

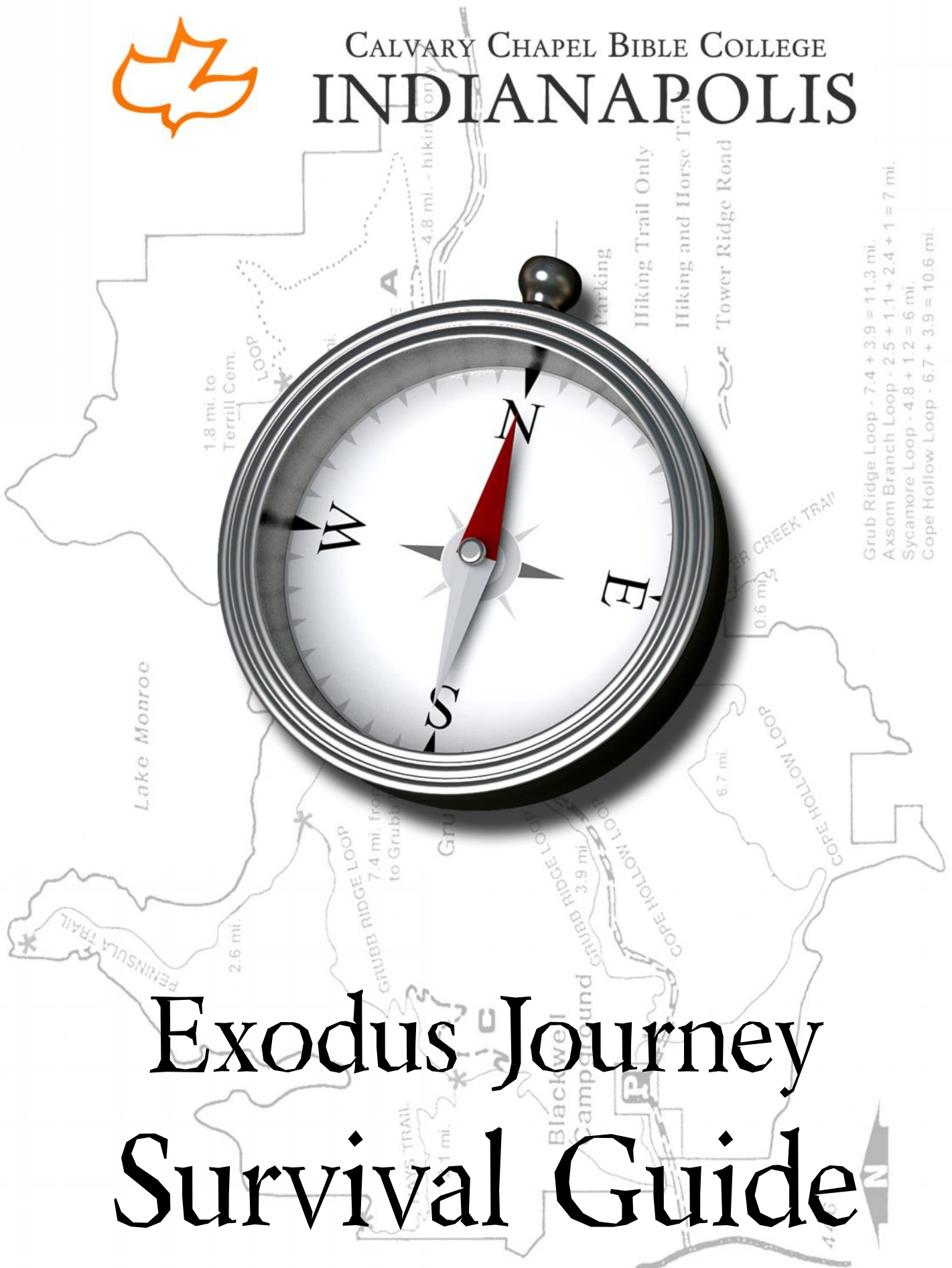


CALVARY CHAPEL BIBLE COLLEGE  
**INDIANAPOLIS**



Grub Ridge Loop - 7.4 + 3.9 = 11.3 mi.  
Axsom Branch Loop - 2.5 + 1.1 + 2.4 + 1 = 7 mi.  
Sycamore Loop - 4.8 + 1.2 = 6 mi.  
Cope Hollow Loop - 6.7 + 3.9 = 10.6 mi.

