

Refreshing Mountain Camp

**455 Camp Road
Stevens, Pennsylvania 17578**

RESERVATION PACKET INTRO

Dear Group Leader,

Thank you for your interest in RMC. We look forward to working with you as we create an event that will be a “refreshing” experience for everyone that attends. We, at RMC, want your event to be a success and will work with you to ensure that this occurs. Enclosed with this letter are a number of pieces of Reference Material that are meant to help with the planning for the details of your event. You will find the following:

	Page #
Introduction	1
Reservation Process Checklist	2
Pricelist for Scheduling Activities	3, 4
RMC Guidelines	5
Menu Request Sheet	6
Release Form for Activities	7, 8
Sample Schedule	9
Sample Packing List	10
Transportation Options (Charter buses)	11

There are no required forms to fill out (except possibly the Release Forms if you are planning on activities like the High Ropes, climbing tower, etc), just helpful info as you plan the event. You are welcome to submit the Menu Request form if you wish, but you are not required to do so.

You are bound to have questions as you proceed with the planning, so please feel free to call/email us as often as you need to. Again, we are here to help you have a successful retreat, and “success is in the details”, so let us know how we can help with the details of your retreat.

We look forward to working with you on this event.

Sincerely,



Justin M. Harnish
Office Manager

Sunny Redcay
Sales Coordinator

Suzanne Harnish
Guest Services Coordinator

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Checklist for Reservation Process

GETTING STARTED:

- Place a Temporary hold on specific retreat dates at RMC.
- Review and sign the contract we send to you.
- Write a check to “Refreshing Mt Camp” for Deposit
(Important Note: If tax exemption will be claimed, the deposit must come from the Tax Exempt Organization, i.e. No Personal Checks)
- Mail all of the following to Refreshing Mountain Camp
 - 1st page of the Contract (completed with signatures)
 - Deposit Check
 - Sales Tax Exemption Certificate (if Applicable)

8 WEEKS BEFORE EVENT:

- Finalize a **Schedule**, complete the **Retreat Planning Worksheet**, and submit it to RMC for comments/approval. (due 6 weeks before event)
- Evaluate the Promotion of the retreat to make sure that your target attendance numbers are still accurate.

7 WEEKS BEFORE EVENT:

- Make sure that you included the **Standard Release Form** (provided by RMC in this packet) in your registration materials for each guest (this is the Release Form for activities that each participant needs to sign).
- OPTIONAL: Submit your **Menu Request Form**.

5 WEEKS BEFORE EVENT:

- Submit a copy of your **Insurance Certificate to RMC**.

4 WEEKS BEFORE EVENT:

- Evaluate the number of Lodge/Private Rooms that you have reserved to see if you need to talk to RMC about adjusting those details (you can change the number of rooms you want without penalty up to 30 days before the retreat).
- Submit your **Final Numbers Worksheet**. (Due 2 weeks before your event)

TWO WEEKS BEFORE EVENT:

- Confirm final count with RMC, along with any last minute details.

