

# GENERAL INFORMATION

## **About Shiloh's Edge:**

Shiloh's Edge is a division of Youth for Christ, an international, faith-based organization whose mission is to give students the opportunity to experience personal growth physically, mentally, spiritually and in their leadership abilities.

For more information about Capital District Youth for Christ, visit [www.cdyfc.org](http://www.cdyfc.org).

## **Course Format:**

Shiloh's Edge courses are self-reliant expeditions to remote wilderness areas. Much of each day will be devoted to climbing and climbing skills. Classes (both formal and informal) and group discussions will be held every day, many times in the most beautiful classroom in the world.

## **Coaching and Feedback:**

Part of this climbing experience is helping each student improve in their climbing skills. Your instructors will evaluate your climbing abilities and give constructive feedback on how you might improve and advance to higher levels of climbing. Your instructors would also like feedback from you as students regarding what you would like to see more of and what type of climbing experience you would like to walk away from this trip with. Please help your instructors make this as positive an experience as possible by giving suggestions and feedback.

## **Food:**

Each Shiloh's Edge expedition is supplied with a nutritious and varied diet of dried foods for its participants. The individual cook groups will have the responsibility of deciding what they would like to eat for each meal and rationing the supply to last the length of the course. The diet is versatile and the flavors are limited only the group's creativity. Some of the staple ingredients include pasta, rice, beans, cereals and nuts. We also occasionally dine on fruits and meats. Each group is supplied with a spice kit which is great tool for adjusting your meal to deliciousness. Our main source of drink is obviously the fresh water of the area, however some cocoas and teas are often part of the food supply. We encourage each student to bring along a supply of his/her favorite powdered drink (lemonade, Kool-Aid, iced tea, etc.). If you have any special dietary needs, please contact our office.

## **Prescription Drugs:**

We must be advised about any prescription medications you are taking. Please list them on your medical form. Such information could be crucial in an emergency situation. Your instructors will carry a complete medical/drug kit. You should restrict the medications you bring to those which are very specific to your needs.

## **Prohibited Items:**

No student shall be allowed to carry or consume alcohol, tobacco products, illegal drugs or weapons while on their Shiloh's Edge expedition. Magazines, DVD's, or other forms of media that contain questionable and offensive materials are also prohibited. **NO EXCEPTIONS.** Prohibited items found will result in confiscation or disposal of said items and a written report sent to the parents or guardians. Students are also subject to dismissal from the expedition at the discretion of the trip leaders. Any additional cost incurred during the removal of a student from a trip will be billed to the parents or guardians.