



WAY FORWARD
ADVENTURES

2020 GUIDE MANUAL

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WELCOME

Guides,

Thank you for answering God's call to join WayForward. You are making a difference and lives will be changed because of your obedience. Guides are at the heart of the WayForward trail experience and carry the heavy load of delivering on the promise that we truly will take care of everything so that our clients can disconnect and be transformed by the Lord.

As a guide, our role can be summed up into three words:

1. **Servant** - We want to serve our clients well, not robbing them of their struggle on the mountain, but serving them in a way that removes obstacles that would limit their experience. We want them to feel loved and know that we are their biggest advocates. This includes cooking meals, making coffee, tightening tent lines in the rain, adjusting packs and much more. Serve like Jesus while you are on the trail!
2. **Leader** - From the moment our clients meet us, we want to let them know that our leadership can be trusted. We make route decisions with the group's safety in mind, we ask them to trust us with the no technology policy because we believe it enhances the experience and we let them know we are relying on the Lord to lead this week just like they are. May you lead well on the trail!
3. **Facilitator** - We hold each trip with an open hand, knowing God is the one in control. We do not have to force curriculum or experiences, but have a vision for what could benefit the group and facilitate conversation. Just as we know God is control of the weather and health of the group, we trust God has control of the spiritual growth of each person and we 'guide' them spiritually as well as physically. Ask lots of questions and be curious of what the Lord is up to. Join with the group in discovering God's plans!

My prayer is that we would guide with humble confidence. God has given you a gift of the knowledge and passion to keep folks safe in the mountains and provide an experience second to none. The need for this type of encounter is greater in our society today than ever before. God has big things in store for these trips and wants to draw you closer to Himself as he uses you, the mountains, the adversity and the trail to transform the hearts of our new friends!

Thank you for your service. It is truly an honor to be in ministry with you!



Todd Pinkston

GUIDE EXPECTATIONS AND REQUIREMENTS

The WayForward mission is to “empower people through outdoor adventure to identify how they are wired and who God has made them to be.” We take our work very seriously, believing that God uses adventures in wild places to call us (and our clients) into deeper relationships with Him and with each other. Guiding is at the heart of that work.

At WayForward, guides are on the front lines. This means that you are the ambassador of the mission and vision. Please review the Wayforward Guide Expectations and Requirements. If for any reason you will not be able to fulfill these requirements please contact us right away.

Guides are expected to exhibit the following qualities:

- Pursuit of excellence in everything, seeking to make “every trip at 10 out of 10”.
- Evidence of spiritual and physical preparation to guide.
- Continual learning of hard and soft skills.
- Humility and selflessness in service to our clients and fellow staff.
- Active involvement in a local body of Christ at home.

Guides are required to perform the following:

- Maintain a current WFA and CPR certification.
- Read the Staff Manual (policies and procedures).
- Report to WayForward base camp 24-36 hours before your trip’s scheduled arrival.
- Read through the Trip Curriculum Material provided by WayForward that outlines the content to be communicated and facilitated on the trip.
- Participate in a trip debrief (30-60 minutes) with the WayForward Guide Team Leader.
- Complete the physical requirements necessary in order to guide.

- **Guide Workout**

- **Males: 22 minutes**

- **Run 800M (½ mile)**
- **75 Pushups**
- **Run 800M**
- **75 Sit Ups**
- **Run 800M**
- **75 Air Squats**

- **Females: 24 minutes**

- **Run 800M (½ mile)**
- **50 Pushups**
- **Run 800M**
- **75 Sit Ups**
- **Run 800M**
- **75 Air Squats**

Guiding - Hard Skills

It is excellence in the hard skills that enables the guide to adapt and conform the content to a particular trip. We firmly believe that we must have mastery over the technical so that we are in a place to humbly pray that God uses our abilities to do what He wills on the trail.

Our first and primary focus on the trail is the technical safety of the participants under our care.

Ultimately, mastery of the hard skills is what allows our minds to focus on the soft skills, the heart of the ministry at WayForward.

The intent of this section is to explain the technical skills a guide is expected to know and the general expectations of a guide at WayForward. This is NOT a training manual. If a guide does not feel competent in any of the skills discussed in this section, **it is the guide's responsibility to bring the matter up with WayForward's Guide Team Leader for discussion before going on the trail.**

LEADERSHIP

This section describes the nuance of leadership at WayForward and some of the techniques that we use.

Guiding Adults

Although many of us may have experience leading youth or college ministry, there are subtle differences in guiding adults, WayForward's core clients. We have learned that, as with youth, it is valuable to maintain an element of surprise and secrecy while on the trail. This allows our clients to experience a bit of what it is like to trust God with the elements and details of their lives. However, with adults, it is a much more narrow line between a well intended element of surprise and what feels like a secret used as a power play. While jokes about the time or elevation are okay when everyone is involved, we will never consider the knowledge we choose to keep secret as something to hold over our client's head. Rather, we will consider it as a way to serve them by taking away one more thing they have to think about. So we encourage you to spend some time thinking through how you will navigate this dynamic before you get out on the trail with a WayForward trip.

Awareness

The guide is expected to be aware of the many variables in play at any given time and use his/her judgment to prioritize what to focus on.

The guide is expected to use his/her education, skills and experience to prevent situations that could lead to medical emergencies. The guide should explain to the group at the beginning of the week how to avoid being lost and risk factors of which a novice client may not be aware. If necessary, the guide will set physical boundaries for the group (e.g., if camping near a cliff or when climbing a technical peak). The guide is expected to balance risk factors and the objectives of the trip to achieve a safe experience.

Pre-trip Planning

Before the trip arrives, the trip guide team is required to fill out a pre trip checklist and submit this checklist to the Guide Team Leader. The GTL will review trip and route information with the guide team before the trip arrives. It is the guide's responsibility to become familiar with route specifics including emergency planning. Guides must develop a Plan A & B for their trip that is approved by the GTL. These plans are to include but not be limited to: route options, campsites, content schedule, and estimated hike times. The guide team is expected to be familiar with all of the client gear provided by WayForward to its customers (packs, sleeping bags, tents, etc).

The Daily Wrap Up

Each evening, the guides are expected to touch base with each other and the trip's leader (referred to as the Trip Organizer) in order to gather feedback on how the group is doing. Guides may choose to brief the Trip Organizer on the plan for the coming day if they feel that he or she has insight whether the group would be better served by doing an alternate route.

BEFORE YOU BEGIN

Before you hit the trail, make sure you have the equipment and gear found in the appendix and have covered these talks with participants.

Pre-Trail Talks

- ❑ Dehydration: You will work & perspire a lot this week so drink lots of water. Take lots of water stops. Drink at each stop. Headache and darkly colored urine are the most common symptoms of dehydration.
- ❑ Getting lost: Hug a tree. Blow whistle in 3 short, sharp, blows. A guide will answer with 1 long blow. Continue 3 short blows until a guide comes to your position.
- ❑ Hiking Rules
 - ❑ Stay on trail and in line: leader and front and in back, group stay together
 - ❑ Pace talk: slower in the front, steady & constant, fewer stops and slower pace
 - ❑ Rest step: Helps to keep weight off muscles & onto bones.
 - ❑ NEVER under any circumstances take off your whistle
- ❑ Blister prevention and care: Prevention is the best medicine; adjust socks at first sign of hot spot or discomfort. Add or take socks off as necessary. Demonstrate moleskin use. Keep blister materials on foot until it falls off.

TECHNICAL SKILLS

Mountaineering competence at WayForward is based on [The Freedom of the Hills](#) by The Mountaineers. If any of the topics below are unfamiliar to the guide, a review of this book can be useful to refresh and improve the guide's skills. The guide is also encouraged to discuss any unfamiliar topics with the Guide Team Leader before the guide's trip. By reviewing this document and signing the WayForward Staff Covenant, the guide agrees that he or she understands the required technical competencies.

The WayForward guide is expected to have demonstrated competency in the following items:

Camp Craft

- **Campsites** - The guide should be able to determine and explain how to camp in both established and unestablished campsites in the wilderness. The guide should also have the ability to select a good campsite in an unestablished area taking into account distance from water and risk factors such as cliffs. In unestablished sites, the guide will demonstrate and instruct on pertinent Leave No Trace practices.
- **Fires and Stoves** - The guide is expected to be knowledgeable on the operations and maintenance of camp stoves. The guide is also expected to be able to start a fire in a wilderness environment.
- **Tents/Tarps** - The guide is expected to be knowledgeable in the setup and field repair of WayForward tents and tarps. This includes knowing how to tie the proper knots for tarp set-up
- **Meals** - The guide is expected to be knowledgeable of all WayForward trail meals. Trail meal instructions are available in the appendix. A trail menu is available for each trip to be reviewed by the guide and Guide Team Leader before the trip.
- **Clothing** - The guide is expected to demonstrate and instruct on the proper use of layers in the variety of weather conditions experienced on the trip.
- **BIFF** - The guide should be able to instruct the group on proper use of a BIFF (bathroom in forest floor) and how/where to use the facilities in the wilderness.
 - D: distance – 200 feet MINIMUM from any water source.
 - D: depth - 8 inches deep and 10 inches wide; best for decomposition;
 - P: privacy - far enough to be hidden.
 - P: proximity - close enough to get to easily, especially at night.
- **Packs** - The guide is expected to be familiar with the use and repair of packs on a WayForward trip.
- **Use of WFA gear** - The guide is expected to demonstrate and instruct on the use of gear belonging to WayForward such that the gear is treated as if it was his/her own.

Navigation and Trail Travel

- **Navigation** - The guide should have the ability to read a topographic map with proficiency. The guide should have the ability to make a plan for covering territory that is unfamiliar to

him/her based upon reading a topographic map. The guide is expected to be able to orient the map and locate him/herself using triangulation.

Note: Top of map is always True North.

1. Magnetic readings must be adjusted to provide True readings on map.

A. Permanent change

- Adjustable compass
- Piece of tape used to mark declination

B. Mathematic change

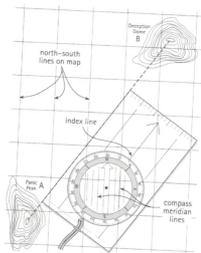
- (Add) declination to Magnetic reading to get True reading
- FIELD to MAP = ADD
- (Subtract) declination from True reading to get Magnetic reading
- MAP to FIELD = SUBTRACT

2. Orienting your map to True North:

- Place the long edge of your compass on the map border.
- Move the arrow to the appropriate declination (13°).
- Rotate map and compass together until red needle is in the arrow box – it's oriented!

