



LIFT HANDBOOK

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The mission of Gospel Volunteers, Inc. is to present the Biblical truths of Jesus Christ, develop Christian leadership, strengthen the faith of individuals and families, and promote global evangelism.

INTRODUCTION

LIFT stands for Leaders in Further Training. It was started in 1996 and has had a rich heritage of many young men and women growing passionate in their faith and in their desire to be lights to the world for Christ.

Mission Statement: **LIFT is an intensive discipleship program training young men and women to become biblically guided and culturally engaged servant leaders of Jesus Christ.**

LIFT provides up to 30 Christian students each semester with opportunities for spiritual growth and understanding their ministry in the world. The semester integrates academic study, living simply in Christian community, physical challenge, and cross-cultural experience to stimulate holistic transformation through the power of the Holy Spirit.

We at LIFT are praying that God will provide you with guidance and readiness if you decide to participate in this intensive program.

MINDSET

LIFT is for anyone who wants to take the opportunity to grow spiritually, as well as be challenged mentally, intellectually, socially and physically. We just ask that you have a determined "can-do" attitude and are willing to try new things and push through what may be uncomfortable for you. To help you get the most out of your experience here, we encourage you to:

- Be ready spiritually to learn all that God has for you and to draw near to Him.
- Expect to lay aside your "rights" and adapt to new culture in order to learn from and love people different than you.
- Anticipate dying to self, serving others, and being challenged and stretched socially.
- Be prepared physically for strenuous exercise and to be pushed hard through outdoor adventures.
- Expect to have a lot of fun, build great memories and invest in lasting relationships.

CULTURAL AND RELIGIOUS ISSUES

LIFT highly values showing respect and love for others. This means that LIFT personnel and students must be sensitive to the values held by the larger CAMP-of-the-WOODS community. You may have to adapt and change your behavior and dress styles to avoid offending those among whom we are living. Students and staff are expected to be conservative, discreet, and modest in all aspects of life. This includes hairstyle, clothing, social graces, and so forth.

In most rural settings the culture is more conservative compared to that of more suburban and urban areas. We at LIFT are not here to promote, condemn, or condone any culture's views on lifestyle, politics, nor religion, but rather to learn by observation how Christ is at work in that culture. We are not at all advocating tolerance, compromise, or relativism at the expense of faith, but rather we are advocating sensitivity and understanding of others through the perspective of the gospel. As Paul said, "I have become all things to all people for the sake of the gospel."

At least two weeks of the semester will be spent in a developing country in Latin America learning from missionaries who are working in a culture radically different from ours. You need to be respectful of their customs, diet, schedule, dress, and lifestyle by making adjustments in these areas. Come with a humble heart to respect and learn from the people who will be around you, regardless of the perceived differences.

LIFT is a non-denominational ministry and accepts students from a broad range of Christian backgrounds. While at CAMP-of-the-WOODS and when visiting missionaries in a different country, you will experience different churches and worship styles. This provides for a rich environment for

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strengthening faith by learning from others' differences and strengths. We ask that you respect the different walks of faith and celebrate the diversity and variety of the body of Christ. We encourage you to be a catalyst for growth and unity instead of division.

Please visit our website for information on what LIFT believes by reading the section on our core values and the Statement of Faith on the application, also found on our website.

SAFETY AND SECURITY

At LIFT, we realize that the various environments we will be exposed to will present unfamiliar risks. We encourage students to view these risks as challenges, but also have a healthy respect for the dangers involved. Careful planning, problem anticipation, and preventive measures are our most effective ways of ensuring safety.

To promote the safest experience possible, it is mandatory that students adhere to the safety protocol established by the LIFT leadership, especially when in wilderness settings or another culture. Respecting these guidelines is the most important aspect of being safe.

PHYSICAL PREPARATION

An important factor in allowing for optimal safety is physical fitness. You will be engaged in strenuous physical activity in the remote mountain wilderness of the Adirondacks, including a four day backpacking trek. We require that you train well before coming to LIFT and continue training during the semester. The more fit you are, the better prepared you will be to face the challenges presented by risk and adventure.

