

Northern Lakes Impact Center Health Form

Student's Name: _____ Date of Birth: _____ Age: _____

Parent's/Guardians Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Name of Health Insurance: _____ Policy #: _____

Date of Last Tetanus Booster: _____

In case of an emergency, if unable to reach parents, contact:

Name: _____ Relation: _____

Home Phone: _____ Work Phone: _____

Health Information:

Yes No

Is the student taking medication presently?
If yes, please explain: _____

Does the student have allergic reactions to anything?
If yes, please explain: _____

Special dietary needs?
If yes, please explain: _____

Asthmatic? _____

Diabetic? _____

Recent exposure to contagious disease? _____

Sleepwalking? _____

Bedwetting? _____

Fainting? _____

Other information or directions from parent (physical, emotional, educational challenges): _____

For promotional purposes, I hereby authorize the use and reproduction by the Northern Lakes Impact Center of photographs taken of me or my child at Northern Lakes without compensation to my child or I. (Please Initial.) _____

I hereby give my permission for non-prescription medication (aspirin substitute, etc.) to be given to my child if deemed advisable by NLIC staff. **In case of emergency**, I also give permission to the physician selected by the NLIC staff to hospitalize, secure treatment for and/or to order injection, anesthesia or surgery for my child named above. *Any direction to the contrary should be specified at the bottom of this form and signed.* I understand that, should a medical emergency arise, every effort will be made to contact me before such treatment is given.

Parent or Guardian Signature: _____ Date: _____

WIRED Backpacking Trip Packing List

Clothing

The first and most important item is the clothes we wear. When hiking and carrying our gear on our back, we need to think about weight and how things dry if they got wet. Quick dry materials are always better than cotton because cotton does not dry quickly, can be heavy, and holds no heat once it is wet. I recommend bringing quick drying materials for this trip as we will be getting sweaty hiking.

The other thing to make a note of is what type of pants you want to hike in. I prefer leggings or a light hiking pant as **the bugs on this trail can be pretty bad in sections**. Pants or leggings provide an extra layer between your legs and the mosquitos. Some people really like shorts and don't mind bugs, so it is up to you!

There are a few opportunities to swim if you would like to. You can do so in shorts and a shirt or bring something to swim in specifically. It may still be a little chilly in early June, so wading up to your knees might be enough cool off anyway.

Lastly, what to wear on your feet. Tennis shoes would be fine for this trip, but a hiking boot will work as well. I recommend bringing an extra set of shoes to wear around camp each afternoon/ evening. Make sure they are comfy. I'm a huge fan of chacos or crocs.

- Hiking Footwear (Tennis Shoes would be okay)
- Camp Shoe (ie. Chacos, sandal, crocs, etc.)
- Socks (3 pairs)
- Underwear / Bras
- Something to sleep in
- Short Sleeve Shirt (2, a quick dry material would be better than cotton)
- Long Sleeve Shirt (1 in case it gets cool at night)
- Fleece or warmer layer to put over your shirt
- Rain coat (because rain happens)
- Shorts (1-2 pair)
- Leggings if you prefer to hike in those
- Pants (1, if you are not bringing leggings)
- Something to swim in

Bathroom

- Menstrual Products if needed
- Toothbrush
- Toothpaste
- Hair brush
- Contacts/ glasses if apply
- Other items as needed

Sun / Bug Protection

This trail is in shaded sections of trees for the most part, but it is a good idea to still carry sunscreen. The bugs on this trail can be bad at times. I am recommending buying a hat with bug netting around the face if mosquito swarms are something that will bother you. There are a few low sections that just make them worse than other parts. We will be doing our best to not camp in any spot that is super bad, but it

is always a possibility. If you google hiking mosquito net, there are many options! Like I said, a hat is optional, but bug spray is not!

- Sunscreen
- Bug Spray
- Sun Glasses (optional)
- Mosquito Net Hat (optional)

Primary Gear

This next section is about the gear needed for actually backpacking. **If you DO NOT have the gear, don't worry! I just need to know what you don't have, and we have it available here. After looking this list over, please email me back with the equipment you need!**

We will be staying in two person tents on this trip, however, if you are concerned about sharing the same space as another person, you can choose to bring a hammock and tarp and sleep outside. Let me know if this is an option you would like, otherwise, we will have tents available!

