



Fire and Ice Expedition

January 4-6, 2019

Greetings Winter Wanderer,

You are not like most men. You see, most men seek comfort when the thermometer dips toward zero and the snow starts flying. But that's not you. The sophisticated man hunkers down at the local coffee shop on these blustery days, but not you. No, you are a bit of a primitive man, a man who actually embraces the biting cold, just to experience the most silent and exquisite of all seasons, winter! If this is indeed the man you are, or that you want to be, we invite you to join us for a winter backpack trip to the snow covered grassy bald known as Whigg Meadow. At nearly a mile high and with 360 degree unobstructed views, you can see nearly forever during the day, and to the ends of the universe at night! And, while we can't promise you snow, we can promise you an outdoor experience that will be free of heat, bugs, and crowds! So, if any of this interests you at all, clear your calendar, pack your bags, and let's go!

Please read over the following information packet which should answer most of your questions and help you prepare for this wintry experience. To participate in this adventure you will need to sign-up and pay the \$40 fee by January 2. Feel free to contact me by phone, text, or email if you have any questions.

Think Snow!

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Tentative Schedule

Wednesday

7:00 pm Pre-trip briefing and gear check at the SAU Outdoor Education Center

Friday

12:00 pm Meet at the Outdoor Education Center for pre-trip check and loading
1:00 Depart from the OEC and drive to mountains
4:00 Leave from Mud Gap Trailhead and hike 1.5 miles to Whigg Meadow
5:00 Arrive at Whigg Meadow and set-up camp
6:00 Supper
7:00 Campfire Worship
8:00 Night Hike
9:00 Sweet Dreams!

Saturday

8:00 am Breakfast
10:00 Group Worship
11:00 Time alone with God
12:00 pm Lunch
1:00 Afternoon activities
5:00 Campfire Worship
6:00 Supper
7:00 Night Activities
10:00 Hit the Sack!

Sunday

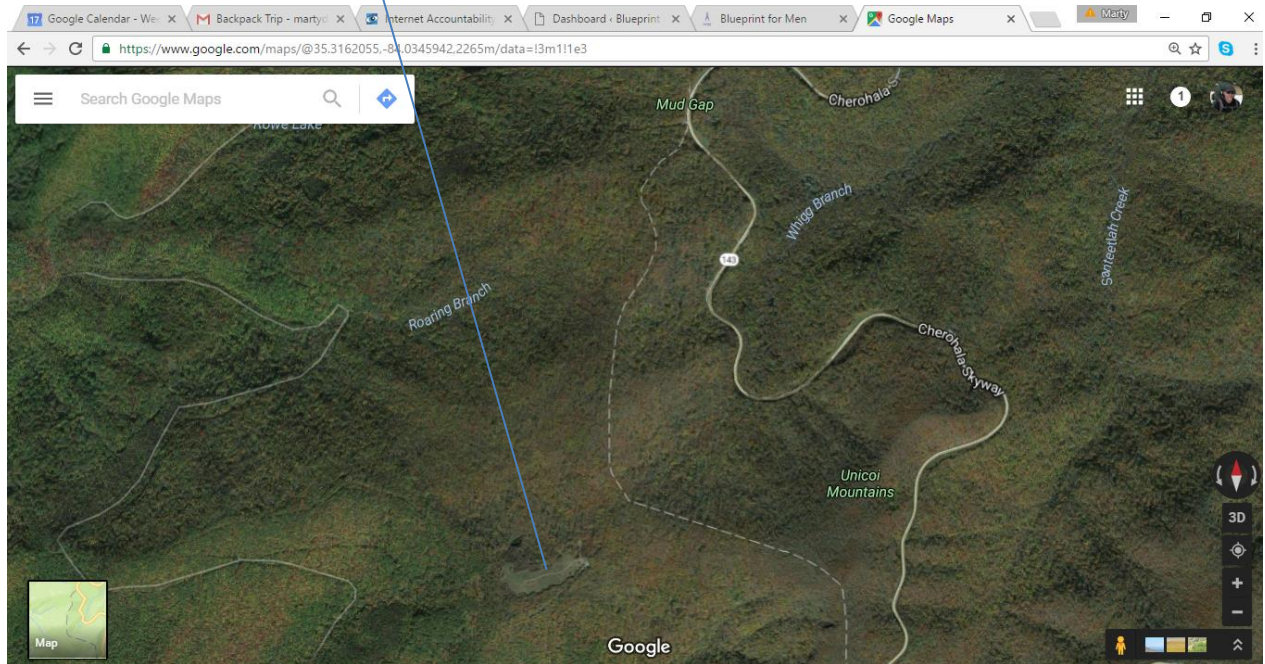
8:00 am Break camp and hike back to trailhead
10:00 Breakfast at Town Square Café & Bakery in Tellico Plains
1:00 pm Arrive back at Southern

Weather Forecast

To keep track of conditions you can click on the following link...

