



Third Informational Email

You are receiving this email because you are registered for the
Jewish Outdoor Escape 2017



Attendee Info

Dear Participant,

This is our third email to registered attendees of this event. Copies of all participant emails will also be posted at <http://2017event.mosaicoutdoor.org/AttendeeInfo.aspx> shortly after they are sent.



Weather

Specific weather information on Prescott can be found on our website at <http://2017event.mosaicoutdoor.org/AddlInfo/Prescott,AZ.aspx>

For those doing the Pre-Trip Check: [Weather in Sedona](#)

For those on the Post-Trip Check: [Weather at Grand Canyon](#)

As always, we do suggest you plan to dress in layers and bring rain gear just in case. There is 37% chance it will rain in Prescott during the time frame we will be there. We typically will not cancel an activity just because it is raining unless there is a safety issue (such as lightning).



Preparing to Hike

If you are going to be doing a moderate or strenuous hike, it is important that you be sure that you are in good enough shape for it. If you have not done a hike of that scale recently (within the last 6 months), then please get outside and take a walk or hike of a similar scale and see how you do. Please realize that it is not fair to others on the activity if you cannot keep up, as that will impact the whole group. Also realize that the higher elevation at Prescott may also make a difference: So being sure of your abilities is even more important for this year.

If you do not have mountains nearby, the rule of thumb is that 400' of elevation gain is like walking for a mile (or 80 m of elevation gain is like walking for a km). So a longer hike will simulate what you will get getting into by

doing elevation gain. Also realize that doing a series of hills may also give you a fair amount of cumulative elevation gain.

If you find that you are not ready to do your planned activity, then please contact us ASAP to arrange to be transferred to a less strenuous one. We will waive the \$18 change fee in these cases. (But do not worry about if you do the test hike and have aching muscles afterwards: That you did it matters, and the aching muscles are a sign of your body building up strength: You will do better at the Event because you did the walk in advance in that case.)



Packing List

Here you will find the list of everything you will need to bring to this event (and some things you need not bring). If you've attended multiple events before, this won't seem like news, but there are a few items on the list specific to this event and its activities.

The list below is broken into sections. The first section lists what to bring for everyone. The second section is optional items that you may not need, but that might make your trip more enjoyable. Next are special items required for specific activities (read these sections if you are on any of those activities), and finally, things to leave at home because they are not allowed at camp or the event.

WHAT TO BRING

- PASSPORT (From the CA)
- WATER BOTTLES/HYDRATION SYSTEM. Hikers are required to bring at least two liters (three for all-day advanced hikes) of water. Most hikes will not have places to fill up during the day, so it's important to bring enough with you. Anyone who does not have enough water will not be permitted on most hikes, at the leader's discretion.
- TOWELS (bring more than one in case they do not dry fast enough). (One bath towel is included for those who have purchased a bedding package.)
- SLEEPING BAG OR LINENS
- Pillow
- - The beds in most cabins/rooms are common cot sized. Twin sheets should work. Couple rooms and some single rooms have queen sized beds. We do not know which single rooms have the queen sized beds at this time so don't ask or request one.
- You must bring your own blankets, sheets, pillows or towels unless you already have purchased a bedding package from Mosaic. The camp DOES NOT have any available to rent or loan.
- T-shirts. Non-cotton shirts and hiking pants if you have them.
- Long-sleeve shirt(s) for the cool nights.
- Sweatshirt/Fleece/Insulating Jacket (synthetic material preferred). Two if you're prone to feeling cold.
- Shorts
- Long pants (non-cotton hiking pants preferred).
- Underwear/socks
- Sleeping clothes (Be nice to your roommates, bring them even if you do not normally wear them). We recommend warm sleeping clothes, such as an extra sweat-shirt/sweatpants, as the cabins can get chilly at night.
- Sneakers and flip-flops (flip-flops are NOT permitted on hikes)

