

ReSource for Christian Spirituality
 Kaua'i Sacred Day Walk
 Thursday, June 11 – Monday, June 15, 2015
 Koke'e State Park, Kaua'i

Application/Registration Form

Deadline to Register: March 31

Please Print Clearly or type.

Last Name	First/Middle	Date of Birth	Age on June 11, 2015
Prefers to be called:		Gender ____ Male ____ Female	
Mailing Address			
City	State	Zip	
Home Phone ()		Cell phone ()	
Email			
Sponsoring Church	Church Street Address		
Church City/Town	State	Zip	
Participant's Signature		Date	
Application/Registration Fee* of \$100 enclosed: <input type="checkbox"/>		Make check payable to: ReSource for Christian Spirituality	
*If applicant number exceeds capacity, fee will be refunded in full.			

People coming in from other islands, please complete the following flight information. If you do not have the information by March 31, you may e-mail it later to Phyllis Meighen below.

Name _____

Arriving Flight # _____ Day/Date _____ Time _____

Departing Flight # _____ Day/Date _____ Time _____

Registration and Fee due by March 31. Mail only pages 1-6. Keep pages 7-10 for yourself.

Rev. Dr. Phyllis Meighen

ReSource for Christian Spirituality, St. Michael and All Angels Episcopal Church

4364 Hardy St., Lihue, HI 96766

For questions, contact Rev. Meighen at: 808-647-4346 or spirituality@stmichaels-kauai.org

**ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015
Health Information**

Personal Information

Please print clearly:

Participant's Name _____ Height _____ Weight _____

Address (include City/State/Zip) _____

In case of emergency, notify _____ Relationship _____

Phone(s) Home: (____) _____ Work (____) _____ Cell/Pager (____) _____

Health Information

Medical Insurance and Physician Information

Insurance company _____ Policy # _____ Group # _____

Address _____ Phone (____) _____

Full Name of Policy Holder _____

Doctor's Name _____ Phone (____) _____

Immunizations (check those that you have had; give month/year if known)

Tetanus ___/___ Polio ___/___ DPT ___/___ MMR ___/___ Meningitis ___/___ Hepatitis B ___/___

Allergies (Check all that apply)

Hay fever ___ Penicillin ___ Sulfa ___ Other drugs (include name) _____
Bee sting ___ Poison ivy/oak ___ Foods _____ Other _____

Health Concerns (check all that apply)

Asthma ___ Skin condition ___ Sleep walking ___ Depression ___ Ear, Nose, Throat ___
Anxiety ___ Joints ___ Diabetes ___ Cramps ___ Hyperventilation ___ Convulsions ___
Heart disease ___ Fainting ___ Acne ___ ADHD/ADD ___

Special needs: large print ___ signing ___ hearing device ___ Other _____
Explain any "Yes" responses or other health or emotional concerns:

Recent illness or surgery _____ Recent exposure to communicable disease _____

Special dietary needs/ instructions: _____

Are you in general good health and able to participate in all normal activities Yes No
Explain any restrictions:

Current Medications (list only those needed during Kauai Sacred Day Walk):

IMPORTANT: Medications brought from home MUST be in their original containers. Bring only the amount needed plus two extra doses. Do not bring a huge supply.

Medication _____ Dosage _____ Times to be taken _____

Medication _____ Dosage _____ Times to be taken _____

Over-the-Counter Medications

Please fill out the following table of over-the-counter medications which will be offered if you can take them and have need of them. We will have a moderate supply of the items that are checked by participants.

