



Welcome to Crossings Camps! We consider it a privilege to host your students this summer.

### Gospel Focus

In partnership with the church, our passion is to see your students' and kids' lives changed by the Gospel of Jesus Christ. Every element of our camp program is designed to engage your students with the Gospel and the Word of God. We even hire over a hundred college students whose primary focus is to build relationships with your students. Our hope and prayer is that these grace-filled elements—Gospel, Bible, Relationships—will transform their lives and energize them to follow Jesus Christ with absolute surrender. Of course, we also expect your students to have a blast. Swimming, sliding, running, studying, competing, zipping, praying, singing, yelling, gaming, learning, talking, and much more are a normal part of every single day. Our hope is that our distraction-free environment and all the fun helps them focus on what really matters: Jesus.

### Distraction-Free Environment

The generation of students growing up in your homes and filling our seats every summer are known as Generation Z. They are hyperconnected, spiritually interested, and eager to make a difference in the world. Yet, they are lonely, confused about God, and anxious about their future. Whether in your home, at church, or at camp, our hope is to interrupt Generation Z's loneliness, confusion, and anxiety with the glorious Gospel of Jesus. It is paramount that they disconnect them from their devices, have a safe place to answer their hard questions about Christianity, and experience the hope of the Gospel in a distraction-free environment. While we trust that all these things happen every week at your local church, we believe camp provides a unique opportunity to pursue Generation Z. It is our privilege to serve them; it is our prayer that they will cross over from death to life; and it is our hope to fuel them to change the world for Jesus.

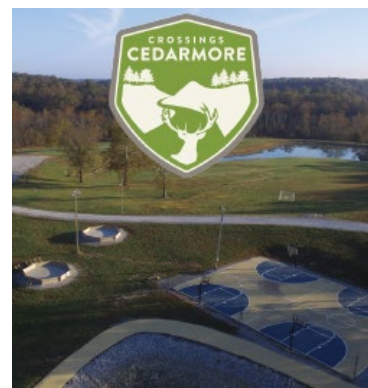
### Jonathan Creek Camp and Conference Center



Our western Kentucky property is located 45 minutes south of Paducah and sits on 100 acres of Kentucky Lake shoreline. A private recreation lake, grassy open spaces, small groves of trees, and breathtaking sunsets provide a restful, distraction-free, outdoor camp experience. Over the past twenty years, Jonathan Creek has been built for students to have a safe and fun place to experience God. The 800-seat indoor worship center is packed with all the latest technology to engage your students with a clear Gospel message, relevant Bible teaching, and vibrant worship. Modern lodging, dining, and a general store provide a comfortable atmosphere to build relationships and to meet Jesus. Of course, the property is filled with unique high-energy activities like zip-lines, bazooka ball, laser tag, an aerial adventure park, lake tubing, kayaking, and so much more. Jonathan Creek is much more than a great camp and an awesome experience. It is a place where you can expect Jesus to change your students' lives.

### Cedarmore Camp and Conference Center

Our central Kentucky property is located an hour east of Louisville and is nestled in the heart of Kentucky's bluegrass region. Cedarmore's secluded 600 hundred acres are nestled in the midst of rolling hills and cedar tree filled woodlands. The shaded rolling hills, grassy open spaces, and private recreation lake provide a restful, distraction-free, outdoor camp experience. Over the past twenty years, Cedarmore has been built for students to have a safe and fun place to experience God. The 700-seat indoor worship center is packed with all the latest technology to engage your students with a clear Gospel message, relevant Bible teaching, and vibrant worship. Modern lodging, dining, a general store, and a coffee shop provide a comfortable atmosphere to build relationships and to meet Jesus. Of course, the property is filled with unique high-energy activities like zip-lines, bazooka ball, archery tag, a climbing tower, escape rooms, and so much more. Cedarmore is much more than a great camp and an awesome experience. It is a place where you can expect Jesus to change your students' lives.