For starters, we suggest aerobic training as the focus of your physical preparation, since this takes the longest to develop and is used the most in our activities. Get used to checking the adequacy of your intensity level for aerobic workouts by taking your exercise heart rate one or two times during the middle of your workouts. Your aerobic training zone should range from 150 – 185 beats per minute. If your exercise heart rate is below this, you will either need to increase the speed of your pace, involve more hills, or wear a weighted pack if walking or hiking. Running workouts will be a much easier way to get higher into your training zone. It is important to vary the intensity of your workouts. Attempt to do only one or two workouts at the upper range of your training zone for best training efficiency. The suggestions below are minimums that you should be comfortable with before you come for the semester. You may exceed these recommendations if you wish. If possible, you should start physical training at least two months prior to coming to LIFT. Avoid indoor workouts as it is important that you train for outdoor excursions.

Students are expected to develop their physical fitness levels by following the recommended training program of 3 to 4 workouts per week (see below). All students must pass the minimum fitness requirements (explained when you arrive) to participate in the adventures. You must take your personal training seriously as you prepare for a semester of LIFT!

Recommended Training Program:

- ✓ Run 2-3 times a week, each workout ranging between 2.5 – 6 miles
- ✓ Go hiking or walking briskly once a week with a 10 – 20 lb. backpack in hilly terrain (as good as you can find in your area) for 40 – 60 minutes. If you have a steep hill that you can do five to eight 1-5 minute hill-repeaters that is best.
- ✓ Weekly aerobic workout: Either another time or running, hiking, or walking or you can also choose another aerobic activity such as mountain or road biking, aerobics, or playing team sports (basketball, soccer, ultimate Frisbee, racquetball or tennis, etc.).

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MEDICAL AND HEALTH ISSUES

- ✓ A **physical examination** is required within two years prior to your LIFT semester. Included in an acceptance packet to LIFT is a health form, which your doctor needs to fill out. Be sure any important issues are covered in that document. Be in contact with your medical doctor early regarding your plans to participate in this program.
- ✓ You must provide all pertinent **medical history** to LIFT in your application, as well as inform us of any situation regarding overweight conditions, weak immune system, a removed spleen, severe allergies, diabetes, heart or respiratory conditions (including asthma), and any orthopedic problems, especially with the ankle, knee, or foot. Have your doctor fill out the appropriate section of the paperwork enclosed in and bring it with you when you come. It is imperative that you openly communicate to us any health concern you might have prior to committing to LIFT.
- ✓ Make sure that you get your **Health Form** thoroughly and accurately filled out with all medical details from you and your doctor. This form will be mailed to you with your acceptance packet, if you are accepted to LIFT.
- ✓ The Activity Waiver will also be mailed to you with your acceptance packet.
- ✓ If you have a condition that requires **special medications**, or are in the middle of treatment, please bring your doctor's prescription as well as your needed medications. A three-and-a-half-month supply is recommended, whether you are bringing prescription or over-the-counter medicine. Any prescription drugs needed should be kept in their prescription container in a safe place among your belongings. Bring along the prescription or permission slip signed by your doctor.
 - Make sure the **shot record** is completely filled out and that your immunizations are all up to date, including Tetanus and Hepatitis B. If you have asthma, bring your inhaler with plenty of medication. If you have been tested for Tuberculosis in the past year, bring proof of the test and the results. Consult your public health clinic for inoculations! They are usually less expensive than a private physician.
 - **FOR ECUADOR AND DOMINICAN REPUBLIC MISSION TRIP:** there is no Yellow Fever, Typhoid, or Malaria problems unless below 3,000' (at which we will never), so no shots are required for where we will be traveling in Ecuador. However, the following are recommended: all Hepatitis shots.
- ✓ All students must have current health insurance and must bring a current insurance card. If your insurance will be terminated while you are in LIFT (e.g., it is only for official 'students' or you will lose your parents' coverage for some reason), you **MUST** purchase another insurance so that you are covered all semester.

LIFT employs two or more trained staff members with EMT and/or Wilderness First Responder certifications. The nearest emergency facility for definitive care is one hour away. This is a risk the students must be willing to take when signing on for the semester with LIFT. A small medical clinic that can handle non-emergencies is available in Speculator.

MONEY

You may want to bring spending money. The amount of money spent varies, but we recommend that students have enough funds available for items like toiletries, trips on days off (gas, restaurants, etc.), and personal purchases overseas (souvenirs and gifts). There are ATMs in Speculator so you need not bring large amounts of cash if you have a credit or debit card.

PASSPORT

It is imperative that you bring your passport, which must be valid for your entire stay at LIFT and at least six months beyond. We will be making photocopies of these within the first week. You will

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certainly have to present them physically to us at the beginning of the semester.