Symptom	Medication	Yes	Symptom	Medication	Yes
Cough	Robitussin		Upset stomach	Mylanta Tums	
Allergy/Stuffy Nose	Claritin Claritin-D		Menstrual cramps	Ibuprofen Tylenol	
Mild allergic reactions	Benedryl antihistamine		Bug bites Poison ivy	Calamine caladryl	
Fever, headache, pain	Tylenol		Sunburn	Solarcaine Aloe	
Diarrhea	Kaopectate		Cuts, scrapes	Bacitracin, Neosporin	
Constipation	Prune juice, Grape Juice, applesauce				

Emergency Treatment Authorization

I authorize the Kauai Sacred Day Walk leaders, area hospitals, medical staff personnel, agents and employees to have access to information contained in this form and to provide all medical care, routine tests, and necessary transportation advisable for my health. I acknowledge that no representations, warranties, or guarantees as to the result or cures will be made. I hereby give my permission to medical staff to secure and administer treatment including hospitalization for myself.

Signature of Participant:

_____ **Date** _____

**ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015**

**Health and Safety
Disclosure and Assumption of Risk**

Part of the Sacred Day Walk experience involves a full day of solitude in nature, communing with God.

Nature has inherent risks of terrain, weather, and local flora and fauna. Sacred Day Walk guides will provide instruction on how to minimize your risk of injury, harm, or illness. You must agree to act responsibly to preserve your own health and safety.

You may choose to fast from food during your one day of solo time in nature. Under no circumstance should you choose the option of fasting if you know it endangers your health or well-being.

In all cases you must assess your health condition and fitness for the activities you undertake. Consult with your physician if you have a known medical condition that may impact your participation in any way. Notify Sacred Day Walk guides of any medical considerations for which you may need a reasonable accommodation.

Describe any medical condition that may affect your full participation:

Describe any reasonable accommodations that will help safeguard your health and safety:

I have read the Disclosure and Assumption of Risk for Sacred Day Walk. I certify that I can safely participate in activities within the parameters I have specified above.

Signature of Participant:

_____ **Date** _____

**ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015**

HOLD-HARMLESS AGREEMENT

1. **ASSUMPTION OF RISK:** I [name of participant]

_____,
represent that I am aware of the scope, nature and extent of risks involved associated with Kauai Sacred Day Walk conducted by ReSource for Christian Spirituality, located in Kokee State Park, Kauai, and Waineke Cabins of the Kauai Association UCC, as described in Health and Safety Precautions for Kokee provided to me. I voluntarily and freely choose to incur any and all such risks and dangers.

2. **EXEMPTION FROM LIABILITY:** I represent that I am familiar with the provisions of this HOLD-HARMLESS AGREEMENT and fully understand its meaning and EFFECT. I hereby fully and forever discharge and release ReSource for Christian Spirituality and Kauai Association United Church of Christ, its officers, agents, employees, representatives, successors or assigns, from any and all liability, claims, demands, actions, causes of action whatsoever arising out of any damage, both in law and inequity, in any way resulting from death, personal injury, property damage or loss, or any other loss sustained that I claim out of the use of the Waineke Cabins or any of the activities associated with Kauai Sacred Day Walk. Exemption from liability in this provision includes loss, damage or injury resulting from the negligence of ReSource for Christian Spirituality, Kauai Association United Church of Christ, its officers, directors, agents, employees, staff, volunteers, successors, assigns or from any other cause or causes.

3. **COVENANT NOT TO SUE:** I agree not to institute any suit or action at law or equity, otherwise against ReSource for Christian Spirituality or Kauai Association UCC, its officers, agents employees, representatives, successors or assigns and/or not to initiate or assist the prosecution of any claim for damage, or cause of action, which I and/or my heirs, executors, administrators, successors or assigns hereafter may have by reason of death, injury or loss to myself and/or other persons being on Waineke Cabins property or arising from participating in any of its associated activities.

4. **IDEMNITY AGREEMENT:** I agree for myself and my heirs, executors, administrators, successors, or assigns to indemnify and hold harmless ReSource for Christian Spirituality or Kauai Association UCC, its officers, agents, staff, volunteers, successors, assigns or from any and all losses, claims, actions or proceedings of any kind which may be initiated by myself arising from participating in activities associated with Kauai Sacred Day Walk. This includes reimbursement of all legal costs and reasonable counsel fees incurred by ReSource for Christian Spirituality or Kauai Association UCC or other indemnified parties, for the defense of any such action which may arise directly or indirectly from the use of Waineke Cabins and activities associated with Kauai Sacred Day Walk.

