

A Parent's Guide & Packing List to Adventure Camp

Camp Kainos or Day Camp Parent's Guide can be found on our website by navigating to "[Forms](#)"

1. Contact Information

Address: New Life Bible Camp
451 Tar Water Hollow Rd.
Buffalo Mills, PA 15534
Phone/Text (Office): 678-842-3325

Zach Weaver, Adventure Program Coordinator
Phone/Text (Zach): 704-380-1447
Email: zach@newlifebiblecamp.com
Web: www.newlifebiblecamp.com

Please read through this Parent's Guide carefully so that you can prepare your child for a fun and successful week of adventure.

2. About AC

Adventure Camp (AC) at New Life Bible Camp is an outdoor experience different from the residential program of Camp Kainos. Adventure Campers stay outside, in the woods for the entire week. They sleep in tents or wood shelters. Meals are made either over a fire or on an outdoor propane stove. There is no running water or electric. Adventure staff haul drinking water up the mountain and we collect rain water to wash our dishes and clean up. Our activities include games, rock climbing, rappelling, canoeing, caving, white water rafting, hiking, swimming, and mountain biking however the type of week your camper signs up for determines what activities they will participate in that week. We take care to stay as dry as possible over the course of the week and should your camper need a dry tent, sleeping bag, or other piece of gear New Life will have what they need. The summer staff are trained in basic first aid and CPR while Zach, the Adventure program coordinator, is certified in Wilderness First Aid, PRCA Level 2 High Ropes, and holds a Professional Climbing Guides Association Top Rope Guide certification. The Adventure staff handle the work required for the week including food preparation. We can accommodate most food allergies if they are noted during your camper's registration process. We hope your camper has a blast experiencing all of the exciting activities God's creation of the outdoors has to offer. If you have any questions about the program please contact Zach at the above contact information.

Check out [Adventure Camp FAQs](#) for insight into the details and philosophy of Adventure Camp.

3. Arrival & Departure

Check-in will begin at 3:00 p.m. ending at 3:30 p.m. on Sunday afternoon of that week of camp at the gym of New Life Bible Camp.* When arriving at camp, please park in the parking lot on the same side of the road as the Lodge and as near to the gym as possible. Special arrangements for your child to arrive late or to leave early can be accommodated but advance notice must be given.

* **Note:** Please note that camp on the week of **July 5-7** begins on Wednesday and continues through Friday. Check-in will be no earlier than **9:00 a.m. on Wednesday, July 5th**. Check-in for all other weeks will begin at 3:00 p.m. on Sunday.

4. Payment Information & Check-In Procedures

There are several items to keep in mind that will help the check-in procedure to go more quickly.

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 camp check-in.** At check-in, please have cash or checks (Payable to New Life Bible Camp) ready to pay the balance of camp fee and snack deposit. 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 payments.

Medicines: Please have your child's medicines ready to be checked in with the Camp Mom / Nurse. There is a [Medication Release Form](#) on our website. Please have this form filled out and ready at check-in.

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. Adventure staff are trained in basic first aid and CPR while the program coordinator is trained in Wilderness First Aid. 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 or text the camp at 678-842-3325. If you are unable to contact anyone, you may call the Adventure Program Coordinator at (704)-380-1447.

6. Contacting Your Camper

If you or another family member would like to **communicate** with your child during camp, **send a message** to your child by visiting New Life's website. *(You will need to know the name of your child's counselor.)* 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. You can download a "[Medication Release Form](#)" to speed up the process.

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 \$25.00. Sodas and candy range from \$0.25 to \$1.75. Snack money is deposited by parents with your registration form or at check-in time. You may also add money to your child's account during the week by calling the camp office. We can add money to your child's account with a credit card. The balance will be returned at the end of camp.

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. Complete a [Weekend Application](#) if you have need. Spaces are limited.

11. Travel & Directions

For directions to New Life, please go to our website and find “Directions” under the Info link on the main menu.

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 shelters 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 outdoor, usable bathrooms, 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 in wooden platform shelters. 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 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

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'. At adventure camp belongings are all placed into a backpacking pack so space is limited. Because your child will be carrying his/her pack, the lighter you pack the better.

Camping Items

- Small sleeping bag with compression sack (the small and lighter the better!)
- Ground pad or egg crate
- Small stuff sack pillow (NO Full size pillows! If you do not have a small stuff sack pillow a rolled up jacket or fleece works great)
- Backpack rain cover (optional)
- Hammock
- Backpacking pack (this should be around 40 50 liters) suitcases do not work very well in the woods and also get dirty. New Life will provide your camper with a fully adjustable, internal frame style backpack if needed
- Paracord (optional)

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

- 2 Old jeans or pants
- 5 T-shirts & 1 long-sleeve t-shirt (include lightweight 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 (**your child will need two pairs of shoes excluding water shoes**)
- Water shoes with a heel strap (crocks tend to fall off too easily) these can be anything from old sneakers to Body Glove water shoes
- 5-6 Pairs of socks
- 1 Sweatshirt/sweater, jacket or fleece (mornings can be quite cold on the mountain especially in June!)
- 1 Piece Swimsuit
- Hat and/or bandana
- Rain jacket or Poncho, rain gear
- Whistle (optional)

Personal Care Items

- Soap, Shampoo

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 showing mid-riff
- Tobacco products, any weapons, or drugs
- Make-up, Hair dryer, or curling irons

- 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
- Water Bottle - drinking water is very important to have available at all times!
- SMALL towel, SMALL washcloth
- Hand sanitizer
- Baby wipes (wiping hands clean, also work well for cleaning up)
- Chapstick
- Wristwatch
- ****Explorer and High Adventure week campers only:**
They will need a set of clothes that will get EXTREMELY muddy! This is a set of clothes separate from other clothes used for the week. They need to be synthetic materials only, NO COTTON including jeans. This includes synthetic pants, a synthetic long sleeve undershirt, a synthetic shirt, and shoes.

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, souvenirs, etc)
- Bible, notepad, pencil
- Glasses strap for those with glasses to keep from losing them in water
- Dry bag or ziplock bags to keep important things from getting wet (Bible, etc.)