



The 2023 Backpack/ Whitewater trip is about to begin!

I, your Program Director, first participated in a Lake Aurora backpacking trip over 35 years ago. We packed everything we needed on our back for 4 days of hiking along the Appalachian Trail. I remember how happy we were to see civilization again after being in the woods, rained on, tired, and cold. We ended the trip by taking canoes down some small white water rapids nearby.

You may be glad to hear that our current trip looks nothing like the first one I did....

We will be base camping at Lake Winfield Scott State Park with bathroom and shower facilities and a small swimming lake near the campsite. We will be making day hikes out across the mountains to see and experience God's beauty for us there using the Appalachian trail near Blood Mountain. We plan to spend one day with Nantahala Outdoor Center going through some very cold white water. It will be a great trip.

*Participants need to be above average fitness level and ready to do a lot of walking!* Although we will not carry our camping gear on our backs, we will carry enough food and water for the day's activities. Between now and the time of the trip, you should be doing some extra walking. You should be able to hike at least 5 miles at a pace no slower than a 12-minute mile. If you cannot (and do not practice in the meantime) walk at least 5 miles in an hour or less here in the flatlands of Florida, this trip may not be a good fit for you. We do not want to discourage anyone from coming on the trip. Still, at the same time, once we start on a trail, there is really no off-ramp or alternative to making through and overcoming the mountains ahead of us.

We will include a more complete packing list to help you be prepared, but the most important items include some **rugged foot gear** that is well broken in. If you have not already bought some good hikers for your feet, get them as soon as possible and start walking in them at least 5 to 10 miles a week. The elevations that we will be going up and down will put a lot of extra stress on your feet, and blisters are no fun but come easy with new shoes, no matter what the quality. The other most important item will be a **small pack or a Camelback system** in which you can carry a minimum of 4 liters of water and a couple sandwiches and snacks. It is vital to have the water split up between two containers in the pack to ensure that you will still have water if one water bladder or canteen lid fails.

NO CELL PHONES OR OTHER ELECTRONICS (digital cameras that do not have wifi may be allowed with specific permission)

Please feel free to call or text if you have any questions about the trip. I will be the program director and bus driver.

Just a quick background note for any uneasy parents: I have been a medic in the military for over 30 years and have been a paramedic instructor with extensive training and experience in wilderness medicine and survival.

The trip includes at least 2 days of hiking, ½ day of whitewater rafting, and at least ½ a day that will be flexible; depending on the weather and the group, we may be able to find a waterfall or do some additional hiking. We will have a long drive home, and traffic is unpredictable, so please be patient and prepared that we may arrive back at camp later than the 4pm published time.

Updates to our arrival schedule and pictures may be posted on Facebook @Survival by the Word.

**Attached is a permission form that the NOC requires for our white-water rafting trip.**

**PLEASE DO NOT FORGET TO PRINT AND SIGN THIS FORM!**

## **Packing List – Please label all items with your name**

### **Do bring:**

- **BIBLE** – in large ziplock bag; Notepad and pen
- Small or medium backpack to carry 4 liters water, 2 sandwiches, snacks, and poncho
- Knife
- Towels (2 or 3)
- Swimsuits (modest one piece or dark t-shirt to cover)
- Sunscreen (Minimum SPF 30)
- Bug Spray!!
- Sleeping bag or bedding/ pillow
- Camelback system for water is best, or 2-two liter bottles/canteens.  
\*Must have 4 liter capacity divided in two separate containers in case of leak or failure of one container.
- **HIKING BOOTS/ SHOES** that are comfortable and broke-in!.....we will be on somewhat rugged, rocky trails. Regular tennis shoes are not sufficiently tough.
- Plus extra footwear in case your primary hikers get wet.  
(flip-flops or Crocs are also great to have for the showers or when you need to let other footwear dry out)
- Clothes *that can get dirty !!! Stains possible!! (bring 5 days of clothes...no washing machines available)*
- Flashlight
- Dark T-shirts (especially important for modesty issues)
- Toiletries (toothbrush, DEODORANT, soap, etc.)
- Hat (able to get wet, dirty, or crushed)
- Shorts
- Jeans and sweatshirt or light jacket for evenings (even in summer, nights can get cold after a rainstorm!)
- \*water shoes- important for rafting

### **\*Optional >> Nice to have:**

- String/rope and small carabiners
- Flip-flops/sandals or crocs
- Sleeping pad/small air mattress
- Water-proof camera
- Sun glasses
- personal snacks
- Whistle
- Compass
- Rain coat/ poncho
- Lighter/waterproof matches
- Glow sticks
- Personal first aid kit (no oral meds)
- Camp chair
- Walking stick/ collapsible hiking poles
- Personal tent (subject to available space at campsite)
- Shorty wetsuit for rafting
- EXTRA SOCKS
- Spending money for souvenirs/ drinks or snacks during the drive

Remember to sign the NOC Whitewater rafting permission form!

Please try to comply with this packing list. In the environment in which we will be living, low maintenance “tough” clothing is needed. Also, modesty is very important. Please ensure that all clothing and swim wear is modest in nature and not promoting themes which are contrary to a positive Christian atmosphere. If your pants are too loose, bring a belt! (We do not need to know the style or color of your underwear!) Please clearly label all clothing and personal belongings with permanent marker because clothing/belongings may get mixed together during certain activities.

## **How to pack:**

A great idea is to pack all clothing and items in large Ziploc bags, with complete outfits packed closely together....if you can pull out one single gallon bag that has shirt, shorts, and undies together, that is a win! You do not want to have to dig through multiple places to find something to wear when you are in a hurry or it is raining.

