



**WINTER  
EXPEDITION  
LEADER'S  
TOOLKIT**

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## Dear Youth Leader,

We are so excited to have you and your students joining us for Winter Expedition at Trout! We anticipate that God will move in tremendous ways during these coming weekends. Designed to be more than just a weekend full of excitement, Winter Expedition is designed to provide two things: 1) An experience that deepens and draws students into relationship with Jesus Christ and 2) Opportunities for your youth to bond together as a group.

This packet is our Winter Expedition toolkit. It contains all of the information and documents that you will need prior to your group's arrival. Please give it a thorough read-through. Your success is our success. If you need something, have a question, or want to suggest a way that we can better serve your church and fellow youth workers, we would love to hear from you. It is our joy to serve you in this process. We will take care of the details so that you can focus on what you love... connecting with and discipling your students.

We've created downloadable, customizable resources for you to promote your retreat weekend with us. Check out [TroutLakeCamps.org/winter-youth-college-retreats](http://TroutLakeCamps.org/winter-youth-college-retreats) for customizable resources to advertise at your church, in your youth room, and to share with your students and their friends.

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As the Youth Leader, your responsibilities as a group leader fall into these basic categories:

### SPIRITUAL

- Pray that God would show and bring you the students He has for you to bring this year.
- Challenge your young people to reach out to those God would have them invite.
- Be a model of Christian character (your kids do what you do, not necessarily what you say).
- Be sensitive to the spiritual needs of your group and those around you.
- Be ready to pray with your students and their friends.
- Be ready to respond with the Gospel as the Spirit moves following chapel times and throughout conversations that take place throughout the weekend.
- Be open to whatever God would do in your own life.

### RELATIONAL

- Make the first move in initiating conversations.
- Learn to listen. Teach how to listen by your example.
- Follow Trout's rules and enforce them gently but firmly with your students.
- If you must discipline, do it privately.

### GENERAL

- Be prepared for check-in when you arrive! Refer to the [Friday Night Checklist](#) to make sure you are ready and don't have to spend the first part of your weekend collecting forms from your leaders and students.
- Help with crowd control. Leaders stay in the cabins with their youth groups. It is your responsibility to settle your group down at night. Assist at meals and at meetings by making sure your students are all present and on time. For larger youth groups (20+), direct your other adult leaders to help and assist as well.

- Monitor and/or dispense your students prescription medications or other medical needs. We do provide nurses onsite for weekend retreats to assist in emergencies, connect you with local clinics and ERs, and provide simple first aid items.
- Get involved...YOU make a difference.

Please be sure you share these responsibilities with each of your leaders and make sure they understand their roles.

## UPDATING GROUP NUMBERS & PAYMENTS

Please read through this page carefully-following the instructions given will help you to bring as many students as possible while avoiding any unnecessary non-refundable deposits.

**All registration is electronic via our website- TroutLakeCamps.org.**

Simply Click the orange Register/Login rectangle in the upper right-hand corner of the home page. You will be prompted to create a login or login to an existing account. If you are having trouble accessing or registering an account with us, give our main office a call, 218.543.4565.

### Registration opened on September 20, 2019

Retreats can fill up quickly and without warning. Because we serve large and small youth groups and churches we cannot predict, if/when retreats will fill. Our typically retreat size ranges from 200–525 depending on the season and the retreat. We recommend registering your group as soon as you can solidify numbers.

### Payment is due at time of registration

In order to secure your groups spot, payment must be made at time of registration. Prior to finalizing your online registration, you will be prompted to pay via credit card. If you prefer to pay by check, you can send your registration form in the mail or call the office at Trout, 218.543.4565, and register over the phone. However, your group spots will not be secured until payment is received.

### Cost, Refund Amounts and Deadlines

Cost is \$99 per student and \$78 per adult leader. 50% per student spot & adult leader spot is nonrefundable up until the day before the retreat. 100% of the registration fee per person is nonrefundable the day prior to the retreat (typically Thursday) through the event itself. Refunds are issued in the same format payment was made (check, credit card, etc.) To request a refund, contact the office at Trout during business hours 218.543.4565.

