

ROCKY MOUNTAIN MENNONITE CAMP

AT 9620' ON PIKES PEAK MASSIF

Prepare to come to Resident 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 time for 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 thirdway.com/mennonites/

CARING FOR THE CAMPER

SUMMER STAFF – Our summer staff are typically college aged students with connections to the Mennonite church. All staff provide three references and a background check to guide hiring decisions. A week of staff orientation focuses on the well-being of campers to ensure their physical and emotional safety at camp. All staff are certified in First Aid and CPR. Hike leaders and Wilderness staff receive Wilderness First Aid training. Rock climbing/rappelling supervisors are trained and certified by a professional instructor.

HEALTH CARE – A Health Supervisor is on staff to take care of campers and dispense medications while youth camps are in session. Emergency care is available within 15 minutes in Woodland Park at Pikes Peak Regional Hospital.

MOUNTAIN LIVING

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!

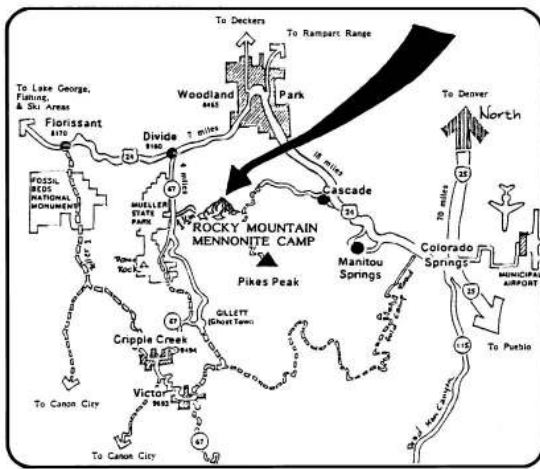


ALTITUDE – Camp’s elevation is 9,620 feet so it is important for campers and guests to take time to adjust to the high altitude. About one in four visitors to Colorado suffer from acute mountain sickness, the mildest form of altitude illness. Common symptoms include headaches, shortness of breath, fatigue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



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.

TRANSPORTATION – Families are responsible to make arrangements for getting their campers to/from RMMC. Camp offers transportation to and from Kansas or Colorado Springs. As van rentals are sized based on registration numbers, full payment is required to

reserve a space. Register by May 15th to guarantee a space. After May 15th, any remaining spaces will be filled on a first-come, first-served basis.

THE WEEK OF CAMP

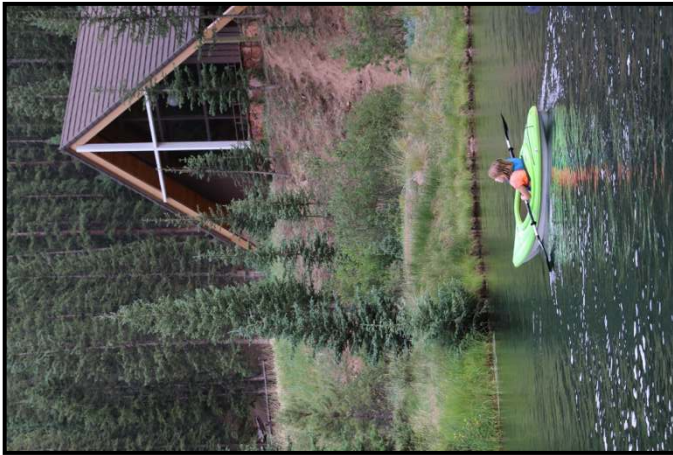
ARRIVAL & DEPARTURE – All youth and wilderness camps begin at 4:00pm on the first day of camp (Sunday) and end on the last day after breakfast at 9:00am (Friday). 3rd Grade Resident camp begins at 4:00pm (Friday) and concludes after brunch at 11:30am (Sunday).

CORRESPONDENCE – Family and friends are encouraged to write to their camper through mail or email (camper@rmmc.org). Campers can send letters and postcards through the camp mailbox.

STAFF & CAMPER CORRESPONDENCE – All camp staff are encouraged to be a positive role model to the campers during and after camp. All communication after camp should be initiated by the camper and with permission from their parents. Staff are instructed to view all post-camp communications with campers as if they were still present at camp.



