

A Parent's Guide & Packing List – Adventure Camp

1. Contact Information

Address: New Life Bible Camp
451 Tar Water Hollow Rd, Buffalo Mills PA 15534
Contact: Zach Weaver,
Adventure Program Coordinator

Camp Office: (814) 842-3325
Zach's Cell: (704) 380-1447
Email: zach@newlifebiblecamp.com
Web: www.newlifebiblecamp.com

Adventure Camp (AC) at New Life Bible Camp is an outdoor experience different from the residential program of Camp Kainos. Therefore, please read through this Parent's Guide carefully so that you can prepare your child for a fun and successful week of adventure.

2. Arrival & Departure

Check-in will begin at 3:00 p.m. on Sunday at the Main Lodge at New Life Bible. A Closing Program will be at 6:00 p.m. on Friday, followed by check-out which will be approximately 6:30 p.m. We ask that you park along the front of the circular driveway in front of the Lodge or across the street in the grass parking lot. Special arrangements for your child to arrive late or to leave early can be accommodated if advance notice is given.

3. Payment Information & Check-In Procedures

Payment: Early Bird Discounts of \$10 are given if you register and pay in full by April 1st. Full payment is due one week prior to check-in. At check-in, please have cash or checks (Payable to New Life Bible Camp) ready to pay the balance of camp fee. Snack money will be kept by the campers for their spending money. Please refer to your Camper Invoice regarding payment information. You may also log into your account online (using the same information during registration) to view balances and make credit card payments. **Medicines:** Please have your child's medicines ready to be checked in with the Camp Nurse / Mom. There is a Medication Release Form on our website at www.newlifebiblecamp.com/downloads.html. Please have this form filled out and ready to give the camp mom/nurse at check-in.

4. Refund policy

In the event of an illness or sickness, we will refund the full amount of payment (minus the \$25 registration deposit) if the cancellation is made up to one day prior to arrival at camp. During camp, the refund will be prorated for the amount of days not present. Refunds are not given for homesickness.

5. In An Emergency

At Camp: In the case of an emergency or accident involving your child, you will be notified immediately by the Camp Director. Counselors are trained in CPR and have also been trained in emergency procedures for all locations. On the registration form we asked for medical conditions that the camp or emergency services personnel may need to know. Please notify us if there are any changes or additions to this information. Also on your registration form we asked you for an Emergency Contact. Please be sure that this contact person knows how to contact you in case of an emergency.

At Home: If there is an emergency and you need to speak with your child, call the camp at 814-842-3325. If you are unable to contact anyone, you may call the Director at (571) 721-9588.

6. Contacting Your Camper

If you would like to communicate with your child during camp, please send mail via the US Postal Service to the address listed at the top, OR send a message to your child through a link on the New Life website at: <http://www.newlifebiblecamp.com/campermessage.html> (Your counselor will be "Adventure Camp"). Please limit your messages to one per day. Due to the nature of the Adventure Camp program, we will try to get messages to your child, but we will not be able to have a daily mail call. Please remember to not send food care packages in the mail due to lack of storage space at camp.

7. Medications & Allergies

Medications should be in the original container marked with the child's name, dosage information and correct time intervals. Medications will be checked in with the Camp Nurse / Mom and administered by the Adventure Camp staff. Occasionally your child may suffer from a virus, cold or flu. If your child should become ill while at camp you will be notified immediately. If your child is contagious, we will make immediate arrangements for them to go home. If your child's illness is deemed temporary, the camp will make every effort to treat the symptoms. Along with the Camp Nurse, your child and you, a decision will be made about the course of treatment. If your child has food allergies or other special considerations, please let us know prior to camp so we can make adjustments to their menu. To complete a "Medication Release Form", go to our website and click on the Downloads link in the menu to download a form.

8. Snack Shop

The Snack Shop sells a variety of items from keepsakes to snacks. T-shirts and hats will be available for purchase ranging up to \$15.00. Sodas and candy range from \$0.25 to \$1.50. Your child's spending money can be used to purchase items when Adventure Camp visits the Snack Shop or at the end of the week.