COMMUNITY LIVING & RELATIONSHIPS

Dating relationships between LIFT students or between LIFT students and COTW full-time staff is not allowed under any circumstance.

A very important part of the program is living together in community and investing in relationships with others. For this reason, we ask that you put on hold the pursuit of romantic relationships during the semester. Generally, engaged or dating couples are not admitted the same semester. This is because we want everyone to be committed to growing in all available relationships, first and foremost, your relationship with God. If anyone is interested in an exception to this rule, inquiries must be made at the time of application.

You will be living in close Christian community, which will be a new experience for many of you. It will require a continual attitude of service and selflessness as you seek to put others' interests ahead of your own. Part of LIFT's community life also involves being responsible for keeping your accommodations clean and well-maintained.

LODGING AND LAUNDRY

LIFT provides very nice dorm-style lodging for students. They are well equipped with hot water, heat, full baths, and twin size beds. Unless you are flying, you need to bring your own linens, sheets, towels, etc.! Similar to a college dorm, you will have common areas with a refrigerator, microwave, etc. You will also have free laundry facilities. You will be assigned to room with two of your fellow LIFT students.

FOOD

All of your meals are provided by CAMP-of-the-WOODS. There is a dining room located within walking distance of your accommodations. If you have any specific dietary needs, please contact us right away.

WORK & REST

One of the main elements of your LIFT semester will be serving CAMP-of-the-WOODS conference guests each weekend. You will have a full 24-hour day off most weeks. The specific day is subject to change due to our service to the Conference Season guests.

ENTERTAINMENT, COMMUNICATION & LEISURE TIME

The LIFT program is intended as a semester of intense spiritual and physical growth. We recognize that every Christian views the world through lenses that bear the tint of their own culture. One of the purposes of LIFT is to encourage and challenge each student to think beyond, deeper than, and outside of their own culture. We believe one effective way to accomplish this is to reduce the distractions of cell phones, text messaging, internet, email, Facebook, TV, movies, iPods, MP3s, video games, magazines, etc. We do not intend to create a vacuum, but rather to replace them with other activities including entering into face to face relationships, community living, simplicity, and practicing disciplines such as study, scripture memory, prayer, meditation, and solitude. We value your family, current relationships, and communication very much, but we ask that you approach these months as a unique, once-in-a-lifetime opportunity to focus on God and be willing

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to step out of possible current habits and enter into a time of radical reorientation. In other words, expect to significantly reduce the time devoted to internet use, tv/movies, and cell phones.

We understand that activities such as internet use, watching movies, and talking/texting on cell phones have become so embedded into our culture that many of us will need considerable encouragement in order to change habits. Our hope is that our students will grow in maturity and make wise choices for themselves, but we are willing to provide this help when needed.

A computer center is available for writing papers, email, or other internet usage. You are welcome to bring a laptop, but even personal laptops will only be accessible at certain times and locations. Laptops may be used in some classes and are useful for writing papers.

There is cell reception in Speculator, but it is spotty, depending on your carrier. Verizon works best. AT&T, Sprint, and others work fine, but you will have to have (which is normally already included) the ability to use Verizon's cellphone tower, which is the only one in the area.

There are no TVs in your accommodations. You will have some opportunities to watch movies, but at a frequency drastically less than you may be used to. You will find yourself busy with reading, journaling, spending time with fellow LIFTers, memorization, and reflection. It is important also to be sensitive to your housemates. It is easy to stay closed off in your own world with music, telephones, movies, computers, etc. In LIFT we are committed to growing *together*, so please be sensitive to how your choices affect the LIFT community.

Hunting and Fishing: Sorry, no firearms (not even a BB gun). There is good fishing, but opportunities will be limited due to your studies and group activities. Bring your pole if you want, but remember why you're here. Your studies will keep you quite busy.

Workout Facilities: There is a fitness center in Speculator that many LIFT students and CAMP staff members take advantage of. It offers treadmills, stationary bikes, several different weight machines, and free weights. Membership is about \$60 for 3 months. CAMP also has its own indoor pool, state-of-the-art climbing gym, and multi-sport gymnasiums where you can play basketball, volleyball, indoor soccer, and other sports.

