

**2024 MOUNTAIN CONQUERORS³ ADVENTURE CAMP
INFORMATION
(What to bring list)**

Make sure you read this thoroughly.

Camp Dates: Sunday August 4th - Saturday, August 10th, 2024.

Meeting time/Drop-off location: Sunday, August 4th, 6:30pm. Meet at The Lord's House of Prayer located at 133 East Vine Street, Lancaster, PA 17602

Camp ending time/Pick-up location: August 10th, Saturday evening at 10:30 PM at The Lord's House of Prayer located at 133 East Vine Street, Lancaster, PA 17602 *(NOTE there are many variables that affect our arrival. We will do our best to be home in the time allotted, but we cannot guarantee it. We will make phone calls home communicating our expected arrival).*

Camp fee: Each teen must pay \$125.00. The rest of the expenses will be covered by MC.

Parents/guardians, this is a once in a lifetime experience that we are choosing to make available to those who completed MC camp1. We are not going to make this a yearly occurrence. We would like to accept all candidates, but we can only accept 12. We will have two groups of 10 hikers each (4 adults to 6 teens). Both groups will hike the same trail and the same routes, at the same time but will be staggered so they remain two separate groups.

NOTE: The forms received first will be given preference, any forms received after the first 12 forms will be put on a "waiting list" and will be notified if a slot opens up. Know, that signing up does not automatically get you to attend this camp, you must complete the other requirements listed on the MC3 website. Failure to do so may result in you not being able to attend.

IF you have successfully completed at least 3 pre-hikes, got the medical release form signed by a licensed physician, paid the \$125 you are on your way to an adventure and experience of your lifetime!

DAY BY DAY TRIP ITINERARY:

Sunday, Aug. 4th

- ◆ Teens will be dropped off at The Lord's House of Prayer church by 6:30pm. Please ensure your teen has eaten dinner as none will be provided this evening.
- ◆ We will be packing our backpacks and sleeping at the church for an early rise on Monday.

Monday, Aug. 5th

- ◆ Leave LHOP approximately 7am to drive to New Hampshire.
- ◆ We will be eating a packed lunch and stopping for pizza dinner.
- ◆ Arrive at [Conway Church of God](#) around 6pm to settle in and sleep.

Tuesday, Aug. 6th

- ◆ Leave 7 am to drive to [Pinkham Notch visitor center](#) and hike back to wilderness campsite.

Wednesday, Aug. 7th

- ◆ Hike [Mount Clay](#), [Jefferson](#), [Adams](#) and [Madison](#).
- ◆ Return to camp to eat, and sleep.

More info. on back of this page

Thursday, Aug. 8th

- ◆ Leave camp and hike back to Pinkham Notch visitors center to replenish food and ditch the tents.
- ◆ Hike to second camp located at [hermit lake shelters](#). (We will be sleeping in lean-too's).

Friday, Aug. 9th

Hike [Mount Washington](#), tallest mountain in Presidential range.

- ◆ Return to hermit lake shelters to eat and sleep.

Saturday, Aug. 10th

- ◆ Leave camp early and hike back to Pinkham Notch visitors center.
- ◆ Shower and change into fresh clothing.
- ◆ Drive back home.
- ◆ Stop for dinner.

- ◆ Arrive at The Lord's House of Prayer ([133 East Vine St. Lancaster PA](#)) approximately 10:30pm.
- ◆ Note: Our leaders will have cell phones, but phone usage will be inconsistent due to the terrain and remoteness of the trail location.
- ◆ We will have a satellite tracking device that will allow you to know where we are while on "the climb" as well as receive daily messages from us on how the group is doing.
 - Please fill out the information below and hand in with the Parent/Guardian

The Graduation: Sunday, August 18th 10:00 am at The Lord's House of Prayer, all participants who complete Mountain Conquerors will be recognized.

- ◆ Family members are welcome and encouraged to attend.
- ◆ A video highlighting the week will be played and given to each participant.
- ◆ Achievement awards will be presented to each participant.

Expectations:

- ◆ **Every participant must participate in at least 3 pre-hikes out of the available hikes and carry a backpack with 45lbs in it. Please see the pre-hike schedule and online sign-up form located on the MC3 website.**
- ◆ **Parents and teen must attend the pre-trip meeting to be held on Monday, July 8 at 7pm at The Lord's House of Prayer.**
- ◆ \$125 Fee must be paid. Make checks to LHOP and put MC3 in the memo or give cash. Please give or mail to Mountain Conquerors, 133 East Vine Street, Lancaster, PA 17602.
- ◆ A full value contract will be created by the whole group on Sunday night, Aug.4th, and will be honored during the camp duration.

