

off the grid

June 21st – 25th



We are so excited to introduce this year's adventure trip: "off the grid." During this trip, we will be traveling to Interstate State Park for a time of camping, rock climbing, canoeing, and hiking! This trip will also provide an opportunity to be refreshed spiritually. We will work through the book of James during the week and enjoy times of devotions, life groups, and spiritually centered conversations. We invite you to join us for this amazing adventure. This packet includes all the needed paperwork to register for "off the grid." In order to register, please fill out each form in its entirety and mail the completed forms along with the full payment to Highland Community Church (1005 N. 28th Ave. Wausau, WI, 54401). For the payment, please write a check made out to Highland Community Church.

Key Details:

- Cost: \$250 per participant
- Departure Time: Meet at Highland (Wausau campus) at 4:30pm on Monday, June 21st.
 - Note: We will have pizza at the church upon arrival for a quick dinner before we head out.
- Return Time: We will return to Highland (Wausau campus) at 10:30am on Friday, June 25th.
- Deadline to Register: June 1st, 2021

Disclaimer: guaranteeing a slot for participating in "off the grid" is based upon a first come basis for those who complete their registration forms and return them with full payment to Highland.



REQUIRED CORONAVIRUS SUPPLEMENTAL RELEASE

Coronaviruses, like COVID-19, SARS, and the common cold, are a large family of viruses that can cause mild to severe upper or lower respiratory infections. Coronaviruses are contagious and believed to be spread by person-to-person contact. As a preventative measure, Highland Community Church follows and recommends safety practices from federal, state, and/or local authorities designed to reduce the spread of coronaviruses.

Highland Community Church cannot guarantee that I (or my minor child) will not be exposed to, become infected with, or suffer injury from a coronavirus or other communicable/infectious disease or sickness while on the premises, while traveling to any organizational activity, or while engaged in any organization-related activity.

By signing this agreement, I acknowledge the contagious nature of coronaviruses and other communicable/infectious diseases and sicknesses. I voluntarily assume the risk that I (or my minor child) may be exposed to, infected by, or suffer injury from a coronavirus or other communicable/infectious disease or sickness while at the organization, while being transported in connection with the organization, or while participating in organization-related activity. I further acknowledge that such exposure or infection may result in bodily injury, personal injury, emotional injury, illness, permanent disability and/or death, as well as medical expenses and other costs for myself (or my minor child). I understand that the risk of becoming exposed to, infected by, or injured from a coronavirus or other communicable/infectious diseases or sicknesses at Highland Community Church may result from the acts, errors, omissions, or negligence of myself and others, including, but not limited to, Highland Community Church's leaders, employees, volunteers, and other participants. I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury, illness, or death to myself (or my minor child).

On behalf of myself (or my minor child), I hereby release and promise to indemnify, defend, and hold harmless Highland Community Church, its employees, leaders, owners, agents, and representatives, of and from any claim of any kind. A claim includes all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to the exposure to, contraction of, or injury from a coronavirus or other communicable/infectious disease or sickness.

PARTICIPANT NAME _____ DATE _____

NAME OF PARENT/GUARDIAN (if participant is a minor) _____

PARTICIPANT OR PARENT/GUARDIAN SIGNATURE _____

All campers must have this side completed each year.

Last Name _____ First _____ Initial _____
 Birthdate ____/____/____ Age _____ Male Female
 Address _____
 City _____ State _____ Zip + 4 _____
 Home Phone # _____ other (cell or work) Phone # _____

Health History

Asthma	<input type="checkbox"/> YES <input type="checkbox"/> NO	Physical Disabilities	<input type="checkbox"/> YES <input type="checkbox"/> NO
Epilepsy	<input type="checkbox"/> YES <input type="checkbox"/> NO	Sleepwalking	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seizures	<input type="checkbox"/> YES <input type="checkbox"/> NO	Special Diet	<input type="checkbox"/> YES <input type="checkbox"/> NO
Diabetes	<input type="checkbox"/> YES <input type="checkbox"/> NO	Stomachaches	<input type="checkbox"/> YES <input type="checkbox"/> NO
Hepatitis B	<input type="checkbox"/> YES <input type="checkbox"/> NO	Earaches	<input type="checkbox"/> YES <input type="checkbox"/> NO
Pregnant	<input type="checkbox"/> YES <input type="checkbox"/> NO	Heart Condition	<input type="checkbox"/> YES <input type="checkbox"/> NO

Allergic to:

Insect stings YES NO Penicillin YES NO
 Foods _____ Other Drugs _____
 Date of last tetanus booster ____/____/____

Emergency Release:

I hereby certify that I, _____ am in good health, free from and not exposed to communicable diseases within the last three weeks prior to camp time, and is able to participate in all camp activities.