3. To measure a bearing on a map (figuring out direction of travel):

- Place compass on map with edge of base plate joining the point where you are on the map with the point where you are going.
- Rotate housing to align compass meridian lines with north & south lines on map. Read bearing at the index line (the "read here" line).
- Subtract the declination (13°) or take the reading from your permanent declination arrow marking (this is the equivalent of subtracting 13°).
- Now plot the bearing in the field (see #4 below)



4. To plot (follow) a bearing in the field:

- Set the desired bearing at the index line (as above #3)
- Hold the compass level in front of you and turn your body until the magnetic needle is aligned with the red housing arrow. *Note: If you have a permanent declination arrow, then align the magnetic needle with your permanent declination arrow marking. Now travel in the direction you are pointing.

5. To measure (take) a bearing in the field:

- Hold compass level in front of you and point "direction-of-travel" line at the desired object (i.e., a peak). Turn the housing until the magnetic arrow lines up in red housing arrow, or on declination arrow.
- Add declination if you aligned magnetic arrow with housing arrow.
- Read bearing at index line and plot bearing on the map (as below #6).

6. To plot (follow) a bearing on the map:
 - a. Set desired bearing at index line (as above #4)
 - b. Place compass on map with edge of base plate on feature from which you wish to plot the bearing. Note: Direction-of-travel arrow must point toward object.
 - c. Turn the entire compass to align meridian lines with map's north and south lines. The edge of the base plate is the bearing line.

 7. Locating your position from 1 known landmark and known line position (i.e., near a river, trail ridge or identifiable line). If you can identify 1 landmark and you are on an identifiable line (as above #6), you won't get lost!
 - a. Plot (take) a bearing to the known landmark (as above #5).
 - b. Draw a line back from the point on the map toward your known line position (assuming you are standing on or near the stream, trail or ridge).
 - c. Where the drawn bearing line intersects your line position is your location.

 8. Locating your position from a known area position and 2 known landmarks:
 - a. Take bearings to the 2 known landmarks (as above #5).
 - b. For each bearing, plot the bearings on your map by drawing a line from the known landmark toward your area location (as above #5).
 - c. Where the lines intersect each other is your approximate location.

 9. Intermediate Objectives (during white-outs or in dense forests):
 - a. If your location is known, and your direction of travel is known from the map, then another person can serve as an intermediate target.
 - b. Send a person to a near limit of visibility. Move them to the right or left according to your direction-of-travel arrow. The other person should do a back bearing using the white end or south end of the compass arrow to double check. Note: You cannot walk and follow the arrow as you go. You will lose accuracy and get lost!

 10. Navigation Tips:
 - a. If visibility looks like it will be lost overnight, then take a bearing immediately and set something up to remind you in the morning what your direction of travel will be for the next day. Also mark where you are on the map and draw the direction of travel on it to remind you the next day.
 - b. Keep compass clear of metal (i.e., ice axe, whistle, glasses, watches, rings, some rocks).
- **Backcountry Travel** - The guide should be competent in backcountry travel techniques such as proper behaviour on and off established trails, encounters with horse, scree and snow travel, lightning drills, leave no trace, use of the rest step and switchbacks, blister care, etc.

- **Water Treatment** - WayForward uses liquid iodine to purify water. The guide is expected to be proficient at instructing the group on proper use of iodine to treat water.
- **Stream Crossings** - The guide is expected to be knowledgeable in selecting sites for stream crossings, teaching others to make a crossing and spotting a crossing.
- **Snow Travel** - The guide should be able to travel in snow conditions particularly in the early months of the summer season. The guide can expect to determine when it is safe to travel on snow, to arrest a sliding client and to lead a group across a snow field.

MEDICAL SKILLS

To serve at WayForward, the guide is required to maintain a current Wilderness First Aid and CPR certification. WayForward's Medical Protocols can be found in the appendix. The guide is expected to have reviewed and must abide by these protocols. The guide should be able to demonstrate competency in assessing signs and symptoms of the following items

Patient Assessment- Outline

- Survey the Scene
 - MOI – Mechanism of Injury
 - BSI – Gloves
 - # of Patients
 - Responsiveness & C-Spine
 - Airway
 - Breathing
 - Circulation
 - Disability
 - Environment/ Exposure
- Head to Toe
 - Vitals
 - Chief Complaint/ MOI
 - Symptoms
 - Allergies
 - Medications
 - Past Pertinent Medical History
 - Last Oral Input/ Output
 - Events Preceding
- Clear Spine

Patient Assessment- Detailed

- Survey the scene for hazards: NEVER CREATE A SECOND PATIENT!
 - a) Immediate danger to rescuers
 - b) Immediate danger to bystanders
 - c) Immediate danger to patients
- 1) Im #1
- 2) What happened to you?
- 3) None on me
- 4) Are there any more?
- 5) How alive?
- 4) ABCDE – STOP AND FIX!
 - * Identify self and level of training. Obtain consent to treat.
 - * Establish responsiveness and C-spine control: Assess for verbal or pain response and stabilize spine.
 - a) Airway management: Look in the mouth; clear obstructions.
 - b) Breathing adequacy: Look, listen and feel.
 - c) Circulation: Assess for radial pulse and major bleeding; control bleeding, treat for shock.
 - d) Decision: should we keep the spine stabilized? Or not?.
 - e) Environment/Exposure: Assess and treat environmental hazards; expose serious wounds and hemorrhage.
- 5) Head to Back Exam – this is a complete “focused exam and history” survey
 - a) Patient Exam: Inspect, inquire, palpate, auscultate from head to toe and back.

- b) Vital signs (keep track of time you take them)
- HR Heart Rate (normal: 60-80 norm/reg/strong)
- RR Respiratory Rate (normal: 12-20 norm/reg/easy)
- LOC Level of Consciousness: Awake/Oriented or Unconscious
- SCTM Skin Color Texture Moisture (normal: pink/warm/dry)
- BP Blood Pressure (pulse goes down = BP goes down)
- PUPIL Pupils (normal: equal/reactive) PERRL
- c) Patient History:
 Chief Complaint
 Mechanism of injury (MOI)/ History of present illness (HPI)

S	Signs and Symptoms
A	Allergies
M	Medications (drugs and alcohol)
P	Past relevant history
L	Last input/ output
E	Events leading to the accident

- 6) Complete patient care and SOAP note; make evacuation decision.
- 7) Continually monitor your patient.

Injuries

1. Shock

- Anything that happens to the body that produces inadequate perfusion (good flow of well-oxygenated blood).
- Signs & Symptoms: Changing LOC, BP goes down, restless, forgetful, radial pulse weakens, slower CRT. *Loss of 1/3 of blood causes BP to go down.
- Low Volume Shock: Internal bleeding, heavy sweating, heavy vomit or diarrhea.
- Treatment: Lay down, keep warm, raise feet a few inches, cold fluids, stay calm, oxygen, treat the cause of injury.
- EVAC: if shock worsens to decompensatory

2. Spinal Injury

- MOI – high force, high speed = BAD!! (3 times body height)
- Extend, Compress (fall), Flexion (tumble, dive), Rotation (twist)
- Signs & Symptoms: Altered extremity sensations, numbness, temperature, weakness, no movement, tenderness, pain, deformity.
- CLEAR THE SPINE: (Must have all) Awake and Oriented x 3 (person, place, time), sober, no pain or tenderness on spine, no distracting injuries, AND no altered distal sensations
- NOTE: If the cord is bruised, it can swell over a couple of hours and then symptoms surface.

- Treatment: Move the neck into line. STOP for pain/resistance. Move person by BEAM. Treat for shock.
 - EVAC: for any signs or symptoms of spinal cord injury
3. Soft Tissue Injuries
- Stop bleeding: pressure, elevation.
 - Prevent infection: Abrasion (scrub/rinse); Laceration (flush, rinse, close); Blisters (clean/treat).
 - EVAC: Puncture (stabilize & evacuate), amputation (keep part damp in plastic bag – put plastic bag in bag of cold water), animal bites, joint showing, deep face wound, large laceration.
4. Burns
- Cool first! Check patient, check burn.
 - Determine Degree: Superficial, Partial thickness, Full thickness.
 - Extent: Rule of 9's (chest-18, back-18, leg-18, head-9, arm-9, genitalia-1)
 - Severely burned airway will cause swelling.
 - EVAC: if burn is 10% of body mass
5. Infection
- Red, swollen, warm, tender, fever.
 - Treatment: clean thoroughly at least 2 times per day and dress with clean bandages
 - EVAC: if red streaks develop or infection worsens
6. Dislocation
- Swelling, numbness, bruising, weakness, sometimes obvious deformity, and intense pain/discomfort
 - Treatment: pull traction, treat for pain management
 - EVAC: if you cannot put back into place or is not usable
7. Hypothermia
- Signs & Symptoms: Fumble, mumble, stumble
 - Treatment – Mild to Moderate: Warm, sweet liquids; warm, dry clothing; sugars, carbohydrates, fats; external heat; exercise.
 - Treatment – Severe: External heat (careful – heat hands and face). Dry them off. Hypothermia wrap to prevent further heat loss (see diagram at end of section); hot water bottles in bag with them.
 - EVAC: if severe
8. Frostbite
- Pale, numb, stiff – rewarm skin to skin. DO NOT RUB.
 - Bubbles (normal or clear fluid) – try to walk them out if small.
 - Bubbles (blood) – BAD! EVAC
9. AMS (Acute Mountain Sickness)
- Signs & Symptoms: Headache, nausea, fatigue (lots of water).
 - Treatment: Symptoms should pass in 24 hours. If the patient vomits for over 48 hours, EVACUATE for dehydration. Diamox is a good drug if available.
10. HAPE (High Altitude Pulmonary Edema)
- Signs & Symptoms: Short breath, rales.
 - Treatment: go down fast!
 - EVAC
11. HACE (High Altitude Cerebral Edema)

- Signs & Symptoms: Short breath, rails.
 - Treatment: go down fast!
 - EVAC
12. Heat Exhaustion
- Signs & Symptoms: Skin hot to touch, sweating, dizzy, headache, nausea, tired, shivers, thirsty,.
 - Treatment: Cool down, fluids, salt, rest.
13. Heat Stroke
- Signs & Symptoms: Red all over, hot, disoriented, irritable, combative, seizures, loss of coordination.
 - Treatment: Cool aggressively, fluids, salt, rest.
 - EVAC
14. Anaphylaxis
- Usually from bites or food allergies.
 - Signs & Symptoms: Skin warm and puffy, rapid HR and RR.
 - Treatment: Treat for shock, use ANAKIT if necessary.
 - EVAC
15. Asthma
- Signs & Symptoms: Sit up, cough, wheeze, high RR and HR, pale, short sentences. BAD – blue lips, sleepy, few words.
 - Treatment: ANAKIT if necessary, purse-lip breathing, BE CALM.
 - EVAC: if asthma gets worse or does not improve
16. Hyperventilation
- Signs & Symptoms: Breath rapid and deep, tingly hands and feet, hands and feet spasm inward, pass out.
 - Treatment: BE CALM. Rub back and get patient to breath with you slowly. Water, rest, energy food.
17. Seizures
- Signs & Symptoms: Instinct – they will know it is coming; rigid, jerky, no breathing, convulsing, relaxed, sleepy.
 - Treatment: Protect patient, protect airway, protect dignity.
 - EVAC: if 1st time seizure
18. Heart Attack
- Signs & Symptoms: Pain, crushing, left arm, sweaty, pale.
 - Treatment: CPR, treat for shock.
 - EVAC
19. Choking
- Treatment: Heimlich maneuver until they pass out, then lay down and thrust.
20. Abdomen
- Locate pain (specific acute pain is BAD).
 - 24-hour pain is BAD.
 - Describe pain (squeeze, rumble – okay; fire, constant, sting – BAD).
 - Blood in vomit, stool, pee – EVACUATE.
 - Diarrhea for 48 hours – EVACUATE.