# 2020 MISSIONS OFFERING & THEME

**MISSIONS OFFERING** | The central aspect of our mission statement heralds the fact that we exist to proclaim the Gospel. We want this truth to saturate every moment of your students' time at camp. For this reason, we continue to raise money to support missionaries and missions' organizations around the world.

**Camp to Campus:** This summer at Crossings we will partner with Chicago church planters who are seeking to bring the gospel to students through collegiate church planting. Why is this the mission's emphasis that we have chosen? Bill Bright, founder of Campus Crusade, puts it best, "If we can win the university today, we will win the world tomorrow." Many of the students who attend camp every summer are on the cusp of stepping into a new stage of life and for many that involves going to college.



Between the ages of 18-25 is when a huge developmental window opens that challenges people to embrace new ideas and new ways of thinking, be that educationally, financially, politically and especially spiritually. People in this age range are quickly becoming shapers of tomorrow, and the things they believe influence future organizations, cultures and society as a whole for coming generations.

With over 600,000 college students in Chicago, it is estimated that less than 2 percent are Christians. That means in the city of Chicago, college students can be listed as an unreached people group. Our 2020 missions offering will allow students at Crossings to have a major impact on other students, sending support from Camp to Campus will give church planters the resources they need to reach this unchurched people group at universities across Chicago.

**The church planters:** Ray and Sieun Choi are looking to plant a church at Northwestern University. They moved to Chicago in 2018 after launching collegiate churches in California at UC Berkley and UC Irvine. After a visit to the Northwestern campus they felt the call to go after seeing evidence of the lostness on campus. They began with a core group of 15 students and have grown that number to 30 after their first year on campus.

David and Joo Won Park are planting a church at the University of Chicago. They moved to Chicago in 2019 after helping launch and lead a campus church at UC Berkley. They have a core team of 15 students who transferred to the University of Chicago as student missionaries to help launch the new church plant!

The money that students give will go directly to impacting students on these campuses. The beautiful part about it all, is that by the grace of the gospel, these college students who are impacted by your giving, can have a direct influence on countless other college students across the nation. So we want to challenge you to give faithfully from Camp to Campus as we here at Crossings seek to support our brothers and sisters in Chicago, who are giving their lives to influence the spread of the gospel in a city that is desperately in need of Christ's love.

## 2020 Student Camp Theme |



### DO YOU KNOW THE STORY?

Do you know the man and the God behind the story? When God brought Moses through the waters so that he could then bring his people through the waters. This is the story of how the staff of Moses went to war with the serpent of Pharaoh. This is the story of the burning bush and the burning mountain, the bloody Nile and the blood-soaked doorpost, the parting Israel through the parted Red Sea, and the passing of God's glorious face over the ashamed but reclaimed face of Israel.

**DAY 1: Moses Contends with I Am — Exodus 3**

**DAY 2: Moses Contends with Pharaoh — Exodus 12**

**DAY 3: Moses Contends with the Red Sea — Exodus 14**

**CREEK DAY: Moses Contends with Israel—Exodus 16-17**



# Student Camp Schedule



This schedule is representative and subject to change.

## ARRIVAL DAY

<b>2-4 PM</b>	Registration
<b>3-5 PM</b>	Snack/Store Open
<b>5:00 PM</b>	Dinner†
<b>7:00 PM</b>	Crossings Staffer-led Small Groups Adults Only Meeting††
<b>8:00 PM</b>	Opening Celebration
<b>9:15 PM</b>	Church Checkpoint*
<b>10:00 PM</b>	Free Time/Snack/Store Open
<b>11:00 PM</b>	In Rooms/Housing