Once these are all checked off, you are all set to go. 😊

Activities Pricing Valid April 1st, 2012 through March 31st, 2013

Activities	Details	*Cost for Over Night Events	Costs for Day Events
Archery/ Sling Shot	Appropriate for children ages 10 to 15 max of 16 children per session	\$50.00 per hour	\$60.00 per hour
Camp Fire	Includes wood, matches, paper, and set up (group lights fire)	\$35.00 Set up	\$35.00 setup
Camp Fire	You buy the wood and do set up	\$3.50 per bundle of wood	\$3.50 per bundle of wood
Canopy Tour	5 zip lines, 70' cat walk, groups of 1-30 persons Approx 2 hour trip per 10 people.	\$260 (1-10 persons) \$26 per person (11+ persons)	Standard Rates (range \$30-\$75 pp) contact RMC for currant pricing
Canopy Tour Run	For groups sizes of 31 people or more to do the Full canopy tour. Participants will go through the Course individually, and not as a group. Approx 20-25 persons per hour	\$350 per hour <i>Minimum of 1.5 hours</i>	\$420 per hour (additional criteria apply) <i>Minimum of 1.5 hours</i>
Climbing Wall (Indoors)	Approx 15-20 persons per hour	\$75.00 per hour	\$110.00 per hour
Climbing Tower	Outdoors, approx 20-25 persons per hour	\$95.00 per hour	\$115.00 per hour
Climbing Tower at night	Outdoors, approx 20-25 persons per hour	\$110.00 per hour	\$165.00 per hour
Giant's Ladder	Teams of 2 persons race to the top of ladder Approx 20 persons per hour	\$80.00 per hour	\$105.00 per hour
Giant Swing	35' swinging pendulum, approx 15 per hour	\$80.00 per hour	\$110.00 per hour
High Ropes Only (without Canopy Tour)	Full Course (15 persons per hour) Half Course (20-25 persons per hour)	\$160.00 per hour	\$210.00 per hour
Nature Studies	Tree Identification Group max of 40 persons	\$50.00 per hour	\$60.00 per hour
Orienteering	Uses maps and compasses on guided course	\$50.00 per hour	\$60.00 per hour
Paint Ball Obstacle course	15-20 persons at a time. Maneuver through obstacles while shooting at targets	\$110.00 per hour	\$160.00 per hour

Activities	Details	*Cost for Over Night Events	Costs for Day Events
Physical Challenge Course	Team competitions involving endurance and strength Includes instructions and record sheet	\$50.00 per hour	\$60.00 per hour
Private Pool use	7:00-9:00 PM or 9:00-11:00 PM	\$55.00 per hour	Refer to pool parties
Teambuilding Large Group	Portable, Teambuilding activities for groups of 26-40 persons	\$75.00 per 1 hour \$100.00 per 2 hours \$150.00 per 3 hours	\$100.00 per 1 hour \$150.00 per 2 hours \$200.00 per 3 hours
Teambuilding Small Group	Portable, Teambuilding activities for groups of 10-25 persons	\$50.00 per hour \$85.00 per 2 hours \$120.00 per 3 hours	\$75.00 per hour \$125.00 per 2 hours \$150.00 per 3 hours
Wobbly Log	15-20 persons per hour 2 persons try to pass each other on a log 20' in the air	\$80.00 per hour	\$105.00 per hour
Single Zip Line	Approx. 15-20 persons per hour Available 7AM to 8PM	\$95.00 per hour	\$115.00 per hour
Single Zip at Night	Same as above between 8PM and 11PM	\$110.00 per hour	\$160.00 per hour

Equipment Rentals	Details	*Cost for Over Night Events	Costs For Day Events
Digital Piano Rental	88 Keys, weighted, used in conjunction with Sound Equipment	\$25.00 flat fee	\$25.00 flat fee
Golf Carts	For transportation assistance	\$95.00 per weekend \$130.00 per 3 days \$150.00 per 4 days \$175.00 per 5 days	\$55 per day
Overhead Projector	For Transparencies	\$15.00 flat fee	\$15.00 flat fee
Portable Sound System	Available to any meeting room Fender P250 with 2 speakers, 2 mics	\$80.00 flat fee	\$105.00 flat fee
Sound System (Gym #2)	Available in Gym #2 and Himrosa Hall Includes 12 Channel board, 3 mics, 2 boxes, 2 monitors, 4 speakers, etc.	\$95.00 flat fee	\$105.00 flat fee
Sound System (Himrosa Hall)	Available in Gym #2 and Himrosa Hall Includes 12 Channel board, 3 mics, 2 boxes, 2 monitors, 4 speakers, etc.	\$95.00 flat fee	\$105.00 flat fee
TV/VCR/DVD Combo	27" Screen	\$25.00 flat fee	\$25.00 flat fee
Video Projector		\$65.00 flat fee	\$65.00 flat fee
Propane Grill	For use at the pavilion	\$25.00 flat fee	\$25.00 flat fee

***Conditions:**

-Preliminary schedule due 6 weeks before event. **Schedule must be finalized at least 2 weeks before your retreat to qualify for discounted rates.**

-Group rotation schedules require 5 minutes of transfer time between elements.