Medication

	Tylenol	Advil	Aspirin	Benadryl
Chemical Name	Acetaminophen	Ibuprofen	Acetylsalicylic acid	Diphenhydramine HCl
Uses	Pain or fever (not anti-inflammatory)	Pain, inflammation or fever	Pain, inflammation, fever or prevention of stroke/heart disease	Temporarily relieves symptoms of hay fever or other respiratory allergies
Doses	Adults: 325-1000 mg every 4-6 hours (max 4,000 mg/day)	Adults: 200-400 mg every 4-6 hours (Max 3,200 mg/day)	Adults: 325-1000 mg every 4-6 hours (max 4,000 mg/day)	Adults: 25-50 mg every 4-6 hours (max 400 mg/day)
Side effects	Usually well tolerated	Stomach upset, ulcer, bleeding	Stomach upset, ulceration, bleeding	Drowsiness, dizziness, constipation, stomach upset, blurred vision, or dry mouth/nose/throat.
Pregnancy	Relatively safe in all trimesters	Avoid during pregnancy	Relatively safe in 1 st and 2 nd tri.	Relatively safe during pregnancy.

Other Medication:

Triple antibiotic ointment: for prevention of infection in cuts, burns and abrasions.

Hydrocortisone cream: for treatment of symptomatic rashes. Don't use on infections, i.e. athlete's foot, since it may aggravate the problem.

Pepto-Bismol: probably not worth the effort of carrying it. It's most useful in the treatment of diarrhea but you need lots of it-not just a few tablets.

Ex-Lax: when you need it, you need it. However, if someone is complaining of abdominal discomfort and says they haven't biffed in a few days, don't immediately assume that they're constipated. They might have something more serious such as appendicitis. You can't hurt someone by giving them a laxative, but do keep in mind the other possibilities. Dosage: 1 square as needed.

Cepacol: lozenges soothing throat lozenges for the inevitable sore throat.

Roloids: for upset stomachs. Very useful for the mild altitude sickness which we see so frequently. You can't overdose them.

Imodium A.D.: for relief of diarrhea. Dosage: 2 caplets initially, then 1 caplet after each loose bowel movement.

SOAP

WayForward guides are required to use a SOAP note in any medical scenario involving treatment of a patient. SOAP notes are located in the appendix.

EVACUATION PROTOCOLS

WayForward guides are expected to be able to construct and execute a backcountry evacuation with or without the immediate help of front country support. Guides are expected to use the combination of their medical training and knowledge of WayForward protocols and procedures to determine the necessity and speed required for all evacuation scenarios. (Stay or Go, Fast or Slow)

WayForward uses a Garmin inReach Explorer device for communications between trips and base camp. An inReach device transmits GPS coordinates and a trip status in a two-way fashion. Unless needed, the communication will remain one-way (guide to basecamp). If needed, base camp staff will reply to a question or give feedback on an issue. During an evacuation, there will be three levels of use as defined here.

Level 0 - All is well with the group (Preset Message 1: All is well with the group)

- Guides will check in daily once they arrive at their campsite (before 9pm) with an “all is well with the group” text to base camp.

Level 1 - Minor Issues (Preset Message 2: There are minor issues, but we are handling them)

- For minor issues that can be handled by guides on the trail such as sprained ankles.
- These are scenarios that may or may not require an evac. In the case that the trip is staying on course, the guides are merely alerting the base camp staff of the potential need for an evac.
- In these situations, the guide team will press the second Preset button on the inReach to alert basecamp of the scenario. This message reads, “There are minor issue, but we are handling them.” Following the preset message, the guide will type a short explanation of the issue (*client name* has sprained ankle.) After that point, the guide team does not need to alert basecamp unless the status changes. It is assumed that the issue is being handled on the trail and base camp can only assist by prayer.
- If there is no deviation from the planned route, base camp will remain at the ready as long as Level 1 messages are being received by way of inReach.
- In the case that the patient is being moved to a trailhead, guides will need to notify base camp with a Level 2. Base camp staff will meet the patient team at the trailhead with no additional medical help.

Level 2 - Slow Evacuations (Preset Message 3: We are needing help to evacuate a non life-threatening patient.)

- For issues that require an evacuation, but do not threaten life or limb. (GO, SLOW)
- In these situations, the guide team is moving the patient to a trailhead or extraction point and is requesting the support of base camp staff. Base camp staff will alert the medical authorities of a developing situation and move to meet the patient team at the extraction point.

- The guide team will press the third Preset button on the inReach every 30 minutes until the patient has been delivered to base camp staff. This button reads, “We are needing help to evacuate a non life-threatening patient.”
- As soon as a Level 2 communication has been received by base camp, a WayForward assisted evac will be initiated (WayForward calls the ranger district and sends evac team to trailhead).
- After hitting Level 2, please send a custom message with brief explanation of the situation.
- Unless otherwise discussed, Base Camp Support will meet guides and be patient at the Trailhead.

Level 3 - Threat to Life or Limb (SOS Button)

- For issues that require an immediate evacuation and threaten life or limb. (GO, FAST)
 - It is important to note that the steps in this procedure will cause the Forest Service to engage the full resources of Search and Rescue (SAR). If access by dirt bike or ATV is not possible, a helicopter will be called. Use only if in a situation that calls for it.
- In these situations, moving the patient is not possible and the guide team is sitting tight while awaiting assistance from SAR professionals. Base camp staff will coordinate with SAR to enter the backcountry to provide medical care to the patient as needed to provide support to SAR.
- The guide team will press the Red SOS button on the inReach and wait until the patient has been delivered to more highly trained medical care.
- After hitting SOS, please send a custom message with a brief explanation of the situation to Base Camp.

In all evac cases, the base camp staff will use the periodic inReach check ins to predict and coordinate meeting up with the patient team. **For this reason, it is required that guides and Guide Team Leader review the trip evacuation plan and inReach communication procedure before every trip.**

Fire Protocol

In the event of wildfires in the area, the guide team will be notified via InReach that fire protocol is in effect. Guide teams will then follow the guidelines below depending on what status (yellow, orange, or red) they are in:

Yellow: Fire within 75 miles

- InReach on for 1 hour at 8am and 8pm.
- If needed, a new route and exit point will be communicated to the guide team.

Orange: Fire within 50 miles

- InReach left on for 1 hour at 8am and 8pm.
- Guide team checks InReach messages every 3 hours/
- If needed, the group will be notified that they will take a “zero day” at current campsite in order to keep them close to a known exit point.

Red: Imminent Danger (Determined by Director)

- InReach left on constantly and in the possession of the head guide.
- Fire distance and new exit point will be communicated to the head guide.

- If the situation requires swift travel, the guides will receive the message to “leave all overnight gear.” The guides will instruct clients to leave all gear except water bottles. Guides will continue carrying the InReach, med kits, and water bottles.

Three important things to remember in the event of an evacuation:

- 1) No staff member is to move forward with any plan apart from the one clearly established and approved by the Director.
- 2) If guiding, clearly communicate all necessary information via InReach about your assessment and plan to evacuate a client. This includes, but is not limited to, a patient’s status via NOLS training guidelines, evacuation route, specific trailhead evacuating to or position where help is needed, estimated hiking time, and any materials or resources needed at location or at trailhead.
- 3) Remain calm and follow your training. Unless two guides are needed, have the second guide partner conduct “crowd control” with the group as best as possible while you work to assess and treat the patient.

COMMUNICATION DEVICES

WayForward uses an inReach Explorer by Garmin for communication during a trip. This section provides a basic overview of the function of this device. WayForward also has an operating manual for it on file.

inReach Explorer

The inReach Explorer is a GPS and messaging device. It can function as a two way messaging device. The device sends pre-programmed or custom messages. Two way communication is sometimes slow due to lag in message delivery. Guides are responsible to take the time to get familiar with the communication device they will be using before they go on the trail.

Power and Battery Life

- Turn on/off when using. Don't leave on. Battery life is only 24-36 hours if left on.
- Make sure to charge the Inreach before taking it on trail!

Operation

- Status Light - Flashes green if you've got a new message. Flashes red if message send has failed or if battery is low.
- Hold the Power/Enter button down to turn on and off. Follow instructions to complete the process.
- Use the arrow keys to navigate around the main menu.

Messaging

- The inReach has preprogrammed, standard messages that can be sent as a part of WayForward's service.
- The three messages are:
 - All is well (**Standard daily check in**)
 - There is an issue and the group is dealing with it (**Level 1**)
 - There is an issue and we need evac assistance from the WayForward team (**Level 2**)
- **Level 3:** In the event of an emergency requiring Search and Rescue, use the SOS button. There is an SOS slide lock that has to be operated before using the button. Press and hold the SOS button for 3 seconds to send a distress message to emergency response. A distress message is sent to a 24/7 rescue monitoring center which will dispatch help to your location. The SOS message is not received by WayForward. You may receive a message from the dispatch center asking for more information.
 - If you mistakenly slide the SOS slide lock to the unlock position, make sure you slide it back until you hear a click. It is not locked if you don't hear the click.
- Custom messages may be sent, but should be used only in the event of an emergency.
 - Depending on your location, cloud and tree cover and other variables, there may be a significant lag in the time it takes to send or receive messages. Do not assume that you will be able to text with the inReach as you would with a cell phone.

