

# FATHER-DAUGHTER SPRING WILDFLOWER CAMPOUT



**ELKMONT CAMPGROUND**  
GREAT SMOKY MOUNTAINS NATIONAL PARK  
**APRIL 15-17, 2018**



## ***AN INVITATION TO EXPERIENCE GOD THROUGH NATURE WITH YOUR DAUGHTER***

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Dear Family Man,

If you're a family man who loves the outdoors you won't want to miss the ***Father-Daughter Spring Wildflower Campout*** being held in the Great Smoky Mountains National Park! The GSMNP is recognized as an International Biosphere Reserve due to its tremendous biodiversity which is estimated to be around 19,000 species. And, it is noted for having some of the best spring wildflower displays found anywhere on the planet and that is one of the primary reasons for visiting the park at this time. Our time together will be experiential learning at its best as we identify and photograph wildflowers. From our basecamp in Cades Cove we will explore a wide variety of forest communities ranging from the sheltered Cove Hardwood Forest to the mountain-top Spruce-Fir Forest. Our Creator God is the author of all that is beautiful so this adventure will be a celebration of His genius and power! The purpose of the weekend is to serve as an opportunity to open the "Book of Nature" and learn to walk closer with God!

This information packet is designed to give you just enough information to help you prepare for the experience while intentionally not giving everything away! Here are the essentials...

Here's to Building Men... and their Families,

A handwritten signature in black ink that reads "Marty Miller". The signature is written in a cursive, flowing style.



Marty Miller  
*President, Blueprint for Men*  
Phone 423.322.8491  
Email [martydeanmiller@gmail.com](mailto:martydeanmiller@gmail.com)



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## 1 CAMPOUT OVERVIEW

WHO:	Fathers and daughters (ages 6 and older)
WHERE:	Elkmont Campground, Great Smoky Mountains National Park
WHEN:	April 15-17, 2018
COST:	\$150/family. <i>Payment made online at <a href="http://www.blueprintformen.org">www.blueprintformen.org</a></i>
PROVIDED:	Campsite, meals, programming materials, Smoky Mountain Wildflower book
BRING:	You are responsible for your own camping equipment...refer to equipment list
DEADLINE:	Reservation deadline is April 10, 2018.
REGISTRATION:	Completed registration forms should be emailed as PDF documents
RESERVATION:	Simply call or email Marty Miller to reserve your spot today! Phone 423-322-8491 Email <a href="mailto:martydeanmiller@gmail.com">martydeanmiller@gmail.com</a>

## 2 LEADERSHIP

### Marty Miller, Retreat Director



Marty is a lifelong disciple of Christ, the loving husband of his first wife, the father of two adult children, and the proud grandfather of two granddaughters.

Marty's career path has been primarily in the field of education having served in both public and private sectors from California to Tennessee. He has held positions that include elementary school principal, multi-grade teacher, middle school science teacher, high school science teacher, nature center director, outdoor school director, educational consultant, university education professor, student teacher supervisor, and outdoor leadership program director.

He is a well-recognized outdoor professional with skills and certifications that include WMI/NOLS Wilderness First Responder, ACA Swift Water Rescue, and AIARE Avalanche Safety.

Marty is gifted at discovering and sharing spiritual lessons from nature, God's second book, as modeled by Jesus Christ, the master educator. Now, after nearly 30 years in education, Marty has transitioned into full-time ministry by creating Blueprint for Men, a non-profit men's ministry devoted to helping men discover and live out their God-given design in a secular world. Through outdoor retreats, small group support, leadership training, and curriculum development, Marty is helping men to step up and become the men God intended them to be, better husbands, better fathers, and better disciples of Christ!

## 3 OBJECTIVES

During the weekend your family will...

Experience Joy:

- through the beauty of nature
- through wholesome Christian fellowship
- through fresh air, vigorous hiking, and delicious food
- through worship and praise of our Creator God
- as we discover spiritual truths in the "Book of Nature"

Expand Knowledge and Skills:

- Camping Skills
- Camping Etiquette
- Leave No Trace Ethics
- Nature Photography
- Wildflower Identification
- Ecology and Forest Communities
- Trail Etiquette and Safety

## 4 SCHEDULE\*

### Friday

5:00 pm	Arrival: Check-in and Camp Set-up
6:00	Supper
7:30	Group Worship
8:30	Night Hike (optional)
9:30	Head to Bed
10:00	Quiet

### Saturday

6:00 am	Early Hike (optional)
8:00	Breakfast
9:00	Group Worship
10:00	Morning Hike
12:00 pm	Lunch
1:00	Afternoon Hike
6:00	Supper
7:30	Group Worship
8:30	Night Hike (optional)
9:30	Head to Bed
10:00	Quiet