# Exodus Journey Survival Guide



# Charles C. Deam Wilderness



USDA Forest Service

Hoosier National Forest

9/2010

Welcome to the Charles C. Deam Wilderness area. This area was designated a wilderness in 1982 and encompasses nearly 13,000 acres of the Hoosier NF. Wilderness designation places this area in a special legal status (subject to the 1964 Wilderness Act). It is managed to preserve a natural condition and provide opportunities for solitude.

Approximate Length of Trails: 37 miles

Type: Hiking and horse riding.

Special Features: Long distance loop trails in a scenic hardwood forest with a variety of terrain.

## Etiquette and Rules

- Use of wheeled vehicles including carts, wagons and bicycles, or motorized travel is prohibited.
- Camping within 100 feet of ponds, Monroe Lake, designated trails, or streams is allowed only in designated sites.
- Camping is restricted within 300 feet of designated trailheads, wilderness access points, and horsecamps. Walk-in camping throughout the rest of the wilderness area is not restricted.
- Horse riders (age 17 years and older) are required to have a permit and stay on designated trails. Permits are available from our offices and local vendors.
- Parking is allowed along Tower Ridge Road in only three locations: Blackwell Horse Camp, Grubb Ridge Trailhead, and the Hickory Ridge Fire Tower.
- Campsites must be occupied the first night, and may not be left unattended for more than 24 hours without permission. Camping is limited to 14 days.
- Hunting is permitted in the Wilderness. Target shooting or practicing is not allowed.
- Stock may not be tied within reach of any live tree.
- Group size is limited to 10 persons or less.
- Observe the following trail courtesy:
  - Hikers yield to horse riders.
  - Horse riders control your horse.
  - Pack out your trash.

## Safety

Be aware of hunting seasons. Blaze orange clothing is recommended (do not wear white) during deer season.

Some trails intersect roadways. If you choose to use a road as part of your trip, be mindful of traffic.

Ticks and chiggers are prevalent in southern Indiana. Take necessary precautions including avoiding tall grass and thick brushy areas.

Loose limbs and hazard trees can fall on the trail at anytime, especially on windy days.

## Emergencies

- Nearest public phone is at the Paynetown State Recreation Area Office on State Road 446.
- The nearest hospitals are in Bedford and Bloomington, IN.
- Jackson County Sheriff: 812-358-2141 or 911.
- Lawrence County Sheriff: 812-275-3316 or 911.
- Monroe County Sheriff: 812-349-2780 or 911.
- Indiana Conservation Officers: 812-837-9536.

## Facilities

- There are three graveled parking areas.
- Blackwell Campground provides a large area for camping with primitive toilets, horse corrals, hitching posts, and mounting ramp.
- Hickory Ridge Fire Tower is open to the public.

## Facilities

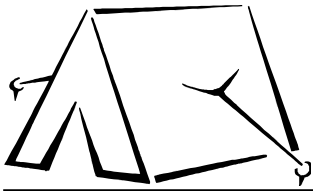
The Wilderness can be accessed off State Route 446 south of Bloomington. Turn on Tower Ridge Road at the Wilderness sign to access the parking areas.

## For More Information

Hoosier National Forest  
811 Constitution Avenue  
Bedford, IN 47421  
(812) 275-5987  
Toll Free: 1-866-302-4173  
[www.fs.fed.us/r9/hoosier](http://www.fs.fed.us/r9/hoosier)