IN CASE OF MEDICAL and/or SURGICAL EMERGENCY or other necessary medical attention, I hereby give permission to the trained medical staff selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia, x-rays, or surgery for my child as named above. I agree not to obligate Forest Springs to pay medical bills related to treatment.

Signature _____ Date ____/____/____

Over

All campers must have this side completed each year by a PARENT or GUARDIAN.

Last Name _____ First _____ Initial _____
 Birthdate ____/____/____ Age _____ Male Female
 Parent/Guardian _____
 Address _____
 City _____ State _____ Zip + 4 _____
 Home Phone # _____ other (cell or work) Phone # _____

Health History

Asthma	<input type="checkbox"/> YES <input type="checkbox"/> NO	Physical Disabilities	<input type="checkbox"/> YES <input type="checkbox"/> NO
Epilepsy	<input type="checkbox"/> YES <input type="checkbox"/> NO	Sleepwalking	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seizures	<input type="checkbox"/> YES <input type="checkbox"/> NO	Special Diet	<input type="checkbox"/> YES <input type="checkbox"/> NO
Diabetes	<input type="checkbox"/> YES <input type="checkbox"/> NO	Stomachaches	<input type="checkbox"/> YES <input type="checkbox"/> NO
Hepatitis B	<input type="checkbox"/> YES <input type="checkbox"/> NO	Earaches	<input type="checkbox"/> YES <input type="checkbox"/> NO
Pregnant	<input type="checkbox"/> YES <input type="checkbox"/> NO	Heart Condition	<input type="checkbox"/> YES <input type="checkbox"/> NO

Allergic to:

Insect stings YES NO Penicillin YES NO
 Foods _____ Other Drugs _____
 Date of last tetanus booster ____/____/____

Emergency Release:

I hereby certify that _____ is in good health, free from and not exposed to communicable diseases within the last three weeks prior to camp time, and is able to participate in all camp activities.

IN CASE OF MEDICAL and/or SURGICAL EMERGENCY or other necessary medical attention, I hereby give permission to the trained medical staff selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia, x-rays, or surgery for my child as named above. I agree not to obligate Forest Springs to pay medical bills related to treatment.

Parent's/Guardian's Signature _____ Date ____/____/____

Over

In order for campers to receive prescription medication while at Forest Springs, this form must be completed and **signed (and stamped on back)** by the prescribing physician.

Camper Name: _____
 Medication _____
 Dosage _____
 Frequency _____
 Route _____
 Duration _____
 Adverse Reactions _____

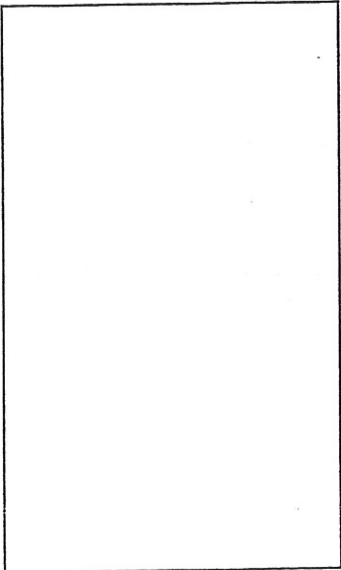
Camper Name:

Medication _____
 Dosage _____
 Frequency _____
 Route _____
 Duration _____
 Adverse Reactions _____

Specific condition when contact should be made with the physician _____

Prescribing Physician's Signature: (Stamp on back side) _____
 Office Phone (____) _____
 Date: _____

Write additional instructions and/or additional medications on the back of this form.



**Emergency Contact Person
(In case we are unable to reach you):**

Last Name _____ First _____ Initial _____
Address _____
City _____ State _____ Zip + 4 _____
() _____ other (cell or work) Phone # _____
Home Phone # _____

Prescribing Physician, please use stamp above.