### Sunday

8:00 am	Breakfast
8:30	Pack-up Camp
9:30	Group Worship
10:00	Morning Hike
12:00 pm	Trail Lunch
3:00	Farewell



## 5 GEAR LIST

### Camping

- ✓ Tent
- ✓ Tarp for rainy conditions
- ✓ Sleeping bag
- ✓ Sleeping pad
- ✓ Pillow
- ✓ Camp chairs
- ✓ Hammock
- ✓ Musical instruments... guitar, harmonica, etc.
- ✓ Firewood
- ✓ Camera
- ✓ Flashlight/headlamp
- ✓ Jacket or Hoody if it gets chilly at night
- ✓ Poncho/raincoat/umbrella (let's hope this won't be needed!)

### Bathing

- ✓ Toiletries
- ✓ Towel
- ✓ Change of clothing

### Hiking

- ✓ Daypack to carry stuff
- ✓ First Aid Supplies
- ✓ Toilet Paper/wipes in zip-lock bag
- ✓ Cap
- ✓ Knife
- ✓ Hiking shoes
- ✓ Water bottles



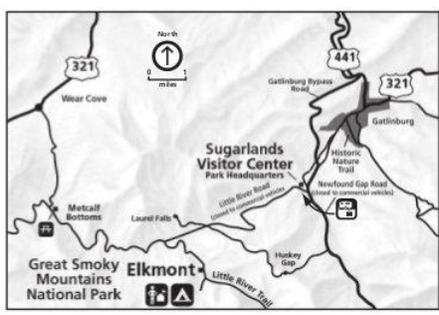
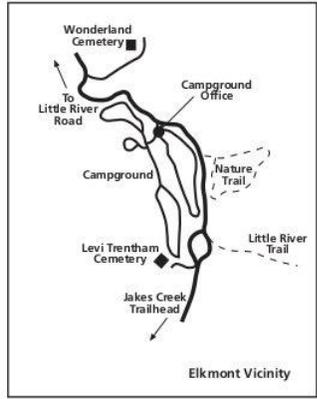
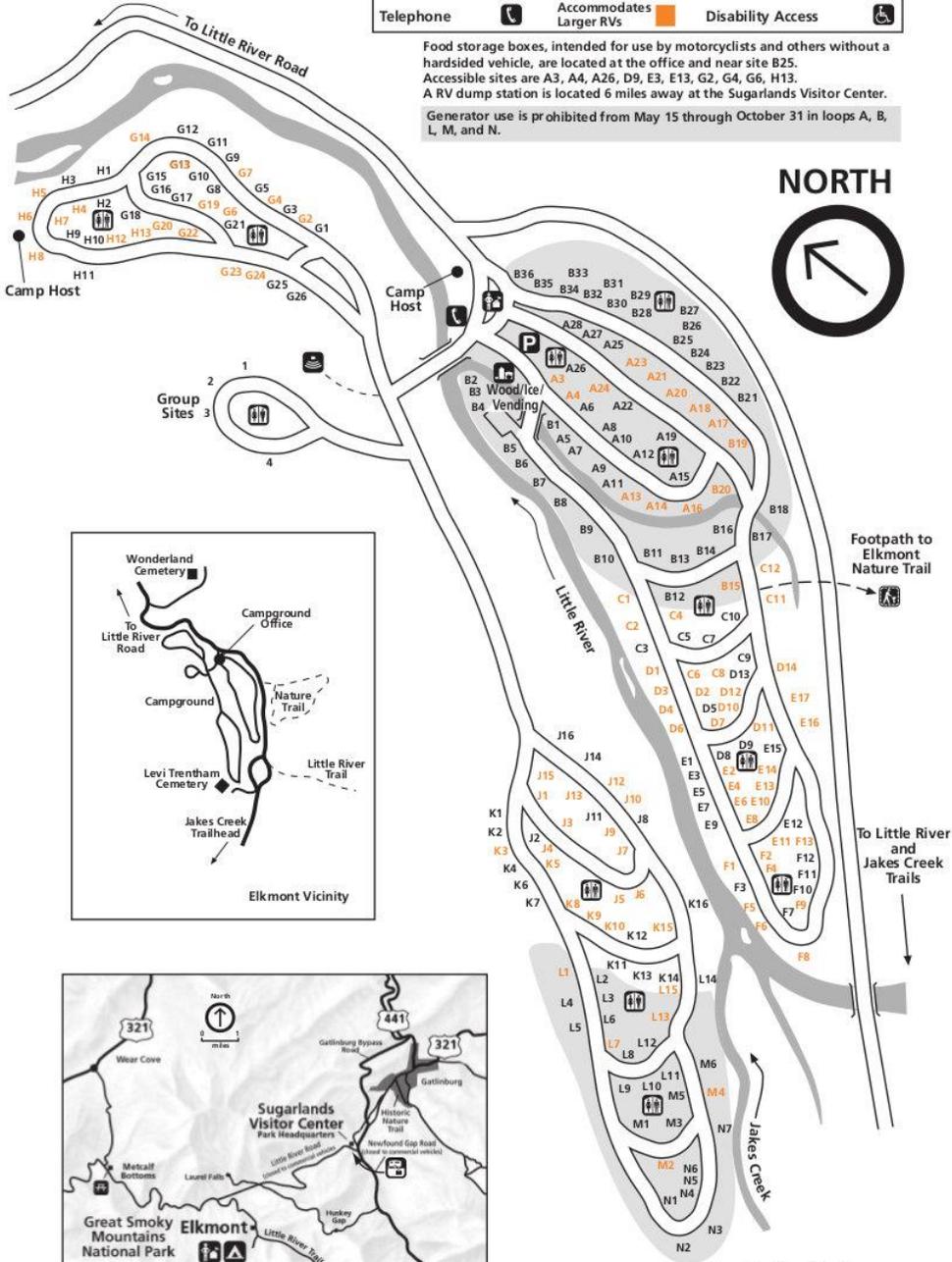
If you've got it, bring it!