Specific expectations that must be met to attend MC3:

- ◆ No drugs (including tobacco products or alcohol) or medications (unless specified on your applications or by a physician)
- ◆ No fighting (if disagreement, get a camp staff involved)
- ◆ No pranks for they lead to division (we will work as a team of ONE).
- ◆ No lying (trust will be built NOT broken)
- ◆ No electronic devices including games systems, cell phones, I-pods, MP3's, or any other electronic device. This is an opportunity to live without them and learn to appreciate others, and the outdoors.
 - A small point and shoot camera (not cell phone camera) is encouraged.

More info. on the next page

- ◆ All participants will listen and obey those in authority. There are situations on these mountains that demand the teens to listen and obey so they do not bring harm to themselves and others.
- ◆ In the wilderness the regulations are only 10 people per group. We will split into two groups during our time. 4 adults and 6 teens in each group. We will be in close proximity, but all participants will stay with the group at all times.
- ◆ We will honor each other by how we act and speak to one another.

We will supply:

Backpacks for hiking, tents, sleeping bags for the hike, food, and all needed camping equipment.

WHAT YOU NEED TO BRING:

Camping/Hiking Clothing: (AVOID CLOTHING MADE OF COTTON!!!)

- 3 Thick pair of wool or merino wool socks (for padding) AND 5 Thin pair of wicking socks. OR 5 pairs of wool or merino wool socks.
- **NOTE socks MUST go above ankle NO below the ankle socks.**
- 7 T-shirts (polypropylene preferred)
- 2 long sleeved, warm shirts.
- 1 warm polar fleece jacket or pullover.
- 1 pair of thermal underwear (tops and bottoms, NOT cotton).
- 3 -4 pairs of shorts.
- 1 pair of long pants (not jeans and not cotton).
- 7 pairs of underwear (1 pair of underwear per day).
- Belt (if needed).
- Rain gear. Rain jacket and pants OR poncho.
- Bring the head buff that was given to them at Mountain Conquerors or if they lost it bring two handkerchiefs.
- Sturdy boots that have been "broken in" for hiking.
- Warm winter hat.
- Warm gloves.
- Camp shoes/sandals/'crocs'.

Toiletries: (small container, only amounts needed for this trip, ie. No big bars of soap or big tubes of tooth paste).

- Biodegradable soap (ivory or baby magic works).
- Shampoo (biodegradable).
- Hand towel (not a big towel).
- Toilet paper (Enough for 7 days. Take off a whole roll what you need for 7 days. Roll the paper and place it in a zip-lock bag to be packed in the backpack).
- Contacts and solutions if needed (don't bring big bottles of solution, purchase small ones).
- Toothbrush and paste.
- Comb if needed.
- Small deodorant.
- Chap stick.

More info. on back of this page

Miscellaneous: (only amounts needed for this trip)

- Insect repellent
- Sunglasses
- 2 garbage bags
- 2 one liter water bottles or water reservoir with drinking hose.
- Small plastic drinking cup.
- Small plastic bowl to eat food out of.
- Spork or light weight fork and spoon.
- 2 plastic shopping bags
- Personal medicine/health items
- Sun screen.
- Small pocket Bible and notebook.
- Pen.
- Small headlamp flashlight with new batteries.
- Small blister kit.
- Hiking poles if desired.
- Ground pad (we will provide it, but if you have your own bring it).
- Small pocket knife optional.

Trip Home List:

- Change of clothing and shoes for ride home (underwear, socks included)
- Towel for shower
- Toiletries needed

Parents/guardian if you need to contact us:

Please only call if there is an emergency needing immediate attention. You can attempt to reach us by the following numbers:

- ◆ Matt Kroll, MC3 Camp Coordinator, 717-413-9319.
- ◆ Don Brubaker, MC3 Camp Lead 717-823-7908
- ◆ Dan Brenneman, MC3 Camp Lead 717-286-7367
- ◆ Remember, during the hike, phone reception will be very limited and most of the time not available. If Don does not answer, leave him a message, then call Matt Kroll and leave a message.
- ◆ While in the mountains August 6th – 10th, we will have a tracking device that will allow you to view where we are and will allow for occasional messaging from us to you and you can message us in an emergency (please only message us if it is of utmost importance). This device also has the capability of attaining emergency rescue if needed. More information about how this works will be given to the parent/guardian prior to the trip. You must provide your personal information while completing the Parent/Guardian on-line form to be part of this communication.