## LAST FULL DAY

<b>7:30 AM</b>	Breakfast†
<b>8:15 AM</b>	Group Leader Meeting
<b>8:45 AM</b>	Morning Celebration
<b>9:20 AM</b>	High School Large Group* Middle School Breakthru
<b>10:05 AM</b>	High School Small Group Middle School Large Group*
<b>10:50 AM</b>	High School Breakthru Middle School Small Group
<b>11:30 AM</b>	Lunch†
<b>1-5 PM</b>	Snack Shack/Store Open
<b>1:00 PM</b>	Rotation 1 - Recreation (POIs)*
<b>2:30 PM</b>	Rotation 2 - Lake Sports
<b>4:00 PM</b>	Rotation 3 - Church Connect*
<b>5:15 PM</b>	Dinner†
<b>6:45 PM</b>	Worship
<b>8:15 PM</b>	Church Checkpoint*
<b>9:45 PM</b>	Closing Celebration
<b>10:10 PM</b>	CrossBowl-A-Thon
<b>10:30 PM</b>	Free Time/Snack Shack Open
<b>11:30 PM</b>	In Rooms/Housing

## FULL DAYS

<b>7:30 AM</b>	Breakfast†
<b>8:15 AM</b>	Group Leader Meeting
<b>8:45 AM</b>	Morning Celebration
<b>9:20 AM</b>	High School Large Group* Middle School CrossBowl Competition
<b>10:05 AM</b>	High School Small Group Middle School Large Group*
<b>10:50 AM</b>	High School CrossBowl Competition Middle School Small Group
<b>11:30 AM</b>	Lunch†
<b>1-5 PM</b>	Snack Shack/Store Open
<b>1:00 PM</b>	Rotation 1 - Recreation (POIs) *
<b>2:30 PM</b>	Rotation 2 - Lake Sports
<b>4:00 PM</b>	Rotation 3 - Church Connect*
<b>5:15 PM</b>	Free Time
<b>5:45 PM</b>	Dinner†
<b>7:30 PM</b>	Worship
<b>9:00 PM</b>	Church Checkpoint*
<b>10:00 PM</b>	Shack Opens/Crossings Fellowship
<b>11:00 PM</b>	Senior Night (Day 2) In Rooms/Housing

## CLOSING/DEPARTURE DAY

<b>7:30 AM</b>	Breakfast†
<b>10:00 AM</b>	Groups Depart

†Actual mealtimes will vary as they are split into three 30-minute segments according to your group's camp color. Camp colors are assigned at arrival.

††Adults/Group Leaders and Chaperones registered for camp.

### \*PROGRAMMED ACTIVITIES EXPLANATION



**CHURCH CHECKPOINT** | We want to strengthen the relationship between students and their church leaders. This is a designated time for you to meet with your group, debrief, worship, and pray together.



**BIBLE STUDY** | We separate middle and high school and give them in-depth exposition of God's Word from our camp pastor followed by a staffer-led breakout time of discussion and application.



**POI | POINT OF IMPACT** | Students participate in one specialized activity per day, based on student preference. Activity followed by intentional Gospel discussion. See [gocrossings.org/poi](http://gocrossings.org/poi) for full list.



**CHURCH CONNECT** | This is a designated time for you, the Group Leader, to connect with your students through devotions, discussions, team building activities, or simply hanging out.



# MOCK DAY AT CAMP

**NEW TO CROSSINGS? TAKE A GLANCE AT WHAT A FULL DAY LOOKS LIKE!**



## **Mornings = Gospel + Heart Focus**

**Morning Celebration** | A high-energy time every morning that includes lots of fun, live sketches, videos, announcements, games, and music.



**Bible Study** | Daily in-depth exposition of God's Word led by our camp pastor. The camp is segmented into high school and middle school to allow focused teaching. After Bible study, our staffers lead a time of discussion and application with your students.



**Break Thru** | After Bible study, our staffers invest in your students via games, guided conversations, and general hang out time.



**Crossbowl** | Bible study groups compete against each other in physical, mental, indoor and outdoor games. Which group will be the champion?



