



First Church in Ipswich Youth, Spring Hiking Retreat

**Mount Willard and Mount Avalon
May 19-21, 2017**

Join us as we hike both Mount Willard and Mount Avalon, located near Jackson, NH . We will take in the beauty of several rivers and pools to wade in, hike to the top of Willard Cliff, and for those who would like, an additional hike to Mt. Avalon, in the quiet peacefulness of the White Mountains.

Day I: Drive to New Hampshire

We meet at First Church in the circular driveway at 2:30 pm on May 19, pack the vans, and drive to Jackson, NH, where we will cook our supper and say our prayers and stay overnight in the Jackson Church, where Gail Doktor is the pastor.

Day II: Hike Mount Willard and Mount Avalon

On this day of hiking, we will hike to the top of the ridge at Mount Willard in the morning, where we will view spectacular landscapes and rolling hills, and, weather permitting, play in the pools along the base of the mountain. We will return to church for a rest, and then those who wish to can do an additional hike to Mount Avalon in the afternoon.

Day III: Pack Vans, Return to Church, lead Worship

On this third day of the trip, we will return to First Church, and preach, sing, pray, and offer our blessings from the mountains to the congregation.

Planning Meeting: On Sunday, April 30, we will meet after church to go over packing lists, youth leadership, bylaws, and hiking logistics.



Housing? As is our tradition, we stay overnight in a UCC church on the route. This year we will stay in Gail Doktor's church in the town of Jackson, NH.

Support? Our staff includes Rebecca Pugh, and Beth Viehmann and one additional chaperone. In case of an emergency, you can reach us on our cell phones: Rebecca: 978-412-5204; Beth: 978-500-3706.

Who can go? Youth in grades 6 - 8 are welcome to participate.

Time deadline: April 2 at 12 noon, for submitting **all five things:**

- a. The cost of the trip **\$25.00** *Checks can be addressed to "First Church in Ipswich" and sent to Nancy Feener*
- b. **the permission slip /release form**
- c. **the signed group contract**
- d. **a photo copy of your insurance card (front and back)**
- e. **The food contribution** (Please come to the planning meeting to plan foods)
*Registration materials can be submitted to First Church in Ipswich,
One Meetinghouse Green, Ipswich MA 01938.*

Contract? By popular demand, we now have a group contract, which helps the group participants own the way that we will live as a community.

What will we Eat? We will plan our meals at our meeting on the 30th. The food sign-up sheet is included in this packet. Please let us know if you have food restrictions.

Youth Leadership? We will elect youth deacons for logistics, chronology, and other roles. If you are a youth who would be willing to serve as youth deacon, please let us know.

First Church Switched Off: A reminder that we have a no-cell-phone and no-electronics policy on First Church youth retreats. Please respect the community's code of not using your phone for texts or calls.



What's the Packing List?

A sleeping bag, a camping mattress, small pillow, towel, flashlight, and toiletries.

Two water bottles, assorted snacks for the trail, and a sturdy day pack for the hike.

Comfortable modest sleeping clothing, and slippers for church.

Hiking shoes, clothes, and rain gear.

A separate bag with dress clothes for church.

A towel, soap, and other items for rinsing off. Note: the church does not have formal shower facilities, so we will do the best we can to clean up informally, including searching out a swimming hole for dusting off.

A bathing suit if you like to swim; we will be surrounded by rivers, waterfalls, and ponds to swim in.

Additional clothing that remains warm when wet: either wool, or under armor or other modern fabric. Barring thunder, we hike rain or shine.

Sun screen.

A Bible, a journal, and pencils and pens.

Several small gifts for your Willard trip "secret friend", to whom you will be assigned at the beginning of the weekend, and a "hostess gift" to give away to a new friend.

A few games you would like to share with friends.

A mug, spoon, fork and table knife that will be yours for the weekend, to help us cut down on dishwashing.

We recommend that these items be packed in one duffel bag so we can keep track of everybody's stuff.

Hiking Safety Frameworks:

- a. Check body frequently for blisters and stop if you need moleskin
- b. Stop at all turns and wait for the next group so nobody gets lost
- c. Drink water frequently... "Drink before you're thirsty; eat before you're hungry; this keeps dehydration and exhaustion at bay". Drink one full water bottle every hour.
- d. Practice "leave no trace" which means carrying a baggie for waste.

Theological Framework: When we climb to the top of a ridge, and see the splendor of creation we are reminded that God challenges us to live out our calling as leaders: responsible, careful, kind, powerful, humble.

