



ROCKY MOUNTAIN MENNONITE CAMP

AT 9620' ON PIKES PEAK MASSIF

Prepare To Come to Family Camp!

ABOUT RMMC

MISSION STATEMENT – Rocky Mountain Mennonite Camp is a ministry of the Mennonite Church with the purpose of providing a place of retreat which encourages holistic Christian growth by fostering the spiritual, social, physical, and intellectual growth of each guest.

SETTING - Rocky Mountain Mennonite Camp is situated on the west side of Pikes Peak at 9,620 feet above sea level and is completely surrounded by Pike National Forest. Campers and guests have the chance to experience Colorado's high country wilderness, with its clear streams, conifer and aspen forests, animals, birds, wildflowers, and the wonder of the world above timberline.



SPIRITUAL INPUT – Each week of Resident and Family Camp has a Camp Pastor who cares for spiritual growth of all participants. Wilderness campers take part in devotions and journaling as part of their time on the trail. While teachings are Bible based and from a Mennonite perspective, campers of all faiths are welcome to attend. To learn more about the Mennonite faith, check out “What Mennonites Believe” at www.thirdway.com/menno.

CARING FOR THE CAMPER

SUMMER STAFF – Our summer staff are typically college-aged students from Mennonite Colleges and



Universities. All staff are part of a week of orientation in which skills and procedures are reviewed in caring and serving campers of all ages. Training is focused on the well-being of all campers to ensure their physical and emotional safety while at camp. All hike leaders receive Wilderness First Aid training and climbing supervisors and instructors (for rock climbing/rappelling activities) take part in a two day training course led by a certified instructor.

HEALTH CARE – The Camp Health Center has basic supplies available (Band-Aids, etc.) along with an A.E.D. While camp personnel with Wilderness First Aid and CPR certifications are available to assist within the scope of their training any emergency care needs will be emergency care is within 15 minutes Pikes Peak Regional Hospital or Penrose Mountain Urgent Care both near Woodland Park, CO.

MOUNTAIN LIVING

ALTITUDE – Camp’s elevation is 9,620 feet so it is important for campers and guests to take time to adjust to the high altitude. About one in four visitors to Colorado suffer from acute mountain sickness, the mildest form of altitude illness. Common symptoms include headaches, shortness of breath, fatigue and dry throat. Things you can do to minimize or avoid altitude sickness include:



- Drinking plenty of water before and during your time here to prevent dehydration.
- Avoid strenuous exercise (hiking, jogging, etc.) and salty foods when you first arrive.
- A good first night’s rest is very helpful in giving your body time to acclimate.
- If coming from sea level or low elevation, a day or night spent in Colorado Springs (6,035 ft) will help allow your body more time to adjust to the change in altitude.

SUNBURN – The sun is more intense at this altitude so be mindful of how quickly sunburn can occur. Use adequate sun protection including sunscreen (SPF 15 or higher) or clothing (long sleeves, hat or cap) for outdoor activities. Reapply sunscreen periodically throughout the day as needed.

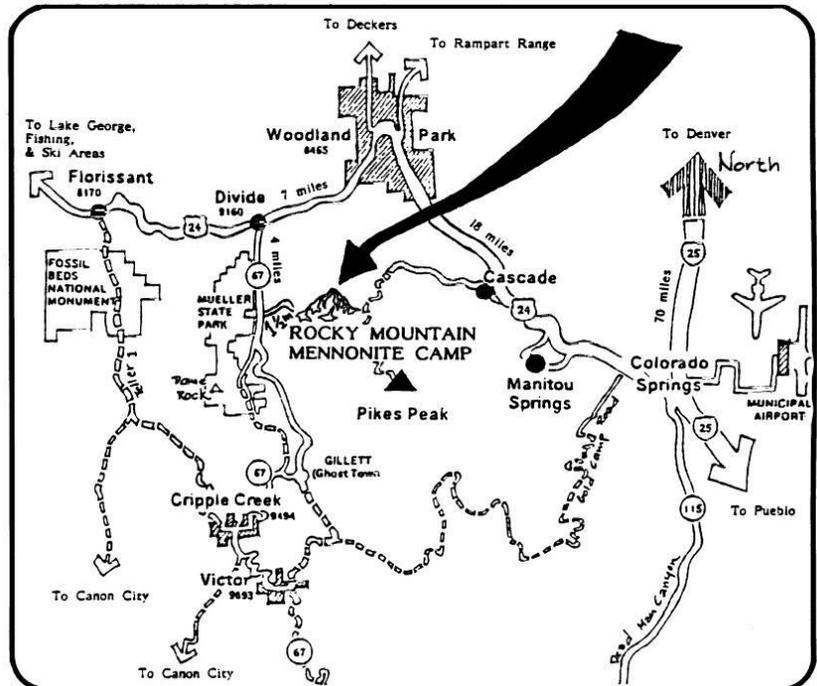
SUMMER WEATHER IN THE ROCKIES – Each day offers a sample of the seasons: spring in the morning; summer in the afternoon; fall in the evening. Even winter can be represented in early June with snow! Rain and hail storms can also come at a moment’s notice just to keep things interesting. Being prepared with appropriate clothing is the key to enjoying the variety of weather the Rocky Mountains offer!