Additional instructions/medications:

Emergency Contact Person

Last Name _____ First _____ Initial _____
Address _____
City _____ State _____ Zip + 4 _____
() _____ other (cell or work) Phone # _____
Home Phone # _____

Your Insurance Information:

Health Insurance Company _____
Insurance Company Address _____
Insurance Policy # _____ Expiration Date _____

List any activity restrictions and/or medication you are on:

List any activity restrictions and/or medication your child is on:

Please Note:

Forest Springs cannot administer prescription medications to campers under age 18 without written instructions **AND** written permission of parents, guardians or physician.

Please indicate name of medication, dosage frequency, time to be given, & other instructions on the **Physician's Authorization Form.**

Wilderness Trip Informed Consent



FOREST SPRINGS.
CAMP & CONFERENCE CENTER

Agreement to personally assume all risk and release of all claims for liability and waiver of right to sue based upon my understanding of this activity and its inherent risks.

I (full name of participant) _____ of (city and state) _____
having the date of birth of (month) _____, (day) _____, (year) _____ and being married \emptyset , or
single \emptyset , desire **Forest Springs, Inc.**, a Wisconsin not for profit corporation, to permit me to participate in
the following described activity. (check the box or boxes that describe your activity)

- Canoeing Kayaking Rock Climbing Backpacking Spelunking
 High Ropes Course Biking Rafting Mystery Trip Related Activities

Risks

I am aware that the above mentioned and related activities are inherently dangerous. I understand that they are strenuous activities that can result in physical and health complications. Other risks include bodily injury and death arising out of accidents due to things such as, but not limited to, the forces of nature, dangers inherent to lake and river activities, dangers from falling rocks, insect bites, snakebites, and other injuries due to encounters with animals. I am aware that a mistake by another camper could result in injury to myself. I am also aware that other campers may be beginners with very little or no experience.

Insurance

I understand that all activities, outings or expeditions sponsored by Forest Springs, Inc. are **not** covered by any form of health insurance. Whenever I participate in such activities, regardless of where they are held, type or duration, that I do so at my own risk and of my own free will. I am aware that I am responsible for paying all my own medical expenses and related costs for any injuries that may occur. In the event of professional rescue needed, the rescuer will bill the rescued person(s) for costs incurred in the rescue. I hereby am advised to review my health insurance policies to determine for myself whether there may be any exceptions for this trip.

Permission and informed consent

In consideration for permission from Forest Springs, Inc. to participate, I hereby expressly consent to the exposure to all the dangers, hazards and risks of this and related activities. I release, promise and agree not to sue Camp Forest Springs, Inc., its officers, its directors, employees, or volunteers as a result of any claims or demands that I might otherwise have resulting from any type of cause of action or personal injury or property damage of any type, including death, which may arise from my participation in this trip sponsored by Forest Springs, Inc. Further, I hereby indemnify and agree to hold Forest Springs, Inc., its directors, officers, employees and volunteers harmless from any and all liability actions, causes of action, claims, and demands of every kind, including natural hazards and dangers whatsoever, as well as costs and attorney fees, resulting from my actions and activities (whether negligent, reckless, intentional or otherwise), associated with my participation in this trip sponsored by Camp Forest Springs, Inc.

Responsibilities and conditions

I further acknowledge that my failure to adhere to safety rules established by group leaders may result in being asked to discontinue participation in the trip and its related activities. If I am barred from further participation in the activities, or if I voluntarily refrain from participation, or if I leave the trip, I am responsible for all expenses incurred and I have no claim for any refunds from Forest Springs, Inc., its officers, directors, employees or volunteers.

Signatures on back

Each Participant Must Sign

(The signatures below must be of the individual named on the front of the form and of his or her parents or guardians if participant is a minor)

I hereby acknowledge that I have personally read this document in its entirety, that I understand it and agree to all the terms, conditions and limitations stated. I also am signing this Informed Consent form of my own free will.

Signed: _____ Dated _____
(Participant's signature)

If married, as spouse of the above individual, I hereby acknowledge that I have read this document in its entirety, that I understand and am signing it of my own free will and give up any claims I may have as a spouse.

Signed: _____ Dated _____
(Consenting spouse if married)

If minor (under age 18 through the dates of the trip), as parent or guardian of the participating individual, I hereby acknowledge that I have read this document in its entirety, that I understand and am signing it of my own free will and give up any claims I may have as a parent/guardian, and I also give up all rights as set forth on this form for this child.