## **Afternoons = High-Energy Indoor and Outdoor Activities**

**Points of Impact (POIs)** | We fill your students' afternoons with high-energy indoor and outdoor activities on our beautiful properties. At the end of each POI, our staffers spend a few minutes discussing with students how that particular activity illustrates the Gospel. A list of POIs is available at [www.gocrossings.org/camps](http://www.gocrossings.org/camps).



**Lake Recreation** | This is a time within the afternoon rotation to participate in activities like water zips, blobs, water slides, etc. Please reference the dress code for appropriate swimwear.



**Connect** | This is a designated time for you, the Group Leader, to connect with your students through devotions, discussions, team building activities, or simply hanging out.



**Time Alone With God (TAWG)** | During Connect, we encourage students to have personal quiet time in Bible Study and prayer. Devotional material based on the morning Bible study is provided to each student.



**The General Store** | Open in the afternoons, the General Store will offer a wide range of products for purchase. Visitors will be able to purchase Crossings merchandise, snacks, and convenience items.



## **Evening = Worship + Bible + Relationships**

**Worship** | The worship service is the heartbeat of camp. Everything we do revolves around worshipping the Lord through song and through the preaching of the Word. During this evening gathering, we are intentional about calling students to repentance and faith in Christ, providing them with a serious study of the Word of God, and offering Christ-centered worship that we pray will help them seek the things that are above.



**Fellowship** | The entire camp participates in these Crossings keynote experiences. These times are highlights of every camp week that foster unity, fun, and allow for a little camp-wide controlled chaos.



**Checkpoint** | A designated time for you to meet with your group, debrief, worship, and pray together.



**Shack** | This is the last hoorah before lights out. Immediately following Checkpoint, the Shack will be open to purchase tasty treats and refreshing beverages. This is a time for you and the staff to continue developing relationships with your students.

# Jonathan Creek POIs:



## AERIAL ADVENTURE PARK\*\* SC

Have the opportunity to climb on our brand new Aerial Adventure Park! 18 different challenges that all take place 40 feet off of the ground. Also, you will have a chance to experience the feeling of free fall on our new Quick Jump challenge.



## ARTS AND CRAFTS SC KC

Are you creative and artistic? Or do you want to inspire your creative side? No matter your skill level, come inside for a fun afternoon of laughing, creating, and painting craft projects. You will be able to create and take home a project that will remind you of your camp experience.



## BASKETBALL KC

So, you think you got skill? Bring your "A" game out to the court, who knows you may learn a little too!



## BAZOOKA BALL SC KC

It's a duel! Which team will outlast the other? If you like paintball, you will love bazooka ball! It's like paintball but with the soft, foam ammo. No paint, no mess, but ALL FUN!



## COURT GAMES SC

Basketball, Gaga Ball, and Volleyball - all Jonathan Creek favorites combined into one, great POI!



## DISC GOLF SC KC

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc. Enjoy a moderately challenging course, designed by professionals, to throw some discs, enjoy the Jonathan Creek property and have great conversation with our staff and participants.



## EVANGELISM/MISSIONS SC

Jesus calls us to share the Gospel with everyone we can. But, it can be scary to obey. Come with your friends and learn how to be bold in your faith as you take the Truth to your neighbors, your family, your school, our country, and across the world!



## FIELD GAMES SC

Are you competitive? Looking for some exercise? Or, just wanna let loose? Well, meet us on the rec fields for some intense and friendly competition. Tiger Ball. Ultimate Frisbee. Softball. Kickball. You name it, and we might play it. But, make sure to eat your Wheaties before you come.



## GAGA BALL KC

Gaga ball is dodgeball with less aces to dodge! This is a fun outdoor activity in which you use a ball to get the other team out but it is all done with in a octagon play field.



## HATCHET THROWING SC

Come practice your aim on our BRAND NEW hatchet throwing course! Compete against your fellow campers to see who can hit the mark the most!



## HIKING & OUTDOORS SC KC

Join us for a stroll through the woods and deepen your knowledge of outdoor living!