- To send a custom message:
 - Select “Messages”
 - Select “New Message”
 - In upper right, “Select” people. This will take you to programmed contacts.
 - Select “Todd Pinkston Email” and “Todd Pinkston SMS” (or GTL if Todd is on the trail)
 - Press “X” to get back to message screen
 - Type Text
 - Press “Send”
- If information is requested from Base Camp, wait for a reply. Guides may manually check for new messages by scrolling and clicking on the “Check” Mailbox on the main screen

TOPO MAPS + APP

Guides will need to download the route map on their smartphone through Topo Maps+ to use as a backup if location needs to be pinpointed quickly. GPS coordinates can be achieved with the inReach, but the Topo Maps+ is a more user friendly interface to show location and distance to points.

Maps must be downloaded onto a guide’s phone before the trip leaves. Once on the trail, the phone can use its GPS receiver to locate the group on the downloaded map.

Directions to set up and download your route in Topo Maps+:

- Download Topo Maps+ to your phone
 - Username: jon@wayforwardadventures.com
 - Password: wayforward
- Click on the link texted to you by the GTL
 - Click “Import into Topo Maps+”
 - In the Topo Maps+ app, click import at the bottom of the page
- Open the Topo Maps+ app
 - Click on “My Routes”
 - Select the route designated for your trip
 - After the map opens, scroll down on the bottom menu and select “Download Map for Route
 - Allow map to fully download
 - Note: To match WayForward’s paper maps, click the tri-folded map icon in the upper right corner of your screen, Make sure “USGS Topo Map” is selected for and hill shading is turned off.

On the trail:

- Open the Topo Maps+ app
- Select your map
- Press locator triangle in lower left corner, wait for GPS signal to locate your group
- phones are not to be used in any situation except an emergency in view of clients

Guiding - Soft Skills

The heart and soul of WayForward is found in the soft skills (or “content”) employed on the trail. In reality, every trip is different and every guide has a different style. A guide’s ability to use the appropriate content tool is a combination of his/her experience, preparation, emotional maturity and spiritual health. As guides, our content skills get better and better with use!

We believe that God calls us to live lives of purpose and impact. It is our job to set the stage for our participants to make this realization. We believe that participants get to this point by first, being pushed out of their comfort zone and second, discovering more about themselves and how God has wired them. A trip in the mountains with phones turned off and filled with intentional conversation and moments is an excellent platform for discovery. We believe in using Scripture to spur on reflection and discussion and to drive home these points.

Our ability to consistently create the environment described above is what will set us apart from other adventure providers. The ability to do this consistently with various trip makeups is what makes you a great guide. This section summarizes how we do content at WayForward.

PURPOSE OF TRAIL CONTENT

Our vision is to take adults on week-long backpacking trips in the Rocky Mountains. By exploring their identity in Christ, participants will not only grow personally but will experience community as God has designed it, leaving with an eager desire to make an impact in their world back home. WayForward guides will navigate the groups through the wilderness and WayForward’s unique personal development curriculum. The curriculum consists of independent readings, personal reflection and group discussions focused on personal vision, values and leadership. This is accomplished through the lens of a relationship with God.

The PURPOSE for every person that arrives at WayForward:

Discovery – Finding out who God has made us to be.

Depth – Deepening our relationships with Christ and others.

TRAIL CURRICULUM COMPONENTS

Each trip is made up of seven key components meant to accomplish the goals above. We consider these staples as non-negotiable. The aim of a trail curriculum is to ensure that a consistent product is delivered each week on the trail. Guides are to use this as a framework for the discussions that happen on the trail.

1. [Life Stories](#)
2. [Life of Meaning Framework](#)
3. [Utmost Devotionals](#)
4. [Meal Questions](#)
5. [Trail Talks](#)
6. [Trail Closure](#)
7. [Celebration Dinner Closure](#)

1. Life Stories

Each person in the group shares a 15-20 minute rendition of their life story followed by 15-20 minutes of questions from the group. This can be one of the most moving and memorable periods of a trip. Guides will do well to encourage taking the time seriously, encouraging active listening and promoting a safe place for risk and vulnerability.

One of the guides should go first and set the tone for the level of vulnerability that will be expected from the group. This initial story will open up the individuals to wrestle with how their life has shaped them as a man or woman. It is important to stick to the time limit that is laid out from the start. This will keep the week on track, but everyone should be encouraged to continue sharing and asking questions throughout the week while they hike, set-up camp or have free time.

2. Life of Meaning Framework

Everyone is seeking meaning in their life. We can have all the external assets that the world has to offer, but without meaning, we are left empty. This meaning is ultimately found in a relationship with God through Jesus. It overflows into our lives and should direct our path during our short time on this earth.

The Life of Meaning Framework – a subset of the WayForward Adventures 3 Steps to a Meaningful Life – is a sequence of lessons and discussions that replicates the thought process of a disciple assessing their calling. This Framework will guide your thinking as you prepare lessons and help you lay out the flow for your week on the trail. You'll teach clients to apply the Framework questions skillfully and reflexively. Guides will be given printouts with the four Lessons to be handed to clients.

We don't hold the answers to all their questions, but we can teach them a Scriptural process to help them discover their own life of meaning. We want to be stewards of this process.

Each week will consist of Four Lessons. This covers the 3 part framework with part 2 broken into two lessons. Guides are expected to cover these four sessions.

Organizing a trail bible study (in conjunction with those already in curriculum)

Bible studies are a crucial part of the trail experience. Sending the group out to read scripture and answer questions serves two important purposes. First, it reminds each client to keep Christ at the front of their minds throughout the week. Second, it serves as a catalyst to deeper discussions around God and our passions.

A good bible study has a few key components: Theme, Observation, Interpretation and Application. A guide's job is to identify good questions that will help participants step through each of these components.

1. Theme - The "big idea" of the passage. A sentence or phrase that summarizes what the scripture is communicating.
2. Observation - Looking at what the passage is saying.

3. Interpretation - Principles about God and people that the passage is communicating.
4. Application - How we can apply the passage to our lives today.

3. Utmost Devotionals

The devotionals are designed to be thought provoking and inspiring passages for clients to read alone in the morning. They are in the back of their curriculum booklet. There are not designated questions with these and they may not be discussed formally by the group, but our hope is that they will set client's minds on things above and guide their thinking for the day. What you focus on in the morning will be the lens in which you see things throughout the day.

4. Meal Questions

Meals are great times to get the group talking. If direction is not established for this time, it can easily become filled with meaningless stories or jokes. While there is a time and place for this, we want to be intentional with the feel of mealtime. Most vacations, hunting trips, girls weekends, etc. are filled with unintentional conversation. If this time is set up well early in the week, it can become a special time to conversation that is unlike any trip they have ever been on. Meal questions can also flow over into Life Story Questions. Guides are encouraged to set the tone for meal questions. These guidelines have worked well in the past:

1. One person proposes a meal question
2. Anyone can start
3. Direction around the circle is established
4. Everyone gets to share their answer

Questions can fall into three categories:

1) Fun Questions

- If you had a free ticket to fly anywhere in the world, where would you go?
- If you could buy one item of unlimited value, what would you buy?
- If you could have dinner with three people, dead or alive, who would it be?

2) Probing Questions

A probing question is one that causes trip participants to reflect on how they are living their life and how they want to live their lives. These can be woven into a trip at various points including Life Stories, Bible Studies and Trail Talks.

- *Who do you look up to? Why?*
- *What makes you come alive?*
- *What are your three favorite qualities about yourself?*
- *What is one question you would ask God?*
- *What are five words you want to be remembered by?*
- If you were diagnosed with cancer and they said you had 6 months to live, how would your life look similar or different than it does right now?
- If money wasn't an issue and you could start an organization to meet one need, what would you do?

3) LOM Framework Questions

It can be difficult to get through all the Bible Study and Lesson questions throughout the week. Meals can be a great time to pose one of the questions they have already thought about during their time alone.

You can find a more extensive list of meal/trail questions in the Appendix.

5. Trail Talks

Guides are expected to weave trail talks into the week to emphasize the goals of a trip. The natural spots for these talks are on peaks and solo nights, but guides are encouraged to personalize and inject thoughts and lessons where the trail provides opportunities.

The purpose of Trail Talks is to hone in on biblical and spiritual principles that are common to the trip. Doing this well requires the guides to listen carefully to the life stories and thoughts shared in quiet time discussions, to carefully consider points that would complement these discussions and to find ways to communicate these points at key moments on the trail.

A well executed Trail Talk can help make key lessons stick for the participants on the trip. There are natural spots in the week for these talks such as on peak climbs, hard pushes up a hill, solo nights, etc. Guides are encouraged to personalize and use their creativity as fits the trail and the trip.

Here are some examples that have worked in the past. Guides are encouraged to develop their own list from the tools in their tool bag. Dive into the verses listed to understand the heart of each talk..

- **Sin/Burden Carry and Toss** – Peak Climb – All grab a rock on the way up, explain that we all carry burdens, and are called to cast them upon the Lord.
 - Matt 11:28-30 “Come to me all heavy laden”
 - Hebrews 12:1-2 “Let us lay aside every weight”
 - Psalm 103:11-12 “As far as the east is from the west, so he removes our sins”
 - Romans 8:39 “nothing can separate from the love of God”
- **Aspen Trees** – Living In Community – Interconnected Body Of Christ. We are all different with different functions, but are one body.
 - Romans 12:3-7
 - 1 Corinthians 12:12-27
- **Switchbacks** – God Sometimes has a different, less obvious route for us. Life with God is a journey. We often can only see one step at a time. We must trust He is good, even when our paths take us places that in the moment don’t make sense.
 - 2 Samuel 22:34 – “He made my feet like the feet of a deer, and set me secure on the highest heights.”
 - Psalm 119:105 “Thy word is Lamp Unto My Feet”
 - Ephesians 2:10 “We are made for His Good Works”
- **Crucifixion Story** – Peak Climb – When we suffer, we are united in Christ’s ultimate suffering, we can take comfort that he has felt all that we feel, and has conquered it. In pain, we take up our cross and our soul with His.
 - Matthew 27:24-46 – Christ’s death// It is Finished
 - Romans 6:5-11 If we are united in a death like His, certainly we are united in a resurrection like His.

- **Struggles, Perseverance and Character** – Steep Climb – After a hard climb, reflective of the benefit of hard things. May not seem worth it in the moment, but pays off in the end.
 - Romans 5:1-5 – “we rejoice in suffering, suffering produces - endurance, endurance - character, character - hope.
- **Letter to/From God, To/From Spouse** – Solo Night or last night

6. Trail Closure

Before the group is back to the trailhead, it is important to capture those last moments of reflection.