### You must provide adult leaders to supervise your students during the retreat

You must maintain at least a 1:5 adult to student ratio for Junior High/Middle School Retreats.

You must maintain at least a 1:7 adult to student ratio for Senior High/High School Retreats.

and

If you are bringing male students, you must have at least one male adult leader.

If you are bringing female students, you must have at least one female adult leader.

## FAQ:

### Can I pay by check instead of Credit Card? How does that work?

Yes! But that requires sending your registration through the mail or registering your group by phone during business hours. Note: your spots will not be secured until we receive that check. We recommend having the check in hand so you can mail immediately following that phone conversation. If that retreat fills, your group will be bumped from that retreat weekend if payment is not received.

### What if I have to adjust my numbers between?

You can manage your numbers, male & female breakdown, adult leader numbers, etc., via your online account by logging in the same way you registered. If it is less than one week until the retreat, you will have to call the office at Trout Lake Camps and speak to our registrar.

## Winter Expedition Schedule 2020 (*Tentative*)

### FRIDAY EVENING

- 7:00–9:30 Check In - Entrance Activity – (Follow Road Signs)
- 10:00 Orientation & Session 1 – (Worship & Speaker)
- 10:15 Head Youth Leaders' Meeting – Point Chapel Entrance Doors  
(Welcome and Brief Orientation)
- 11:15 LATE NIGHT SNACK
- 11:30 In Cabins (Breakout Questions)
- 12:00 Lights Out

### SATURDAY

- 7:30 Rising Bell
- 7:45–8:15 Breakfast (Free Time Sign-ups in Stoneridge Lobby)
- 8:30 Adult Leaders Meeting (Weekend Overview, Q&A)
- 8:30 TAG Time – Time Alone with God (Morning Devotions, Materials Provided)
- 9:00 Session 2 – Chapel (Worship & Speaker)
- 10:15 Church Group Time – (Assigned Breakout Spaces, Questions Provided)
- 11:00 Morning Activity – BUILD YOUR BOX SLEDS!
- 12:00–12:30 Lunch
- 1:30–5:00 Free Time Activities and Tournaments (All Camp)
- 5:00–5:30 Dinner
- 7:00 LET THE GAMES BEGIN! BOX SLED COMPETITION
- 5:30 Supper @ Point Dining Hall
- 7:15 Evening Camp – Wide Game – Point Chapel
- 8:30 Session 3 – Chapel (Worship & Speaker)
- 9:30 Church Group Time (Assigned Breakout Spaces, Questions Provided)
- 10:00–10:30 Snack
- 10:00–11:30 Open Recreation Activities
- 12:00 In Cabins
- 12:15 Lights Out

### SUNDAY

- 7:30 Rising Bell
- 7:45–8:15 Breakfast – Point Dining Hall
- 8:45 TAG Time – Time Alone with God (Morning Devotionals, Materials Provided)
- 9:00 Clean Up your Cabins, Pack Up, Load Luggage
- 9:45 Session 4 – Chapel (Worship & Speaker)
- 11:30 Lunch
- 12:00 On the Road back home, See you at District Blitz!

**Saturday Afternoon Activity Options**  
(Activities subject to change based on retreat size and weather)

Activity	Time	Location	Cost or Sign-up
Broomball Tourney	1:30 – 3:00	Ridgeline Park	Sign-Up/Stoneridge Lobby <i>No later than 9:00 AM Sat</i>
Laser Tag	1:00, 1:30, 2:00, 2:30, 3:00, 3:30 4:00, 4:30	The Barn	None
Canteen	1:00-5:00	The Barn	Prices vary by item
Soda Fountain	1:00-5:00	The Barn	Prices vary by item
Camp Store	1:00-5:00	The Barn	Prices vary by item
Climbing	1:00-5:00	Timber Ridge	None
Bouldering Wall	1:00-5:00	The Barn	None
Crate Stacking	1:00, 2:00, 3:00, 4:00	Tall Timbers	Sign-up/Stoneridge Lobby
Tubing Hill	1:00-5:00	Timber Ridge	None
Black Light Dodge Ball	1:00 – 5:00	Timber Ridge	None
Floor Hockey (Timber Ridge)	1:00 – 5:00	Timber Ridge	None
Floor Hockey (The Point)*	1:00 – 5:30 (Pickup game 4:30)	Rec Hall (The Point)*	None
Archery Tag	1:15 – 5:00	Timber Ridge*	None

