

# Doe River Gorge Pre-Arrival Information 2010

## Before Adventure Quest Expedition

### Dear Parent,

Thank you for entrusting your Quester to us for a week of adventure at Doe River Gorge! This pre-arrival information sheet is designed to answer questions as you prepare your Quester for this exciting week. Should you have any questions after reviewing this, please feel free to call us at 423-725-4010 or email [registrar@doerivergorge.com](mailto:registrar@doerivergorge.com). We look forward to seeing your Quester this summer!

### Balance Due

The balance due can be paid online at our website, [www.doerivergorge.com](http://www.doerivergorge.com). For registrations after May 1st, we prefer full payment, however balance is due one month prior to arrival date. If you have any questions or concerns regarding this method of payment, please contact us.

### Required Forms

Your Quester's completed Medical and Participant Forms (Notification of Risk and Hold Harmless) are due at the time of registration. These forms can be filled out online at our website, [www.doerivergorge.com](http://www.doerivergorge.com).

Medical Form- A current photograph of your Quester is required with this form. A headshot photograph of your Quester can now be uploaded to your Quester's account online at our website. A physician's visit is not necessary to complete your Quester's medical form, however please write in date of last tetanus shot.

Participant Form- When you first login to your Quester's account online, you will be required to fill out the Notification of Risk and Hold Harmless Agreement.

### Roommate Requests

If you have a roommate request for your Quester and have not already requested it, you may do so on your Quester's account online.

### Special Needs Assistance

If your Quester has specific needs, such as dietary items that are due to physical, behavioral, or emotional challenges, please make indications on your Quester's medical form. This information will be relayed to appropriate staff members in order to provide the best experience for your Quester.

## Opening Day (Sunday)

**Check-In** Quester check-in is from 3:00- 4:30 pm on Sunday. We cannot process early arrivals before 3:00 pm. You will receive your Quester's luggage tags and pick-up slips as you arrive at the gate. It's only necessary to stop by the registration desk if you have a balance due, need to order a video of the week, or put spending money in your Quester's "Doe Bucks" account. However, EVERYONE must check in with the nurse at the medical check-in.

**Late Arrivals** Please make your best efforts to arrive during check-in hours. If for some reason you will not be able to arrive during this time, please call our office at 423-725-4010 and leave a message including your Quester's name, your cell phone number, and your estimated time of arrival.

**Quester Release** On opening day you will receive a pick-up slip which you will need to bring with you in order to pick up your Quester on Friday. You or the adult picking up your Quester on Friday must have this pick-up slip to enter the gate. This process is for the safety of your Quester.

**Medications and Inhalers** Please do not pack any medications or inhalers in your Quester's luggage. If your Quester requires prescription medications while at Doe River Gorge, please bring an adequate supply of the medication in the original, clearly labeled prescription container and check it in with the nurse. State Law prohibits us from accepting medications in any other pill case or container. Medications are secured in our health clinic and distributed according to instructions by a Registered Nurse. There is no need to send Tylenol or other over-the-counter remedies. We keep a supply of these items in our health clinic in case a Quester needs treatment. Please also refrain from sending vitamins or other non-prescription medications that are not essential for maintaining your Quester's health during their week of *Adventure Quest*. If your Quester uses an inhaler, please send two inhalers—one for the counselor to carry during the day and one to be kept in the health clinic for back-up.

**Safety Inspection** For the safety of each person at *Adventure Quest 2010*, Questers may be required to unpack luggage in the presence of his/her guides. Any prohibited items will be collected and not returned until the end of the week. Please pack only what is allowed at *Adventure Quest!* (See "How to Pack")

### Need Directions?

Download directions at <http://www.doerivergorge.com/directions.php>

### Cancellations

We understand that there are times when your plans must change due to unforeseen circumstances. If your plans do change, our cancellation policy is as follows:

- 100% of registration fees and payments are transferable to a previously unregistered guest.
- Cancellations prior to May 1st receive a full refund less the \$100 registration deposit.
- Cancellations after May 1st are non-refundable unless we are able to fill the spot from our waiting list.
- No-shows are ineligible for a refund.

