

Father/Son Challenge

Pre-Arrival Information



Thank you for registering for the **Father/Son Challenge** at Doe River Gorge! This pre-arrival information should answer most questions you have as you prepare for this exciting weekend. Should you have any further questions after reviewing this, please feel free to call us at 423.725.4010 or email registrar@doerivergorge.com. We look forward to seeing you on Friday!

One Week Prior to Arrival

Online Account

So that we can be prepared for your visit, and to make your check-in experience as quick as possible, please visit your online account and complete the following information:

(To access your online account, go to www.doerivergorge.com, click on "My Account" at the top of the page, and login)

Fill out your Health Forms

Please fill out/update online **Health Forms** for you and your son. Doing this prior to your arrival will save tremendous time upon check-in and allow you to get to your activities more quickly. A physician's visit is **not** necessary to complete the medical forms.

Agree to Terms and Conditions

You must sign the **Financial Terms and Conditions**, the **Release Indemnification/Hold Harmless Agreement**, and the **Transportation Consent Form** for each person attending the **Father/Son Challenge**. This form also includes a publicity permission section (allowing us to use photographs of you and your son in our promotional materials).

Pay any Balance Due

The balance of the registration fee should be paid prior to your arrival date and can be paid on your online account. If you would prefer to pay by another method, please feel free to contact our office at 423.725.4010.

Optional Roommate Requests

Fathers and their sons will be housed together with approximately three other father and son teams. Housing assignments are finalized prior to your arrival. If you wish to be housed with a specific father and son pair, please submit your request through your online account. The father/son team you are requesting must accept the request through their online account. Doe River Gorge will make every effort to honor roommate requests although they cannot be guaranteed.

Additional Requests

Please call our office at 423.725.4010 if you have any of the following needs:

Airport Pickup

Doe River Gorge is located approximately 45 minutes from the Tri-Cities Airport (TRI). Airport pick-up and drop-off is provided for a fee of \$60 roundtrip. This fee can be shared with up to four people arriving and departing at the same time.

Linens

For those participants traveling by airline who wish to reduce baggage charges, Doe River Gorge can provide a linen package for \$10 per person. This package includes a mattress pad, fitted sheet, top sheet, blanket, bath towel, hand towel, and washcloth. (A limited number of pillows are available. Please bring your own pillow if possible.)

Dietary Needs

If you or your son have specific dietary needs, please notify our office so that our food service staff can make adequate preparations.

Late Arrivals

Please make your best efforts to arrive during check-in hours 4:00pm-6:00pm. If for some reason you will not be able to arrive during this time, please call our office at 423-725-4010 to make arrangements.

Traveling Directions

If you will be traveling by car, please be cautious about following directions provided by GPS, as they often do not take you the most direct route. Please download directions at <http://www.doerivergorge.com/directions.php> and be sure that your GPS is taking you on this route.

What to Bring

How to Pack

Please pack all items in soft-shell luggage or duffel bag, if possible, for easy storage (2 bags maximum per person, please!). Be sure to label ALL ITEMS clearly using nametags, labels or marker, to ensure things return home with you!

- Sleeping Bag OR Twin XL sheets and 1 Blanket
- Pillow and Pillowcase
- Bath Towel and Wash Cloth
- Soap, Shampoo, Toothbrush, Toothpaste, Toiletries
- Pajamas
- Underwear and Socks (lots)
- 1-2 Pairs Athletic/Tennis Shoes
- Flip-Flops (for shower and lake)
- Windbreaker or Jacket, and hooded Raincoat or Poncho
- Swimming Trunks & Beach Towel
- 4 Changes of Clothes
- Shorts and T-shirts
- Long Pants and Long-sleeved Shirts
- 1 pair of clothes & shoes that can get very muddy and possibly thrown away
- Flashlight or Headlamp
- Laundry Bag and a separate bag for wet clothes
- Bible, Pen, & Journal or Notebook
- Prescription Medicine in original container with instructions

Optional:

- Hat, Bandana, Water Bottle, Camera, Nose &/or Ear Plugs, Spending Money, Footballs, Frisbees, Hammocks, etc.
- Synthetic Underwear (tops & bottoms), Socks, and/or Wetsuit if you would like to do river or caving activities
- Sunglasses, Sunscreen, Bug Spray

Prohibited Items:

- Handheld Games, Laptops
- Radio, CD Player, MP3 Player or iPod
- Food, Gum, Energy Drinks
- Alcoholic Beverages, Tobacco Products, Illegal Drugs
- Knives, Firearms, Fireworks

*Although not prohibited, jewelry, valuables, and cash are discouraged. Doe River Gorge cannot be held responsible for these items in the event of loss or theft.

Special Items for Specific Activities

Some activities may require additional gear. Doe River Gorge provides safety gear and equipment for all programs, although participants are welcome to bring their own gear if they already own it (there is no need to make special purchases).

Arrival / While You're Here

Check-In

Check-in is at 4:00pm on Friday. Optional activities will begin as early as 4:00pm. Please make your best effort to arrive between 4:00pm and 6:00pm. If, for some reason, you plan to arrive after 6:00pm, please call our office at 423.725.4010 as soon as you are able, in order to make arrangements. Please come dressed and prepared to jump right into outdoor adventure activities.

Level of Physical Activity

While our activities are designed to be challenging both physically and mentally, each participant is encouraged to participate at their level of comfort or ability with the "Challenge by Choice" philosophy. Each participant will have the opportunity to choose activities in which they can participate, starting at arrival on Friday evening. Feel free to contact the Program Services with any questions at ryan@doerivergorge.com.

Outside Communication

Should someone need to get a message to you while you are here, they may call 423.725.4010 extension 345 to reach the staff member on call. Outgoing phone calls should be limited to emergencies or during scheduled breaks so as to not disturb the flow of the weekend.

Health & Safety

Our outstanding safety record in working with groups for many years demonstrates that we give TOP priority to safety. While danger is inherent in any adventure activity, Doe River Gorge seeks to minimize that danger through well-designed courses, top-of-the-line equipment, and well-trained staff. All adventure courses are professionally designed and independently inspected. Many staff members are certified in Heartsaver First Aid with CPR and AED. Doe River Gorge maintains an infirmary that is staffed by a licensed nurse or other trained medical professional. As preparation in case of an emergency, Doe River Gorge maintains a close relationship with the local EMS and Wings Air Rescue.

We allow fathers to keep medications for his family in his personal belongings. We keep a supply of over-the-counter remedies in our infirmary in case you or your son need treatment.

Insurance

Doe River Gorge provides limited secondary insurance coverage for accidents and illnesses (excluding pre-existing conditions) which occur while engaged in one of our programs. In the event of an accident or illness, our staff will take immediate action to obtain proper medical treatment.

Departure

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The Father/Son Challenge weekend will end at 2:00pm on Sunday.

Doe River Gorge Outfitters

The Doe River Gorge Outfitters Store will be open on departure day so you can purchase last minute souvenirs or other items.

Lost and Found

Lost and Found items will be on tables located on the way into the luggage pick up tent. Please be sure to check this table for any items you have lost. We want to help you leave with everything you brought. Doe River Gorge is not responsible for lost, stolen or misplaced articles. Items left behind will be held for one week only, then donated to charity.

Staying Connected

Don't let the Doe River Gorge experience end! Stay connected by receiving emails on upcoming happenings at Doe River Gorge, including information on next year's **Father/Son Challenge**, summer camp, other programs, and information to help you and your son grow in your relationship with God and with each other. You can also stay up-to-date by following Doe River Gorge on Facebook and Twitter.

www.doerivergorge.com