

## **Info for Parents**

### A Word from Camp:

Thanks so much for sending you son or daughter to Lake LUndgren for our Fall Fest retreat. We love emphasizing many standard FALL elements, like apples, football, and turkey. Campers can opt to participate in some unique activities like our SPARTAN RACE, flag football competition and more. If you have any questions for us, please email sponz@llbc.org for some answers.

#### What to Bring:

- Registration Form
- Bible, pen/pencil, notebook -Camp Fee
- Clearly labeled medications in original bottles. Please do not bring nonprescription medications.
- warm sleeping bag or bedding & pillow; towels & washcloth
- Toothbrush, toothpaste, soap, shampoo & deodorant
- Modest Fall Clothing (including some athletic clothes)
- Clothes that can get filthy
- Spending Money (recommended amount: \$10-\$20)
- Optional: camera, musical instrument, etc.
- Clearly label your belongings. Please call if something is life behind and we will work with you to return the item.

#### What to NOT Bring:

- Fireworks, Firearms, Knives, Matches, Lighters, Cigarettes, Vapes
- Alcohol or non-prescription drugs
- Candy, snacks or food (unless required for medical reasons)
- Pets
- Valuables

#### Frequently Asked Questions:

- If my child attended summer camp, do they need to bring along a new health history form?
  - Yes...but don't worry, the registration form includes the health form.
- Do you make concessions for food sensitivities?
  - Yes, we make sure all reasonable food sensitives are accounted for.

# Schedule

<u>Friday</u>	
6:30-7:30 pm	Re

6:30-7:30 pm Registration

8:00 pm Leader Mtg in Chapel

8:30 pm Chapel

9:15 pm Breakout Time 9:30 pm Free Time 11:00 pm In Cabins

**Saturday** 

7:00 am Leaders Meeting

8:00 am Breakfast

8:30 am PQT 9:00 am Chapel

10:00 am Breakout Time10:45 am Free Time Options

-Flag Football Tourney

Noon Lunch

1:00 pm Free Time Options

-Spartan Race

-Shooting Ranges

-Ninja course ...AND MORE!!!

5:00 pm Supper 6:00 pm Chapel

7:00 pm Breakout Time 8:00 pm Night Activities

11:00 pm In Cabins

**Sunday** 

8:00 am Leader Meeting 8-9:00 am Continental Breakfast

9:00 am PQT 9:30 am Chapel

10:30 am Breakout Time

Noon Lunch 1:00 pm Depart