5. **CONTINUATION OF OBLIGATION:** I agree and acknowledge that the terms and conditions of the above provisions shall be binding upon our heirs, executors, administrators, successors or assigns.

Print name of participant

Signature of participant

Date

**ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015**

Photograph Release/Permission

I give ReSource for Christian Spirituality and/or the Kauai Association UCC permission to use photographs, images, or likenesses of me ("my image"), alone or with other persons, without restrictions as to editing, for publication in any form in all print and electronic media of ReSource for Christian Spirituality and/or the KAUCC, the Hawaii Conference and/or the United Church of Christ. I waive rights of inspection or approval prior to the use and publication of my image.

I understand that ReSource for Christian Spirituality and the KAUCC cannot control the unauthorized use of my image by parties other than ReSource and/or the KAUCC once my image is published. I understand that ReSource and/or the KAUCC disclaims any responsibility for unauthorized use of my image after publication.

I release and hold harmless ReSource for Christian Spirituality and/or the KAUCC, its directors, officers, members, employees, and agents from any claims, damages or other relief associated with the use and publication of my image by ReSource and/or the KAUCC.

This consent to use my image is voluntarily given and I waive all rights of compensation for the use and publication of my image by ReSource for Christian Spirituality and/or the KAUCC.

Print Name: _____

Signature: _____ **Date** _____

**ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015**

Health and Safety Precautions for Kokee

1. **When you leave base camp, always be prepared:**
 - a. Sunscreen before you leave
 - b. Insect repellent before you leave
 - c. Wear a bright shirt so you can be easily seen.
 - d. Wear closed toe shoes – trail shoes or hiking boots.
 - e. Wear a cap.
 - f. Sunglasses
 - g. Dress for impending weather. When in doubt, take a rain jacket.
 - h. Take a watch (so you know when to return)
 - i. Ribbon to mark your trail
 - j. Map (provided)
 - k. Day pack with:
 - 1) 2 bottles of water (16 oz. ea.)
 - 2) Lip balm
 - 3) Whistle to call for help
 - 5) Bandana for wound care, marker, neck protection
 - 6) Handi-wipes for body care
 - 7) Quart size zip lock bag (rubbish – leave nothing behind)
 - 5) Pen knife
 - 6) Bible, journal/pen, art supplies, phone camera

2. **Trails and Trail Markings**
 - a. You may be walking around in circles when you think you're walking straight.
Use ribbon to mark your trail.
 - b. A trail may abruptly end at a steep drop-off or cliff without warning.
Do not run.
Always look where your feet are going before you step.
 - c. Vegetation can hide drop-offs. It may look safe, but down-down-down you may go.
Test the firmness of the ground before stepping out.
Avoid going near the edge because you may find no edge there!
 - d. Hiking trails can easily branch off to become hunting trails or pig trails.
Be mindful of changes in terrain and stay on hiking trails.
Use ribbon to mark your trail for return

3. Water Hazards

- a. Moving streams and submerged rocks can be very slippery.
Be very mindful of your feet when crossing a stream.
- b. Be aware of flash floods on the mountains. They can come almost without warning.
Don't walk in dry stream beds or near dry cliff faces.
- c. Leptospirosis hazard in contaminated water (animal feces).
Very serious illness that enters the body through break in the skin.
Incubation period is several days.
Don't drink water from the streams.
Don't go into the streams if you have any cuts or abrasions.
***If you get exposed to contaminated water,
clean w/ soap & clean water immediately.***

