



## PARTICIPANT GUIDE

### WELCOME!

Greetings! On behalf of our camp staff, we want to take this opportunity to tell you how excited we are that you will be joining us at camp! The camp setting in the woods of Brown County is a perfect backdrop to experience the wonder of nature. We will be spending time outdoors canoeing, climbing, hiking, playing games, making art, shooting archery, and exploring our woods, pond and creek. Meals are shared in our dining hall. In the evening, we will be exploring the night and enjoying a campfire filled with songs, skits, and stories.

There are opportunities throughout this day to have fun, learn, meet and socialize with others. We're glad you'll be joining us and we look forward to welcoming you to Camp Rancho Framasa!

This handy sheet should tell you everything you need to know. Please read through it carefully and make sure we've answered your questions. If you need more information, please contact Lauren Verhiley, Camp Registrar at 888-988-2839, x122 or registrar@campranchoframasa.org.

Peace,

*Kevin & Angi Sullivan*

Camp Co-Directors

**Check in: 9:00am SATURDAY**

**Check out: 8:00pm SUNDAY**

- A staff member will check you in as you pull into camp and direct you. T-shirts and family photos are available upon arrival.
- If you will be arriving after check-in hours, please call the staff member on call. The number will be sent to you prior to camp.
- When departing, please make sure you have all your belongings. Items left will be kept for 2 weeks.

### For your information...

- The camp store (Trading Post) will be open one time during the day. Items available for purchase include T-shirts, sweatshirts, hats, water bottles, coffee mugs, and more.
- Cell phone reception is somewhat limited at camp; ask a staff member for best reception areas.
- Nashville is our nearby town (5 miles from camp). It has basic amenities and other tourist interests. Brown County State Park is 3 miles away.
- An adult must attend horse rides with children of any age.
- Activities include group games, camp activities, chapel service, and meals. Your participation is requested but not required.
- A schedule will be provided, however participants can move from activity to activity at their leisure. Feel free to make your own schedule, making it as busy or as slow as you like.
- Children under the age of 10 should be accompanied by an adult at all activities.



## Sample Schedule

### Saturday

Check-in: 9:00-9:30am

Morning Welcome: 9:30-10:00am

Scheduled Activities: 10:00am-12:00pm

Lunch: 12:15pm

Activities 1:15-5:15pm

Dinner: 5:30-6:15 pm

Night Hikes: 6:15-7:00pm

Campfire 7:15-8:00pm

Closing: 8:00pm

Departure: 2:00pm

### *Please note:*

*A detailed schedule of the weekend will be given to you upon arrival.*



## The Activities

### **CLIMBING WALL**

This is an opportunity for an individual to try some vertical venturing!

### **ARCHERY**

The good ole bow and arrow! See if you can hit the mark!

### **HANDICRAFTS**

What is a camp without crafts? Traditional and non-traditional crafts will be available.

### **CANOEING/KAYAKING/PADDLE BOATING**

Paddle your way around our lake or spend some time serenely floating and enjoy the sights.

### **FISHING**

Grab a pole and some bait and see if you can catch THE BIG ONE— it's out there somewhere; poles provided.

### **NATURE HIKE**

Follow the guide; this hike to explore and learn about the beautiful camp area.

### **SPORTS & GAMES**

Shoot some hoops, score with sand volleyball, and play until you can't play any more (OYO...on your own)!

### **HORSE CORRAL RIDE**

Coral riding in a 50' round pen on one of camp's horses.

### **EVENING PROGRAM**

We plan activities to entertain people of all ages. The evening program can include games and campfire (complete with skits, songs, and snack).

**---AND MORE!**

## PACKING LIST

### Must haves:

- Clothes that can get dirty and match the weekend weather report (rain gear).
- Comfortable, lace-up shoes- it's always safer to bring two pairs! Closed toe shoes are required for horses and rock climbing.
- Warm sweatshirt or jacket.
- Flashlights.
- Bug spray and sunscreen.

### Optional items:

- Camera
- Water bottles.
- Medications (prescription and O-T-C).
- Snacks and drinks for in-between meals. We will provide breakfast, lunch, and dinner. Fruit is available for afternoon snack. We will have a snack at campfire. If you know your family will be in need of further sustenance, please label all items and store them in the OPC as directed.

### **Please do NOT bring:**

- Illegal drugs, alcohol, weapons, flammable materials, fire arms and pets.
- Valuables or things to which you have great emotional attachment.
- CD players, Ipods, Video Games— remember, this is a short stay and there will be a lot to keep you busy!

## Cancellation/Refund Policy

If your cancellation occurs more than 3 weeks before your camp session, then all fees are refundable, less an administrative charge of \$40. If your cancellation occurs less than three weeks before your camp session, then all fees are non-refundable. Refunds are not available for participants who leave camp due to family or health reasons.

## Health Care & First Aid

- Camp Rancho Framasa does NOT have a medical professional on site for the day. This means you will be responsible for the health and safety of your family during your stay at camp.
- All prescription and over-the-counter medications should be brought to camp and stored in a safe location away from children.
- If the need arises for further health care supplies, staff will provide directions to our local CVS pharmacy in Nashville.
- In the case of a participant needing first aid, many of our staff members have CPR and First Aid certifications. They can provide basic treatment as well as Band-Aids, topical ointments, and ice packs.
- If the need arises for further assistance, staff will provide directions to our local doctor and regional hospitals.

## Camp Policies

These policies are designed to preserve camp and to keep our participants safe! Compliance by all participants is appreciated. If you have any questions or concerns, please contact us.

- ABSOLUTELY no alcohol is allowed on property. Any person found in possession of alcohol at camp will be asked to leave.
- All buildings, structures, shelters, and gathering areas at camp are non-smoking. Smoking is not permitted by youth or in proximity of youth. We have designated smoking locations outside the OPC (dining hall) – please ask staff for details.
- Weapons, firearms, fireworks, or flammable materials are NOT allowed on camp property.
- Please do not bring personal sports equipment.
- Fires are permitted only in designated fire circles at campsites. An adult must be present at all times when a fire is burning. Please make sure the fire is completely extinguished before leaving the site.
- Pets are NOT allowed at camp.
- Please be on time to all meals. We gather for prayers and announcements before each meal. Food Service staff members are expecting all participants at the planned time.
- Snacks/drinks brought to camp should be stored in the designated location in the OPC or in your car– not in the cabins.
- While at camp, please be sure that you are dressed comfortably and appropriately. You will be spending time in the great outdoors, where the weather changes and terrain is uneven. Be prepared to walk everywhere at camp. If you will be bringing babies, toddlers, or preschoolers you will need carriers or sturdy strollers to move about camp. It is an option to carry children but some of the activities are far apart so this may not be practical or comfortable.
- PLEASE NOTE: Vehicles are NOT allowed to drive around camp property except during check-in, check-out and trips to town. If you have mobility support needs, we have a single golf cart available for all those at camp. Participants will not be permitted to drive the camp golf carts. A staff member will provide rides as needed from one area to another in a shuttle fashion. This may require some wait time. Contact Jared at [jared@campranchoframasa.org](mailto:jared@campranchoframasa.org) or 888-988-2839, x123 by the Thursday prior to the weekend by 5pm to discuss your needs. Due to limited resources we may not be able to meet all requests.
- At camp, we are stewards of the Earth. Please stay on paths, do not litter, do not pick any plants, and be conservative in your use of electricity and water. Thanks for helping us protect God's creation!