Guides are encouraged to wrap up the week with a group exercise. In the WayForward Experience, closure has two parts (trail & celebration dinner). The focus on Trail Closure should be “lessons learned”. We want to capture what lessons they want to take with them for their journey after the trail.

- **Silent hike out**
 - Usually wait till there is only a mile or two left in the trail. Tell them to think about what they’ve learned, and reflect on the week before we re-enter real life. 1 guide starts, the other guide makes 20-30 seconds of space in between each hiker. hike in silence in a spread out single file, 20-30mins.
- **Letter to/From God, To/From Spouse – Solo Night or last night**
 - Solo time to write what you would want to hear from God. What you would write to God, or write to your spouse.
- **Take it / Leave it rocks – End of the week** – each client picks up a rock. what’s 1 thing you want to take from this trip, and one thing you want to leave from this week. Give them time to reflect. They can toss the leave rock away and keep the other.

7. Celebration Dinner Closure

Celebration dinner is the final hurrah for the week. During dinner, conversation can be open just as it was on the trail. As dessert is served, Todd/leadership are to set up a time of sharing. This should look something like...

“hey guys/girls, this week would never have happened without a group of folks doing all the behind the scenes work. We call this group our Base Camp staff. Not only have they set everything up for us, but they have been praying for you each by name, every day you were on the trail. I’d like to take a few moments to invite them into our week to hear about what happened on the trail. Honestly, what they really care about is how God showed up in your life this week. This is also a great opportunity for you to get your first crack at sharing your trail experience with someone who wasn’t with you, which can be hard sometimes. Would someone be bold enough to start?”

After this share time, Todd, or one of the other WayForward staff, will give out a WF Bird Band to everyone (including you) and challenge them to follow Christ as they followed their guides this week. When this time is done, guides have the final opportunity to close the week down. This is left open for however guides want to do it. A fire can be lit, adult beverages may be served to age appropriate groups that desire it, or an encouragement circle facilitated.

Please make sure to let Basecamp Staff know if alcohol is not appropriate for the group.

Trail Curriculum

3 STEPS TO LIFE OF MEANING

1. Look Up

- The adventure primes us for self discovery
- Breakthroughs happen when we step out into the wilderness
- Through 4-5 days of backpacking, we change our place and change our pace, which allows us to change our perspective

2. Look In

- Space is created to process life in community as we journey through God's creation.
- On the trail, WayForward guides you through a **THREE PART FRAMEWORK** to building a life of meaning.
 - Part 1 : Determine the #1
 - Part 2 : Discover the Ingredients (gifts, passions, need)
 - Part 3 : Develop the Plan (recreating trail rhythms back home, with a team)

3. Look Out

- With a plan in place, you come home with a vision of living a purpose filled life.

WayForward is not a Vacation...it's a Transformation.

Through the adventure, discover yourself and be equipped to live an impactful life.

"Don't ask yourself what the world needs, ask what makes you come alive. What the world needs are people who have come alive." (Howard Thurman)

LEADING THE LESSONS

Lesson 1 - Teaching Guide

Quiet Time : Who do you say that I am?

- Reading: Matthew 16:13-19
 - What question does Jesus ask his disciples?
 - Why do you think he asks that?
 - Who do you say that Jesus is?
 - Who does your life say that Jesus is?

Purpose: Evaluate heart (beliefs) and life (actions)

Discussion Points:

- Walk through QT questions.
- Allow group to discuss who they say Jesus is vs who their life reflects Jesus is.
- Why do you think there are inconsistencies in this?
- What are you hoping to get from this week?
- The first quiet time is a great opportunity to gauge where everyone on the trip is. Set the tone for the week by making sure everyone gets to talk and that there are no wrong answers. This is not a week of obtaining the 'right' answer, but a platform to explore what we believe about God and how it shapes our life. We trust that true belief leads to life and inaccurate belief leads to emptiness.
- Transition: This is a watershed question, and everything changes depending on your answer. Something will be the God of our lives, is that Jesus? (rhetorical)

Exercise: Determine the #1

Purpose: Decide what will be the guiding force in our life.

Discussion Points:

We can often put the cart in front of the horse in this discussion about a life of meaning, a calling or God's will. During this first lesson, we want to back up and look at the big picture. We have left 'life as we know it' back home, let's leave 'back home ways of thinking' about life there as well. Give them the gift of an open space to talk about what things have become gods in their life without feeling judged. During this discussion, we want to bring about three concepts. Here are some questions that can help with each.

1. Something will be the god of our lives.
 - What dominates your thinking?
 - What do you gravitate to for meaning and purpose?
2. We all choose the Works Track or the Grace Track .
 - When you evaluate your life, do you find your thinking more in line with grace or works? Why is this distinction so important?
 - In what areas have you experienced each track? What was the result of both? Anxiety? Freedom?
3. The initial steps to a life of meaning (aka-a calling) are basic.
 - As a follower of Christ, what are some things we are all called to?
 - What did you think about when you read the Brennan Manning quote?
 - Do you believe that God loves you? Is He proud of you? Knit you together just the way you are?

Additional Quotes: “More of what you already have that is not making you content...is not going to make you content.” -Matt Chandler

Lesson 2 - Teaching Guide

Quiet Time : Be Transformed

- Romans 12:1-8
 - Who gave us our gifts?
 - What does transformation look like? What are we being transformed from/to?
 - What is God’s role? What is ours?
 - Why do you think He sets it up this way?
- Transition: Why do you think Jesus asks this question? You either believe I am God or you don’t. That dictates how you live. Everything changes if you say Jesus is the Lord of your life.. We are going to talk about what is your number one.

Purpose: Understanding the Created Roles

Discussion Points:

- God has set up life in a specific way. Paul lays this out for us in Romans 12. There are two roles that we want to make sure we discuss: God’s Role & Our Role.
 - Our Role - Do not conform
 - Our role is to avoid conforming to the world and allow ourselves to be transformed.
 - What does this look like in your life?
 - God’s - Be transformed
 - God wants us to allow ourselves to be changed by the Holy Spirit.
 - How can we do this?
 - Why does he set it up like this?
 - Illustrations
 - “A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain. He cultivates the ground, he plants the seed, he waters the plants, and then the natural forces of the earth take over and up comes the grain...This is the way it is with the Spiritual Disciplines - they are a way of sowing to the Spirit... By themselves the Spiritual Disciplines can do nothing; they can only get us to the place where something can be done.” - Richard J. Foster
- This is a great opportunity to work through this biblical concept with the group and seek God together. God wants the pursuit of real meaningful life to be done in cooperation with him. He wants us to avoid sinful actions, worship Him, and wait for his timing and transformation. Sometimes it is our desire for complete control that is the biggest roadblock to spiritual growth.
- Transition: Do you have a creation mission or discovery mission? Are you trying to make yourself into what the world says you should be OR discover who God has created you to be?

Exercise: Discover the Ingredients

Purpose: Identify your gifts / Uncover your passions

Discussion Points:

- 1. What's the origin of our gifts? When we take a step back, do we really believe God gave us our gifts and knit us together? Or are you forming yourself into who the world says you should be?
- 2. With that in mind, how does that redefine success? It redefines success by being who God created us to be. Sin means to miss the mark. This is not just sinning/doing wrong deeds. It means to miss the mark of who God has created us each to be.
- 3. Evaluate our gifts.
 - What are you passionate about?
 - Why are you passionate about that?
 - What do you love about doing that?
 - When do you feel most alive?
 - What do people tell you that you are good at?
- We want to redefine success as becoming the best version of you! “Success is knowing you did your best to become the best you are capable of becoming” – John Wooden
- Allow the group to share what they are discovering about themselves:
- If they are having a hard time talking about themselves, let them go around and affirm gifts in each other.
- Quotes:
 - “I began to wonder what life would look like if I dropped the act and began to trust that being myself would be enough to get the love I needed” Donald Miller
 - “We ‘see’ with new eyes that God’s call on life is so tightly woven into the fabric of our being, so core to who we are, that to ignore it or refuse it would be to jeopardize our well-being.” Ruth Haley Barton
 - “Your time is limited, so don’t waste it living someone else’s life.” - Steve Jobs

Lesson 3 - Teaching Guide

Quiet Time : Unity and Purpose

- Mark 12:28-34
 - What question does the teacher ask Jesus?
 - What do you think his motivations are in asking?
 - How does Jesus answer?
 - What does it mean to love God? Your neighbor?

Purpose: We before me

Discussion Points:

- What question are they really asking? Why does He respond that way?
- Transitional: All believers are given a universal purpose by God. This is overarching in our lives, despite all our differences.
- The old was, “God is pleased when I DO certain things”. but Jesus wraps it all together in two commands. They are unending and universal. It penetrates every area of life.
- Is this a new concept? Jesus is quoting the *Shema* (Deut 6) What rabbis declared every morning. It was who they are and their purpose. This has *Always* been the way.

Exercise: Discover the Ingredients

Purpose: Point out the need

Discussion Points:

- We want them to slow down and see that they have purpose in everything. All day.. Always. What does that mean for me? I can have a purpose at the grocery store, doing laundry, hanging with kids. etc. If we are not sold out for that, then we will not find our specific purpose.
- “The first consideration is the needs of the world. The single strongest indicator of what God wants you to do is probably your awareness of what needs to get done to make the world more like what God intends. This doesn’t necessarily mean huge, global problems, but simply anything in the world that needs to be done. Earning a living to support yourself and your family is one example mentioned in the Bible, another biblical example is working so as to meet the needs of individuals around you besides your family, and working to serve the good of the larger society is also a biblical imperative.” (www.theologyofwork.com)
- Questions to help with this lesson:
 - What does God care about and where do you see your passions and gifts overlap with a need?
 - We want to hold off on specific needs and talk about universal needs we can fulfill. Where do you see needs today? A purpose is so you can meet a need.
- These don’t have to be formal jobs or have any practical application. Don’t let operational limitations get in the way of purposeful dreaming.
- Quotes:
 - “Everyday God invites us on the same kind of adventure. It’s not a trip where He sends us a rigid itinerary, He simply invites us. God asks what it is He’s made us to love, what it is that captures our attention, what feeds that deep indescribable need

of our souls to experience the richness of the world He made. And then, leaning over us, He whispers, 'Let's go do that together.'" -Bob Goff

- "Be who you is, because if you ain't who you is...you is who you ain't." -Chuck Swindol

Lesson 4 - Teaching Guide

Quiet Time : Shining Like Stars

- Philippians 2:12-18
 - What does working out salvation look like?
 - Why do you think Paul chooses this analogy?
 - How can you shine for Christ in your daily context?