WEEKLY SCHEDULE

One of the benefits of our program is that we are able to be flexible in our schedule. Consider this to be a tentative snapshot of how a typical week would look:

Weekends (Friday evening – Monday)

- Serving CAMP-of-the-WOODS conference guests (food service, housekeeping, maintenance, etc.)

Sunday

- Attending our local church in Speculator.
- Continue work weekend

Monday

- Housekeeping/service at CAMP-of-the-WOODS

Tuesday

- Class day
- Some groups do local outreach

Wednesday

- Adventure day

Thursday

- Sabbath day (24-hour day off)

Friday

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- Class day
- Commence weekend service on Friday evening at COTW
- Some groups do local outreach

READING LIST

Journaling

You need to bring a journal, diary, or notebook of some sort, and several pens/pencils. The journal should be small and hardy enough to carry with you on backpacking trips. This is for you to record your thoughts, feelings, resolutions, convictions, etc.

Reading & Preparation

LIFT involves a lot of reading. We will provide books and reading assignments when you arrive. The one book that we do expect *you* to bring is the Bible. Any standard translation is acceptable. It is good to have both 1) a regular size or study Bible and 2) a small Bible for taking in your backpack.

SPIRITUAL PREPARATION

We encourage you to prepare mentally, spiritually, and physically for your semester. We ask that you be committing our time in LIFT to the Lord in prayer. Please pray that the LORD would reveal more of Himself to us this fall (Eph 1:15-23). Deal with whatever you need to deal with so that you can come to LIFT with a heart intent on seeking after the LORD. If you are not accustomed to keeping a journal, it would be a good idea to start trying to get into the habit during the weeks before LIFT.

CLIMATE

Fall, winter, and spring in the Adirondacks are BEAUTIFUL seasons, however, the climate can be harsh. You will likely experience temperatures from negative 10 degrees to 85 degrees and all kinds of precipitation and stormy conditions. The key is to stay warm and dry. Wearing several layers is better than one heavy jacket. We will be outdoors in all kinds of weather, so it is important to invest in good gear. See more on that below. Follow the gear list exactly and you will do well.

OUTDOOR INSTRUCTION AND TRAINING

We take outdoor adventure and safety seriously at LIFT. The wilderness trips and instruction are led by certified Wilderness First Responders with extensive backpacking, canoeing, and climbing experience and training. It is fine if you are new to outdoor adventures because you will be taught the necessary skills to succeed and be given an experience that is safe yet challenging. To ensure your best experience, be sure to get good quality personal gear (see below) and be in **good physical shape** (students will be tested on the 2 mile run within two days of arrival).

OUTDOOR GEAR PROVIDED

LIFT has a full line of top quality outdoor adventure gear. LIFT outfits students with canoes & paddling gear, full-size (overnight) backpacks, sleeping bags, sleeping pads, tents, stoves, water purifiers, skis, snowshoes, microspikes, crampons, trekking poles, climbing harnesses, helmets, and all necessary climbing gear.

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DRESS CODE: (Whenever on CAMP-of-the-WOODS property or on a LIFT function)

- No clothing with **pictures or words** that may be considered inappropriate.
- **No underwear as outerwear.** Visible bra straps, sagging jeans, etc. Your underwear should not be showing, ever.
- **No soiled, stained, or rumpled clothing.** Neatness counts. Better to wear less expensive clothing that is immaculately cleaned and pressed than to sport designer grunge.
- **No visible tattoos.** There is nothing “wrong” with tattoos, but please keep them covered whenever on CAMP-of-the-WOODS property or on a LIFT function.
- **No extreme hair color.** Natural looking highlights are fine, but please do not dye your hair blue, magenta, or other hair colors that do not naturally appear on humans.
- **Hair.** All hair must be neatly kept. Men’s hair must fall no farther than one (1) inch below the bottom of the ears.
- **Beards.** Men may have beards, but only if they are established upon arrival at CAMP-of-the-WOODS. They must be neatly trimmed with lines shaved around the cheeks and the neck. Hairs must be shorter than ½ inch.
- **Skirts and dresses.** Make sure all skirts or dresses are longer than your fingertips when arms are casually at your side.
- **No overly revealing attire.** You’re starting to get the general picture – keep it conservative.
- **Body piercings.** Studies show that most people view body jewelry as unprofessional and that people with multiple piercings are less likely to be hired or promoted. Girls may wear earrings, but this is the only kind of piercing they are allowed to wear. Men cannot wear any piercings while on CAMP-of-the-WOODS property or on any LIFT function.
- **No bare midriff.** Your shirt must be long enough to conceal your belly.
- **No skin-tight clothes.** Your clothing should not be skin-tight and showing off your figure.
- **Mission trips.** The mission trips require more conservative dress for men and women. As is also printed below in the gear list, everyone will need 3-4 pairs of knee-length athletic shorts or capris.