Federal Relay Number for the deaf and hearing impaired is: 1-800-877-8339

*USDA is an equal opportunity  
employer and provider*



## *CCBCi Exodus Journey Equipment Check List*



### Clothing:

- |                                                   |                                      |                                                  |
|---------------------------------------------------|--------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Minimal Undergarments    | <input type="checkbox"/> Hat for Day | <input type="checkbox"/> Hiking Boots / Socks    |
| <input type="checkbox"/> Warm hat for Night       | <input type="checkbox"/> T-shirt (2) | <input type="checkbox"/> Bandana or Handkerchief |
| <input type="checkbox"/> Gloves (not large ski)   | <input type="checkbox"/> Sweater     | <input type="checkbox"/> Rain Poncho or Suit     |
| <input type="checkbox"/> Long Underwear           | <input type="checkbox"/> Warm Jacket | <input type="checkbox"/> Wind Breaker            |
| <input type="checkbox"/> Long Pants (1) no jeans) | <input type="checkbox"/> Shorts (1)  | <input type="checkbox"/> Sunglasses              |

### CCBCi Essentials:

*Merino Wool is warm! – Layering is most efficient for warmth!*

- |                                                            |                                                                         |
|------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> 3-4 One Quart Size Water Bottles  | <input type="checkbox"/> 2 Small Tarps (5x7)                            |
| <input type="checkbox"/> 4 Trash Bags (Large Lawn)         | <input type="checkbox"/> 3 One Gallon Zip Lock Bags                     |
| <input type="checkbox"/> Whistle                           | <input type="checkbox"/> 100 ft. Nylon Cord                             |
| <input type="checkbox"/> Cup                               | <input type="checkbox"/> Water Proof Matches or Lighter                 |
| <input type="checkbox"/> Bowl                              | <input type="checkbox"/> Flashlight (small) – w/ extra batteries & bulb |
| <input type="checkbox"/> Journal / Pen (small)             | <input type="checkbox"/> Bible (small)                                  |
| <input type="checkbox"/> Pocket Knife (small)              | <input type="checkbox"/> Sunscreen (SPF 15° or higher)                  |
| <input type="checkbox"/> Tooth Brush / Paste (travel size) | <input type="checkbox"/> Moleskin                                       |
| <input type="checkbox"/> Personal First Aid Kit            |                                                                         |

### Main Equipment:

- Framed Backpack (Externals are best for this trip. No weekend or child packs)
- Sleeping Bag (15 or colder, No cloth bags or Spring Bags)
- Insulated Pad (Foam or Self Insulating)

***These Items should be borrowed or rented if you don't already own or have good equipment!***

### Optional:

- ☞ Compass
- ☞ Camera
- ☞ Comb (for long hair)
- ☞ Camp Shoes (light & small)
- ☞ Chair (compact & light weight)
- ☞ Drink Mix (Gatorade, Crystal light... Be careful of weight and ready to share)
- ☞ Bug Repellant

### Please DO NOT Bring:

- ⊗ **Extra food, candy or gum**
- ⊗ **Perfume, make up, shampoo, deodorant, shave cream or razor**
- ⊗ **Watch, radio, music player, or other electronic devices.**

### Group Gear:

*In addition to your own personal gear, you will help carry group gear. You will be given these items just before departure so leave room in your pack. You can expect to carry about 10 pounds of group gear and food.*

- |                                                  |                                                |
|--------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> 2- Big Tarps            | <input type="checkbox"/> 1 – Shovel            |
| <input type="checkbox"/> 2 – Propane Tank Stands | <input type="checkbox"/> 1 – Pot Handle        |
| <input type="checkbox"/> 3- Propane Tanks        | <input type="checkbox"/> 2 – Pots              |
| <input type="checkbox"/> 2 – Burners             | <input type="checkbox"/> 2 – Lids              |
| <input type="checkbox"/> 1 – Saw                 | <input type="checkbox"/> 1 – Pan               |
| <input type="checkbox"/> 2 – Cooking Spoons      | <input type="checkbox"/> 5 – Water Filter/tabs |
| <input type="checkbox"/> 1 – Can Opener          | <input type="checkbox"/> 1- First aid kit      |
|                                                  | <input type="checkbox"/> Food                  |

#### Places to purchase equipment:

- ✓ REI  
Castleton Corner Dr.  
8490 E. 82nd Street  
Indianapolis, IN 46250  
(317) 585-1938
- ✓ Gander Mountain  
Near Castleton Sq. Mall  
5702 East 86th St  
Indianapolis, IN 46250  
(317) 577-1114
- ✓ Dicks Sporting Goods  
Castleton Square Mall  
(317) 576-0300

