

## **F.A.Q**

### **Who can come?**

The trip is designed for Young Adults at Lincoln Berean Church. Open to 20 & 30 something singles and married. If you are married with kids, please see happenings under Marriage + Parenting.

### **Where will we stay, and what are the facilities and food like?**

We will stay at the Adventure Experiences Base Camp retreat center (<http://www.aeibasecamp.com>). It is ideally situated on 1,500 acres of private land surrounded by Gunnison National Forest and the Collegiate Peaks Wilderness. Because of its remoteness, alternative energy systems are used. Solar, wind, wood, and alternative fuels provide energy for hot showers, heat for a sauna, and light for cabins. The rustic log cabins are complete with bunk beds, large porches, and wood-burning stoves. A bathhouse with showers and indoor plumbed toilets is available for use. Good home cooking is provided at the Base Camp and is served with a big appetite in mind. Adequate and proper nutrition will be very important in the acclimatization process everyone must go through as they endeavor to play at 10,000' elevation.

### **Do I need outdoor experience before going on the trip?**

No! This is a fantastic trip to experience outdoor adventures you have never done before!

### **Who will guide the adventure?**

All outdoor activities will be professionally guided. Adventure Experiences, Inc. (AEI) <http://www.aeibasecamp.com>, will oversee the guiding.

### **Do I have to be in good physical shape to go on the trip?**

The trip has daily physical activity at high elevation, and the hike to the top of the mountain will be several miles. Although helpful to be in good physical shape, it is not a critical component of this trip. If you have a serious medical condition such as heart problems, recent surgery, or high blood pressure, you will need to fill out the form "Health Statement by Licensed Medical Personnel."

### **How do I pack for the adventure?**

Check out the "what to bring list" for items needed for the trip.

### **What is the weather typically like at 10,000' in the Rockies?**

Adhere to your "what to bring list!" The weather fluctuates dramatically on a daily basis throughout the summer. It has snowed on the fourth of July! Average temperatures are daytime 70's and nighttime 30's.

### **Do cell phones work where we are staying?**

Get ready to unplug! There will be no cell phone reception at the Base Camp. However, cell phones can be used several miles down the road. There is a radio telephone at the Base Camp that is for business and emergency purposes only.

### **Is there special housing available for married couples?**

There are a few rental cabins available for married couples with their own private beds and rooms, for an extra charge. Please contact Jason Knott ([jknott@lincolnberean.org](mailto:jknott@lincolnberean.org)) for availability and additional details. Couples also have the option of staying in separate, gender specific cabins.

### **What if I have additional questions or concerns?**

Please contact Whitney at [wbybee@lincolnberean.org](mailto:wbybee@lincolnberean.org).