# 6 Campground

Elkmont  
Campground Map

Ranger Station	Hiking Trail	Camp Supplies
Restrooms	Parking	Amphitheater
Interpretive Trail	Horse Trail	Trailer/Sanitary Station
Campground	Picnic Area	Campground Shelter
Telephone	Accommodates Larger RVs	Disability Access

Food storage boxes, intended for use by motorcyclists and others without a hardsided vehicle, are located at the office and near site B25.  
 Accessible sites are A3, A4, A26, D9, E3, E13, G2, G4, G6, H13.  
 A RV dump station is located 6 miles away at the Sugarlands Visitor Center.  
 Generator use is prohibited from May 15 through October 31 in loops A, B, L, M, and N.



Funding Provided by  
Great Smoky Mountains Association  
Rev. 3/11

# Campground Regulations

**Firewood Regulations: Beginning March 1, 2015 only heat-treated firewood that is bundled and certified by the United States Department of Agriculture (USDA) or a state agency may be brought into the park.** Campers may also collect dead and down wood found in the park for campfires.

Certified heat-treated firewood is packaged and clearly marked with a state or federal seal. Heat-treated wood is available from a growing list of private businesses in communities around the park. Concessioners at Cades Cove, Smokemont, and Elkmont will provide heat-treated wood for sale during their operating season (typically March through October at Smokemont and Elkmont and through December at Cades Cove). Visit [www.nature.org/firewoodmap](http://www.nature.org/firewoodmap) for a map of local stores and businesses that sell certified firewood. [Additional information about this regulation.](#)

The following regulations apply to camping in **Frontcountry Campgrounds** and **Group Campgrounds**.

## **Food Storage**

All food and equipment used to prepare and store food (stoves, pots, coolers, etc.) must be kept sealed in a vehicle (preferably the trunk) or in a camping unit constructed of solid, non-pliable material or as otherwise directed at all times when not in use. If your vehicle does not have a trunk for storing food and equipment, the following campgrounds have food storage lockers: Balsam Mountain, Big Creek, Cades Cove, Cataloochee, Cosby, Deep Creek, Elkmont, and Smokemont.

Dispose of garbage promptly in dumpsters provided. Unattended or improperly stored coolers and food may be impounded by campground staff and stored at the campground office. This regulation will be strictly enforced and violators are subject to fines.

## **Registration**

You must register and pay a fee. Check in at the campground office or follow instructions on the Pay Station sign. Checkout or re-register by noon.

## **Reservations**

Advance reservations are required at Cataloochee Campground for the entire camping season. Campsites at Cades Cove, Cosby, Elkmont and Smokemont can be reserved in advance for the period May 15 - October 31. Remaining family campgrounds are operated on a first-come, first-served basis. Group sites require a reservation. Reservations can be made by calling 1-877-444-6777 or by visiting <http://www.recreation.gov>

## **Length of Stay**

Your stay is limited to 14 consecutive days at a time. Longer stays require that you move to a different campground

## **Occupants**

You may have up to six people per campsite.

**Parking**

No more than two motor vehicles or one vehicle with trailer are allowed per campsite. Please keep wheels, including trailer wheels and guest cars, on the pavement. Park only in designated spaces.