# Wilderness Basics

## Highlights



### PHYSICAL CONDITIONING:

- ⌘ Stretching improves your leg and back flexibility and reduces your susceptibility to muscular skeletal injury.
- ⌘ Stretching should be part of your wake-up ritual on trips; especially on those beautiful, cold mornings in the mountains when you emerge from your warm sleeping bag.
- ⌘ For a person in good physical shape your load to body weight ratio is 1 to 3.
- ⌘ Final Note: Please Don't pretend you can whip yourself into shape in the last two weeks before the trip.



### BASIC EQUIPMENT:

#### THE 10 ESSENTIALS\*

- |                                          |                           |
|------------------------------------------|---------------------------|
| 1. Map and Compass                       | 6. Extra Water            |
| 2. Flashlight, extra bulb, and batteries | 7. Pocket Knife           |
| 3. Sunglasses and Sunscreen              | 8. Firestarter, or Candle |
| 4. Extra Clothing                        | 9. Waterproof Matches     |
| 5. Extra Food                            | 10. First Aid Kit         |

\* In the worst of circumstances, the ten essentials can mean the difference between a safe outcome and a tragic one. Never lighten the load you carry at the expense of the essentials!

*Ounces add up fast!!* Look at everything and think about how you can reduce the weight. Be clever and let one item serve multiple functions; for example, a stuff sack can double as a pillow case and your clothes as the stuffing.



### CLOTHING CONSIDERATIONS:

Each item of clothing should work well with any combination of the others, so that you can quickly adapt to the demands of the environment.

#### BASIC LAYERING

**First Layer:** This layer is normally long underwear, preferably made of polypropylene or a fabric that is good at wicking away water from your body.

**Second Layer:** This layer provides the bulk insulation needed to protect against the cold. Pile or fleece pants and jacket or another term might be expedition weight long underwear.

**Third or Outer Layer:** This layer is designed to block wind and rain and repel snow. (Low cost outer shell system could consist of wind repellent nylon pants and windbreaker.

Being cold at night is a common complaint. Here are a few things you can do to make yourself more comfortable:

- ☛ Put on warm clothing before you feel cold.
- ☛ Find a wind-sheltered spot or orient yourself so that your head is down wind.
- ☛ Eat some protein and fats before or after going to bed. This speeds up your metabolism during the night.
- ☛ Exercise before going to bed or do isometric exercises in your bag.
- ☛ Wear plenty of dry clothing especially the insulating type, inside your bag.
- ☛ Wear a wool cap or down hood to prevent heat from leaving your body through your head.



## LEAVE NO TRACE

As more and more people visit our forests and trails, many of our areas become overcrowded with people, and the evidence of people. Backcountry areas are places to seek solitude, and for those who value these places of escape, we ask they make a commitment to protect and preserve these areas. The Leave No Trace program has techniques that visitors can use to help reduce evidence of their presence.

These guidelines help protect the land, and lessen the sights and sounds of visitors to the Forest.

