



Luther Heights  
Bible Camp

# TRAILS & BACKPACK CAMPS

*Please read carefully through this camper information to help prepare for a week at Luther Heights. Let us know if you have any questions.*

## **Our Hope for You**

While you're out in the wilderness, you will begin to **know yourself** better, reflecting on your abilities, your goals, and your calling. You will be part of a community where everyone matters. You will become involved more deeply in caring for Creation by developing a sense of life with minimum impact and seeing God's beauty up close.

We hope camp will help you grow in your **faith**. You don't have to be a Lutheran to be at Luther Heights, but the faith shapes our life together. We worship together at the beginning and end of every day. We take time each day to study the Bible together. We usually have daily Quiet Time, so each of us can have a brief chance to be alone with the Word before God. And there are all kinds of unscheduled times where we find our faith deepened. We want you and everyone else to enjoy the experience of living in community in the beautiful mountains of Idaho!

## **Is this Program Right for Me?**

The only people who should not be in the Luther Heights Trails and Backpack programs are those who have physical disabilities that interfere with walking, who are unable to carry the extra weight of a pack, who are seriously overweight, or who are not interested in a more "primitive" camping experience away from modern conveniences.

Intermediate Trails participants hike with packs on usually only the first and last days. Even Senior High Backpackers normally have routes with a layover day when packs don't need to be carried.

Trails and Backpack Camps at Luther Heights may challenge you physically. Backpacking is hard work, but these programs will not push you past your limits.

At the start, you'll probably develop sore muscles and find it takes time to adapt to the higher altitudes. You can expect to do a fair amount of hiking (up to 4-8 hours some days); and you will be carrying between one-fourth and one-third of your body weight in your backpack. But the trails experience doesn't need to exceed your abilities. Indeed, it can be wonderful!

## **Arrival/What the Week Looks Like**

At registration, you will have a brief **health screening** with our Health Care Manager to go over your health form and discuss any special needs you may have. You will need to turn in any **medications** you bring to camp. Following the accreditation standards of the American Camping Association, **Luther Heights must have all medications (including non-prescription ones) under the control of your counselor.**

On Sunday after registration, you and your program group will go over packing-out and orientation. You'll learn how to set up and take care of your tent. You'll be briefed on safety and low-impact camping procedures (water treatment, group hiking, camping in bear country, latrine procedures, health care, etc.) Your group will leave the next morning after completing your packing-out.

As a group, you will decide what trails and mountains you'd like to hike. You will be backpacking Monday through Thursday. You will return to Luther Heights Thursday afternoon and will participate in all-camp activities that evening.



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## How to Prepare

By praying. By planning to share yourself with others. By committing yourself not only to your own needs, but to the needs of others.

You can also prepare with physical activity that increases your stamina. Brisk walking, jogging, bicycling, swimming, or other activities that increase your heart rate for a sustained period are best. If you haven't been active recently, start slowly and gradually increase the time you spend with these activities. Try to work up to doing them for at least thirty minutes a day, three or more times a week. Start several weeks or even months before camp starts.

## Emergencies

Messages may be carried to trails groups within a day when necessary. Emergency evacuation can be done in the same time span, or by a helicopter when there is a life-threatening injury.

## Insurance

Information is required on health forms for camper's personal coverage.

## Accreditation

Luther Heights Bible Camp is an Accredited Site by the American Camping Association (ACA).

## Swimming

All water activities are under the supervision of Red Cross certified lifeguards. The rivers and streams are swift moving in the mountains, therefore, swimming is limited in our trails camp programs.

## Canteen

Campers will have the opportunity to shop at Canteen for LHBC gear on the first and last day of camp. Money will be kept at camp and is not allowed on the trails.

## Packing

**Luther Heights provides** a backpack for each camper, tents, and gear needed for the group (food, cooking utensils, bear bag, rope, maps, stoves, emergency/first aid supplies, etc.) You need to provide your own personal gear (see list below).

Stick to the motto: "Pack light, be prepared." Remember you'll be carrying all your gear as well as food and equipment divided by the group, so packing light is essential. However, you need to be prepared for the wilderness, including a wide range of weather conditions. You will need to be prepared for both warm and cold temperatures, as well as rain and sunny days.

As you pack, think carefully: **do you really need it? Will you be unprepared without it?** Keep in mind the Three Virtues of trails gear: **light weight** (the pounds add up quickly), **low bulk** (there's only so much space in your pack), and **multiple use** (whenever you can use something for more than one purpose, you've saved yourself some weight on the back).



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### Foot Gear

Take care of your feet. For most hiking, sneakers or tennis shoes simply can't provide the support and protection your feet need when you're carrying an additional one-fourth to one-third of your body weight. You'll need **well-fitting shoes that are already broken in**. If you buy new hiking shoes, be sure to wear them several weeks before you come to camp. Otherwise you're going to have real problems with blisters.

You don't need to buy big heavy hiking boots. Most of your hiking at Luther Heights will be on trails, so heavy footwear is unnecessary. Good foot support is important. If you're buying new boots, you might want to consider some of the superlight hiking shoes that are on the market.