GETTING HERE

DIRECTIONS – From Colorado Springs, go West on U.S. 24 to Divide. At the Divide stop light, turn South on Hwy. 67 toward Cripple Creek. Watch for the “Rocky Mountain Camp” sign 4 miles South of Divide soon after the Mueller State Park entrance. Turn East on the Forest Service Road (to Craggs Campground) and travel 1 ½ miles up the road to Camp.

THE WEEK OF CAMP

PHONE & INTERNET CONNECTION – Cell phone reception is limited at main camp but can often connect at ridge accommodations and hike destinations. A land line phone is available in the office lobby for guest use. RMMC has a Wi-Fi signal with a password obtained from the camp office. Campers are welcome to challenge themselves to be “unplugged” for the week!





TAKE ONLY MEMORIES, KILL ONLY TIME, LEAVE ONLY FOOTPRINTS –

Protecting the environment is important to RMMC to preserve the beauty of its mountain setting. Use of the surrounding Pike National Forest land is dependent on the observance of Forest Service regulations. Please respect the Forest Service Regulations. Birds, animals, flowers and trees are wonderful to see and enjoy so please leave them undisturbed for you and others to enjoy. Also, keep rocks in their place, do not roll or throw them anywhere. Fragile hillsides are best protected by staying on established trails and roadways when hiking to prevent increased erosion. Litter should be put in trashcans to maintain the natural beauty of the mountains.

EQUIPMENT & FACILITIES – Please notify staff of anything that is broken or needs repair. Repair or replacement of camp property damaged or lost by carelessness of guests is the financial

responsibility of guest groups. When you end your stay, please put everything back as you found it (recreation equipment, table games, furniture, etc), gather trash, wash dishes (if any), and take all personal belongings home!

TRADING POST – Campers and guests have the opportunity to purchase snacks, drinks, postcards, clothing (T-shirts, sweatshirts), etc. Trading Post money can be allocated during the online registration process. To view a list of Trading Post items, check out our website at: www.rmmc.org/page/trading-post-items

QUITE HOURS – Noise should be kept to a minimum after 11:00pm in consideration to other guest groups who share the camp premises.

SENSITIVITY & RESPECT – Our goal is to provide a place where campers and guests find a welcoming and friendly environment regardless of race, color, religion, sex, national origin or disability.

NEARBY STORES AND SERVICES

DIVIDE - A small town about 6 miles from camp offers the nearest groceries, gas station and restaurants.
WOODLAND PARK - A larger town about 13 miles east on Hwy 24, has grocery, hardware and drug stores, Laundromats, banks & credit unions, financial institutions, health care facilities (emergency care center, hospital), restaurants, and shops.

AREA ATTRACTIONS – RMMC is situated on the west side of Pikes Peak at 9,620 feet above sea level and is completely surrounded by Pike National Forest. Campers and guests have the chance to experience Colorado's high country wilderness, with its clear streams, conifer and aspen forests, animals, birds, wildflowers, and the wonder of the world above timberline. While at RMMC there are many other attractions in the area that would complement your visit. We have listed some of those attractions on our website: www.rmmc.org/page/area-attractions.



WHAT TO BRING

Clothing Items

- ✓ Warm casual clothing (*sweatshirts, jeans, etc.*)
- ✓ Light coat/jacket
- ✓ Rain gear (*a must!*)
- ✓ Cap or hat for sun protection
- ✓ Comfortable hiking shoes or boots
(*2 pairs of shoes if possible*)
- ✓ Warm sleepwear

Bedding / Personal Items

- ✓ Good sleeping bag and pillow
- ✓ Bathroom items (*soap, shampoo, towel, etc.*)

Other Items

- ✓ Bible
- ✓ Day pack or backpack
- ✓ Flashlight
- ✓ Sunscreen and chap stick
- ✓ Sunglasses
- ✓ Money for Trading Post (*visit www.rmmc.org/page/trading-post-items for items & prices*)
- ✓ Cameras (*contribute to digital slide show at end of the week!*)
- ✓ Instruments/talent for talent show



WHAT NOT TO BRING

- ✓ Fireworks
- ✓ Firearms
- ✓ Pets
- ✓ Tobacco, Alcohol, Illegal Substances, etc.
- ✓ Clothing with drugs, alcohol, or tobacco references or logos