THE LIFT GEAR LIST - necessary personal gear

BOLDFACED CAPS IN BLACK PRECEDED BY A CHECK BOX INDICATE ITEMS TO BRING

Regular font is a description of the item to bring

Items in italics are optional.

A. CLOTHING LIST

- **General:** Attire for many LIFT activities is casual, but our goal is to maintain a more polished atmosphere than would result from clothes like sweatpants and ripped jeans. Aim to present yourself in a way that communicates your pursuit of excellence.
- **Church & Weekend Service:** Bring some nicer outfits for church and for serving our conference guests at CAMP. Khakis, polo shirts, and a couple “button-down” shirts will be fine for the guys. Women should bring a few skirts, khaki-type pants, and a few nice shirts.
- At least one change of **semi-formal** dress clothes (remember this because it is not included in the list below). **We have a very nice banquet at the end of every semester.** This is not the equivalent to a formal (so you don’t need princess dresses or *The mission of Gospel Volunteers, Inc. is to present the Biblical truths of Jesus Christ, develop Christian leadership, strengthen the faith of individuals and families, and promote global evangelism.*

a tuxedo). Guys should have nice pants, shirt, and tie - even a jacket if you want - and girls should bring a nice dress or two.

- **Work:** Some of our outreach projects include physical labor indoors and outdoors. You will want some older clothes for these occasions, things you wouldn't mind getting ripped or stained. If you have a pair of work boots and extra room in your suitcase, bring them along (in addition to your hiking boots).

The following list is the recommended minimum regarding the clothing needs mentioned above. You are welcome to bring more than the minimum to have variety during the semester, but keep in mind that you will have limited space for storing your clothing. We have three students per room.

Shirts

- ❑ **2-3 LONG-SLEEVE T-SHIRTS**
- ❑ **5-7 SHORT-SLEEVE T-SHIRTS**
- ❑ **2-3 SWEATERS AND/OR SWEATSHIRTS**
- ❑ (for women): **3 NICE SHIRTS OR BLOUSES** for church, etc. to wear with dress slacks or long skirt (appropriate for both winter and summer)
- ❑ (for men): **3-4 COLLARED, BUTTON-DOWN SHIRTS** 2 long-sleeved and 1-2 short-sleeved if you have them

Shirts should be not too tight and long enough to cover the belly!

Pants

- ❑ **3-4 PAIRS OF NICE COMFORTABLE JEANS OR PANTS** for general wear
- ❑ **1 OR 2 PAIRS OF HIKING PANTS** – those made of quick-drying, lightweight fabric, zip-off legs are best – no one is allowed to hike in jeans!
- ❑ **2-4 PAIRS OF MID-THIGH TO KNEE-LENGTH SHORTS** - casual with pockets (for wearing around campus)
- ❑ **(WOMEN) 2-3 PAIR OF EXERCISE CAPRIS-NOT TIGHT SPANDEX** ESPECIALLY FOR MODEST EXERCISE WEAR DURING MISSION TRIP
- ❑ **2-3 PAIRS OF ATHLETIC SHORTS (NYLON/QUICK-DRY)**– for exercising
- ❑ (women): **2 ANKLE LENGTH OR MID CALF LENGTH SKIRT OR DRESS** and/or **2 PAIRS OF DRESS SLACKS (OR 1 OF EACH)**
- ❑ (men): **2 PAIRS OF NICE, CASUAL SLACKS** for church
- ❑ **EVERYONE WILL NEED 3-4 PAIRS OF KNEE-LENGTH ATHLETIC SHORTS OR CAPRIS FOR OUR MISSION TRIP**

Performance Outdoor Wear: ABSOLUTELY NO COTTON IN YOUR OUTDOOR WEAR. IN THE ADIRONDACKS IT GREATLY COMPROMISES YOUR SAFETY. Get clothing that meets the 3 Ws in layering with outdoor clothing (wind, warm, wicking layers). This means that wicking layers are next to your skin, you have a warm layer or two (usually a fleece), and the wind/rain layer is on the outside of your wardrobe.

