

International Baptist College and Seminary

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GRAND CANYON HIKE, April 6-8, 2022

Dear Friend,

One of the highlights of our spring semester at IBCS is the opportunity to hike in the Grand Canyon, and we are glad that you are considering joining us for this amazing experience. Lord willing, we will leave from the IBCS campus on Wednesday, April 6, at 10:15 a.m. after attending early classes and chapel. We expect to return to campus by 4:30 p.m. on Friday, April 8.

April is a good time to hike, since dangers from extreme heat and cold are decreased. We will spend the night at Mather Campground on the South Rim before and after the hike to allow for a full day to make the challenging trek. IBCS has sponsored over 30 trips to the Canyon, and we are grateful for God's goodness in allowing us to continue experiencing the Canyon's clear witness to God's power, justice, and mercy.

Every participant on this trip must accept responsibility for his or her own safety and well-being and take every precaution to avoid unnecessary dangers, following guidelines for the appropriate clothing, adequate water, equipment, nutrition, personal conduct, and time commitment necessary for a successful hike. The National Park Service provides warnings of danger; however, by Federal law, the park service is not allowed to take all the risks out of outings in our National Parks.

A hike to the bottom of the Canyon is strenuous; **it ought not to be attempted by anyone physically unfit**. If you plan to attend this hike and have any questions about your fitness, you must see a medical doctor. Neither IBCS nor I accept responsibility for a hiker's personal safety on the trip. However, here are some guidelines to help us all exercise better judgment for a good trip:

1. IBCS will provide sack lunches on the ride to the South Rim on Wednesday afternoon. We also will provide group meals Wednesday and Thursday evenings and Thursday and Friday mornings.
2. Each person is responsible for his or her own trail food. We recommend that you carry a variety, but avoid taking too much. I will take some powdered Gatorade; it is important to replace salt and minerals lost in perspiration. Consider bringing a few vitamin E tablets and benefiting from the potassium found in cucumbers, bananas, and baked potatoes.
3. Each camper is responsible for his or her own bedroll, tent, and hiking gear. We will camp out Wednesday and Thursday nights in tents at a group site in Grand Canyon Camper Villiage. Let us know if you would like to hike with us, but do not have your own sleeping bag, extra blankets, or a tent; some extras may be available.
4. We plan for the hikers to leave the South Rim before 5:00 a.m. on Thursday morning. Those going all the way should be to the bottom of the Canyon by 9:30 a.m. With appropriate pauses to rest and soak in the scenery before and during the ascent, hikers may be out around 6:30 p.m. Most hikers will descend and ascend via the Bright Angel Trail. Those who register for the Rim-to-River-to-Rim hike will descend via S. Kaibab and ascend via the Bright Angel Trail.
5. It is imperative that hikers carry two quarts of water on an extended hike. There is usually water at the bottom and then water at Indian Garden, halfway back up the trail; there **may** be water 1½ and 3 miles up from the Garden. Remember sun protection; wear layers of clothing so you will be comfortable as the temperature varies. You will experience three climates in the Canyon ranging from cold at the top to hot at the bottom.
6. I recommend you carry a backpack with a waistband so that your hands will be free if you slip or need to break a fall. Trekking poles, a small headlamp, and a small camera (hung from your neck or stowed in your backpack) are also recommended. Bring a small Bible (or download it onto your phone) and a small note pad.
7. Do not wear a new pair of unbroken shoes; good tennis shoes will do. Much of the trail is like a hard-packed dirt sidewalk. We recommend two pairs of light socks, some moleskin, and some foot powder. By removing your shoes a couple of times on the hike to dry out your socks, it is possible hike the Canyon without getting a single blister!
8. Hikers must stay on the trails and away from precipices. Absolutely no attempt should be made to swim in the Colorado River or to explore mines at any part of the hike.

Abiding by these guidelines will help us all enjoy the trip.

Sincerely,



Kristopher K. Endean
Dean of Students