

Hello Campers!

The Davis Mountains Fitness and Training Camp Board of Directors welcomes you to camp 2019.

Registration

- Registration opens at 3pm.
- Print and fill out the attached medical form. Bring it to camp (This will speed up registration)
- Printed schedules and activity books will be provided to all campers.
- Visit the activity fair, sign up for events and to volunteer.
- Orientation at 5:30 in the Gym.
- Rookie Orientation for new campers at 8:00 in the Gym.

Good To Know Before You Go

Camp Book: [Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail](#). Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, sixty-seven-year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. By September 1955 she stood atop Maine's Mount Katahdin, sang "America, the Beautiful," and proclaimed, "I said I'll do it, and I've done it."

Camper Contact: Need a ride to camp? The private DMFTC Facebook group (<https://www.facebook.com/groups/dmftc/>) is the best way to reach out to others. Not on Facebook? Contact a board member and we'll post for you.

Cell Phones/Internet: Cell connectivity at Prude Ranch is limited. Wifi is available in the dining hall and some cabins.

Cycling: No helmet, no ride. Have a DMFTC jersey? Please wear it, especially on the ride to Balmorhea. Before you arrive at camp, review road safety tips: <http://drivekindridekind.org/bicycle-safety/>

Food/Drink: While DMFTC provides some supplemental food for activities, you'll need to pack your own bike/run/hike nutrition. The days are hot and dry; bring an ice chest to keep beverages cold. (Ice for water bottles is available in the Dining Hall, but you'll need to purchase ice for ice chests in Ft. Davis.) Fancy an adult beverage? If you were to bring wine to dinner, you wouldn't be alone.

Massage: You'll want one. Sign up at Sunday's Activity Fair, because DMFTC therapists' schedules fill quickly. Hour massages cost \$65—and bring your own set of twin-sized sheets (top and bottom) to your session. For an extra \$5, the massage therapist can supply sheets. Do not use any Prude Ranch sheets.

Packing: A comprehensive list is posted on the DMFTC website (www.fitnesscamp.org) and Facebook group page. When not exercising, camp dress is casual and outdoorsy. Campers often rinse and line-dry items (bring line and clips—it's windy). Pack some party duds for the dance on the last night!

Prude Ranch: Accommodations are charmingly rustic. No TVs (except in Dining Hall foyer) or phones. Maintenance needs and facility issues should be reported to the Prude Ranch office.

Social Media: Share your fun! Connect with DMFTC on Facebook, Twitter, and Instagram via #DMFTC.

Volunteering: Look for a "volunteer" table at the Activity Fair on Sunday. A staff person will have a list of opportunities there, like staffing a water stop, helping decorate the gym for the dance, or Happy Hour set-up and clean-up.

West Texas Weather: Evenings and mornings can be quite cool. Expect the occasional afternoon thunderstorm, too, so pack accordingly. Elevation at nearby Davis Mountains State Park is between 5,000 and 6,000 ft., so sunburn and dehydration are of concern. Check out this article on adjusting for exercise in these hot, dry conditions:

<http://www.highaltitude.life.com/dehydration.htm>

Questions or concerns not answered here? Contact information for Board President, Activity Director and Registrar are on the website.

Best,
Russell Hahn (512) 550-0312