



www.fire-ministries-retreat.org

Fire on the Mountain 2023



www.menunderconstruction.org

Camino Eucharista
A joint *adventure* with
F.I.R.E. Ministries and
Men Under
Construction

UNCOMPAGHRE



WETTERHORN



When: Thursday July 27 through Tuesday Aug 1
Where: Uncompaghre Wilderness – Lake City Colorado
What: 4-day backpacking expedition with summit attempt on Mt. Uncompaghre and Mt. Wetterhorn
Why: To support Foster Care programming in Kansas City
Who: any man 18+ who desires a profound encounter with Christ and has a passion for the outdoors.
How Much? \$400: Includes travel, meals on trail plus snacks and T Shirt

Trek Leadership Team

Jim Baldwin:	(913) 609- 0118:	Treasurer, gear and logistics
Tony Collins:	(913) 620- 6063:	Coordinator
Russ Engel:	(816) 896- 5886	Sacristan: Spiritual Retreat Content
Pat Moore:	(913) 744- 7835	Safety and Training

Goal

Raise \$25,000 to support Foster Care Initiatives in Kansas City

- o Archdiocese of Eastern Kansas
- o Spoke 18 Ministries

Fund Raising Commitment

- o All participants agree to support the fundraising effort by sharing news and events with their friends, families and co-workers. While no dollar amount is pre-requisite, sharing time and talent is expected.
- o *** Micro-Fundraiser event

Spiritual Component

- o This experience is designed as an Adventure Retreat. Retreat content will consist of daily readings, group prayer, group discussion, silent periods.
- o Daily Catholic Sacraments of Confession and Holy Communion pending priest availability

Current Itinerary

Wednesday July 26	Thursday July 27	Friday July 28	Saturday July 29	Sunday July 30	Monday July 31	Tuesday Aug 1
7pm	5am-7pm	8am	Rest Day	3am	3am	6am
Pack & Blessing	<ul style="list-style-type: none"> o Travel o Car Camp Near trailhead o Acclimate 	Hike 3.4 Miles into Base Camp	Acclimate to altitude	Summit Uncompaghre	<ul style="list-style-type: none"> o Optional Summit Wetterhorn o Strike Camp o Drive to Hot Springs 	Leave for KC

Preparation: Climbing at altitude is **EXTREMELY PHYSICALLY DEMANDING**. Summiting a “14’er” has been equated with running a half-marathon. A 60-day training program will be offered to interested participants. See below for the group training schedule.

Training Schedule

630am-8am Saturdays in June/July. Locations TBD
7pm-8pm Wednesdays. Lowe’s Hill, Olathe

Gear: It is up to each individual to acquire their own gear necessary for the trek. However, men who need certain items may request help from the F.I.R.E. and MUC network. See gear list below.

Gear List

What Trekker Provides:	What F.I.R.E./MUC provides:
<ol style="list-style-type: none"> 1. Rain gear 2. Sunscreen 3. Hiking Boots + extra shoes for camp (sandals) 4. Sunglasses & Insect Repellent 5. Hat 6. Gloves 7. Light-mid thickness or fleece jacket (Night avg. temp is 40) 8. Sweat pants 9. Personal toiletries 10. 2 changes of clothes 11. Utility knife 12. Small flashlight or headlamp 13. Small Bible/Journal/Pen 14. Medication 15. Trekking poles 16. Small First Aid Kit 17. Backpack 18. Tent ** 19. Sleeping Bag w/ pillow 20. Sleeping Pad 21. mess kit: cup and utensil 22. Water bladder or canteen 23. Fishing equipment if desired (license req.) 	<ol style="list-style-type: none"> 1. Safety helmet 2. Cooking gas, stoves and utensils 3. large First Aid Kit 4. All food and snacks for trail 5. Water filtering capacity 6. personnel with extensive experience 7. Trained spiritual directors 8. Latrine 9. Storage system for food (Bears) 10. Helmets (not required but available) 11. Satellite phone

Food: Each hiker will be provided with all meals and snacks during the 4-day excursion. Breakfast generally includes oatmeal, peanut butter, granola and dried fruit. Lunches will be a combination of jerky, cheese, or other high-protein options. Dinners will generally be comprised of freeze dried boil & eat kits.

* Roadside meals/snacks to and from the Trailhead are not included in the food budget.

Water: Filtering water will be a shared responsibility of all participants. This activity takes place multiple times per day in order to meet the hydration demands of a large group of men. Community filters and containers will be provided for cooking and filling personal water bottles.

Trekker Application

Name: _____ Date of Birth: _____
Address: _____
Cell Phone: _____ Email Address: _____
Emergency Contact: _____ Relationship: _____
Phone : _____
Email Address: _____
Physician: _____
Physician Phone: _____
Health Insurance provider _____
Policy# _____ Phone _____

Describe any current medical issues that may limit you from participating fully in intense cardio vascular exercise?

Describe any special dietary requirements?

Describe any medication that requires special storage or handling?

How would you describe your current fitness level?

Briefly describe your experience with backpacking, hiking and camping.

What personal outcomes do you hope to experience after participating in this trek?

Please read and sign below the liability waiver and mission philosophy statemen

Outdoor Spirituality Philosophy Statement and Waiver

In the beginning, God created the heavens and the earth. (Gen 1:1)

We believe men, whether they are aware of it or not, have a deep longing to experience God in our most native habitat.

This longing is a good and God-given desire that requires nurturing and intentionality in order to flourish.

F.I.R.E. Ministries exists to strengthen men in their walk with Christ through an active, outdoor, masculine experience.

Men who choose to attend a F.I.R.E. event are free to come and go as they choose and participate at any level they believe they are capable, so long as their participation does not jeopardize the health or well-being of other participants.

Participants understand the risks associated with high adventure activities and fully waive, indemnify and hold harmless, F.I.R.E. Ministries LLC., for any and all accidents or injuries that may occur during such activity.

I have read and understand the F.I.R.E. Outdoor Spirituality Philosophy and Waiver Statement

Printed Name

Signature

Date