- Hiking boots or hiking shoes (REQUIRED for moderate and strenuous hikes, non-hiking sneakers typically do not have adequate tread)
- Water shoes if you plan to participate in any water activities
- Rain gear (Top and Bottoms. Umbrellas do not work well for hiking).
- Swimsuit
- Hiking Hat or Sun Hat
- Wool hat (if you get cold easily)
- Toiletries
- Any needed medications. Please notify us in advance if any special storage is required, such as refrigeration.
- Any needed food/snacks for special conditions or allergies. All food in the cabins must have a hechsher (sign of kashrut).
- Daypack or fanny pack for hikes
- Flashlight/headlamp & extra batteries (the camp is dark at night)
- Sunglasses
- Sunblock
- Bug spray or lotion
- Medical Insurance card
- ID
- Pocket Money/Credit Cards

OPTIONAL

- If you plan on tenting at camp, bring a tent, air mattress or sleeping pad, sleeping bag.
- Camera/batteries
- Cell phone charger
- Power strip (outlets in the cabins are limited)
- Musical instruments
- Song books
- Camp chair, pad or blanket
- Compass/GPS
- Binoculars
- Earplugs
- Nature guides for flora and fauna ID
- T-shirts from previous events you attended and/or your local Mosaic club T-shirt -- show your local affiliation (but no rumbles with other chapters, please)
- Clothes for Shabbat
- If you plan to play tennis, please bring your own racket and tennis balls
- Alcohol is permitted in moderation ([see the Code of Conduct](#)). If you plan to bring alcohol, bring cups also. Cups may not be taken from the dining hall due to kashrut requirements. Anyone found doing so will be held responsible for the costs of replacement (at the camp's option).

SPECIAL REQUEST IF YOU ARE ATTENDING THE PRE-TRIP

- On Wednesday of the Pre-Trip in Sedona, we are requesting you to bring everything you do not need for the next 32 hours (Wednesday morning to Thursday afternoon) in your primary bag(s) down to hotel check-in. The hotel will then put your bags into a secure room.
- Then later in the day, your bags will be loaded into one of the Mosaic vans traveling to camp with part of the advance team (including Marsha) who will be getting the camp ready for arrival Thursday evening.
- You will be informed where to find your luggage once you arrive in camp.
- NOTE: There will be VERY LIMITED space on the remaining vehicles., hence why we are asking this request. Please bring a small secondary bag (backpack) to put in just those items you need to sleep with that night and a change of clothes for Thursday. You will already be wearing your stuff for Wednesday.
- Make sure you tag your bags with your name.

SPECIAL ITEMS FOR BIKE TRIPS

Recommended for ALL participants:

- bike shorts
- Riding gloves
- Bike Helmet (Wearing a bike helmet is mandatory on all Mosaic bike rides. If you are renting a bike, the helmet will be provided, but you may prefer to bring your own)
- Water bottle that you can carry on the bike (vendor does not provide bottles)

Recommended for if you bringing your own bike:

- Full Mountain Bike (no thin tire road bikes or hybrids on all bike trips)
- A method of transporting your bike to/from the bike ride (you will be driving your own car)
- Bike Helmet (MANDATORY)

SPECIAL ITEMS FOR PADDLING & TUBING

- Sports sandals or water shoes (Open toed shoes are not permitted on the river or recommend on the lake.)
- Croakies/string to hold on to your glasses
- Non-cotton clothing for your paddle or rafting trip (Cotton KILLS on the water. Please no jeans)
- We suggest wearing your swimsuit as a bottom layer.
- A non-cotton warmth layer in case it is a cold day. Better to have one and not need it.

THINGS YOU SHOULD LEAVE AT HOME

- Pets
- Expensive jewelry and high heels
- Perfume/cologne
- Firearms/fireworks
- Illegal substances
- Bad attitudes



Attendee Info Page on the Event Website

This page has been created to hold the specific information you will need to attend the event. Please take some time looking it over.

You find:

- Copies of all Informational Emails in web and pdf formats
- Maps (Map of Camp and Directions to Camp)
- Flight Directory
- Rideshare Directory
- Airport Terminal Info
- By Laws Liability Release and Code of Conduct
- Other Info of Interest

<http://2017event.mosaicoutdoor.org/AttendeeInfo.aspx>