### How to Pack

Please pack all items in soft shell luggage or duffel bag (1 bag maximum, please!). Be sure to label ALL ITEMS clearly using nametags, labels or markers, to ensure things return home with you!

### What to Bring

Base layer— polypropylene, nylon, capilene or silk

- 2 pair sock liners
- 2 pair underwear
- 1 pair long johns
- 2 t-shirts
- 1 bathing suit/trunks

Insulating or Second Layer— Dacron, fleece, polyester, nylon or wool

- Long sleeve sweater or jacket (windproof material)
- Fleece or knit cap/toboggan
- 2 pair hiking weight socks
- 1 pair convertible pack pants/shorts

Shell Layer— nylon with gore-tex, conduit or like treatment

- Waterproof shell jacket with hood
- Waterproof shell pants (optional)
- Hat with wide brim, baseball cap or visor (consider waterproof)

Footwear & Accessories

- Well broken in hiking boots (see "word on footcare")
- Closed toed shoes for campfire safety (tennis shoes are good)
- Strap on sandals or water shoes (heel strap required)
- Bandana or buff

Personal Items— use travel sized, unscented items, store in ziplock

- Pocket size, complete Bible and new pen
- Toothbrush, paste and floss
- Sunscreen & bug spray/lotion (consider a bug n' sun)
- Medications-prescribed and in original containers
- Personal ID
- Unscented anti-bacterial wipes or gel
- Sunglasses with retainers (i.e. Chums)
- Water Bottle
- Chapstick & unscented hand lotion (optional)
- Eye drops, glasses, contacts (if needed)
- Wrist watch (optional)
- Disposable waterproof camera (optional)

Caving Gear— pack items in separate bag, bring stuff that can get muddy

- Old shoes or boots
- Socks— neoprene or wool
- Additional long johns— synthetic
- We will provide gloves and coveralls

Base camp wear

- One set of clothes, jacket and shoes
- Towel and toiletries for a much needed shower
- Spending money for Outfitters store & Sidetrack café

**Doe River Gorge will PROVIDE—** bring if you already own, don't buy!

- Internal frame backpack (4600-5500 cubic inch)
- Daypack with hydration reservoir
- Lightweight mummy sleeping bag— 25-45 degree rating
- Sleeping bag liner and sleeping pad
- Headlamp with an extra set of batteries
- 2 dry stow bags and camp towel
- 32 oz Lexan wide mouth water bottle, cup, bowl and utensils
- 2 accessory carabiners and 25' accessory cord
- Stove, purifier, tents and food will be provided by guides

### What NOT to Bring

- over the counter medications, vitamins
- cell phones, handheld games, laptops, pagers, radio, iPod
- Jewelry, valuables, food or gum

## During Adventure Quest Expedition

### Communicating With Your Quester

Postal mail and care packages are NOT recommended as they often arrive too late. Visits and phone calls are also discouraged, but web messages and faxes are most welcome. Messages and faxes are printed for distribution, however, due to the nature of the program, logistics staff will deliver mail upon visiting the team on the trail. Cut-off time for sending messages is 5:00pm Thursday. We are not able to offer facilities for Questers to send replies.

Emails: [www.doerivergorge.com](http://www.doerivergorge.com) - click on "Send Message to your Quester"  
Faxes: 423-725-3719 - Please include Quester's name, program.