- ❑ **RAIN SHELL** – Light weight or medium weight, waterproof, breathable jacket with a hood. This will serve as the outer shell in layering along with being your rain gear. Gore-Tex is great but not necessary, as it is more expensive than some other types. There are many other similar fabrics used by different companies that are breathable, yet waterproof. REI, EMS, The North Face, ArcTeryx, Patagonia, Marmot, etc. make great "hard shells" (i.e. exterior wind/rain layers) that provide this functional ability in the outdoors. If you can find one with full-length front zippers and arm pit zippers this provides the best ventilation options. "Water-resistant" will not cut it. A non-breathable raincoat also does not work well. It will just cause you to sweat

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profusely. To buy this item well will be expensive, ranging from \$150 to over \$250, but is a very worthwhile investment for the outdoors.

- ❑ **1 PAIR OF RAIN SHELL PANTS** for hiking and exercising. Waterproof/breathable pants are very important. Non-insulated is better because insulated pants will be too hot for hiking in foul weather. If you can find full-zip legs these are recommended because it greatly expedites changing layers in the winter weather and allows for ventilation.
- ❑ **WARM LAYER** - a warm, fuzzy, non-cotton fleece jacket
- ❑ **2ND WARM LAYER** - a fleece vest, an extra fleece jacket, or a wool sweater. You will have the option near the beginning of the semester to buy a lightweight LIFT fleece for \$50.00.
- ❑ **DOWN JACKET** - Not required, but keeps you cozy, especially when weather is quite cold.
- ❑ **WARM LAYER FOR THE LEGS (FLEECE PANTS)**
- ❑ **WICKING LAYER** - long-sleeve, synthetic, polyester shirt ("polypro", UnderArmor, Capilene, or Thermax-type for warmth and dryness). Wal-Mart & Target sell wicking, sports undershirts that work great. Choose light weight to medium weight, not heavy, expedition weight. Not fabric with any amount of cotton!
- ❑ **2ND WICKING LAYER** - same as above but long-sleeve shirt
- ❑ **3RD WICKING LAYER** - same as above - long or short-sleeve shirt
- ❑ **WICKING LONG UNDERWEAR BOTTOMS** - (same fabric as above - no cotton!)

- ❑ **2ND PAIR OF WICKING LONG UNDERWEAR BOTTOMS**
- ❑ **1-2 PAIRS OF THIN POLYPRO SOCK LINERS** for wicking moisture and preventing blisters
- ❑ **3 PAIRS HEAVY WOOL HIKING SOCKS** There are some brands (e.g. Smartwool) that are comfortable directly on your feet. Others require a liner sock to avoid being scratchy. In cold, wet weather a good pair of socks can make the difference between a miserable day and an enjoyable day.
- ❑ **SWIMSUIT (long shorts for guys, one-piece for women)**

B. FOOTWEAR (1 pair each)

- ❑ **QUALITY HIKING BOOTS**, an **all-leather boot**, mid weight or heavy weight (backpacking-type). This is one item on which NOT to cut corners. It is essential to have a tough boot for the rugged, rocky, unstable terrain you will be hiking on with a full pack. Ankle support and protection from rocks are important in considering in selecting a boot. The Adirondacks are very wet & muddy. You want a full-leather, waterproof tall boot (not light hiking shoes that are low-cut or have a lot of seams & fabric). Your hiking boots should be treated with waterproofing (Nickwax or a similar wax or oil) and broken in prior to coming or else you can expect blisters. The tread needs to be in good condition and effective on loose dirt, mud, and rocks. Boots with "Vibram" soles are the standard for quality hiking treads. Having a heel is important for traction, especially down steep hills.

They should be over the ankle and strong enough to support you plus 30-45 pounds on your back. **It is imperative that your boot is an actual backpacking boot (not a hiking shoe or a work boot).** Some good brand names are Vasque, Raichle, Montrail, LaSportiva, Merrell, Asolo, Solomon, LL Bean, EMS, and REI. This could be your most important purchase. This is a significant investment - around \$100 to \$200 - but it is often possible to find a good sale. Only buy a boot online that you have tried on in person! Consider going into an REI or EMS or similar place and speak to a knowledgeable employee before you make a purchase. It pays to purchase the right boot to stay dry and warm as you carry loads for hours in the snow, mud, and rough terrain. If you have a question, call a LIFT staff person before purchasing.