Purpose: Living Different

Discussion Points:

- God wants us to work out what he is doing within. We don't have to do the transformation, we just do the fleshing out of a transformed heart. During this final lesson, we want to create a vision for what life looks like to live differently!
- Here are some questions to help with this discussion:
 - What does it look like to live out your faith back home?
 - What keeps you from doing that?
 - What has God done in your heart this week?
 - How has your approach to God been different on the trail? How can you bring this approach back home?

Exercise: Develop the Plan

Purpose: Rhythms / Specific Purpose

Discussion Points:

- In light of what we discussed with universal purpose, how does that inform how we see our specific purpose?
- Our specific purpose is a honed version of the universal purpose.
- Going back to lesson 2, God transforms us, but we are creating the environment for the transformation. If you feel like you have clarity out here, what does it look like to create these rhythms back home?
- How can you be more intentional with a team back home to create these rhythms with?
 - What Rhythms helped you feel close to the Lord this week?
 - What helped you grow personally?
 - What helped you grow relationally in community?
 - What do you want to look different when you get back home?
- Quotes:
 - "I used to be afraid of failing at something that really mattered to me, but now I'm more afraid of succeeding at things that don't matter." -Bob Goff

- “While we cannot transform ourselves into the image of Christ, we can create the conditions in which spiritual transformation can take place” - Ruth Haley Barton

FLOW FOR THE WEEK

Every week on the trail has a different feel. We want to hold our expectations loosely while also having a vision for the best way to set up the week for success. As a guide, you use time management and years of experience to sprinkle these components throughout the week to create a space for God to work.

Early : Folks are adjusting to life on the trail. We want to establish the norms of vulnerability, safety and fun. We laugh a lot and begin to talk about things that matter. Don’t rush depth of discussion early, this comes naturally as walls break down. Lesson 1 should be done early in the week.

Middle : As everyone has settled in and feels accustomed to the new rhythms of life, we take conversation to a deeper level. We don’t force depth, but we challenge them to think deeper about who God is and how they are wired. We try to incorporate a peak or destination hike in the middle part of the week to talk about perspective and/or overcoming obstacles. Lessons 2 & 3 should be done in the middle of the week.

Late : This is the golden part of the week. People have forgotten about the worries of life at home and have tasted the beauty of simple life on the trail, in community, talking about Scripture and what stirs our hearts. If you can fit a solo in, it is best done later in the week. Lesson 4 is a great one for solo night. Feel free to add additional questions or exercises to a solo night (i.e. letter to God, letter to spouse/kids, more scripture). Lesson 4 should be done later in the week. Closure should be done on the trail and then more at Base Camp.

Appendix 1: Trail Meal Instructions

Breakfast

Coffee and Hot Chocolate (30-45 minutes)

1. Boil water in the large pot.
2. Once boiled, set aside and cover.
3. Set out coffee and hot chocolate packets from the “Misc” bag next to the water.
4. Self-serve.

Breakfast Sandwiches (30-40 minutes)

Ingredients: Sliced ham, bagels, guacamole, eggs*

*NOTE: Make sure to thaw the eggs as they may be frozen.

1. Cook eggs in medium pot.
 2. Brown ham in skillet, set to the side.
 3. Toast bagels in skillet with butter.
 4. Put 1 slice of ham down on center of bagel half, guac, eggs, and 2nd bagel half
- Seasonings: Salt, Pepper, Tony C's
Garnish: Cholula (aka The Lady)

Scramblettes (30-45 minutes)

Ingredients: Eggs, sausage, potatoes, cheese

1. Cook sausage in medium pot.
2. Cook eggs in the large pot.
3. Cook potatoes in the skillet.
4. Add finished sausage and potatoes to the large pot of eggs and stir until mixed well.
5. Serve in two-cups.

Seasonings: Salt, Pepper, Tony C's, Cavender's, Garlic Salt

Garnish: Cholula (aka The Lady)

Bars & Dried Fruit (1 minute)

Ingredients: Bars, dried fruit

1. Open and eat.

Tip: keep any leftovers accessible for a snack throughout the day

Granola/Cereal (5-10 minutes)

Ingredients: Granola/cereal, powdered milk, drinking water, dried fruit

1. Pass around dried fruit
2. Pass around granola/cereal along with powdered milk.
3. Self-serve in two-cups with desired amount of powdered milk (one spoonful = skim, two spoonful = 2%, three+ spoonful = whole milk).
4. Add water to two-cup and eat.

Oatmeal (30 minutes)

Ingredients: Oatmeal, brown sugar, apples, raisins

1. Boil water.
2. Dice apples and cook with butter and brown sugar in the skillet.
3. Pass around oatmeal and sugar for individuals to pour into two-cups.
4. Once boiled, add apples (if desired) and water to two-cups.
5. Eat.

Seasonings: Brown sugar (season to taste)

Lunch

Bean Burritos (30 minutes)

Ingredients: Dehydrated beans, salsa, cheese, Fritos, tortillas

1. Boil water in medium to large pot.
2. Break cheese apart with hands and separate tortillas while water boils.
3. Once water is brought to a boil, either (a) pour water into dehydrated bean bag and knead, or (b) pour beans into a pot and slowly add water and stir.
4. Add salsa, cheese, chips, and continue to stir the mixture until fully combined.
5. Serve on tortillas and fold in half.

Seasonings: Tony C's, red pepper flakes, salt, pepper

Garnish: Cholula (The Lady)

Pizza Bagels (30-45 minutes)

Ingredients: Bagels, pizza sauce, pepperoni, cheese

1. Heat pizza sauce and cheese in the medium pot until cheese is melted.
2. Toast bagels with butter and garlic salt in the skillet.
3. Place pepperoni in center of the bagel, add sauce/cheese to the bagel and serve to the group.

Seasonings: Italian seasoning (sauce), garlic salt (bagel)

PBHCR (10-15 minutes)

Ingredients: peanut butter mixture, tortillas, fruit

1. Separate the tortillas if they are stuck together.
2. Spread the PBHCR mixture on the tortillas, fold in half, and serve to the group.
3. Pass fruit around the circle for the group to eat.

Chicken Salad (20 minutes)

Ingredients: Canned chicken, sliced almonds, dried cranberries, ranch, pita bread, carrots

1. Pass the carrots around the circle to eat.
2. Use a can opener and drain the canned chicken.
3. Add the canned chicken, ranch, dried cranberries, and almonds. Mix well.
4. Add mixture to pita bread and serve.

Seasonings: Tony C's, Cavenders

Bars & Jerky (5-10 minutes)

Ingredients: Bars, jerky, trail mix (GORP)

1. Pass the trail mix around the circle to eat.
2. Pass the bars and jerky around the circle to eat.

Smoked Salmon (15 minutes)

Ingredients: smoked salmon, cream cheese, ritz crackers, peanut butter energy bars

1. Open smoked salmon from vacuum seal packaging and cut into the number of portions needed for each participant to have equal amount (4 ounces allotted per person).
2. Place smoked salmon, a scoop of cream cheese and handful of ritz crackers on each plate along with a peanut butter energy bar.

Dinner

Dinner Rolls (5-10 minutes)

Ingredients: Dinner rolls, butter, italian seasoning, garlic salt

1. Place butter, garlic salt, and italian seasoning into the skillet and lay as many bread rolls as possible onto the pan..
2. Cook until golden brown on top and bottom. Repeat as needed until all rolls are cooked.

Beef Tortellini (30-45 minutes)

Ingredients: Tortellini, beef, chicken bouillon powder, spinach, tomato

1. Boil water in medium/large pot*.
2. Add 3 spoonfuls of chicken bouillon per nalgene of water.
3. Cook beef in small pot, add in tomatoes and spinach.
4. Add tortellini to boiling water until soft, then add in beef and vegetables.
5. Add in garlic powder.
6. Let simmer for 2-3 minutes and serve.

Seasonings: Salt, pepper

*Make sure you measure how much water you use in a nalgene

Chili (40 minutes)

Ingredients: Beef, tomato paste, chili seasoning, beans, cheese

1. Brown the beef in the medium pot.
2. Heat tomato paste, pinto beans, and chili seasoning in the large pot.
3. Once beef is browned, add to the large pot.
4. Cook mixture until well-mixed and tomato sauce begins to bubble.
5. Add cheese.

Seasonings: Chili seasoning, garlic,

Hamburgers/Sweet Potatoes (45 minutes – 1 hour)

Ingredients: Ground beef, diced sweet potatoes

1. Boil the diced sweet potatoes in the large pot until the sweet potatoes become soft.
2. Brown the ground beef in the medium pot.
3. Drain the large pot and add the ground beef and sweet potatoes together.
4. Mix well and serve in two-cups.

Seasonings: Salt, pepper, Tony C's, Cavenders

Mash Pot (30-45 minutes)

Ingredients: Dried milk, instant potatoes, ham, corn, cheese, bacon bits, jalapenos

1. Boil water for the dried milk and potatoes.
2. Combine dried milk and potatoes into the same bag.
3. Slowly add water to the instant potatoes while beginning to knead the bag. Continue this process until the potatoes are fully hydrated.
4. In the large pot cook the ham and corn. Add the instant potato mixture to the ham mixture.
5. Add cheese and bacon bits and continue to mix well.
6. Serve in two-cups.
7. Pass jalapeños around for individuals to add to their two cup.

Seasonings: Cavenders, Tony C's, Salt, Pepper, Butter, Red Pepper Flakes

Chicken Tacos

Ingredients: Canned chicken, cheese, salsa, beans, tortillas, tortilla chips, guacamole

1. Use a can opener and drain the canned chicken.
 2. Cook the chicken in the medium pot.
 3. Cook all the other ingredients in the large pot.
 4. Stir and heat until well mixed.
 5. Serve on tortillas, fold in half, and serve to the group.
 6. Tip: Toast the filled tortillas for extra flavor
- Seasonings: Tony C's, Cavenders, salt, pepper

Garnish: Cholula ("The Lady")

Italian Sausage

Ingredients: Italian sausage, rice, diced tomatoes, spinach, goat cheese

1. Cut up and cook the Italian Sausage in a skillet.
2. Add Italian Seasoning and Garlic Powder.
3. In a separate pot boil water and add to instant rice. Allow rice to hydrate until soft.
4. Add diced Tomatoes to sausage and add rice once done.
5. Finish by putting in spinach to wilt. Add Goat Cheese.

