



What to Expect

- To be challenged in new ways
- To break down stereotypes and judgments
- To be expected to participate at your 100%
- To spend some time outside, no matter what the weather is like!
- To spend time with the big group and in small groups
- To be respected – no matter your background
- To get out of your comfort zone
- To express yourself
- To get a bit dirty
- To smile, laugh, and feel emotions
- To make new friends
- To be held responsible and accountable
- To sleep in a cabin (with electricity and running water!)
- To be empowered to succeed
- To share parts of your story
- To develop trust
- To be appreciated
- To give your opinions and feedback
- To be heard
- To eat Camp food
- To discover strategies for making your life better
- To have choice in how you participate

What to Bring

- Warm socks
- Comfortable, close-toed shoes (that you don't mind getting a little dirty)
- Jeans or other pants
- Rain jacket or coat
- Warm layers: long-sleeved shirt, sweatshirt, etc.
- Toiletries – Toothbrush/paste, shampoo/soap, hairbrush, etc.
- Towel
- Pillow
- Sleeping bag or twin-size bedding (sheets and blankets)
- Extra blankets
- Snacks and drinks (please limit your energy drink intake)
- Use of phones is allowed during breaks and at nights
- An open mind, positive attitude, willingness to try new things and have fun!

Please note: There is NO cell service at Camp. A landline is available for emergencies.