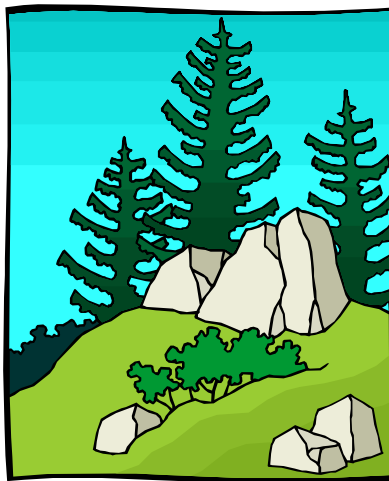
Caring for our surrounding environment is a PRIME concern. The wilderness visitor must understand the vulnerability of the plants, soils, waters and creatures within this land. A true voyager walks softly and strives not to leave a trace behind.

In years past we used to speak of wilderness survival as the ability of humans to survive the wilderness. Now we speak of wilderness survival as the land's ability to survive human impact. We all must help protect this valuable resource. We will attempt to avoid being a damaging intruder.

When using the forest, we will implement "low impact camping" techniques including:

- *leaving surface water (lakes, streams) uncontaminated by soap, toothpaste, food, and other waste. These are the only sources of water for drinking and cooking.
- *setting up camp in such a manner that we do not trample the delicate vegetation.
- *packing out everything we take in, plus other litter we encounter.
- *using stoves instead of scarring the land with fires.
- *leaving the setting as natural and undisturbed as possible.

THESE PLACES, THESE GREAT FORESTS, THIS GRANDEUR WILL BE THERE FOR OUR GRANDCHILDREN TO ENJOY IN ITS NATURAL STATE ONLY IF WE ARE CAREFUL IN OUR USE OF IT NOW.



Lutherans Outdoors in SD is an equal opportunity provider and is operating on the Black Hills National Forest under the terms and conditions of a Special Use Permit.

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 backpacking 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 to the whole thing is oxygen.

In simple terms, any activity – breathing, digesting, even the beating of the heart – requires energy. The body produces this energy by burning foodstuffs, and the burning agent is oxygen. The body can store food at each meal, using what it wants and saving some of the rest for later, but it can’t store oxygen. The key, then, is to get enough oxygen and to carry it in the blood to all areas of the body. The oxygen and food can then combine and produce energy as needed.

Most of us can produce enough energy to perform ordinary daily activities. As the activities become more vigorous (i.e. hiking mountains, running), however, some of us can’t keep up. This is because, in some bodies, the means for the delivery of oxygen is limited. And remember, this week you will be at a higher altitude where there is less oxygen in the air.

Therefore, what you need to do to prepare your body for backpacking is to engage in the kind of exercise that demands oxygen and forces your body to process and deliver it. These types of exercises are called “aerobic” (with oxygen) exercises. Aerobic exercises include running, walking, swimming, cycling, aerobics, etc. Notice that isometrics, weight lifting and most calisthenics don’t make the list.

We want your adventure experience to be as enjoyable as possible! Besides, once you’ve made the commitment to a regular aerobic exercise program, you’ll know that you’re doing one of the nicest things possible for yourself – you’re strengthening your heart, keeping your body in shape, and improving your quality of life. You’ll have more stamina, a brighter outlook, and a sense of commitment and control over life that will enable you to handle life’s daily challenges -- like LARGE mountains!

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 Medicine Mountain Rd. and veer left at fork (about 3/4 mile off highway) onto Custer Limestone Rd. Continue on 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 Rd. (at “Atlantic Mountain Ranch” sign) and continue as directed above.