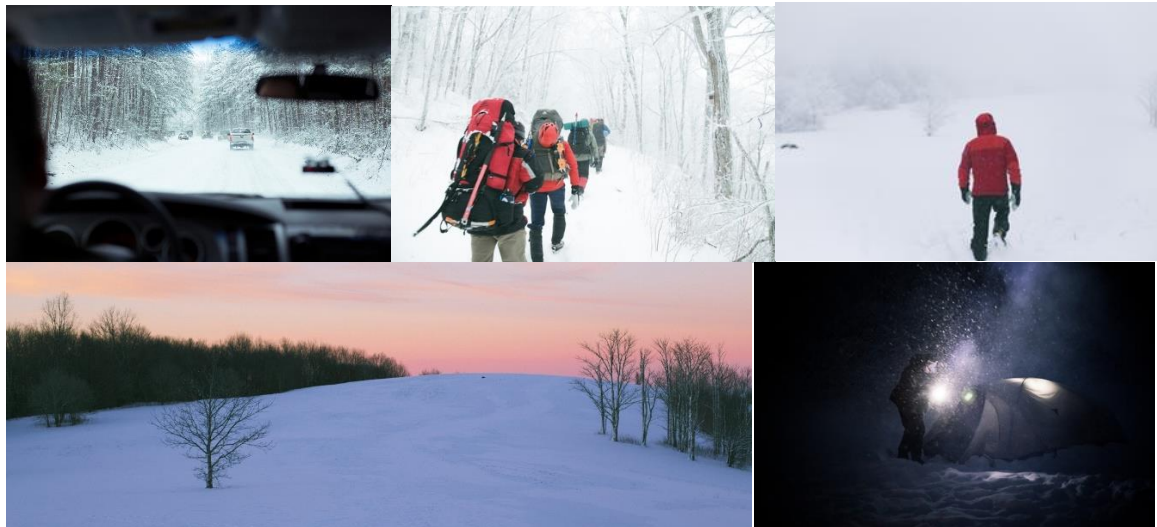
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Mud Gap to Whigg Meadow



Trip Pics

If you'd like to check out what to expect Jeremy Rowland put together an awesome photoblog about a trip we took recently. Enjoy! <https://jeremiahdouglas.exposure.co/whiteout>



Winter Backpacking List

General Backpacking & Camping Gear

- Large backpack (4,500 + cubic inches)
- Sleeping bag (rated to a min. of 0° F)
- TWO Sleeping pads or one very thick one... you will be sleeping on snow!
- 3+ season tent
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 2 water bottles
- Zip-lock bags for stuff

Clothing

- Waterproof/breathable jacket and pants
- Medium-heavyweight insulating layer
- Heavy-weight fleece jacket
- Insulated parka
- Quick-dry underwear
- Quick-dry T-shirt
- Heavy mitts or gloves
- Liner gloves
- 2 pair of synthetic liner socks
- 2 pair of wool socks
- Gaiters
- Warm cap

Misc. Personal Items

- Small first aid kit
- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flap wind noise
- Toilet paper
- Deodorant
- Pack towel

Winter Backpack Trip Participant Profile

Personal Information

Name _____

Address _____

Cell Phone _____ Email _____

Emergency Contact _____

Name

Relationship

Phone

Backpacking Experience.

On a scale of 1-5 (5 being best) how would you rate your fitness level?

On a scale of 1-5 how would you rate your backpacking experience and competency?

Describe your longest backpack trip.

Describe the most extreme weather situation you have experienced while backpacking.

What strengths do you feel you will bring to our group?

What concerns, if any, do you have concerning the physical demands of this trip?

Do you have any medical conditions that could compromise your personal or group success?

Do you have all the required equipment for this trip? Yes No

If no, what equipment do you need to obtain or rent?

BLUEPRINT FOR MEN HEALTH STATEMENT FORM

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 _____