Signed: _____ Dated _____
(Parent or legal guardian)



Climb/Canoe/Hike Trip What to Bring List

WHAT TO BRING: (remember, less weight is usually better)

- HANDWRITTEN GOALS
- Clearly labeled medications and Physician's Authorization Form, if bringing prescriptions. Unless absolutely necessary, please do not bring non-prescription items.
- Signed Health Form (by parent/guardian if you are under 18)
- Signed Informed Consent Form
- Bible
- Paper, pen and/or pencil
- Sleeping bag: be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing space.
- Flashlight (check batteries)
- Hand Sanitizer
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- 1 or 2 plastic garbage bags (these serve many purposes)
- Personal items that you know you will need
- Hat for protection from the sun
- Small towel and washcloth
- Old tennis shoes or sturdy pair of sandals with straps to be worn in the canoe and while swimming (not flip-flops)
- A second pair of shoes to be kept dry and able to hike/climb in (tennis shoes or sandals)
- Modest one-piece swimsuit
- 1 pair of long pants
- 2 pairs of shorts (prefer quickly drying)
- Underwear
- Socks (2-4 pairs)
- 2 T-shirts (prefer quickly drying)
- Wool sweater or something comparable for warmth
- Rain gear, top and bottom (top is most important)
- Your own drinking mug or cup
- Your own unbreakable plate and eating utensils
- Glass Straps for prescription glasses
- Extra set of clothes for your last night at camp and your trip home. This will be kept in your luggage and stored in a safe place while you are on your trip.

KEEP IN MIND:

Everything you need will be carried in a waterproof plastic barrel, with about as much space as a large backpack. In addition to your personal gear, you will be expected to carry some of your own food in a small stuff sack. **⊕** Your sleeping bag should fit into a stuff sack approximately 9" X 20". You may rent a bag from us for \$10 per trip or purchase a bag for \$35.

SHOES:

At no time will you be permitted to be barefooted. Sandals with Velcro straps will come off of your foot very easily when in the river and should have buckles if you intend to wear them while canoeing. Flip-flops are not allowed for your time in the canoe; however they are permitted for your time at the campsites.

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes, low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn at the beach and going to and from the beach only.

WHAT NOT TO BRING: Audio devices such ipods, cell phones, electronic games, laser pointers, illegal drugs, alcohol, tobacco products, fireworks, and firearms

FOREST SPRINGS PROVIDES: Tents, sleeping pads, cooking equipment, food, camping gear, and first aid.

ITEMS TO RENT OR BUY:

Rent: Sleeping Bag \$10, Thermarest, \$10, Bag/Therma \$15, Crazy Creek Chair \$5

Buy: Sleeping Bag \$35, Pillow \$10, Sunglass Strap \$2. Mosquito Nets \$5, Sticker \$2, Rain Poncho \$1

OPTIONAL ITEMS: Sunglasses, camera, dry bag from Walmart (\$10), extra water bottle (FS will give you a water bottle to keep)

Most Frequently Asked Questions about Forest Springs Wilderness Trips

1) How much money should I bring?

Work with your pastor/leader regarding money for food and travel. You will need money at camp if you want to rent a sleeping bag, thermarest mat, or crazy creek chair (see #4 for more details). Our Café or Gift Store may be opened for other souvenirs, if time permits.

2) Who do I pay for the balance due on my trip?

You will pay your youth pastor/leader the balance due for your trip. They will handle the finances with Forest Springs.

Youth Pastors/Leaders: you may pay Forest Springs with a check.

3) Do I need a Health Form/Physicians Authorization?

Everyone will need a health form and informed consent form. If you are under 18 your form will need to be signed by a parent/guardian. If you are under 18 years of age and have any medical prescriptions, a "physician's authorization" form must be completed and signed by your prescribing doctor. Your medication will be held and distributed to you by your leaders throughout your trip.

State regulations require that all prescription medications brought to camp **MUST** include written instructions from a physician. If medications are needed during the camp week, please be sure to have your prescribing physician fill out the **Physician's Authorization to Dispense Medication form** sent to you (or download this if needed). Medications CANNOT be dispensed without this form. **Medications need to be in the original prescription bottle showing your name and an expiration date.** Unless absolutely necessary, please do not bring non-prescription medications or vitamins. Forest Springs has basic non-prescription medications on hand.

4) What can I rent for my trip?

