



GROUP RETREAT INFORMATION

Hey there! We are so excited that you're joining us this summer at Rocky Mountain Ascent. This packet has everything you need to know before you head into the mountains. If you have any questions or concerns, please feel free to email yourfriends@rmascent.org.

SCHEDULE

Please explore specific retreat types for detailed schedules

Arrival

- Option 1: Friday, 6:30PM (dinner that evening NOT provided)
- Option 2: Saturday, 10:00AM

Departure

- Sunday, 5:00pm

ACCOMMODATIONS

Cabins

Here is a breakdown of our cabins. Each cabin has a full bathroom w/ shower. We have two types of cabins:

- Camper Cabin (3 cabins)
 - *Adjustability:* Non-adjustable
 - *Beds:* 3 bunk beds, 6 twin beds
 - *Max capacity:* 6
- Suite Cabin (3 cabins)
 - *Adjustability:* Adjustable
 - *Beds:* 4 options for layouts:
 - 1 King Bed
 - 1 King Bed + 1 Twin Bed
 - 2 Twin Beds
 - 3 Twin Beds
 - *Max Capacity:* 3

Here is a representation of our cabin layout that you can use to plan cabin occupancy.

TRIDENT	BLACKJACK		LEGACY	GIVE		ROWE	TROJAN
Max 6	Max 3		Max 6	Max 3		Max 6	Max 3

Camping

We have a few options for camping:

- Tent Camping: We have multiple tent campsites up a rather large hill (we call it heartbreak hill), as well as a few spots out front of our lodge (less heartbreak involved). We have plenty of tents, but people are welcome to bring their own gear if they prefer.
- Hammock Camping: Hammock camping is our preferred method of camping here. We have full hammocking setups with tarps, bug nets, underquilts, etc. We have some beautiful hammock campsites a short walk from the lodge.

Maximum Participants

In Cabins: 27 (If every bed is filled)

Total Capacity: 36

PAPERWORK

We require one form from every person who is attending the retreat.

1) RMA Release

Please let us know if anyone in your group has any food allergies at least one week prior to your retreat so we can make any necessary changes to our food plan.

There are a few options for how to fill out forms.

- 1) You can send everyone our link rmascent.org/forms, and have your group fill out the form beforehand.
- 2) You can print the pdf version of the form, distribute them beforehand, and give them to us upon arrival.
- 3) Don't worry about the hassle of filling out forms beforehand, and we will spend roughly 20 minutes upon everyone's arrival filling out forms.

MEALS

We provide breakfast, lunch, dinner, and snacks during your stay. It is important that we receive information regarding food allergies at least one week in advance to properly plan our meals.

Please note: if you choose to arrive Friday evening, we do NOT provide dinner that evening, so come fed!

TRANSPORTATION

We provide optional transportation to camp from Colorado Springs for a max of 10 individuals. If transportation is requested, pickup is at 8am on Saturday, and drop-off is at 6:30pm on Sunday.

PACKING LIST

Woohoo! It's time to pack! Here's a guide on what to bring. But first, a little info about the anticipated weather;

- Temperature: During the day, the temperature ranges from 55-80, and at night from 35-55.
- Rain: Typical of Colorado summers, it usually rains for about an hour or two every afternoon.

This means that during the day, you'll likely want to wear a short-sleeve shirt and shorts, with a light jacket and pants in your backpack for when the sun goes behind the clouds. At night around the campfire, you'll want to have sweatpants and a warmer jacket (don't worry, we'll have lots of blankets too). You also need to bring some kind of rain gear; this could be a rain jacket or an inexpensive poncho.

Synthetic clothing: The best clothes for outdoor recreation are made of synthetic material or wool. If you have synthetic clothes (like polyester and fleece), that's preferred as it dries much quicker than cotton, jean, or other material. If you don't have synthetic or don't like the material, don't sweat it!

Clothing:

- Rain jacket or poncho
- Swimsuit (for cold plunge and/or swimming in our pond!)
- Fleece or sweater
- Close-toed shoes (required for ropes course)
- Sandals or water shoes
- Beanie
- Brimmed hat

Gear:

- Backpack
- Beach Towel
- Headlamp or flashlight
- Water bottle
- Sunscreen (we provide if you don't have your own)
- Sunglasses
- Journal and book to read
- Earplugs for sleeping (optional... people snore!)
- Toiletries (we provide shampoo, conditioner, and body wash)

PARTICIPANT AGREEMENT

Please review our participant agreement prior to booking a retreat. Violation of the agreement could lead to dismissal.

Code of Conduct

The following principles apply to every individual on our property; staff and participants. We encourage questions!

CLOTHING - At RMA we believe in freedom of expression. While there are certain clothes we recommend you wear for comfort in the outdoors, you are free to express yourself within the following guidelines:

- NO Violent language or images
- NO Images or language depicting illegal activity
- NO Hate speech
- NO Explicit material
- NO Images and/or language that create a hostile or intimidating environment

ENVIRONMENT - I will leave the plants and animals alone, pick up after myself and others, and leave the land better than I found it.

PROHIBITED ITEMS - I will not bring the following items to camp:

- Fireworks
- Firearms including bb guns, paintball guns, airsoft guns, etc.
- Alcohol or drugs, with the exception of nicotine products for participants over 21.

RESPECT - I will treat all staff and participants with respect. If a conflict arises, I will resolve it peacefully. If I cannot or would not like to resolve it on my own, I will bring it to the attention of a staff member to resolve the situation with love and respect.

SAFETY - I will not participate in any of the following:

- Talking poorly of others in private or public
- Verbal or physical harassment
- Threats to harm myself or others
- Physical altercations.

SUBSTANCE USE - Alcohol and drugs are NOT permitted within property limits, with the exception of nicotine products for individuals over the age of 21. Vapes and cigarettes are permitted only in designated outdoor smoking areas.

Participant Rights

SAFETY - If at any point a staff member or participant makes you feel physically or emotionally unsafe, we will address the situation immediately to support your experience.

CRITICISM - If you disagree with the way our program is run or the way a staff member is behaving, you have the right to communicate those concerns to the program director or any other staff. It is an open door policy.

CONFIDENTIALITY - You will never be punished for speaking the truth. Everything you share at RMA will remain confidential, with a few exceptions according to the Mandatory Reporting Law. We are required by law to report the following:

- Suspected or observed child abuse or neglect
- Intention to cause harm to oneself or others

NO-COST ELIGIBILITY

In order to provide your retreat at no cost, your group must meet one of the following criteria:

- An organization serving at-risk youth (participants can include any of the following):

- Staff members/volunteers of the organization
- Family of staff members/volunteers of the organization
- Children served by the organization
- Family of children served by the organization
- Foster families (participants can include any of the following):
 - Foster parents
 - Any children currently part of the home (can include foster children, adopted, and biological children)

*All retreats must be approved by our team before scheduling; no group is guaranteed a retreat until our team has reviewed the request. Our online registration process is a *request* to book. Please direct any questions regarding eligibility to our email yourfriends@rmascent.org.*

REQUEST TO BOOK

To request a retreat, please visit our registration page and choose your preferred date. We will try our best to follow up within the week. We look forward to hosting you!