

Holy Spirit High School Youth Ministry
Old Rag Adventure Saturday Nov 16, 2013 6a.m.-5:30p.m.

Turn form in to Youth Office by Wednesday, November 13

Climbing Old Rag is so awesome!! Regular trail switchbacks followed by boulders the size of houses, all which must be climbed to get to the top! Cost: \$5.00 Everyone needs to bring their own bag lunch, trail snacks and water!

Weather on the mountain is unpredictable and will most likely be cold. All must dress in layers with hats, gloves, and appropriate footwear. (NO cotton socks). Everyone must have a daypack to carry their own lunch and water and spare socks, etc.

Questions? E-mail Kate Kelly at youthministry@holyspiritchurch.us.

For this outing, you may reach Kate on her Cell Phone at (703) 268 0460 (as long as she is in cell phone range of course).



Cut here – save top portion for your information.

_____ Yes! My teen _____ has my permission to attend the adventure on Saturday, November 16, 2013 from 6am – 5:30pm.

_____ Attached is: \$5.00

_____ I have read the addendum on the requirements of the Old Rag climb.

_____ I would love to help chaperone this hike!

_____ I have a Holy Spirit Registration form on file in the Youth office.

(If not, please go to www.holyspiritchurch.us and get one from our Youth Ministry page. It will need to be turned in with this form.)

Parent's Signature: _____ Phone: _____ \\\

Old Rag Climb

Hiking Old Rag is a challenging adventure. It has a steep elevation change with the first 2/3 of it being along regular trail switchbacks and the top 1/3 being boulder climbing. It is AWESOME! Turning back is not really an option as the group must climb together. The Middle Schoolers have been doing it for some time, and if they can do it, we can do it! Going in the colder weather has challenges but proper clothing, food and water are essential – all of which each hiker is responsible for bringing and carrying. It will be cold at the start and at the top. We will get warm as we hike up and our bodies are working hard. Layers are essential – and remember, each hiker will have to carry their own belongings. We will eat lunch at the top and have Mass with Fr. O'Donohue.

Clothing

- Jeans or thick hiking type pants with thermal underwear underneath
- Wool, smartwool, or other such hiking socks (no cotton, it holds moisture, isn't warm and causes blisters)
- Hiking shoes/ boots, snow boots with good traction and a tight fit, or sturdy tennis shoes. We will be hiking 2 miles of switchbacks, one mile of boulders, and then 4 miles down on a different trail for a total of 7 miles.
- Layers on top such as an undershirt, a warm long sleeve shirt, a sweat shirt or fleece, and a coat or wind breaking jacket.
- A hat, gloves/mittens, scarf or neck warmer. A hat and gloves are a must!
- A small backpack/daypack to carry with your lunch, good trail snacks and water. You will need plenty of food to fuel you for the day and 2 – 3 bottles of water for yourself. Don't overload your backpack – bring just what you will need.
- There are no bathrooms along the way so bring tissues if you might need them (girls, for sure). We will discuss how and where to do this in the woods!
- No cell phones, i-pods or other electronic devices will be allowed. You may keep them in the cars but may not bring them on the hike.

We will do a pack check at drop off and if you do not have proper clothing, you will be asked not to go. This is a great hike, but it is important that everyone be prepared for it! If you have any questions or would like to discuss your clothing options, please call us at 703-268-0460.