



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.



MENNONITE FAITH – People of all faiths & backgrounds are welcome to stay with us. To learn more about the Mennonite faith, check out “What Mennonites Believe” at <http://thirdway.com/mennonites/>.

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.

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 (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:

- Drink 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 – 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!



VEHICLES – The Forest Service permits motorized travel on only the two main roads in the camp area and at a safe speed (15mph max). Four wheelers and dirt bikes are not permitted due to noise and camper/guest safety.

CREATION CARE

CAMPFIRES – Campfires are allowed only in established fire rings and subject to Teller County fire ban regulations. Contact the camp office for the current fire ban status. Do not leave fires unattended and thoroughly extinguish fires with water before leaving. Use metal containers for disposal of ashes or briquettes. **Contact the office or emergency personnel (911) immediately in case of an uncontained fire.**

PIKE NATIONAL FOREST – Use of the surrounding Pike National Forest land is dependent on the observance of Forest Service regulations. Your help in protecting this environment and abiding by the rules for visitors is appreciated.

STREAMS & POND – Please help us keep the mountain streams clean and do nothing that would pollute them. While clean, it is unsafe to drink from the stream and pond.

TRAILS – Please stay on trails and roadways when hiking. This allows the plants to maintain a strong root system and prevents the fragile hillsides from eroding away.

TRASH & RECYCLING – Litter should be put in trash receptacles to maintain the natural beauty of the mountains. Recycling bins are located in the foyer by the Dining Halls and in cabins with kitchens or kitchenettes.

WILDFLOWERS, TREES, & ROCKS – Please do not pick wildflowers or other plants. Leave natural and historical objects in their place for others to observe and enjoy. Standing trees, living or dead, must not be cut or carved. Rocks are not to be rolled or thrown from high places or thrown at any time.

WILDLIFE – Please enjoy wildlife from a distance and leave wildlife alone in their habitat. Do not leave food outside for animals of any size (chipmunks, foxes, deer, bear) for your safety and theirs.

NEARBY STORES AND SERVICES

DIVIDE, CO – A small town about 6 miles from camp offers the nearest groceries, gas station and restaurants.

WOODLAND PARK, CO – A larger town about 13 miles east on Hwy 24, has grocery, hardware and drug stores, a laundromat, banks, a hospital, restaurants, and shops.

TRADING POST – Campers and guests may purchase snacks, drinks, postcards, T-shirts, sweatshirts, etc. at our Trading Post. Check with the office staff for open hours.

THE WEEK OF CAMP

ACCOMMODATIONS – As there is no daily housekeeping service for cabins, we need your help in keeping your facility in order while you are here. Please refer to the list in the cabin for more details.

FOOD ITEMS – Please keep all food items out of accommodations without a kitchen to avoid small (or big) furry critters interested in visiting the facility.

TOILETRIES – Please bring personal toiletries for your stay as we do not provide soap, shampoo, etc.

BEDDING – Sheets, towels, blankets, and pillows are provided in Emmental, Pleiades, Aspen apartment, Eagle's Nest, Rocky Ridge, Sky-Hi-View, and Solitude Center. For Chalets, Rustic Cabins, and Park Ridge, linens are not included and can be rented with advanced notice of your stay.

LAUNDRY – Laundry facilities are not available for guests.

BATHHOUSES – Our mountain water is very precious to us so please turn off sinks when brushing your teeth and minimize shower time. Any personal items should be taken back to your accommodation to allow space for other guests to use the facility and keep the bathhouses clean.

EQUIPMENT & FACILITIES – Please notify staff of anything that is broken or needs repair. Repair or replacement of camp property improperly used or lost by guests is their financial responsibility.

CELL PHONES – Cell phone reception is limited at main camp. Ridge accommodations (Eagle's Nest, Rocky Ridge, and Sky-Hi-View) can get limited service based on the cell carrier. A land line phone is available in the office lobby for guest use.