TECHNOLOGY – We ask that electronic devices (phones, music players, etc.) not be used during the week of camp. Devices must be left in the camper’s bag or left at home. Our hope is to offer a unique experience away from the normal routines of life in the beauty of God’s creation. Devices will be taken, stored in the office, and returned at the end of the week if a camper chooses to not follow this policy. Lost or stolen items are not the responsibility of RMMC.



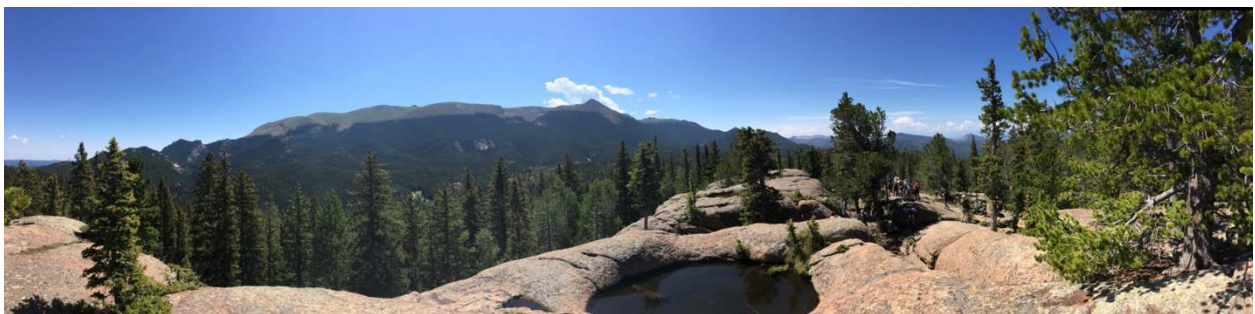
REQUIRED FORMS – A physical, immunization record, and medication authorization forms must be completed and signed in order for you to attend camp. A list of required forms for each week of camp is at rmmc.org under the specific week of camp.

TRADING POST – Campers are able to purchase RMMC merchandise during the week. Spending money can be deposited into the camper’s account and balances will

be returned at the end of the week. See Trading Post items at rmmc.org.

A NOTE TO PARENTS

- ✓ Colorado state law requires us to “give the child’s parent or guardian information that explains how to report suspected child abuse or child neglect.” If you suspect child abuse or child neglect at Rocky Mountain Mennonite Camp, you may call the Teller County Department of Social Services at 719-687-3335.
- ✓ Colorado state law also requires us to “provide written information to parents at the time of admission on how to file a complaint concerning suspected licensing violations.” If you suspect Rocky Mountain Mennonite Camp of licensing violations, you may write the Colorado Department of Human Services, Division of Child Care, 1575 Sherman Street, First Floor, Denver, Colorado 80203-1714, or call at 303-866-3638. The Colorado permanent child care license number of Rocky Mountain Mennonite Camp is 47969.



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
- ✓ Water shoes (*8th & 9th Graders – shoes must have heel strap for tubing*)
- ✓ Swimsuit (*one piece or tankini for females and swim trunks for males; for Polar Bear activities, tubing for 8th & 9th Graders, and water activity for Senior High*)

Bedding / Personal Items

- ✓ Good sleeping bag and pillow
- ✓ Bathroom items (*soap, shampoo, towel, etc.*)
- ✓ Shower “shoes” or flip flops

Other Items

- ✓ Bible, notebook & pencil
- ✓ Day pack or backpack
- ✓ Flashlight
- ✓ Sunscreen and chap stick
- ✓ Sunglasses
- ✓ Water bottle
- ✓ Cameras
- ✓ Instruments/talent for talent show
- ✓ Money for Trading Post (camp store)

WHAT NOT TO BRING

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| ✓ Cell phone and electronic devices | ✓ Firearms |
| ✓ Pets | ✓ Dirt bikes or Four Wheelers |
| ✓ Alcohol, Tobacco, Marijuana | ✓ Drones |
| ✓ Illegal substances | ✓ Clothing with drug/alcohol/tobacco references or logo |
| ✓ Fireworks | |