## ICING ON THE CAKE KC

This POI offers basic skills to introduce you to the joys of cake decorating. By learning how to use a piping bag and special techniques, this POI will leave you wanting to learn more so you can delight your family and friends with your decorating skills.



## INDOOR SPORTS SC KC

Tired of the heat but still want to be active? Sign up for this activity and test your skill at our finest Indoor Sports - Foosball, Ping Pong, Carpetball, and more!



## KAYAKING SC KC

Ever want to kayak around an obstacle course on Kentucky Lake? You'll have the chance to do this and more in kayaking.



## LASER TAG SC KC

I know what you are thinking and yes this is the Laser Tag you have played, or heard about. Come suit up with phaser and vest and see if your team can score the most points.



## LEGOS KC

Everyone loves being a kid again. Join us as we have thousands Lego pieces. How creative can you be?



## MINUTE TO WIN IT SC KC

Do you like competitive games? Do you like working together as a team? Join us in this fast pace, high energy competitive game. You know you want to win, and you will only have one minute to complete the task.



## NEB'S HEAD KC

Want to brush up on your Neb's Head skills and give your team an advantage for CrossBow? Sign up for this POI and get some extra playing time in for everyone's favorite CrossBow game!



## NUKE 'EM! KC

Nuke 'em! is like volleyball however, you catch the ball and throw it over the net rather than hit it. The object is to get all the other team's players out by throwing the ball over the net and getting it to land on their side. If the other team fails to catch it, the player who touched the ball or is closest to the ball when it hits the ground is out.



## POOL GAMES SC KC

This is not your ordinary "lay in the pool on a life raft" type thing. Get ready for some amazing pool games, including water volleyball and water basketball.



## SCIENCE EXPERIMENTS KC

Do you like science? Do you like figuring out how things work? Join us and become a mad scientist figuring out the world that God has created for us to explore!



## SOCCER KC

Come kick it for an afternoon of fun in the sun! Learn a few new tips and maybe show us a few!



## TUBING (CREEK) SC KC

Hold on tight! You are about to be flung across Kentucky Lake behind a boat on top of an inner tube! Fun? You tell us!



## WIFFLE BALL KC

Think you're good at baseball? Come try out your skills on our Wiffle Ball field and see how many times you can run around the bases before you head for home!



## ZIP LINES (MAX WEIGHT 250 LBS.)\*\*\* SC KC

Clip in your harness and hold on! Zip through the tree's suspended 40 ft. above the ground. Note: the maximum weight range for the zip lines is 250 lbs.


### KEY:

SC = STUDENT CAMP

KC = KIDS CAMP

KC\* = KIDS CAMP (5TH-6TH GRADE ONLY)

 = Closed Toed Shoes Required

 = Sturdy Shorts Required

\*Long sleeves and jeans recommended for slingshot paintball.

\*\*Maximum weight is 250 lbs, 7th grade and up.

\*\*\*Maximum weight is 225 lbs, minimum weight is 70 lbs.

# Cedarmore POIs:



## ARCHERY TAG SC KC

Archery Tag® is played similar to dodgeball with our bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on Tag... The game you never outgrow!



## ARTS AND CRAFTS SC KC

Are you creative and artistic? Or do you want to inspire your creative side? Arts and Crafts is for you! No matter your skill level, come inside for a fun afternoon of laughing, creating, and painting craft projects.



## BASKETBALL SC KC

So, you think you got skill? Do you think you are the next Lebron, Kobe, or Michael Jordan? Bring your "A" game out to the court, who knows you may learn a thing or two in the process!



## BAZOOKA BALL SC KC

It's a duel! Which team will outlast the other? If you like paintball, you will love the rush of bazooka ball! It's like paintball but with soft, foam balls. No paint, no mess, no pain, ALL FUN!



## CEDARMORE ESCAPE ROOMS SC\*

Cedarmore's escape room is a physical adventure game in which players are "locked" in a room and have to use elements of the room to solve a series of puzzles and escape within a set time limit. Can you succeed?