*You are the light of the world.
A city built on a hill cannot be hid.
No one after lighting a lamp puts it under the bushel basket,
But on the lamp stand, and it gives light to all in the house.
In the same way, let your light shine before others, so that they may see your good works
And give glory to your Father in heaven.
Matthew 5:14-16*

First Church in Ipswich
One Meetinghouse Green, Ipswich, MA 01938
978-356-2211
e-mail: firstuccipswich@aol.com
Hike: Mount Willard and Mount Avalon, Jackson, NH
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Name: _____

Address: _____

Home Phone: _____ Youth cell phone: _____

Parents' cell phone: _____ E-mail: _____

Emergency contact: _____

Medications: _____ Allergies: _____

I understand that if my child does not feel well, I will be contacted.

In addition, my child has or does not have (please circle one) permission to take the following medications, should he or she need them.

(please check off the medications that your family is comfortable with, or cross off everything if you don't want your child to take medicine)

____ Aspirin ____ Ibuprofen ____ Tylenol ____ Homeopathic remedies

____ Metamucil ____ Cough medicine ____ Cough drops ____ Benadryl

A photo copy of your Insurance card Co./I.D., taped to the back of this document:

Any other concerns: _____

My child has my permission to participate in the youth activity of First Church in Ipswich. In the event of an emergency, and I cannot be contacted, I give my permission to the adult leader in charge to seek emergency medical treatment for my child.

My child ____ Has, ____ Does Not have permission to be photographed and posted in church displays or on the First Church website.

I also agree to not hold First Church in Ipswich, or its employees, and/or adult volunteers, responsible for any injury sustained while on the church property or during this adventure trip.

I have read the above statement, and my signature implies agreement and consent.

Youth Signature: _____

Parent/Guardian Signature: _____ Date: _____

FIRST CHURCH
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**MUST BE READ AND SIGNED BY STUDENT AND
PARENT/GUARDIAN**

I, _____, understand that I will be representing my church, my family, and myself on this church trip. I further understand this trip is a privilege and, as such, I will conduct myself maturely, responsibly, and in a safe manner. This means that:

1. I promise not to engage in behaviors that put me or my group at risk, including but not limited to breaking curfew, bullying, lying, stealing, experimenting with drugs, tobacco, alcohol, fires, or weapons. Penalties for engagement in these prohibited behaviors will include expulsion and possible loss of privilege to go on further trips. This means that I may be immediately suspended from all trip activities and may be sent home at my or my family's personal expense.
 - 1a. I will observe the bicycle safety frameworks.
2. I understand that what the chaperone says goes and I will abide by what he/she says at all times.
3. I will be with at least one other youth group member at all times. I will remain with the group and follow the scheduled activities.
4. I will abide by church curfews 8:30 pm for this trip.
5. I will alert an adult immediately if I am feeling sick or having a serious problem.
6. I will be respectful of other people's property. I understand I am responsible for any damage I do to property during this trip, whether it is accidental or not.
7. I will not bring cellular devices or other forms of modern electronics.

The purpose of these rules is to assure the enjoyment and safety of all participants. I understand that my failure to comply will result in a phone call home, possible dismissal from certain activities, and/or removal from the entire trip.

Participant signature: _____

Parent's/Guardian signature: _____

Date: _____ Tel. # _____

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Contribution list

*Please call Nancy Feener, 356-2211, Tuesday through Friday mornings,
to sign up for food contributions.*

*If you have allergies beyond gluten, please let us know and we will plan accordingly.
If you prefer vegetarian, please let us know.*

Food Contributions:

- ___ Snacks for the trail: Healthy, non-perishable energy snacks, for 15 people
- ___ Lunch Supplies: peanut butter, fluff and jelly, mayonnaise and mustard—smallest possible containers—and bread for sixty sandwiches, including gluten free, and sandwich bags
- ___ Lunch meats and cheese—frozen solid and packed in a cooler—for 30 sandwiches
- ___ Main Course for Supper for 15 for Friday night, including gluten free
- ___ Main course for Supper for 15 for Saturday night
- ___ Salad for 15, packed in a cooler, for two nights
- ___ Cereals and bagels for two breakfasts, fifteen people each, including gluten free
- ___ coffee, tea, cream, sugar, for two breakfasts, and orange juice, cider, milk, and lemonade packed in coolers
- ___ durable fruits for 15 people, for 2 days
- ___ desserts for 2 nights, 15 people
- ___ car snacks for the way down (non-sugary is best)

Cleaning Supplies:

- ___ Cleaning supplies, packed in a bucket: 2 sponges, scrub brush for dishes, dish soap, Clorox wipes, toilet cleaner, scrub brush for toilets, paper towels, dish towels, toilet paper