9. Discipline

At New Life Bible Camp, we are aware that there will be a day when every little angel may need a halo adjustment. First and foremost, we try to quickly resolve any conflicts your child may be involved in without removing him/her from an activity. On occasion, a "timeout" may be necessary to give a child a chance to regroup. You will be notified of any serious or persistent problems with your child. New Life Bible Camp reserves the right to dismiss any camper if his/her behavior is deemed to be inappropriate for the goals of the summer program

10. Weekends

The weekends are not a part of our summer camp program and are to be used for the convenience of the parents due to transportation, schedule conflicts, and/or children of different ages coming to weeks following each other. There is an extra cost of \$45.00 for staying through the weekend. During the weekend your child can launder his/her clothes for the week to follow. To complete a "Weekend Application", go to our website and click on the Downloads link in the menu to download a form.

11. Travel & Directions

For directions to New Life, please go to our website and click on Info link in the menu and then "Directions".

12. Facilities

The Adventure Camp site is located on Sugar Hollow Road, 6/10 of a mile from Tar Water Hollow Road on the camp's property. There is a large pavilion that houses the kitchen and dining area, two large platform tents for sleeping, a large fire pit for cooking and campfires, and a grassy clearing for all types of recreation. There are no electrical outlets for the campers and no running water. There will be portable toilets and plenty of drinking water. Take a visual tour of AC online at www.newlifebiblecamp.com > Info > Facility Tour.

Tents & Tarps: While at AC, campers sleep on wooden platforms under a canvas tent. A foam ground pad or egg crate foam is optional but preferred. Please do not bring any double or queen size cots or mattresses. While hiking or canoeing off site, campers will sleep in small tents or tarp shelters.

13. Activities:

Daily activities will take place at various locations on and off the camp's property. Adventurous activities can be strenuous so it would be good to get regular physical activity. Your child will appreciate it when they are hiking around camp.

Note: If your child is not able to participate in any of the planned AC activities and you did not note this on your child's registration form, please notify us before your child arrives.

...Continue to Packing List

14. Packing List

Packing for AC is very important! Please follow the list below very carefully. If you have any questions, please contact the camp. Keep this form handy and refer to it in preparation for your camp week. Please mark all your belongings with permanent marker so that you leave with the items you came with. Use discretion in packing for your child, care should be taken to ensure all clothing is modest and remember, on the mountain, 'fashion is dead, comfort is king'.

Camping Items

- Sleeping bag with compression sack
- Ground Pad
- Pillow/stuff sack
- Backpack rain cover

Clothes for a week (non-cotton fabric works best):

- 2 Old jeans or pants
- 3 T-shirts & 1 long-sleeve t-shirt (include light weight synthetic short sleeve shirts as synthetic material gives greater warmth and wicks water from the body. These shirts can contain polypropylene or other hydrophobic/wicking fabric.)
- 2-3 Modest shorts
- Comfortable hiking boots & sneakers
- 5-6 Pairs of socks
- 1 Sweatshirt/sweater, jacket or fleece (mornings can be cold)
- 1 Swimsuit (one piece only)
- Hat and/or bandana
- Rain jacket or Poncho, rain gear
- Whistle

Personal Care Items

- Soap, Shampoo
- Comb/brush
- Toothpaste, Toothbrush, floss
- Deodorant
- Other Toiletries
- Medications in their original container
- Bug repellent (DEET is a must)
- Sunscreen
- Toilet paper folded in a ziplock bag
- 2 - 32oz. Water Bottles - drinking water is very important to have available at all times. This is a must!
- Washcloth, small towel
- Hand sanitizer
- Baby wipes (wiping hands clean)
- Chapstick
- Wristwatch

Miscellaneous

- Heavy duty trash bags (dirty clothes and waterproofing)
- Flashlight and 2 sets of batteries (headlamps work great)
- Pocket knife or multi-use knife (blade not to exceed 5")
- Spending money for off-site trips (ice cream, souvenir, etc)
- Bible, notepad, pencil
- Dry bag or ziplock bags to keep important things from getting wet (Bible, etc.)

What NOT to bring!

- Electronics of any kind (This includes cell phones, MP3 players, etc)! It is an important part of Adventure camp to remove items that distract from the group setting.
- Two-piece bathing suits
- Tobacco products, any weapons, or drugs
- Make-up, Hair dryer, or curling irons