You should have **several changes of socks** with you. It's usual to wear two sets at a time, a thicker pair over a thinner set. This will keep your foot from sliding around in your shoe. If the thick socks are wool, you'll be better prepared for cold weather, wetness, and hard use.

You may also want to have some old sneakers or similar footwear along, for crossing creeks and wearing at the end of the day when hiking is done. Sandals with straps are acceptable. Flip flops are not allowed.

### Sleeping Bag and Pad

You want a sleeping bag that is as warm as possible and as light as possible. While down bags are wonderful, they are very expensive. There are many bags on the market with special synthetic fibers designed for trails bags. Many now have temperature ratings that help you compare between various bags (but you probably won't stay warm down to the low temperatures they list...) Most "car camping" bags are generally too heavy to carry for the insulation you get.

A sleeping pad is also recommended. This can be either closed-cell (like Ensolite), or open-cell foam. There are some inexpensive ones available, as well as some more elaborate ones (like the self-inflating Thermarest). Again, light weight and insulating capacity are most important.

### Clothing

**Be prepared for extremes of weather.** While we hope you have some warm sunny days, you might have to face a snowstorm or rain. The nights generally get quite cool in the high country, sometimes near freezing. It's best to have clothing that you can put on in layers. Items insulate better that way and can be removed in stages as you warm up. We recommend several wool items since wool insulates even when it is wet. A stocking cap and gloves or mittens are wise additions to your gear.

A rain poncho or lightweight rain jacket is essential. The camp has a limited number available, but we don't have enough for everyone. Please pack your own rain gear.

It's good to pack most of your items in small plastic bags, to help protect against wetness. You might also want a large garbage bag to use as a pack cover at night or in the rain. Plastic bags will also be available for sale in Canteen.



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## **Basic Equipment:**

- \_\_\_\_\_ Hiking shoes (with extra laces)
- \_\_\_\_\_ Tennis shoes and/or strapped sandals
- \_\_\_\_\_ Sleeping bag and stuff sack
- \_\_\_\_\_ Sleeping pad
- \_\_\_\_\_ Rain poncho or light rain jacket/pants
- \_\_\_\_\_ Water bottle(s) and/or a water bladder (CamelBak, etc.)

## **Clothing:**

- \_\_\_\_\_ Thick socks (we recommend wool)
- \_\_\_\_\_ Thinner/lighter socks
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Upper-body: Shirts, Jackets, Sweater/sweatshirt, Down Vest

T-shirts are fine for warm weather and are typical hiking wear but have something for cool nights and bad weather. We recommend packing a wool long sleeve shirt. Consider combinations of layers: windbreaker/sweater/T-shirt, or rain jacket /sweatshirt, long sleeved underwear/T-shirt, or jacket/down/vest sweater, etc.

- \_\_\_\_\_ Hiking shorts. Most people wear shorts much of the time.
- \_\_\_\_\_ Long pants

Pants for cold weather and to protect against evening mosquitoes. Jeans are O.K., though don't provide much warmth when wet. We recommend wool, quick-drying, or rain pants with long underwear.

- \_\_\_\_\_ Stocking cap, gloves or mittens

## **Other Items:**

- \_\_\_\_\_ Mosquito repellent
- \_\_\_\_\_ Sunscreen lotion. This is important! At higher elevations you are much more likely to get a serious sunburn.
- \_\_\_\_\_ Small flashlight, extra batteries
- \_\_\_\_\_ Toothbrush and toothpaste, biodegradable soap, comb, etc.
- \_\_\_\_\_ Small towel and washcloth
- \_\_\_\_\_ Kleenex, handkerchief, or bandana
- \_\_\_\_\_ Blister bandages



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### Also Consider:

- \_\_\_\_\_ Camera
- \_\_\_\_\_ Foot Powder
- \_\_\_\_\_ Lip protection (chapstick, etc.)
- \_\_\_\_\_ Sunglasses/sun visor
- \_\_\_\_\_ Long underwear
- \_\_\_\_\_ Pen or pencil (for journaling)

### Fishing Gear

You may have the opportunity on a slower day to fish. We recommend a compact fishing pole and lightweight supplies if you'd like to fish. **You must have an Idaho Fishing License with you if you decide to fish.**

### Please do NOT bring:

Pets, iPods/music devices, firearms/ammunition, hair dryers, alcohol, tobacco or other drugs, personal vehicles not be used during sessions, personal sport equipment, firecrackers

**WE ARE LOOKING FORWARD TO HAVING YOU AT  
LUTHER HEIGHTS BIBLE CAMP THIS SUMMER!**

### CONTACT US

Need help with information about camp or registering? Contact our office at [info@lutherheights.org](mailto:info@lutherheights.org) or (208) 886-7657.

Need to contact camp while your camper is there? Contact our camp office at [director@lutherheights.org](mailto:director@lutherheights.org) or (208) 774-3556.



### SHARE YOUR STORY!

We would love to hear about your camp adventure and experiences!

Share your story with us by emailing [info@lutherheights.org](mailto:info@lutherheights.org) and we'll send you a free LHBC sticker!