- ❑ **KNEE-HIGH GAITERS: (required)** These prevent rocks, dirt, thorns, snow, water, and critters from getting into your socks and boots. Plus they really help keep your feet dry and thus warm. The Adirondacks can get really muddy. Snow can get into the top of your boots then melt and soak your feet. You will appreciate having gaiters to prevent snowy, muddy, wet feet. Outdoor

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Research Crocs are the industry standard. REI, EMS, and Black Diamond are also excellent brands for quality gaiters that are waterproof and breathable. Front entry with Velcro closures are the most practical. Avoid zippers. They freeze and get clogged with mud.

- ❑ **GOOD RUNNING SHOES** – need to have a good heel cushion and arch support
- ❑ **DRESS SHOES** – for attending church and occasional formal use

C. PERSONAL CARE ITEMS

Test every medical item before arrival, to insure that you won't have allergic reactions or other medical problems.

- ❑ A semester's supply of any **MEDICATIONS OR PRESCRIPTIONS** you may require. Carry all necessary medications in your daypack (which is your carry-on bag when flying).
- ❑ **PERSONAL BLISTER CARE KIT**: moleskin (enough for multiple treatments), 1 roll of 1 ½" athletic tape, 2 rolls of 2" or 3" self-adhering stretch wrap, large flexible Band-Aids, 1/8" thin foam for cutting doughnuts. Products such as NuSkin or Second Skin are also nice to have.
- ❑ Small container of waterless gel **HAND SANITIZER**
- ❑ If needed, a semester's supply of **CONTACT LENSES AND SALINE SOLUTION AND SPARE GLASSES**

D. GENERAL ITEMS

- ❑ **SMALL BIBLE** for traveling and backpacking
- ❑ **LARGER STUDY BIBLE**
- ❑ **PENS (AND PENCILS?)**
- ❑ **1 SMALL "JOURNAL" SIZED NOTEBOOK** (MINIMUM 5 X 7 INCHES)
 - ❑ *1 additional journal if you like to keep a personal journal*
- ❑ Water-resistant **WATCH** - preferably with stopwatch and alarm
- ❑ **HEADLAMP** With 2 extra sets of batteries
- ❑ **BANDANA**
- ❑ **SKI GOGGLES (for Spring Semester)** Cheaper pairs are totally fine, color/tint does not matter)
- ❑ **BALACLAVA** This is a mask that covers your face except for your eyes. You likely won't use this very often, but are essential when we face strong, snow winds during our High Peaks summits. You can find them for as little as \$10 on many outdoor gear websites. Believe me, you will be glad you spent the \$10 when we summit Mt. Marcy!
- ❑ **WARM WINTER STOCKING/SOCK HAT** that covers your ears. Nights get cold in the mountains! It is a good idea to have two of these!
- ❑ **FLEECE GLOVES** (light weight or medium weight) to keep the chill off the hands in the mornings and evenings. Two pairs is a good idea, one being warm heavy fleece or wool mittens. Typically one pair will get wet on our hikes. Mittens are warmer than gloves.
- ❑ **WATERPROOF WINTER MITTENS (for spring semester)** (a light fleece layer with a waterproof shell is ideal for allowing to dry out the liner insert)
- ❑ **SUNGLASSES**
- ❑ **Daypack (backpack)**: This should be an outdoor backpack, not a book bag. A good daypack is about 30-45 liters or 2,000 to 3,000 cubic inches and has a variety of pockets and straps for carrying gear with the ability to attach snowshoes and trekking poles on the outside.
- ❑ **2 Water Bottles or 2L Water Bladder with Bite-Valve** (like a Camelback): Bring Nalgene-style water bottle that are liter (quart, 32 oz) size. Water bottles need to have screw-on, leak-proof tops, not pull-tops or flip-tops. Less expensive brands than Nalgene found at Wal-Mart or Target will do. There are some with top openings about the size of a quarter. These are OK, but we often spill when trying to pour into and fill them in the wild.
- ❑ **Pocketknife or Multi-tool** – *Optional* - Leatherman, Swiss Army/Victorinox, or Gerber Brand multi-tools are all good. It needs to be regular size, not a micro or miniature model.