\*Saturday Afternoon Camp Shuttle 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00  
(Shuttle leaves from the point lower parking lot)

The times listed above for sign-up activities is the time the activity starts at that event, i.e. If you signed up for 1:15 paintball, you need to catch the 1:00 shuttle.

Shuttle Stops: [Stoneridge], [Lower Point Parking Lot]

## TROUT LAKE CAMPS CONTACT INFO

Phone Number: 218.543.4565

Fax Number: 218.543.7550

Email: [info@TroutCamps.org](mailto:info@TroutCamps.org)

# WINTER EXPEDITION

## FRIDAY NIGHT CHECKLIST!

Below is a list of all forms that need to be filled out and ready to turn in when you check in on Friday night.

All of the necessary forms can be found in this toolkit.

- √ **GROUP ROSTER**
  - Needs to be filled out with every attendee's name (students and adult leaders)
  - Each attendee needs to be identified as leader/camper and male/female
- √ **CAMPER & LEADER MEDICAL, MEDIA, & LIABILITY INFORMATION & RELEASE FORMS**
  - Needs to be filled out with every attendee's name (students and adult leaders), and each attendee needs to be labelled as leader/camper and male/female.
- √ **LEADER SAFETY FORM**
  - We must have a copy of this form signed by you, the main group leader, acknowledging that all of your adult leaders have been approved by you to serve for the weekend.
- √ **PAYMENT**
  - Via Credit Card when you registered via our website. PLEASE NOTE: If you are paying by check, only church or youth leaders' checks will be accepted. We cannot accept individual checks from families.
- √ **CAR**
  - We ask that all groups keep at least one vehicle on site over the weekend in case any non-emergency or emergency situations requiring a vehicle for your group comes up.

# GROUP ROSTER

This form must be completed & turned in at Check-In.

Group Name: \_\_\_\_\_ City/State: \_\_\_\_\_

Leader's Name: \_\_\_\_\_ Total # in Group: \_\_\_\_\_

Is this the first time this group has been to Winter Expedition at Trout? Circle: Yes / No

	Name (Campers & Leaders) *Please write legibly	Leader (L) or Camper (C)		M / F	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

\*If your group is larger than 24, make copies of the following page as necessary.

## GROUP ROSTER

\*CONTINUED

[illegible]



## MEDICAL & LIABILITY RELEASE / Student

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed parental release form in the unlikely event of a serious injury requiring hospital treatment for your child. This release gives us permission to take your child to the nearest available medical facility and have the necessary medical treatment administered. Many hospitals will not administer any medical attention to a minor without parental consent. Please read and sign the statement below.

We understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the child will be taken during this conference. In case of emergency, I understand that every effort will be made to contact me. If I cannot be reached, I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or church personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

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

Name of Child: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Print Parent/Guardian Name(s): \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

If Parent / Guardian are not available, please call person below:

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

Relationship to Child: \_\_\_\_\_

Phone #1: \_\_\_\_\_

Phone #2: \_\_\_\_\_

May we administer over-the-counter-medications (ex: Tylenol, Advil, antibiotic ointments, etc.):    Yes    No

Additional comments regarding medical history, allergies, penicillin or drug reactions, use of over-the-counter-medications, etc., which may be needed in treatment:

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Signature of Parent / Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## MEDICAL & LIABILITY RELEASE / Adult Leaders

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed medical release form in the unlikely event of a serious injury requiring hospital treatment where you are not able to give consent. This release gives us permission to take you to the nearest available medical facility and have the necessary medical treatment administered.