## CLIMBING SC KC

The Tango Tower offers six sides of elements to challenge any level of climber. Grab a friend, a harness, and a helmet and prepare to have the time of your life. It is sure to be a blast!



## DISC GOLF SC KC

Disc golf is played much like traditional golf. Instead of a ball and clubs, players use a flying disc. Enjoy a moderately challenging course, designed by professionals, to throw discs, enjoy the property, and have great conversation.



## DODGEBALL SC KC

Grab your athletic wear and stretch out that rotator cuff. Head down to the MAC for this classic you have come to know and love, all done Crossings style!



## EVANGELISM/MISSIONS SC

Jesus calls us to share the Gospel with everyone we can. Come with your friends and learn how to be bold in your faith as you take the Truth to your family, your school, and across the world!



## TIGER BALL/ULTIMATE FRISBEE SC KC

Are you competitive? Looking for some exercise? Meet us on the rec fields for some intense and friendly competition. Tiger Ball. Ultimate Frisbee. Softball. Kickball. You name it, and we might play it.



## FISHING SC KC

You get a line, I'll get a pole. Join the staff for a relaxing time of catch and release fishing. You just might get lucky and catch some catfish or hybrid blue gill.



## HEARTSONG POI SC

This POI is designed for students who are interested in potentially leading worship, being in a band, or are musically inclined. They will do a brief framework/teaching for understanding leading worship and then potentially get to practice with the band themselves.



## GAGA BALL SC KC

Gaga ball is dodgeball with less aces to dodge! This is a fun outdoor activity in which you use a ball to get the other team out but it is all done within an octagon play pit.



## HIKING & OUTDOORS SC KC

Do you enjoy nature? Are you needing a peaceful break from the excitement of camp? Are you needing to marvel at God's creation? Join us for a stroll through the woods and deepen your knowledge of outdoor living!



## COOKIE DECORATING SC KC

Discover your inner cookie artist skills in this fun, engaging POI! You'll learn easy techniques using Royal icing to create your own sugar cookie masterpieces.



## IMPROV SC KC

If you love to laugh, you will love improv. Enjoy some of the games you might have seen from late night comedy and learn some new ones as well. This will challenge your mind and crack you up! Give it a try!



## LEGOS KC

Join us as we have thousands of Lego pieces. Want to build an exact replica of the Millennium Falcon, the Empire State Building, or the Eiffel Tower? How creative can you be?



## MINUTE TO WIN IT SC KC

Do you like competitive games? Do you like working together as a team? Join us in this high energy competitive game. You know you want to win, and you will only have one minute to complete the task.



## NUKE 'EM! KC

Nuke 'em! is similar to volleyball however, you catch the ball and throw it over. The object is to get the other team's players out by throwing the ball over and getting it to land on their side.



## SCIENCE EXPERIMENTS KC

Do you like science? Do you like figuring out how every thing works? Have dreams of testing different hypotheses to find a resolution? Join us and become a mad scientist figuring out what God has created to explore!



## SMASHBALL SC KC\*

Just imagine crawling in a giant bubble where you can pinball off your friends, play a game of bumper car like soccer without ever getting hurt. This is a POI you won't soon forget.



## SOCCER KC

Come kick it for an afternoon of fun in the sun! Work on your dribbling and scoring skills so that you can be the next Leonardo Messi. Learn a few new tips and maybe show us a few!



## WIFFLE BALL KC

Think you're good at baseball? Is Mike Trout your baseball hero? Come try out your skills on our Wiffle Ball field and see how many times you can run around the bases before you head for home plate!

## ZIP LINES\*\* SC KC\*

Do you like heights? Do you like an adrenaline rush? Clip in your harness and hold on! Zip through the trees suspended forty feet above the ground. Don't forget to enjoy the beautiful views and scream really loud.