### "Doe Bucks" Spending Money

So that Questers do not have to carry cash, you may wish to open a "Doe Bucks" account that allows your Quester to make purchases at the Side Track Café, Doe River Gorge Outfitters, and for optional crafts during free time. Snacks, cold drinks and candy may be purchased at our Side Track Café. Doe River Gorge Outfitters has an array of souvenirs, apparel, jewelry, books, postcards, stuffed animals and other cool stuff! The balance in your account (rounded off to the nearest dollar) will be refunded prior to departure OR you can choose to donate the balance to the On-Track Scholarship Fund. (Questers on Expedition will have time to shop Thursday evening and Friday at departure)

### Video

A fast-paced video of your Quester's week is available for just \$20. You can pre-order and pre-pay for a video when you initially register your Quester or when you bring your Quester on Sunday. A limited supply will also be available on the departure date in the Doe River Gorge Outfitters store. The video is a great way to re-live the *Adventure Quest* experience.

You now have the ability to add "Doe Bucks" and video on your Quester's account online.

### Health & Safety

A caring RN and medical staff are on duty at all times to provide medical care and to dispense medications according to prescribed instructions. A hospital is located within 8 miles of Doe River Gorge. Our outstanding record in working with groups for the past 15 years demonstrates that our staff gives top priority to safety. Our staff is trained in high-adventure safety and certified in First Aid and CPR. Our high-adventure equipment is top-of-the-line and undergoes thorough daily inspections.

### Insurance

Doe River Gorge provides limited secondary insurance coverage for accidents and illnesses (excluding pre-existing conditions) which occur while engaged in the *Adventure Quest* program. In the event of an accident or illness, our staff will take immediate action to obtain proper medical treatment and will also contact you immediately.

### Withdrawal

Refunds will not be made for those who withdraw before the end of the session except in cases of physical illness or emergency (this does not include homesickness), in which case \$50 per missed day will be refunded. Doe River Gorge reserves the right to dismiss anyone without refund whose conduct is not in the best interest of other participants.

### Vehicles

Quester's personal vehicles are not permitted on the premises during *Adventure Quest*. Parents, please make arrangements to bring and pick-up your Questers.

## Closing Day (Friday)

### Schedule

Quester check-out and closing events will begin promptly at the following times. Please make every effort to arrive during these times:

- 10:15 am Gate Opens
- 10:45 am Video of the week
- 10:55 am Closing/Quester Release
- 11:00 am Luggage Tent Opens
- 11:00 am Doe River Gorge Outfitters Opens

### Check-out Details

You or the adult picking up your Quester on closing day must have the pick-up slip that was given on opening day in order to enter the gate. At check-out you will receive any balance in your "Doe Bucks" account, unused medications and inhalers, and any pre-ordered videos or CDs. Early check-out is highly discouraged and should only be considered in extreme circumstances. Arrangements for early departure must be made with registrar at opening day check-in.

### Doe River Gorge Outfitters

The Doe River Gorge Outfitters Store will be open on departure day so that you or your Quester can purchase last minute souvenirs or other items. If you did not pre-order a video of the week, there will be limited copies available in the Outfitters Store. The cost of this video is \$20.

### Luggage Pick Up

The luggage area will be open immediately following closing rally. Please remember to check for all your Quester's items including sleeping bags, bedding, and dirty clothes bags, as well as the lost and found table items. The luggage pick up for the expedition program will be in the lower level of the Mountain Meadow Lodge.

### Lost and Found

Lost and found items will be on tables located on the way into the luggage pick up tent. Please be sure to check this table for any items your Quester has lost. We want to help your Quester leave with everything they brought. Doe River Gorge is not responsible for lost, stolen or misplaced articles. Items left behind will be held for one week only, then donated to charity.

## After Adventure Quest

### Staying Connected

Don't let the Doe River Gorge experience end! Help your Quester stay connected by receiving emails on upcoming happenings at Doe River Gorge, including information on *Adventure Quest 2011*, high-school leadership programs, family retreats and information to help your Quester grow in their walk with Christ! Sign your Quester up to receive emails at [www.doerivergorge.com](http://www.doerivergorge.com).

For more information on  
year-round family events,  
check us out at  
[www.doerivergorge.com!](http://www.doerivergorge.com)