-For your safety, Refreshing Mountain Camp reserves the right to cancel any/all activities at anytime for any reason. If we determine the conditions to be unsafe, the costs for the activities that are cancelled will be fully refunded.

Refreshing Mountain Camp, Inc.

GUIDELINES

1. **STATEMENT OF FAITH.** As mentioned in the contract, we do not require that our guest groups fully ascribe to our statement of faith, however, all **religious/cultural/social activities** organized by guest groups may not **conflict** with the Statement of Faith to which the camp ascribes. This statement, as per membership in Christian Camp and Conference Association, is as follows:

We believe in...

*The Holy Scriptures as originally given by God, divinely inspired, infallible, entirely trustworthy and the supreme authority in all matters of faith and conduct,
The Triune God – Father, Son, and Holy Spirit,*

*The deity of the Lord Jesus Christ, His substitutionary atonement for sin, His bodily resurrection and His personal, visible return to earth to reign in righteousness and glory;
The Person of the Holy Spirit and His work of conviction, regeneration, and sanctification, who indwells every believer equipping them with gifts for service and witness;
The necessity of new birth, in salvation by faith in Jesus Christ alone and the importance of a life fully committed to the will of God in Christ; and
The church as the one universal body of Christ who is the Head, called to be God's redeemed people.*

2. **QUIET HOURS.** Quiet hours are from 11:00 PM to 7:00 AM. This will be strictly enforced by your group leaders. If your group is not in the bunks during this time, it needs to be in some sort of supervised activity **INDOORS** (i.e. Gyms, Dining Hall, Meeting Room, etc.). If RMC staff is required to enforce the quiet hours, your group may be sent to your lodging for the evening.
3. **POOL RULES.** The following are a few of the pool rules at RMC. Group leaders are asked to discuss these with their group members prior to use of the pool.
 - **MODEST SWIMMING SUITS.** Swimwear must be a **ONE-PIECE SUIT FOR WOMEN AND GIRLS (ALL AGES)** or else an opaque shirt must be worn as a cover-up. Certain tankini-style suits are permitted provided that no midriff is showing at any time. Men and boys must wear boxer style suits (i.e. no SPEEDO suits). Light-weight clothing may be worn in the pool (i.e. mesh shorts, cotton t-shirts), but no jeans, sweat pants, or full-length dresses are to be worn in the pool.
 - **WET PLAYGROUND.** No rough-play or climbing on the pipes (there may be little children in this area).
 - **WADING AREA.** No shoulder chicken fights. No more than 3 persons in a “dunk party”.
 - **DIVING AREA.** Face-forward stunts only. One bounce and off.
 - **WATERSLIDES.** One person at a time. Feet first on back only. You must be able to swim to use the slides.
 - **IN GENERAL,** no swimming in the roped off areas, no foul language, and please be courteous of others. Groups should plan to have Pool Monitors (adults/chaperones) assigned to the pool area to assist the lifeguards with enforcement of these and other posted rules.
4. **DAMAGES/PRANKS TO PROPERTY.** Please report damaged facilities and broken equipment to RMC staff. Damage caused by pranks and/or rough play will be billed to your group. Some “hot spot” areas that we watch and bill for are as follows: Fire extinguishers used in non-emergency (\$50.00 fine plus cost to recharge), broken lights in gyms (\$25.00 per bulb), holes in the walls of bunks/meeting rooms (\$100.00 per hole). Pranks (i.e. toothpaste, shaving cream, silly string, etc. on doors, walls, etc) will be billed \$20.00 per incident **IF RMC STAFF NEED TO DO ANY CLEANUP**. Other damages will be billed at the cost to repair.
5. **DRESS CODE.** Please dress modestly. No halter, strapless, or tube tops are allowed. Shirts and shoes must be worn in the Dining Hall and meeting rooms. No two-piece swimming suits for swimming, unless covered by an opaque t-shirt. Cover-ups must be worn to and from the pool.
6. **GYM TIME.** All gym time must have adult supervision. Please avoid activities which might damage the ceiling/lights (i.e. kicking balls against the ceiling).
7. **DISCOURAGED ITEMS.** Guests of RMC are encouraged to leave the following things at home. Cell phones (except group leaders), radios, Televisions, cigarettes and pets. If Radios and/or TVs are brought to RMC, the volume must be kept at a low level and the content must be appropriate for a Christ-centered, family-oriented environment.
8. **PROHIBITED ITEMS.** The following items are prohibited at RMC. Illegal Drugs, Alcohol (except for communion services if warranted), firearms or other weapons, and fireworks.
9. **SMOKING.** Smoking is not permitted in or around any of the camp buildings. The stone parking lot beside the Dining Hall is the only designated smoking area on camp property for those who do need to smoke. A fine of \$100.00 will be imposed for smoking inside any of our facilities.
10. **PETS.** No pets are permitted in any of the buildings. Pets brought to the camp must be kept on a leash at all times.
11. **NATURAL ENVIRONMENT.** Plants and animals are not to be removed from the premises. Guests are asked to cooperate in the preservation of the natural environment.
12. **CHECKOUT.** Before leaving, please gather the trash in the facilities that you used and place it in an organized pile inside of the doors. You can get trash bags at the Dining Hall. You are not required to do any other cleaning of the facilities (i.e. carpet, sinks, toilets, etc.). RMC will take care of all typical cleaning requirements but may bill extra cleaning fees for “non-typical messes” (i.e. prank residue, excessive mud, excessive litter, etc).