I understand and certify that my participation in Trout Lake Camps retreat, event, conference, or camp is completely voluntary and I have familiarized myself with camp's program and activities in which I will be participating in. I recognize that certain hazards and dangers are inherent in the Trout programs and particularly, but not limited to activities in the snow, water, football, dodgeball, paintball, floor hockey, high ropes course, climbing wall, crate stacking, and skate park. I acknowledge that although Trout has taken safety measures to minimize risk, Trout cannot guarantee that the participants, equipment, premises and/or activities will be free of hazards, accidents and/or injuries. I further recognize the importance of knowing and abiding by Trout rules, regulations, and procedures for the safety of camp participants.

I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel the permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or its staff personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

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

My Name \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Signature of Adult: \_\_\_\_\_ Date: \_\_\_\_\_

# TROUT LAKE CAMPS

## LEADER SAFETY FORM

One of Trout's main areas of concern is the safety of all of our guests and campers... whether emotional, physical, or spiritual. We ask that you, as your group's main leader, help us make Trout a safe place for campers to experience transformative life experiences by thoroughly screening your leaders.

By signing below, you acknowledge that you have assessed your group's adult leaders for this retreat, and they have been approved to serve in youth ministry according to your church's safety practices which may include an interview, training, reference checks, and/or a background check.

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Group Leader's Name (Printed)

---

Group Name

---

Group Leader's Signature

---

Date

# IMPORTANT REMINDERS

## Permission Forms

We can only accept Trout Medical and Liability Release forms, not church or youth group permission forms. Every attendee must fill out their own individual Trout Medical and Liability Release form.

- Anyone over 18 should complete an Adult Leader Medical and Liability Release Form (even if they are attending as a camper).
- Anyone under 18 should complete a Camper Medical and Liability Release Form and must be signed by a legal parent or guardian.

## Pranks

Trout is not what we call a “Prank Camp.” Pranks are a distraction from the program and take the focus away from the ministry that is happening. We are praying for changed lives and our simple request is that you help us in discouraging pranks amongst your group.

## Packing List

Dispense a packing list to your parents, students, and leaders at least one week prior to your event.

## Food Allergies

If anyone in your group has an allergy that limits what they can eat, please feel free to connect with our Food Service Director, Kristy Miller, to discuss your concerns. Contact Kristy by email at [kMiller@TroutCamps.org](mailto:kMiller@TroutCamps.org) or by phone at 218.543.7531.

Please be aware that Trout’s canteen and snack areas have foods containing peanuts and tree nuts. We also cannot control what other families bring with them for their personal snacks.

# Winter Expedition

## Packing List



### What to Bring:

- Bible
- Notebook
- Pen or Pencils
- Bedding – pillow, blankets or sleeping bag, sheets (twin size)
- Toiletries, towel, pajamas, etc.
- Gym Shoes (For indoor activities)
- Closed-foot shoes (required for certain camp activities)
- Winter Coat, Winter Hat, gloves, Mittens/Gloves, Scarf, Winter Boots
- Casual clothing (It's a jeans and hoodie kind of weekend)
- Some activities will be outside, so bring warm clothing (and an extra set "just in case")
- Cash to purchase extra treats and camp souvenirs
- Completed Medical and Liability Release Form signed by legal parent or guardian
- Swimsuit, Towel, Extra pair of socks (For the Polar Plunge and Sauna)

### What to Expect:

- To be challenged to grow in your relationship with Christ!
- To meet new friends and grow closer to the ones you already have!
- To have lots of fun
- Connect with God through meaningful worship times
- To grow closer to your youth group
- To be exhausted at the end from a full, fun, and meaningful weekend

### Items to Leave at Home:

- Expensive Electronics that can get damaged or stolen (Laptops, Tablets, Phones)
- Tobacco, Alcohol, vaping products, etc.
- Illegal drugs, fireworks, weapons, guns, etc. (*Students who bring such items will be sent home mid-retreat at the expense of their parents.*)
- Pets
- Bad Attitudes
- Personal Climbing Gear

\*Our staff are only trained to manage our activity gear, not yours.