**Bathing Suits:** This topic can be sensitive but needs to be addressed. We will be very active and do not want any “awkward moments”. Modesty is a very important aspect of the Christian atmosphere we want to promote together.

For boys, the matter is pretty simple. Swimwear should be loose enough to allow freedom of movement not “form” fitted. The important key for boys is having a drawstring to be sure nothing comes off or rides low unexpectedly.

For girls, things can be more complicated, especially in these days of “cheeky” styles. There is no “one-size- fits-all” rule that can be applied, and we certainly do not want campers to feel like they should be ashamed of their bodies or that they have to hide the fact that they are a female. Please avoid anything that requires strings, knots, or ties to stay in place. If in doubt, a dark overshirt or rash guard is recommended. Lightweight, simple running shorts are an excellent addition to your swimsuit to maintain dignity during very active and rugged events. It is always good to have more than one swimsuit or option.

**Footwear:** Boots or at least shoes and socks are great at night to keep feet clean, dry, and bug free. Hikers are needed for daily activities while water shoes or crocs (non- flip flops) are also needed for some activities. When it comes to footwear, more is probably better.

**Sleep gear:** A sleeping bag works well to act as a sleeping pad and blanket both, but it is not necessary. Sheets can be used alone, but you need to have a way to stay warm in your tent in case we encounter a cold rainstorm. A pillow is nice, or you can stuff a dry towel inside a clean shirt and use that. I usually opt for a sleeping bag, a sheet, a pillow and a sleeping pad or small air mattress. If your gear is weather- proof and can be left outside the tent, that will leave more room inside the tent for sleeping comfort.

For NOC use only

Activity Date:

Rsv Party Name:

Activity Time:

Rsv #:

Activity Type:

# in Party:

RELEASE OF LIABILITY/LIABILITY WAIVER FORM

FULL LEGAL NAME of PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Check if you do not want to be occasionally contacted about NOC offers and promotions.

PRINT Full Name of Emergency Contact: \_\_\_\_\_

Relationship of emergency contact: \_\_\_\_\_ Phone(s) of Contact Person: \_\_\_\_\_

Activity Participation Acknowledgement

I, the undersigned, hereby acknowledge that I am participating in an activity for which Nantahala Outdoor Center, LLC, a Georgia limited liability company or one of its subsidiaries (individually and collectively, "NOC") is furnishing equipment or services and which requires physical exercise, including, without limitation, rafting, kayaking, swimming, stand-up paddle boarding, rock climbing, hiking, rappelling, zip-lining, ropes course navigating, or cycling (the "Activity"). By signing this waiver, I certify that I am in good health and physical condition and do not suffer from any disability which would prevent my participation in the Activity. I agree to abide by any decision of any NOC employees, organizers, volunteers, directors, representatives, agents, and officers (collectively, the "NOC Parties") regarding my ability to safely participate in the Activity. I fully understand that I may injure myself as a result of my participation in the Activity and that certain injuries may result in death or permanent physical disability. I also acknowledge and agree that my participating in any Activity may be terminated immediately if any of the NOC Parties believe, in their sole discretion that I am unable to complete the Activity for any reason or that I am under the influence of alcohol or drugs.

Risk Acknowledgement, Indemnity and Release

In consideration of my participation in the Activity, I hereby assume all risks, known and unknown, associated with participation in the Activity including, but not limited to, any injuries resulting from falls, contact with other participants, the conditions of Activity sites, bodily injuries and death. To the fullest extent permitted by law, I hereby agree to indemnify, hold harmless and defend the NOC Parties, as well as, where applicable, the Tennessee Valley Authority, Ocoee River Outfitters Association, the state of Tennessee, the U.S. Forest Service, the United States of America and other any federal or state governmental agencies or other entities who may have an interest in any river, lake, or other real property or waterway on which the Activity takes place (individually and collectively, the "Indemnified Parties") from and against any and all claims, losses, damages, expenses and other liabilities (including, but not limited to, court costs and attorney's fees) arising out of or resulting in whole or in part from my participation in the Activity. I for myself and anyone entitled to act on my behalf, including, but not limited to my heirs and successors, hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Indemnified Parties from any and all claims, losses, damages, expenses and other liabilities of any kind arising out of my participation in the Activity even if such claims, losses, damages, expenses and other liabilities arise out of negligence or carelessness on the part of any or all of the of the Indemnified Parties.

Media Release

I hereby grant and convey to the NOC Parties all right, title and interest I may have in any and all photographs, motion pictures, video recordings, and any other recordings made during or about the Activity, and the NOC Parties shall have the right to exploit such recordings throughout the universe, an unlimited number of times, in perpetuity by any and all means and media, now known or hereafter invented.

Medical Emergencies

I hereby give permission to the NOC Parties to contact emergency services for help, whether or not the NOC Parties have contacted my emergency contact, and give permission to a licensed physician or other licensed medical provider to provide proper treatment, including but not limited to hospitalization, injection, anesthesia and/or surgery. I hereby RELEASE, WAIVE AND FOREVER DISCHARGE the NOC Parties from any and all claims, liabilities, causes of action, damages, demands, judgments, executions, liens and costs whatsoever in law or equity, including, without limitation, liability for death or bodily injuries to any person or damage to any property resulting from any (i) claims made against medical providers of emergency services under this authorization, or (ii) against the NOC Parties for obtaining emergency medical services for me pursuant to this authorization and waiver.

\_\_\_\_\_  
Date Your Signature

If you are under the age of 18, your parent or guardian must execute this form on your behalf.

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Date Your Parent's or Guardian's Signature