- Backpack 50L or bigger
- Hammock with a Rainfly
- Sleeping Bag
- Sleeping Pad

Other Gear

- 2 Nalgene / Water Bottles (32oz in size is preferable)
- Head Lamp (let me know if you don't have one)
- Bowl or Plate
- Utensils to eat with
- Pack Towel or Wash Cloth (optional)
- Bible (small one)
- Journal
- Pen(s)
- Car Clothes to change in when we get back (optional)

<p>Number of Students:</p> <p>Number of Leaders: 3</p> <p>Total Number:</p> <th colspan="2" data-bbox="110 730 289 1360"> <p>Northern Lakes Impact Center</p> <p>WIRED Backpacking Trip Schedule</p> <th data-bbox="110 1360 289 1969"></th> </th>	<p>Northern Lakes Impact Center</p> <p>WIRED Backpacking Trip Schedule</p> <th data-bbox="110 1360 289 1969"></th>		
	<p><u>Friday, June 4</u></p> <p>3:00 p.m. Meet at Calvary Baptist</p> <p>3:15 p.m. Trip Information</p> <p>3:30 p.m. Departure for Eagle River</p> <p>4:00 p.m. Meet Eagle River Crew</p> <p>4:30 p.m. Departure for Hidden Lakes Trail</p> <p>5:00 p.m. On Trail</p> <p>7:00 p.m. Set up Camp</p> <p>7:30 p.m. Dinner</p> <p>9:30 p.m. Campfire / S'mores</p> <p>10:00 p.m. In Tents / Quiet Time</p> <p>11:00 p.m. Lights Out!</p>	<p><u>Saturday, June 5</u></p> <p>7:00 a.m. Wake Up</p> <p>7:45 a.m. Breakfast</p> <p>8:30 a.m. Quiet Time</p> <p>9:15 a.m. Pack up Camp</p> <p>9:45 a.m. On Trail</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. On Trail</p> <p>3:00 p.m. Set up Camp</p> <p>4:00 p.m. SOLO 1</p> <p>5:00 p.m. Free Time</p> <p>5:30 p.m. Dinner</p> <p>6:30 p.m. Pastor Time</p> <p>7:30 p.m. Free Time</p> <p>8:30 p.m. Campfire / S'mores</p> <p>9:00 p.m. In Tents / Quiet Time</p> <p>10:00 p.m. Lights out!</p>	
			<p><u>Sunday, June 6</u></p> <p>7:00 a.m. Wake Up</p> <p>7:45 a.m. Breakfast</p> <p>8:15 a.m. Quiet Time</p> <p>9:00 a.m. Worship</p> <p>10:00 a.m. Pack up Camp</p> <p>10:45 a.m. Depart for Calvary Baptist</p> <p>11:15 a.m. Drop of in Eagle River + Dairy Queen</p> <p>12:15 p.m. Arrive to Calvary Baptist + Say Goodbyes</p>

Calvary Baptist WIRED Trip Permission Form

Dear Parent or Guardian,

Your child is going on a WIRED weekend trip to Hidden Lakes Trail in Eagle River, WI. Please read the following information at the top of this form, then sign and return the permission slip at the bottom of this form before the trip.

Field Trip Information

Dates: June 4, 2021, June 5, 2021, June 6, 2021

Location: Hidden Lakes Trail in Eagle River

Event Description: We will travel from Calvary Baptist Church to the Hidden Lakes Trail in Eagle River where you will spend 3 days on the trail learning the fundamentals of living in the wilderness. (For more detailed information see the informational packet.)

Cost: \$50.00 per person

Means of Transportation: Vehicles driven by WIRED leaders from Calvary Baptist Church to Eagle River. (Eagle River students will be picked up in Eagle River at a mutual location)

Leave Calvary Baptist: at 3 pm on Friday, June 4th.

Arrive back at Calvary Baptist: Pick up your kids at Calvary at 12:15 pm on Sunday, June 6.

Save this part of the form for future reference.

Cut here-----*Cut here*

Sign this part of the form and return it to a WIRED leader.

_____ has permission to attend the WIRED weekend hiking/backpacking trip to Hidden Lakes in Eagle River June 4, 2021 to June 6, 2021.

I give my permission for _____ to receive emergency medical treatment.

In an emergency, please contact:

Name: _____ **Phone:** _____

Parent/Guardian Signature: _____ **Date:** _____