Seasonings: Italian Seasoning, Garlic Seasoning, Crushed red pepper

Ramen Noodles (15-20 minutes)

Ingredients: Ramen noodles, flavor packets

1. Fill the medium or large pot with water.
2. Boil the water.
3. As the water boils, use your hands to begin breaking apart the ramen inside the bag.
4. Once water is boiling, remove flavor packets and add noodles to the pot.
5. Add flavor packets and let sit for a maximum of five minutes.
6. Serve in two-cups.

Seasonings: None needed

Appendix 2: Trail Meal Checklist

Trip Name:

Meal	Person Carrying Meal

Trip Name:

Client	Medication

Trip Name:

Meal	Person Carrying Meal

Trip Name:

Client	Medication

Trip Name:

Meal	Person Carrying Meal

Trip Name:

Client	Medication

Trip Name:

Meal	Person Carrying Meal

Trip Name:

Client	Medication

Appendix 3: Trail Questions (use deck of cards to supplement)

1. What is something you want badly but can't afford right now?
2. What was your best year in school & why?
3. Have you ever invented anything?
4. Name two people (living) you'd love to follow around for a few days & why.
5. What have you done for your last two vacations?
6. Name two things you love to do. When was the last time you did them?
7. What is your most prized possession?
8. What has been the most important book, movie or play you've read or seen in the past two years?
9. If you could change one thing during your lifetime, what would it be?
10. Share one of the happiest days of your life.
11. What's something about your personality you'd like to change?
12. If you had one year to live, what would you do?
13. What is your idea of a happy family?
14. Complete this statement: One of the things I missed during my childhood was...
15. What do you do when you are depressed or feeling down?
16. What can you identify as a turning point in your life?
17. What's an important goal you'd like to accomplish in the next year?
18. Name one event in your life you'll never forget?
19. Where do you go when you want to be alone?
20. What emotions do you find most difficult to control?
21. What's the hardest thing you've ever been through?
22. Where do you go to get validated or appreciated?
23. Will you raise your children more or less strictly than you were raised?
24. What do you think you will do about your parents when they get old?
25. Which member of your family are you most like? How?
26. What is a temptation with which you struggle about?
27. What would you like to feel more confident about?
28. If you could trade places with anyone in the world for one day, who would it be?
29. How do you define joy? Peace?
30. What one quality do you look for most in friends?
31. What one word would you use to describe each person in the group?
32. How do you feel about growing old(er)?
33. What would you like to be remembered for after you die?
34. What talents do you wish you had?
35. How would you describe the 'ideal' father?
36. If Jesus was coming to your house for dinner, what would (if anything) would you do to improve your home? Yourself? Your relationship with Him?
37. What are some of the things that make you feel like weeping?
38. What is your definition of a Christian?
39. What are your feelings about death?
40. What feelings do you have the most trouble expressing?
41. How do you feel about the way you use your money and your lifestyle in general?
42. How do you feel about your use of time? How do you spend your time?

43. What's the best way for you to share your own faith?
44. Which Biblical character do you admire most and why?
45. Have you ever been persecuted for your faith? How?
46. What has caused the biggest leap in your Christian growth?
47. Tell about a recently answered prayer.
48. What would you want a non-Christian to notice about you?
49. How do you believe the Holy Spirit works?
50. What does worship mean to you?
51. At what time or period in your life were you most aware of the presence of God?
52. Have you ever been angry with God? Why?
53. When do you feel closest to God? How do you tune into God?
54. What are some characteristics of God you have never explored?
55. In what ways do you fear God?

Appendix 4: SOAP Note

Subjective

(age, sex, MOI/HPI, chief complaint [CC])

Objective

(Vital signs [VS], patient exam [PE], SAMPLE)

Patient Exam – Describe locations of injuries.

Vital Signs

TIME					
LOC					
HR					
RR					
SKIN					

History

Symptoms	
Allergies	
Medications	
Past Relevant History	
Last Oral Intake	
Events Preceding	

Assessment

(Problem list)

Plan

(Plan for each problem on the assessment list)

Anticipated Problems

Appendix 5: Pre Trip Summary

Route:

Trip:

Trip 1	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Route:

Trip:

Trip 2	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Route:

Trip:

Trip 3	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Route:

Trip:

Trip 4	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Route:

Trip:

Trip 5	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Route:

Trip:

Trip 6	Day 1	Day 2	Day 3	Day 4	Day 5
Miles to Hike					
Hiking Time Estimate					
Campsite					
# Life Stories					
Curriculum Schedule					

Appendix 6: Trip Daily Evaluation Sheet

Trip:

Guide Partner:

Route:

Days:

	Day 1	Day 2	Day 3	Day 4	Day 5
Miles Hiked					
Starting Elevation					
Finishing Elevation					
# of Breaks					
# of Pack-off Breaks					
Breakfast (time)					
Breakfast (length)					
Breakdown camp (amount of time)					
Started Hiking (time)					
Lunch (time)					
Lunch (length)					
Ended Hiking (time)					
# of Life Stories					
Avg. Length of Life Story					
Who Told Life Story					
Peak					

Trip:
 Guide Partner:
 Route:
 Days:

	Day 1	Day 2	Day 3	Day 4	Day 5
Miles Hiked					
Starting Elevation					
Finishing Elevation					
# of Breaks					
# of Pack-off Breaks					
Breakfast (time)					
Breakfast (length)					
Breakdown camp (amount of time)					
Started Hiking (time)					
Lunch (time)					
Lunch (length)					
Ended Hiking (time)					
# of Life Stories					
Avg. Length of Life Story					

Trip:
 Guide Partner:
 Route:
 Days:

	Day 1	Day 2	Day 3	Day 4	Day 5
Miles Hiked					
Starting Elevation					
Finishing Elevation					
# of Breaks					
# of Pack-off Breaks					
Breakfast (time)					
Breakfast (length)					
Breakdown camp (amount of time)					
Started Hiking (time)					
Lunch (time)					
Lunch (length)					
Ended Hiking (time)					
# of Life Stories					
Avg. Length of Life Story					

Trip:
 Guide Partner:
 Route:
 Days:

	Day 1	Day 2	Day 3	Day 4	Day 5
Miles Hiked					
Starting Elevation					
Finishing Elevation					
# of Breaks					
# of Pack-off Breaks					
Breakfast (time)					
Breakfast (length)					
Breakdown camp (amount of time)					
Started Hiking (time)					
Lunch (time)					
Lunch (length)					
Ended Hiking (time)					
# of Life Stories					
Avg. Length of Life Story					

Trip:
 Guide Partner:
 Route:
 Days:

	Day 1	Day 2	Day 3	Day 4	Day 5
Miles Hiked					
Starting Elevation					
Finishing Elevation					
# of Breaks					
# of Pack-off Breaks					
Breakfast (time)					
Breakfast (length)					
Breakdown camp (amount of time)					
Started Hiking (time)					
Lunch (time)					
Lunch (length)					
Ended Hiking (time)					
# of Life Stories					
Avg. Length of Life Story					

Appendix 7: Scripts

While WayForward values every guide's individual personality, and knows that God is going to use you to add a unique flavor to the week, we also believe there are certain times that we want to communicate specific information. Through the course of seeing this done well, these are some of the best practices we wanted to highlight. While we're not requiring you to memorize these scripts word for word, it will be your responsibility to communicate this information clearly.

Packing Stations

Go ahead and find a packing station and set your bag down next to the station. Our first day of the trip is going to be filled with times of learning. You might feel like your guides are talking at you a lot today, but this will not be the case for the entire trip. The better we can learn the rhythms of life on the trail today, the better our overall trip will be. So listen closely today as we teach and make sure you voice any questions you have. Our goal is to make sure you have the best week possible!

Alright, this morning we are going to walk through everything you need to make sure you are prepared for your time in the mountains. We want to make sure you have everything you need to stay warm and dry, but not carrying around extra stuff that will weigh you down. I want you to remember these three principles as you pack up:

- 1) Synthetic is better than cotton. Cotton absorbs moisture as you sweat, then your wet clothes make you cold as the temperature drops. Synthetic clothes will wick moisture away and keep you cooler in the heat and warmer in the cold.
- 2) Layering is best. We want to be able to dial up or down our clothing like a thermostat. This is done with layers. Your big bulky jacket is not as functional out here as multiple layers stacked on top of each other.
- 3) Ounces lead to pounds & pounds lead to pain. Everything extra you take will add extra weight on your back. We give you the freedom to choose what you want to bring, but the common theme we hear from people at the end of their week is, "I brought too much".

We are going to start working through our gear. We will start with clothing, then talk about WayForward gear and finish with community gear. We will stop various times throughout to answer questions. Try to keep up with me as we work through each item and I will probably cover a lot of your questions as we go.

With clothing, we are going to make three piles....(progress into packing).

Unpacking Stations

Everybody please find your pack. We are going to repeat packing stations but in reverse order. So, as I call out each item please place it in the appropriate pile. Please do not make any phone calls or take a shower until we are COMPLETELY finished. This will be the most efficient way to go about this process.

At end of packing stations:

1. Please be kind and courteous to your friends by taking short showers. This will help us stay on schedule and ensure everyone gets a hot shower.
2. Please fill out the WayForward survey on the counter. We always want to know how we can get better and would love your feedback.
3. Please leave your cell phones in your room until all our celebration activities are over. The Lord still has things for you as you process your time on trail.
4. You have trusted us all week, please continue to trust us by refraining from consuming alcohol tonight.
5. Lastly, we are a no tip outfitter. We are not here for the money but to serve you.

Life Stories Set Up

One of the staples of every WayForward trip is the time we get to spend telling life stories. For most folks, this becomes their favorite part of the week. Throughout our time on the trail, we are going to carve out space where we can get to hear everyone's story and ask them questions. We have a deep desire to be known, it is core to who we are, but ever since the apple in Genesis 3, we have spent our lives hiding. Part of learning about who God has created us to be is bringing a trusted group of people into the process. This is a safe place. What is said on the mountain stays on the mountain. As David writes in Psalm 32:1-5, "when we keep silent, we waste away, but when we confess, God forgives and we get to live in the light." This is not just a time to confess, but it is a time to be ourselves and let everyone in on what has happened in our life to create the person we are today.

What: So we want to go chronologically through our lives and share about the milestones and memories. This is not a time to recall all the events of our life, but rather the ones that have shaped us. This is a gift to the group and we want to respect the one sharing, trying to refrain from using the bathroom during this time. We are also going to take our sunglasses off to make sure everyone gets eye contact.