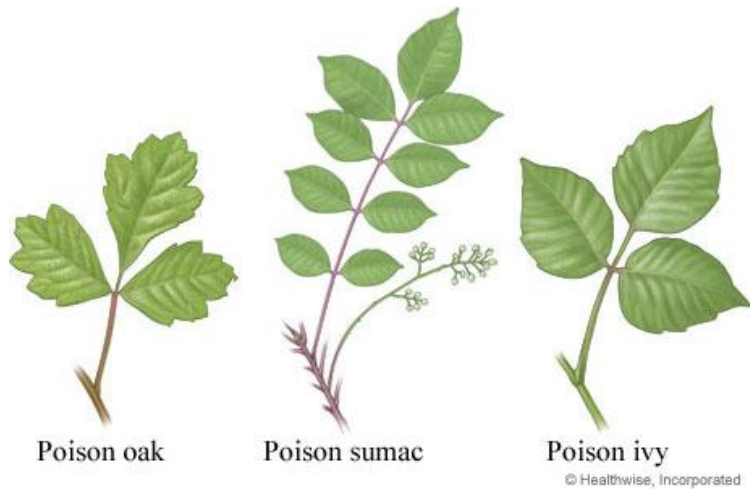
- Plan for small groups - travel with fewer than 10 people. Campsites for small groups are easier to find and harmonize better with the environment.
- Obtain information about the area, obtain a map, and plan your route. Check on local rules and regulations.
- Visit areas which are less popular, or come in the off-season.
- Repackage food, removing glass, and carry trash bags for litter pickup. The Charles C. Deam Wilderness currently bans glass and cans in that area.
- Carry a small trowel for burying human waste and digging a small firepit. Use the "cat method" for burying waste, digging a shallow hole and covering with 6-8 inches of dirt. Stay at least 200 feet from water sources.
- Leave what you find. Do not carry out artifacts, souvenirs, fossils.
- Stay on trails and do not cut across switchbacks.
- Respect wildlife, view from a distance.
- Do all washing away from water sources as soap is a pollutant.
- Be prepared. Know what weather is predicted and be ready for extremes. A highly visible vest should be included in your pack for rescue in the event you become lost. Carry a signal mirror, a whistle, and warm clothing.
- Be responsible. Pack out what you pack in.

For more information, visit the Leave No Trace website at [www.LNT.org](http://www.LNT.org) or contact us at [r9\\_hoosier\\_website@fs.fed.us](mailto:r9_hoosier_website@fs.fed.us)

# Poison Ivy, Oak, or Sumac - Topic Overview

## What are poison ivy, oak, and sumac?

Poison ivy, poison oak, and poison sumac are plants that can cause a skin rash called allergic [contact dermatitis](#) when they touch your skin. The red, uncomfortable, and itchy rash often shows up in lines or streaks and is marked by fluid-filled bumps (blisters) or large raised areas ([hives](#)). It is the most common skin problem caused by contact with plants (plant dermatitis).



## What causes the rash?

The rash is caused by contact with an oil (urushiol) found in poison ivy, oak, or sumac. The oil is present in all parts of the plants, including the leaves, stems, flowers, berries, and roots. Urushiol is an [allergen](#), so the rash is actually an [allergic reaction](#) to the oil in these plants. Indirect contact with urushiol can also cause the rash. This may happen when you touch clothing, pet fur, sporting gear, gardening tools, or other objects that have come in contact with one of these plants. But urushiol does not cause a rash on everyone who gets it on his or her skin.

## What are the symptoms of the rash?

The usual symptoms of the rash are:

- Itchy skin where the plant touched your skin.
- Red streaks or general redness where the plant brushed against the skin.
- Small bumps or larger raised areas (hives).
- Blisters filled with fluid that may leak out.

The rash usually appears 8 to 48 hours after your contact with the urushiol. But it can occur from 5 hours to 15 days after touching the plant.<sup>1</sup> The rash usually takes more than a week to show up the first time you get urushiol on your skin. But the rash develops much more quickly (within 1 to 2 days) after later contacts. The rash will continue to develop in new areas over several days but only on the parts of your skin that had contact with the urushiol or those parts where the urushiol was spread by touching.

The rash is not contagious. You cannot catch or spread a rash after it appears, even if you touch it or the blister fluid, because the urushiol will already be absorbed or washed off the skin. The rash may seem to be spreading, but either it is still developing from earlier contact or you have touched something that still has urushiol on it.

The more urushiol you come in contact with, the more severe your skin reaction. Severe reactions to smaller amounts of urushiol also may develop in people who are highly sensitive to urushiol. Serious symptoms may include:

- Swelling of the face, mouth, neck, genitals, or eyelids (which may prevent the eyes from opening).
- Widespread, large blisters that ooze large amounts of fluid.





**CHARLES C. DEAM  
WILDERNESS**

**Legend**

- Wilderness Boundary
- Hiking and Horse Trail
- Hiking Trail Only
- Road
- Streams
- Contour Line
- Water
- Forest Service
- Miles Between Intersections
- Parking
- Fire Tower
- Point of Interest
- Campground
- Designated Campsite

