

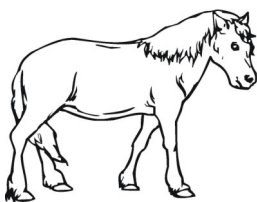
Trip Camps and Nomads: Information about your adventures!

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.



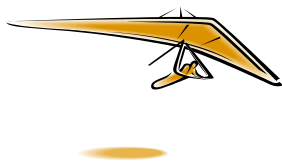
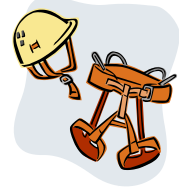
CANOE ADVENTURE: This overnight trip usually puts in west of Richmond in Fluvanna County either at Scotsville or Hardware. Campers will camp out overnight on the river. The usual spot is near the So-Lite mining plant, which has access to a road in the event of an emergency. A cell phone is carried on 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!



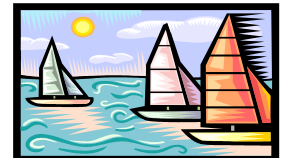
TACK AND TROT: Carlton Farms, in Williamsburg, makes it possible for us to offer horseback riding! Campers travel each morning (Mon-Thur) to the stables where they meet their horse (for the week!) and receive group instruction and individual attention (geared towards those with little experience). Carlton 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 instructors for this camp session are Sherri Egerton, MW Program Director and Mike Burcher, MW Director. Both have 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 the Outer Banks, the highlight of this adventure will be a beginning hang-gilding lesson at Jockey's Ridge State Park, provided by Kitty Hawk Kites (*weather permitting*). Campers must weigh between 85—225 lbs. to hang-glide. Please return the release forms as soon as possible! Make sure to 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.



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.