4. Critters

- a. Pigs, goats, deer
Basically, You no boddah 'dem; they no boddah you!
- b. Hunters – hunting is permitted on the weekend only.
Wear bright clothes to make sure you're not mistaken for a two-legged deer
- c. Centipedes – may hide under dead or wet wood.
Just be alert when picking up firewood or brush.
- d. Scorpions – we're probably too high. They may hide in boots, shoes, or sleeping bags.
Shake out your shoes and bedding before putting your body part(s) inside
- e. Brown violin spider (often mistaken for brown recluse spider) – we're probably too high. They hide in woodpiles and loose bark. They're not aggressive. Often not aware when the bite occurs. Pain and swelling may appear several hours later. Can be very serious.
Use ice pack or cold water compress. Monitor symptoms.

5. Wild Fruits and Berries

- a. We have lots of wild fruits and berries up at Kokee: strawberry guava; guava; blackberries; plums; lilikoi; avocado; mango.
If it's red, DO NOT eat it.
If you aren't absolutely sure what it is, DO NOT eat it.

**Kauai Sacred Day Walk
June 11-15, 2015**

Getting Together and Returning Home

1. **On Thursday, June 11**
 - a. **Participants coming in from other islands:**
 - 1) We will have pick-up and drop-off transportation for you at Lihue Airport
 - 2) Please make your own flight reservations
 - 3) Plan to arrive no later than 3:00 pm on June 11
 - 4) Plan to depart 2:30 pm or later on June 15
 - 5) Note: If you are extending your time on Kauai beyond these dates, you will need to make your own arrangements for transportation to and/or from St. Michael's Church.
 - b. **Kauai Participants:**
Meet at St. Michael and All Angels Episcopal Church at 3:30 pm, 4364 Hardy St., Lihue
 - c. Call Phyllis if you're going to be late-----but please don't be late!
Phyllis – 647-4346

2. **On Monday, June 15,**
we will return to St. Michael's Church by 1:00 p.m.
 - a. **For participants from other islands: we will provide transportation to the airport.**
 - b. **For Kauai participants: You need to make your own arrangements to get home from St. Michael's.**

3. Emergencies – There is no cell phone coverage up at Kokee. Someone will be stationed to retrieve phone messages from a relay point once a day. If your family has an emergency message for you, ask them to call: **Emergency 808-647-4346**

Questions? Pastor Phyllis – 647-4346 or phyllismeighen@gmail.com

ReSource for Christian Spirituality
Kauai Sacred Day Walk 2015
Equipment List

The wilderness area for the Day Walk is Koke'e State Park. Please prepare for the variety of weather known for that area – sun and rain, warm and chilly/cold, wind.

To Bring for our Preparation and Processing Days

water/bottles—2 quarts, minimum

healthy snacks

journal and pens

sun protection

sleeping bag

pillow (optional)

Bible

prescription medication (if needed—be sure to include on registration form)

sleepwear

personal toiletries including feminine hygiene products if needed

towel & washcloth

To Bring on the Day Walk Itself

2 quarts of water, minimum

flashlight or head lamp

small backpack or book bag to carry your gear

comfortable hiking clothes (layers from short to long sleeves is key; parallel on bottom)

comfortable hiking shoes or boots (closed-toe)

jacket and/or sweatshirt

rain poncho or 30 gallon garbage bag for poncho

hat, sun screen, sun glasses, Chap Stick (SUPER IMPORTANT)

toilet paper or handi-wipes and a plastic bag

watch—to carry in your pocket so that you return by the appointed time

Optional:

mat or towel for sitting on ground

Emergen-C powdered electrolyte drink or equivalent

bandana to moisten for keeping your neck cool and shaded or use as marker/flag

Band-Aids, tube of antiseptic

juice or food for the day, if you are not fasting—the healthier the better

extra water for the return (dehydration during fasts often can lead to headaches and nausea)

insect repellent

small clasp knife

musical instrument, camera, and/or art supplies for deepening, not for escaping