Time: Each person is going to get 20 minutes to tell their story and 20 minutes for questions. One of the guides will toss a bottle into the middle of the circle as a 2 minute warning. At that time we want you to start landing the plane. If you are sharing about a tough section, we certainly want you to finish, but we also want to be respectful of the time so that everyone gets an opportunity to share. Please try your best to stay in the 20 minute window.

Questions: The question time is a rich time to get to know each other better. Ask questions that you would feel comfortable answering. Probe deeper into areas you want to know more about. These can be fun and lighthearted questions. It is rare that we get uninterrupted time to get to know each other, so we encourage you to capitalize on this time. It is not a time for advice, so a good rule of thumb is that if your

"question" does not end in a ?, then you should probably save it for later. There is plenty of time on the trail or around camp for future discussion.

Process: One of the guides is going to go first. Then, when we stop again, they will pray for the next person to share. You will not know when your turn is going to be until the prayer time before each story, but you know you will go at some point, so you can start to prepare your thoughts.

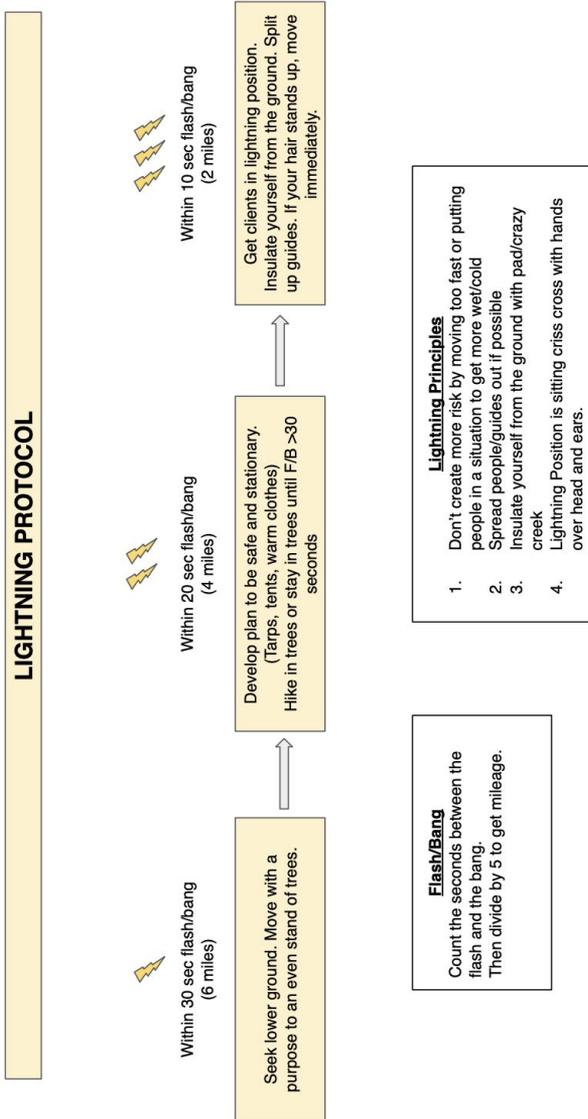
Final 10%: I want to challenge you to share your final 10% during your story time. During our everyday life, we share 90% with others pretty openly and freely, but we guard our final 10%. I want to remind you that this is a safe place to share and that the real growth happens when you share the final 10%...so go for it!

Content Set up

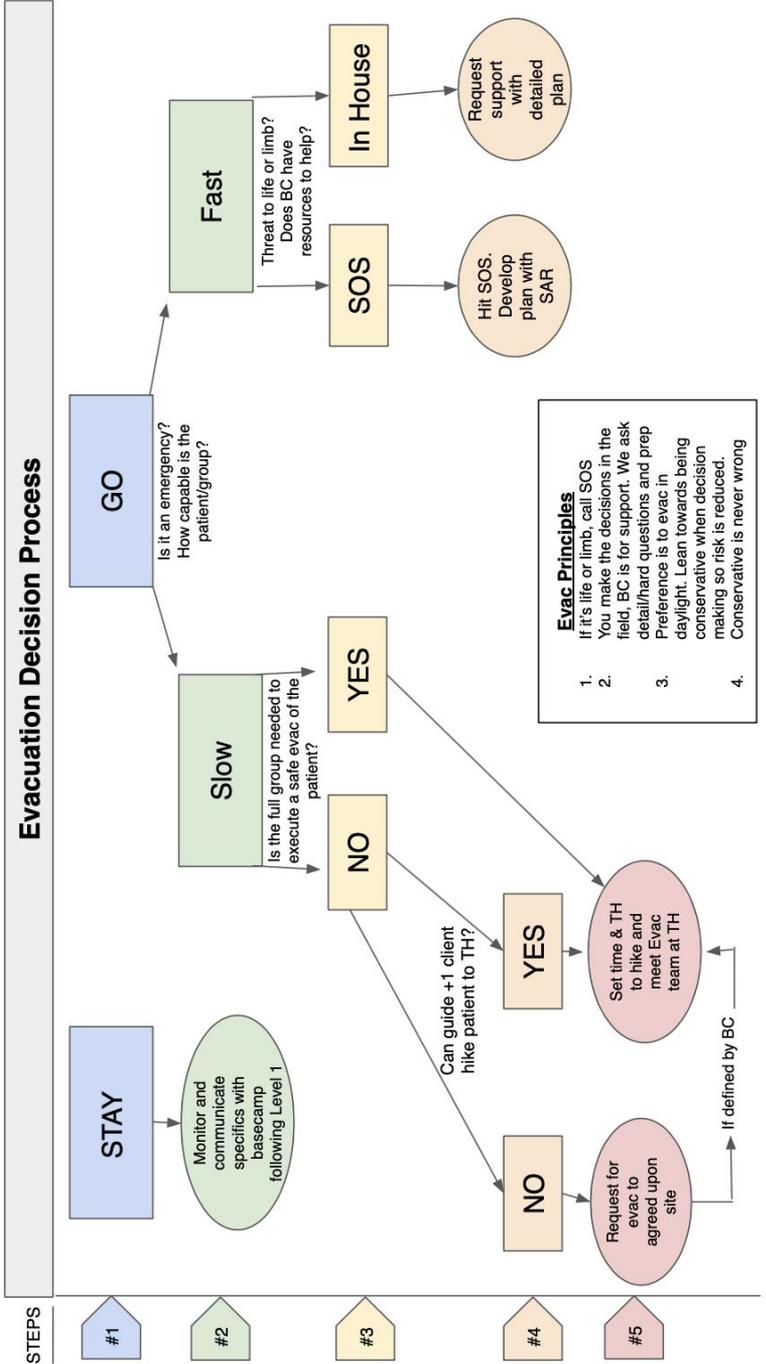
Most days we are going to get to spend some time alone reading God's word and in reflection. As we discussed at basecamp, we are all in search of meaning and purpose. Out here, we get the space to really process through what this looks like for us. We are going to walk through some scripture that lays out how God has designed us for meaning in life. Each Lesson has some scripture, questions and an application portion. We are going to give you time to sit alone and work through this. The Devos in your book are for morning time and we will talk about that later.

Ground rules: Once we send you out, please find a spot away from the general camp area, so our noise cooking doesn't distract you. We want you to be within yelling distance so you can hear us when we call you back. If you finish the lesson, don't come back before we call, just enjoy your time alone. Sometimes just listening is a great way to hear from the Lord. Also, please don't distract the people around you. Just because you might not be having a great time reflecting, they might be, so let's respect their time. Make sure you have your Bible, journal and pen and go out and find a place by yourself. Enjoy!

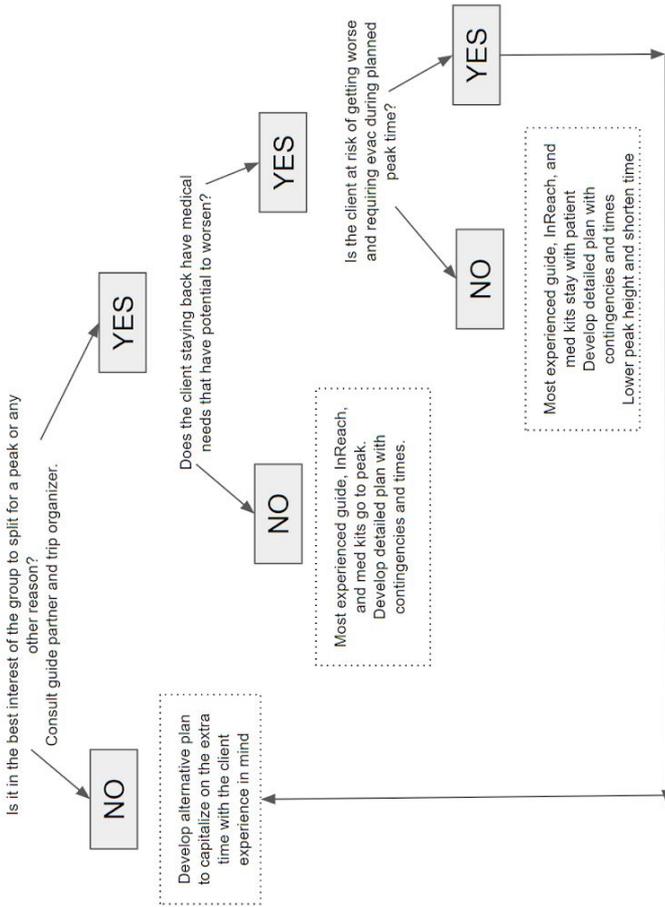
Appendix 8: Guiding Protocols



Evacuation Decision Process



Group Split Protocol



Group Split Principles

1. Safety First. Risk increases when group splits. Play it safe
2. Plan for the unthinkable. Contingency plans.
3. Include the Trip Organizer to get a pulse on the group desires.
4. Clients are never left alone.
5. Two parties are never moving at the same time. One group always stays put.
6. A group's preference is not a valid reason to split.

Fire Protocol

Standard: Leave InReach on for 1 hour after check-in

Yellow: Fire within 75 miles

-InReach on for 1 hour at 8am & 8pm

-Exits point identified. Route altered to be less than 10 miles from exit point

Orange: Fire within 50 miles

-Same as yellow but check in every 3-4 hours in the InReach

-GTL can alter route to day hike activities to keep groups closer to the exit points

Red: Imminent Danger (Determined by GTL and Leadership)

-GTL and lead guide identify exit point and new pick-up time

-Severity will be determined and communicated

-In certain scenarios, LOG refers to “Leave Overnight Gear” in a situation where swift travel is required

Basecamp Protocols:

-GTL checks fire status twice daily while groups are on trail

-GTL makes contact with authorities when fire is 75 miles from any trail in use