



What to bring to Creation Camp 1.0

Fill your backpack with the following:

Please Label Everything!

- Bible, Pen or Pencil
- Blank Notebook
- Bug Spray
- Sunscreen
- Water bottle (Refillable)
- Bag Lunch
- Sun Hat (optional)
- Bandana (optional) will be used to cool off by wetting and tying around neck.

Dress Code

Women/Girls

- No midriff shirts/tummy rings
- Straps on sleeveless tops must be at least the width of three fingers.
- Shorts should be no more than 6 inches above the knees

Men/Boys

- Pants must fit waist and not hang on hips or expose underwear.
- Shirts will be worn at all times.
- Shorts should be no more than six inches above the knee.

Shoes

- Comfortable and quick dry shoes preferred. Activities include running, kayaking, climbing, etc.
- Shoes need to be able to stay on the foot and not slip off. NO FLIP FLOPS.

Due to the nature of activities and being prepared for the outdoors all day, we ask to please wear shoes and clothing appropriate for being active. Loose and breathable clothing is best. We have learned over the years that longer shorts or capri pants that are of quick drying material are ideal for the activities that we do with the children. It also reduces the amount of exposed skin to sun and insects. Sun hats are encouraged as well. Modesty is expected.

Sample Camp Day

8:30 AM	CAMPERS ARRIVE/CONNECT WITH GROUP/PREP FOR DAY
9:00 AM	BARN TIME – WORSHIP/PRAYER
9:50 AM	ADVENTURES
11:00 AM	BIBLE STUDY
12:00 PM	LUNCH
12:40 PM	PHYSICAL TRAINING
1:40 PM	NATURE STUDY
2:50 PM	DEVOTIONS/DEBRIEF
3:40 PM	WATER BATTLE
4:15 PM	GROUP DEBRIEF
4:30 PM	PARENT PICK UP

A few pointers to make camp a better experience for your child:

1. **Decrease the amount of caffeinated drinks your child consumes coming into camp.** This will help with any withdrawal symptoms that may be exacerbated due to the increase of water consumption and physical activity during the week of camp.
2. **Get your camper outdoors and being active** (if they are not already). It will only make their week at camp even more enjoyable and fun!
3. **Review the "Participant Code of Conduct" with your child prior to camp (below).** This is the standard with which we will run our camp time and will be an expectation of each camper to agree to follow the guidelines listed in the agreement.

PARTICIPANT CODE OF CONDUCT

Parents: The following are OneLife's behavior expectations for participants during Creation Camp. Please read through the Code of Conduct with your child before camp starts. Please check each one.

While participating at camp, I agree to:

Please check each in agreement.

- Stay with my leader and group at all times
- Be a responsible member of the community
- Think in advance about the consequences of my actions
- Be considerate & respectful of others' feelings & needs
- Resolve differences in a respectful manner
- Assure my own and others' safety
- Protect the natural environment
- Commit to honesty
- Commit to fully participate
- Follow all guidelines set by group leaders

