

Pilgrimage Gear & Information Form

ALL OF THE RED ITEMS ON THESE TWO LISTS ARE REQUIRED

Available to Rent: Items below are available to rent for no additional fee (as indicated on your registration). If you don't rent them from us it is assumed that you are bringing these items yourself.

Items for overnight trip	Quantity Needed	Quantity to Rent	Size S,M,L,XL
Insulated Fleece Jacket	1		
Sleeping Pad	1		Size Not Needed
Sleeping Bag & Stuff Sack	1		Size Not Needed
Backpack & Rain Cover	1		Size Not Needed
Camp Chair	1		Size Not Needed
Personal Bowl, Spoon, Fork	1		Size Not Needed

Items below **ARE REQUIRED** but are **NOT** available for rent. You can find many of these items at discounted prices at Wal-Mart or similar stores. The weather can range drastically on this trip and the temperature drops significantly in the evening and night so bring plenty of warm layers.

Item	Quantity
1 Duffle Bag or Suitcase to carry everything in during travel to COR Ranch	1
Regular clothing you can wear around the ranch, shirts, pants, shoes, socks, underwear, etc. It can get a little chilly in the evening so don't forget to bring a few warm layers.	1
T-Shirt (non-cotton) for outdoor activities	1
Lightweight Long-Sleeve Shirt (non-cotton)	1
Mid-Weight Pullover/Sweatshirt (non-cotton)	1
Synthetic NON-Cotton Pants (convertible zip-off pants/shorts)	1
A pair of pants you can horseback ride in, jeans for example	1
Good hiking shoes/boots that provide ankle support if possible	1
Cowboy boots if you have them	1
Rain Jacket	1
Headlamp or flashlight	1
Shoes or sandals you can wear in the canoe on the lake that can get wet.	1
Wool Socks (Non-Cotton) for hiking and canoeing	2 pair
Swimsuit for the lake	1
32 ounce Water Bottle	1
Personal Hygiene (toothpaste, toothbrush, hand sanitizer, deodorant, etc.)	1
Sunscreen, Sunglasses, Sunhat, Bug Spray (in July bugs are minimal)	1 of each
Camera (optional)	1

Weather and Physical Activity Information

While the activities will be suitable for those of average health, participants should be aware of the following:

- Weather conditions can include temperatures ranging from below zero to over 100 °F.
- Thunderstorms, strong winds, rain, snow, and intense sunlight are characteristics of outdoor conditions.
- Elevations for certain trips may exceed 10,000 to 14,000 feet above sea level.
- Participants will hike and camp in rocky/mountainous/water/desert terrain that may include traveling on steep hiking paths, off-trail hiking, crossing fast-flowing streams, and camping in tents in cool overnight temperatures.
- Prior physical conditioning will greatly improve your ability to participate fully in all of the planned activities and improve your enjoyment of these experiences.

This entire form is confidential and only viewed by the program director and the trip instructors.

Physical Activity:

- This pilgrimage trip is in late July so the temperatures are nice and warm during the day (70's to 80's) and a little cool in the evening (50's to 60's).
- It could rain but typically the days are sunny and dry with an afternoon shower here and there.
- The ranch is at 7,500 feet in elevation and is located at the base of the famous Wind River Range about 30 minutes from Pinedale, Wyoming.
- This trip will involve a variety of outdoor activities such as hiking, horseback riding, rock climbing, canoeing, and team work activities. All of these activities are provided "challenge by choice" which means you can decide how much you want to engage in the activity based on your comfort level. However, we will encourage you to challenge yourself and try something new.
- It is a good idea to be ready for a moderate level of activity on this trip even if you choose not to do all the activities because we do want the group to be together during the activities. For example, we do want everyone to hike to the base of the rock-climbing crag as a team and then individuals can decide how much they want to climb at that point.
- We will also have an optional overnight backpacking trip which will involve carrying a backpack full of gear (30-40 pounds) and hiking 3-5 miles to the camp location.
- We encourage all participants to do some physical exercise for the 3-4 weeks prior to coming to the ranch due to the outdoor activities we will provide and the high elevation of the ranch. The more you prepare for this trip the more enjoyable the hikes and activities will be for you.

Trip Outcomes

This trip will provide a variety of outcomes that are unique to the ranch experience.

-Rest and Relaxation: This experience will separate you from the busy lifestyle that we all have in the workplace environment. While there is minimal internet and a phone for emergencies, the ranch is free from cell service which will allow you to truly disconnect and focus on leisure and relaxation.

-True Community: The experience will involve an amazing group of educational leaders, teachers, professors, administrators, etc. Not only will there be a wealth of knowledge and expertise but everyone will be in an environment where the community can flourish. With no cell service and other distractions, everyone can focus on the moment and on the people that surround them at the ranch. Meals, classes and activities will all be with the same people and the entire environment will encourage true relationships to develop. These people will not only spend an amazing week with you but they will also be great resources in the future.

-Spiritual renewal: The ranch is located in an amazing location and the entire week will be surrounded with beautiful landscapes, high mountains, rivers and streams and much more. Being immersed in God's natural environment can't help but make us wonder about all that God provides for us. Disconnecting for a week and living in this environment also allows the necessary time to contemplate and quietly listen to God's voice. In addition, daily mass in the mountains and access to confession and adoration adds more opportunities for spiritual growth and renewal.

-Team work and personal growth: The activities, classes and discussions at the ranch will provide numerous ways for everyone to grow as a team and as an individual both physically and intellectually. The entire week, each activity, and each talk/discussion is intentionally designed to foster growth in leadership, faith, and more. For example, many of the activities will challenge people to step outside of their comfort zone and experience something new and difficult, or scary. Of course our staff are there to encourage you and teach you everything you need to know to succeed in each activity. While many of the activities are individual based such as horseback riding, several of the activities are group based which will lead to growth in teamwork and trust.

-Leadership models and theories: In addition to the physical activities, there will be various classes and discussions focused on leadership, including numerous leadership models and theories. The ranch experience will not only discuss leadership models but you will also get to see it first hand through the activities throughout the week.