## CORCL BOATS SC KC

Can't get enough water at the waterfront? Introducing Corcl, an individually sized round boat sure to be your new favorite POI!

### KEY:


SC = STUDENT CAMP

SC\* = HIGH SCHOOL ONLY

KC = KIDS CAMP

KC\* = KIDS CAMP (5TH-6TH GRADE ONLY)

 = Closed Toed Shoes Required

 = Sturdy Shorts Required

\*\*Maximum weight is 225 lbs.

\*\*Minimum weight is 70 lbs.

# PACKING LIST



## STUDENT AND CHAPERONE PACKING LIST

- ☐ Appropriate Clothing – see [Dress Code](#) and [Activity/POI Requirements](#) below.
- ☐ Bedding – pillow, sheets or sleeping bag
- ☐ Towels – beach towels, bath towels, bath mats
- ☐ Toiletries – toothbrush, soap, shampoo, wash cloth, deodorant, hand soap, paper towels
- ☐ Sunscreen
- ☐ Insect Repellent
- ☐ Reusable Water Bottle
- ☐ Wristwatch
- ☐ Sunglasses and/or Hat
- ☐ Complete Bible – we use ESV in all programs
- ☐ Pen and Notepad
- ☐ Spending money for Camp General Store and Snack Shack
  - Snack Shack items cost \$1-\$5
  - General Store items cost from \$1 to \$25
  - Challenge: Student participants bring \$20 or more and kid participants bring \$10 or more for the missions offering

## ACTIVITY/POI REQUIREMENTS

Many of our activities require certain shoes or shorts for safety. Participants must adhere to guidelines or they cannot participate in the activity/POI. [CM = Cedarmore | JC = Jonathan Creek]

- ☐ Sturdy Shorts – required for JC & CM zip-lines, JC Aerial Adventure Park, and CM Tango Tower.
  - Sturdy shorts typically have beltloops and are made from denim, khaki, or heavy cotton. Students wearing gym/basketball/running shorts, yoga pants, or similar casual clothing will not be allowed to participate in and will be excluded from JC & CM ziplines, JC Aerial Adventure Park, and CM Tango Tower.
- ☐ Closed toe AND CLOSED HEELED Shoes – required for JC & CM zip-lines, Bazooka Ball, Axe Throwing, JC Aerial Adventure Park, JC Laser Tag, CM Archery Tag, and CM Tango Tower
- ☐ Athletic Sandals/Water Shoes – recommended for JC kayaking
- ☐ (A full list of activities along with weight/age/clothing requirements can be found at [gocrossings.org/poi.](http://gocrossings.org/poi.))

## GROUP PACKING LIST

For adults and/or group leader. We recommend you bring the following to ensure your group has an optimal experience.

- ☐ Wear your Country's Favorite Color: Crosslympics
- ☐ Anti-itch cream (Lanacane)
- ☐ Sunburn relief (Green Aloe with Lidocaine)
- ☐ First Aid Kit – triple antibiotic ointment, ace bandages, bandages, anti-bacterial wipes, & epipen.
- ☐ Pain Medications (Tylenol, Ibuprofen, etc.)
- ☐ Extra hand soap, paper towels, and bathmats
- ☐ Gold Bond
- ☐ Please ensure students who are signed-up for activities/POIs requiring closed-toe shoes and/or sturdy shorts pack them.

## WHAT NOT TO BRING

1. Alcohol, tobacco, vaping products, and illegal drugs
2. Fireworks or weapons of any kind
3. Skateboards, roller skates, or shoes with built in skates.

## DRESS CODE

We ask that all students and adults dress modestly. For females and males, shorts need to be longer than fingertips when arm is extended down the side of leg. We do not allow spaghetti strap tank tops, any tops where undergarments can be seen, or any shirts with the sides cut out. Swimsuits must be one piece. For females, shorts must be worn over swimsuits at all times, even in the water. For both males and females, shirts must be worn at all times when walking to and from the lake/pool.