We have sleeping bags (\$10), thermarests (\$10), sleeping bag and thermarest (\$15) and crazy creek chairs (\$5)

5) What can I buy?

We have sleeping bags, sunglass straps, mosquito nets, and travel pillows available to buy. We sell sleeping bags for \$35, sunglass straps and mosquito nets for \$5 and small camp pillows for \$10. The sleeping bags and pillows are compactible and pack tightly into a stuff sack leaving you room for other things. This is a fabulous deal!

6) Can I bring extra snacks?

We discourage you from bringing extra snacks on the trip. We provide an adequate amount of food for your daily intake. Our breakfasts usually includes a protein, carb, and fruit (ie. Pancakes, sausage, & applesauce). Our dinners will include a protein, carb, and vegetables (ie. Spaghetti with meat sauce, garlic bread, & green beans). Our lunches are light and on-the-move. They consist of crackers, cheese, sausage, gorp, granola bars, drink mix, and other snacks.

7) Can I bring soda and candy?

Feel welcome to bring pop and candy for your ride to and from camp, if your adult leader approves. Please do not bring soda with you on the wilderness portion of the trip.

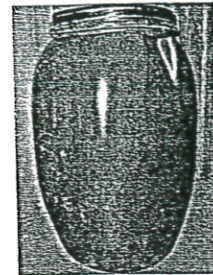
8) What if I have food allergies?

Please let your youth pastor/leader know of any food allergies that you have so that they can communicate that to us. We will do what we can to provide a modified diet, however, food allergies that require major diet changes are best dealt with by you before you come on the trip. We are glad to modify a persons food by taking out certain items if you cannot eat them (ie., taking peanuts out of the trail mix). Bring supplement items if this is a concern. ***Please call if there is a peanut, dairy, or gluten allergy BEFORE your trip.**

(over)

9) Will I have enough room in my barrel?

Each person will be given their own "blue barrel" for river trips to carry their gear in. The barrel is the size of a large overnight hiking backpack. If you want to make sure you have enough room, stick to the "what to bring" list you were given and you should be okay. Make sure your sleeping bag is compactable (9"X20" when stuffed); this usually takes up the most room. If you are not sure about your sleeping bag, plan to rent or buy one when you get to Forest Springs.



10) Do I have to take the swim test?

The swim test is at the discretion of your trip leaders and group leader. If chosen, everyone is required to take a swim test every year. We do not keep records from year to year. Our trip leaders need to see and evaluate your abilities, for safety precautions on the river. If you choose not to take the swim test, you will be required to wear your life vest whenever you are near or in the water...including while in a canoe. If your trip does not involve water, then swim tests will not be a part of your orientation.

11) How long will we canoe or hike each day?

Every day is different on the river or trail. An average amount of paddling you will do is 4-5 hours. On hiking trips you could hike from 5-12 miles depending on the goals for the day. Some days will be shorter or longer depending on the location of the campsite, needs of the group, and destination of the day.

12) Can I bring my cell phone or ipod?

In short, NO. Once you arrive at Forest Springs all electronics, headphones, and cell phones will not be allowed to be used. We want to encourage time together as a group and keep the distractions away.

13) Is there a dress code?

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes (if leggings are worn, backside needs to be completely covered), low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn on the river or beach and going to and from the river or beach only.

14) Should I bring warm clothes?

If you follow the "What to Bring" list, then you will have the right clothes for the trip.

15) Can I bring flip flops?

You may bring flip-flops; however they may **only be worn as your second pair** of shoes at the campsite. While you are canoeing, kayaking, or climbing we want your feet to be safe and insist that you wear a sturdy pair of shoes, ie, tennis shoes, or Chaco/Keen/Teva type sandals.

16) Can I have a pocket knife?

You may bring a small, folding knife (ie. Swiss Army knife). If you want to bring a larger one for fishing your youth pastor/leader or trip leader will hold on to it until it is needed.

17) Can we bathe in the river?

It is not a good idea to bathe in the river. Many of the soaps/shampoos that we use are harmful for the environment. You will have plenty of time to swim and rinse off in the river and then you can look forward to your shower when you get back to camp.

18) Can I leave my belongings in the cabin?

If you find that you have extra items left after packing your barrel and your transportation has left, we have a special closet that you may keep your extra items in. The closet is safe and will be locked. Please do not leave extra clothing, bags, or pillows in the cabins, our accommodations crew will take them to our lost and found area.