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- ❑ **1 set of work gloves** – for work projects in Speculator and on mission trips. These cost \$5-\$15 and you could purchase some in Speculator after you get here, as a last resort.
- ❑ **Camera & extra batteries or SD Cards** (for storing pics when you don't have access to upload them to a computer)
- ❑ **Musical instrument** (if you play one). We encourage creativity in music and worship and have some instruments on hand. More instruments is usually better. Great for community life!
- ❑ **1-2 GIFT ITEMS** (\$10-15 each) representing your hometown or state to give away on our mission trip or at another opportunity.

ITEMS THAT ARE OPTIONAL, BUT GOOD TO HAVE

- ❑ **QUALITY SNOW BOOTS (for spring semester)** good winter boots needed for our snow excursions. They're also called "pack boots", "winter boots", or "snow boots". There are usually rubber bottoms with either a leather or fabric upper that extends up to the calf or higher. They also all tend to have felt or insulated liners that can be pulled out to dry. These should be heavy boots designed to keep your feet warm and dry in extreme temperatures.
- ❑ **TRAIL CRAMPONS (for spring semester)** (*These will be provided, but bring your own if you have a pair and want to use them.*) Hillsound Brand makes a great set of spikes for hiking icy sections of trails.
- ❑ **SPORT SANDALS (BOTH SEMESTERS)** – (able to withstand hiking in/through a river) Tevas, Chacos, or Keens are good but expensive. You may find cheaper sandals.
- ❑ *Shower shoes or flip flops. They are nice to have for dorm life and the mission trip.*
- ❑ **LIGHT WEIGHT HIKING SHOES OR A 2ND PAIR OF OLDER RUNNING SHOES** for muddy or wet conditions, to get dirty
- ❑ **ROCK CLIMBING SHOES** – (*optional – LIFT provides all climbing gear*) if you want to purchase a pair, get the size you wear, not smaller as you may hear some climbers recommend. Get an all-purpose, general use type, not a specialized style. Go to an outdoor store that has someone knowledgeable with climbing shoes.
 - ❑ *Harness and chalk bag with chalk. If you already have a harness and you prefer to use yours, bring it. We will need to approve it prior to you using it as part of our program.*
- ❑ **Light weight Pack Towel** – a hand towel, swimmer's magic towel, or a medium synthetic car chamois works great. These can be purchased at any auto parts store, outdoor store, or sports store where competitive swimwear is sold.
- ❑ **Ice Hockey or Cross-Country or Alpine Ski Equipment or Snowboard** – you will have the option for playing ice hockey in the winter and need your own stick if you choose to play (we do provide skates, but they are not great). You can also bring your own ski or snowboard equipment for the winter.

WHERE TO PURCHASE QUALITY OUTDOOR GEAR AT GOOD PRICES

REI-Outlet.com or **EMS sales** are great sources for good prices.

Sierra Trading Post (a Christian-run mail-order and online company) has amazing deals on outdoor clothing and gear because of close-outs, overstocked items, or blemishes (sizes may be limited with certain items). Buying clothes and boots from here is a great deal (30-70% off retail), but try them on in a store first so you don't waste postage returning items that don't fit right.

<http://www.sierratradingpost.com/>

Campmor.com – This company is the old stand-by for just about everything. It has perhaps the biggest selection of outdoor clothing and gear (many different name-brands and varieties of prices). Overall, prices tend to be cheaper than any retail price at an outdoor specialty store. Campmor-brand clothing is good quality at a lower price than similar clothing. If shopping for a backpack avoid CampTrails brand. They don't last.

National Outdoor Leadership School (NOLS) – An outdoor education school that sells its high-quality used program gear at good prices. They also sell their own manufactured durable outdoor

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clothing. You need to call and hope to find someone in the Wyoming office to order. (307) 332-1421 or 1418 or 1422.

Wal-Mart or Target – decent prices on a limited selection of general camping gear (headlamps, pocket knives, multi-tools, tarps, sleeping pads). Wicking shirts are cheapest at Target or Wal-Mart. Carhartt clothing may be sold here or other similar stores and is some of the most durable clothing available.

Ebay - a great auction-style internet source for anything, once you know exactly what you are shopping for.

Craigslist – used gear sold on the internet (for your closest urban area).

Thrift Stores – great for used clothing (selection is random, but you can't beat the prices) – not usually good for gear.

FINAL NOTE

We believe God has great things in store for us this semester, and cannot wait for everyone to arrive. It will be so much fun for the entire group to meet each other and to enter into the LIFT experience. Please contact us if you have any questions from what you've read here or special requests, concerns, or general questions.

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