

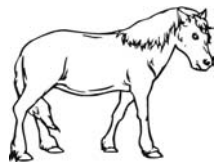
ADDITIONAL INFORMATION: TRIP CAMPS AND NOMADS

For all adventure camps: Please be sure to read, sign, and send in the completed informed consent form(s). The camper will not be permitted to participate in the trip if the form is not on file.



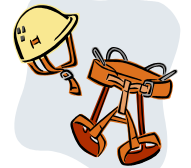
CANOE ADVENTURE: This overnight trip usually puts in west of Richmond in Fluvanna County either at Scotsville or Hardware. Campers will camp out overnight on the river. The usual spot is near the So-Lite mining plant, which has access to a road in the event of an emergency. A cell phone is carried on the trip for emergency communication. If the level of the James River is too high at the time the trip is scheduled, an alternative day trip on the South Anna River will be considered.

ROCK & RAFT: Campers will spend two days rafting on the river (weather permitting and water level permitting) and one day rock climbing, provided by River Expeditions of Oak Hill, West Virginia (website: www.raftinginfo.com). Make sure to bring long pants, long sleeves, and bug spray for camping! A cell phone is carried on the trip for emergency communication. Please return the release forms as soon as possible!



TACK AND TROT: Carlton Farms, in Williamsburg, makes it possible for us to offer horseback riding! Campers travel each morning to the stables where they meet their horse (for the week!) and receive group instruction and individual attention (geared towards those with little experience). Carlton Farms teaches English riding. Please return the Stable forms as soon as possible so the stables can match your camper with an appropriate horse. Finally, long pants and sturdy shoes are required for each day of riding. Campers with experience may bring their own equipment if they wish.

ADVENTURE BY CHOICE: The group will spend three days at the ropes course at William and Mary (*weather permitting*). At the course they will work to build trust within their group, test their problem solving skills, and challenge themselves individually. The instructor for this camp session is Mike Burcher, MW Director, who has trained and worked extensively at the W&M course. All high elements will employ a rope safety system known as a belay, and participants will be wearing harnesses and helmets. Campers should bring sturdy sneakers. Hiking boots with lug soles and sandals are not appropriate footwear.



NATURE EXPEDITION: Camping and exploring Kiptopeke State Park is first on the agenda (including swimming in the Bay and hunting for sand dollars). You'll also sea-kayak, perhaps at night!, and visit Chincoteague and the wild ponies. The sea-kayak tour includes a guide with extensive information about the natural surroundings, and there will be time for activities in our natural surroundings at camp. Make sure and bring long pants, long sleeves, and bug spray for camping!

SAILING: This trip leaves early in the week to go to Holiday Island, NC, near Elizabeth City. They spend two nights as guests of Ken and Shirley Ries, former members of the Bow Creek Presbyterian Church, now retired to the island. During their stay (wind and weather permitting) they will learn basic sailing skills on Sunfish, and also have the opportunity to try a sailboard, and tubing or knee-boarding behind a powerboat. Weather permitting, the group will also go out in two 26 foot sailboats to anchor in a cove off the Albemarle Sound, sleeping and eating on the boats.



SCUBA ADVENTURE: Campers from this session able to complete all components of the course will finish with a NAUI National Open Water Diver Certification. This extreme adventure begins at MW with lots of classroom time (necessary to learn the correct procedures) and learning the skills in the MW pool. Once that is completed, campers will travel to a dive lake for open-water dives. Campers must also be able to swim 220 meters without stopping, float for 15 minutes, and swim underwater for 35 meters, in order to obtain the certification. Campers may wish to bring their own mask, snorkel and fins (more specific information available.)

NOMADS: Campers live in tents, and move their camp site as often as they desire. The majority of their personal items will be stored in lockers and a small room or cabin. We strongly discourage sending trunks or large suitcases that take up a lot of floor space. A backpack (like the ones used for school) is essential, and can be used to carry items such as a Bible, flashlight, bug spray, camera, etc.

