

Trek 2009 Final Camper Instructions

Well, its almost here. Its time for trek. Here are the final instructions and information for trek this year.

For Parents and Campers.

Please pray for and expect God to work mightily in everyone's lives this year. Please pray that the Holy Spirit will open our hearts and teach us. Pray for safety, community, and joy.

We will try to update the trek website a couple of times during the week. Check out:

<http://trek.obf.org/trek2009>

Emergency Contact Information

Campers will not have cell phones (or other electronics) while on the island. Some counselors do but cell coverage is very spotty. The best communication method is to leave a message with Willow Grove. This is a service Willow Grove kindly offers, so please only use if its truly important.

Willow Grove Resort
11045 Willow Grove Hwy.
Allons, TN 38541
(931) 823-6616
<http://www.willowgrove.com/>

Care Packages and/or Letters

Parents and friends are encouraged to send notes of encouragement to the campers during the week. Please be aware that we frequently read the post-cards to the campers at campfire, so keep this in mind when writing. Mail the letters to:

TREK – CAMPERS NAME
C/O Willow Grove Resort
11045 Willow Grove Hwy.
Allons, TN 38541

Medication Procedures

All medication must be given to the camp nurse. Please put all medication in ORIGINAL containers with pre-printed instructions on the label. Feel free to include an index card with additional instructions. Put all medication in a zip-lock style plastic bag and write the campers name on the outside of the plastic bag.

Transportation:

- We will be taking personal cars to get to TREK. Please be prompt.
- Have money for a lunch stop for both going and returning. We typically stop at a place that has Lees, Arby's and a Chinese restaurant, so plan accordingly. Don't pack the money in your suitcase/duffel bag.
- Bring in the cars a small bag with Lunch Money, book, pillow...
- Everything else will be packed in a trailer and won't be accessible until we get to the island.

- **OBF Transportation**
- **Senior High Week:**
 - Be at OBF at 6:00 AM on Saturday 6/13.
 - Cars Leaves Promptly at 6:45 AM.
 - Cars should Return about 9PM ON Saturday 6/20.
- **Middle School Week:**
 - Be at OBF at 6:00 AM on Sunday 6/21
 - Cars leaves promptly at 6:45 AM
 - Cars Returns Saturday about 9:00 PM on 6/27

Electronics

Campers are free to bring cell-phones, i-pods and the like for the trips down and back. These will be securely locked up during the week at Trek. NO cell phones or other electronics (except for certain staff) will be allowed on the island during the week.

What to bring

Please take ONLY what you need and pack as COMPACTLY as possible (one large bag, rubbermaid type container, or suitcase per camper). Duffel bags are preferable. Mark all your gear! As you pack, count on warm weather generally, perhaps some rain and occasional cooler weather.

- **Folding lawn chair** (no lounges)
- **Bible, notebook & pen(s) - place in zip-lock type plastic bag**
- **Eating Supplies**
 - **Drinking cup (PLASTIC, WITH HANDLE) – We said with handle, we hang the cups on a chain-line.**
 - **Mesh bag to hang eating plates/utensils from another chain line strung between trees.**
 - **Large sturdy plastic or metal plate or tray**
 - **Sturdy cereal size bowl**
 - **Fork, knife, spoon, etc.**
- **Camping Supplies**
 - Sleeping bag (sheet for warm nights), pillow
 - Rope for a short clothes line & a few clothes pins
 - Flashlight
 - Sunscreen lotion (recommend SPF 15+)
 - Insect Repellent
 - Trek provides tents but you are free to bring one if you really want
- **Clothing Items**
 - Shirts
 - Shorts
 - One pair of jeans/long pants
 - Rain poncho or raincoat
 - Underwear, socks, etc.
 - Long sleeve shirt/light jacket
 - Tennis shoes, sandals, etc.
 - Swimsuits (one piece for ladies) (at least 2)
 - Beach towel
 - Old tennis shoes or aqua socks/water sandals (needed when in water because of sharp

shale stones) **Please do not bring (or wear) thong sandals.** They don't stay on and people get frequent cuts due to walking on the shale. If you bring sandals, we recommend full sandals with straps around the back.

- Grooming Supplies
 - A couple towels
 - Soap & shampoo
 - Toothbrush, toothpaste
 - Deodorant and other normal stuff you use
- Snacks
 - Bring snacks for the trip down and back.
 - No food is to be kept in the tents. Critters love to visit the tents to find this food and we don't want this. We provide lots of good food so you won't go hungry.

What NOT to Bring!

- Alcohol, drugs, fireworks, pornography, tobacco products, weapons.

Optional Items

- Mask, swim fins, snorkel
- Camera
- Pocket Knife
- Frisbee
- Baseball cap or hat, etc.
- Portapotty monster bribes (No money. No Candy. Cards, pictures, things like that)
- Campsite Enhancements – The portapotty monster really likes it when campers spruce up their tent area.
- Secret Servant items. Each camper will be a secret servant of another camper. The idea is to serve and encourage your selected camper. Washing dishes, helping out, small tokens of encouragement are the idea. Again no money. Nothing commercial is allowed. You may MAKE small gifts, crafts, cards so bring supplies if you desire.

Rules and Behavior Expectations

- Be part of the community, listen, discuss, participate appropriately.
- Be respectful and encouraging. This is a week of encouragement. Leave all negativity and sarcastic comments at home.
- One piece bathing suits for ladies.
- Must always wear shoes.
- No Purple (we will explain when we get down there if you don't understand).
- If its not your tent, don't go in there.
- Keep it clean. The island PortaPotty monster visits the campers tent sites each day and dirty tents get to clean out the PortaPotties the next day.
- Do what you are asked, the first time
- We do (and have) sent campers home for serious misbehavior. Please don't make your parents come down and get you.

Secret Servant

Once at the Island we will be picking secret servants. This is a person to whom we are to show Christ's love during the week. This can be through acts of service, poems, skits, letters and similar acts. NO COMMERCIAL items are allowed. This is a change from past years. No candy, no commercial cards (homemade cards are great), etc.