WI-FI – A Wi-Fi signal is in various locations around camp. Because of camp's remote location and availability of high internet speeds, video or music streaming is not available.

QUIET HOURS – In consideration of others, noise should be kept to a minimum between 10:30 p.m. – 8:00 a.m.

SUPERVISION – Children should be supervised by an adult at all times.

POND SAFETY – There is no lifeguard on duty at the pond so we require that all children are supervised while at the pond. It is recommended that everyone wear a life vest when on the pond. Store kayaks, paddles, and life vests in the shed when finished and tie paddle boats to the dock.

ARTS AND CRAFTS – Guests bringing in crafts supplies (glue, paint, crayons, markers, etc) for their group must check with the office staff for an approved space and time for those activities.

ITEMS ON THE SCHEDULE

FIRESIDE WORSHIPS – Family Camp has a Camp Pastor who cares for spiritual growth of all participants. 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.

KIDS CAMP – Offered Monday to Wednesday mornings, Kids camp is open to children ages 6 and younger. Our trained staff will care for the children while parents go hiking or participate in other morning activities. The children will play games, take walks around camp, make crafts, read stories, and more. Parents can drop their children off to an RMMC staff member in the Bern Dining Hall after 9:00am and pick them up before lunch.



TALENT SHOW – Families are invited to participate in the Talent Show held on Thursday evening. Bring your stories, skits, silly human tricks, or whatever else you have up your sleeve. Please refrain from using food in your acts as it often creates a mess to clean up. Acts are asked to be limited to 5 minutes or less.

THURSDAY FREE DAY – This is a custom day for your family. After breakfast and devotions, everyone has the option to pack a sack lunch for the day as no lunch will be served here at camp. Options include a hike to Pikes Peak led by RMMC staff, or family options of whitewater rafting, horseback riding, going to Pikes Peak by road or rail, or simply staying here at camp and relaxing for the day. Please look at the guest information book in the office foyer for additional ideas. We'll all join back together for supper and our last evening together.



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. We have listed some area attractions on our website for you to enjoy during your free day: www.rmmc.org/area-attractions. We also have a booklet in the office foyer which lists 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 lip balm
- ✓ Sunglasses
- ✓ Water bottle
- ✓ Money for Trading Post
(www.rmmc.org/trading-post for items & prices)
- ✓ Cameras (*contribute to digital slide show at end of the week*)
- ✓ Instruments/talent for talent show

Planning to hike above treeline? (Pikes Peak, Sentinel, Eyebrow) Bring these items along for the hike:

- ✓ HAT/CAP/HOOD – Something to shed rain, sun and to keep warm
- ✓ SUNGLASSES – It's bright up there if the sun is shining!
- ✓ COAT – A good coat to shed rain, sun and to keep warm
- ✓ SHIRT – Have two or three additional shirts (a blend of less or no cotton is better) for the option to layer. Fleece is good too!
- ✓ PANTS – A pair of pants and shorts are a must (a blend of less or no cotton is better) if it gets cold above (or below) tree line.
- ✓ SOCKS – Have one pair to wear, and one pair for back-up if the first pair gets wet. The extra pair can also be used as gloves if the wind is cold.
- ✓ SHOES – All you need is a good pair of hiking or tennis shoes. No sandals of any kind please. Shoes and socks should be snug enough so that your feet don't rub in your shoes on the way up or down. Rub points will become blisters quickly!
- ✓ WATER - 2 liters of water approximately.
- ✓ LUNCH - Pack lunch & snacks to keep energy up along the trail. Camp gives the option to pack lunch on hike day.
- ✓ PIKES PEAK - A gift shop, restrooms, and water fountain are available at the summit.

WHAT NOT TO BRING

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| ✓ Pets (large or small) | ✓ Firearms | ✓ Illicit drugs | ✓ Dirt bikes | ✓ Fireworks |
| ✓ Alcohol | ✓ Tobacco | ✓ Marijuana | ✓ Four Wheelers | ✓ Drones |