**Tents**

All tents must be pitched on the pad, where provided.

**Fires and Wood Gathering**

Campfires are permitted only in fire grates. You may collect wood in the park only if it is on the ground and dead. Beginning March 1, 2015 only heat-treated firewood that is bundled and certified by the United States Department of Agriculture (USDA) or a state agency may be brought into the park.

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**Pets**

Pets are allowed in the campground but must be confined or on a leash (6' maximum). Pets are not allowed on trails and should not be left unattended in the campground or your car. Please prevent excessive barking and properly dispose of pet waste.

**Waste Water**

Dish water and bath water must be drained at utility sinks or dump stations, not on the ground. Do not wash or bathe in streams or at water fountains. RV sewage should be drained only at a dump station. Showers and utility hookups are not available in the park. Showers may be available in nearby towns.

**Quiet Hours and Generators**

Quiet hours are in effect from 10 pm to 6 am. Generator use is prohibited from 8 pm to 8 am. Generator use and battery charging by engine idling is prohibited in generator free areas. During quiet hours, noise-producing equipment should be turned off and entry to the campground is limited to registered campers.

**Alcohol**

Alcohol is permitted in campgrounds and picnic areas, provided the person in possession is at least 21 years old.

**Bicycles, Inline Skates and Skateboards**

Bicycle riders must comply with all traffic regulations and are restricted to public roads, parking areas, and designated routes. The use of inline skates, skateboards or scooters is prohibited.

**Prohibited Items**

Fireworks, traps, and the use of chainsaws are prohibited.



## 9 FAQ... Frequently Asked Questions

### How do I register and pay for the event?

- Step One Call or email to reserve your spot 423-322-8491 or [blueprint4men@gmail.com](mailto:blueprint4men@gmail.com)
- Step Two Once your reservation is made pay \$150/family at [www.blueprintformen.org](http://www.blueprintformen.org)
- Step Three Complete the registration paperwork at the end of this packet and make into PDFs.
- Step Four Submit PDF documents via email to [blueprint4men@gmail.com](mailto:blueprint4men@gmail.com). Due April 10, 2018.
- Step Five Prepare for the event, acquire and pack gear

NOTE: COMPLETE A RELEASE FORM AND HEALTH STATEMENT FORM FOR YOU AND DAUGHTER(S)

### What is included in the price?

- All Meals
- Campsite fees
- Educational materials

### Where does the event take place?

Our basecamp will be at Elkmont Campground but we will take numerous hikes and drives.



### What will the hikes be like?

Expect moderately strenuous hiking on trails that may be wet, muddy, rocky, and slippery.

Total hiking mileage will be around 5 miles per day.



**What are the accommodations?**

You can camp in tents or RVs. No water or electricity at sites.  
Just let me know what you desire and I will make the reservations for you.  
Campground restrooms are very basic. No showers.

**What about meals?**

All meals are included from Friday supper till Sunday lunch. Please inform of food allergies.

**What are the plans for security and emergencies?**

Park Rangers are on duty 24 hours a day.  
Several staff and participants have first responder training.  
We will carry a large first aid kit on all hikes.  
A SPOT (GPS Emergency Messenger) is also carried into remote locations.

**Cell phone signal?**

Cell phone signal is spotty!

## 10 REGISTRATION FORM

Father's Name \_\_\_\_\_

Marital Status \_\_\_\_\_ Profession \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Wife's Name \_\_\_\_\_

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Home Address \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Food Allergies \_\_\_\_\_

Physical Limitations \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

NOTE: COMPLETE RELEASE FORM AND HEALTH STATEMENT FORM FOR YOU AND DAUGHTER(S)



The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

#### HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?			Yes	No
Do you frequently suffer from pains in your chest?			Yes	No
Do you often feel faint or have spells of dizziness?			Yes	No
Has a doctor ever told you that you have high blood pressure?			Yes	No
Do you have arthritis, joint or back problems that are aggravated by exercise?			Yes	No
Have you had any operations or serious injuries?			Yes	No
Do you have any physical disabilities or chronic recurring illness?			Yes	No
Do you have Epilepsy?			Yes	No
Do you have Diabetes?			Yes	No
Are you allergic to any medication, insects or pollen?			Yes	No
Are you currently sick and/or using medication?			Yes	No
Do you have any prescribed meal plan or dietary restrictions?			Yes	No
Are there any activities to be limited/discouraged by physician's advice?			Yes	No

Please describe any "yes" answers above: \_\_\_\_\_

Do you carry health insurance? \_\_\_\_ Yes \_\_\_\_ No

Carrier: \_\_\_\_\_ Policy \_\_\_\_\_

#### REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Witness \_\_\_\_\_