We hope that you enjoy your stay!

Menu Request Form

As part of the retreat planning process, we give you, the group leader, the opportunity to submit menu requests for your event. The lists below include customary items that we serve to guest groups. You are welcome to go through each list and circle items that would be of interest to your group and/or cross off items that should not be served (i.e. if your group does not eat pork, then please cross off the pork options or make an appropriate note on the page).

You are not required to submit this form, but if you plan to do so, please submit it at least 1 month prior to the start date of your event. **Please be aware that while we will give consideration to your requests, we do not necessarily guarantee to honor all requests made**, since market concerns and/or the requests of other groups need to also be considered.

BREAKFAST - includes a Bread, Cereal, Egg dish, Meat selection, and potato selection. Fresh fruit is also available at each breakfast, along with coffee, tea, juice, etc.

<p><u>Breads:</u></p> <ul style="list-style-type: none"> -Donuts -Coffee Cake -Banana Bars -Danish -Toast -English Muffins -Bagels -Pop Tarts -Biscuits -Pancakes 	<ul style="list-style-type: none"> -Blueberry Pancakes -French Toast -Texas Toast -Waffles -Belgian Waffles <p><u>Cereal:</u></p> <ul style="list-style-type: none"> -Assorted Cereals -Hot Oatmeal w/ or w/o Brown Sugar & Raisins -Grits w/ Butter 	<p><u>Eggs:</u></p> <ul style="list-style-type: none"> -Scrambled Eggs w/ Cheese w/ Bacon w/ Ham -Baked Quiche -Stuffed Egg Pockets 	<p><u>Meat:</u></p> <ul style="list-style-type: none"> -Pork Sausage Links/ Patty -Sausage Gravy w/ biscuits -Scrapple -Ham strips/steaks -Turkey Sausage Links/Patty -Corned Beef Hash 	<p><u>Potatoes:</u></p> <ul style="list-style-type: none"> -Seasoned Potato Cubes -Shredded Hashbrowns -Shredded Hashbrowns w/ Cheese -Hash Brown Patty
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LUNCH - includes a Casserole or Soup, a Sandwich or Baked/Fried Item, a Fry or Chip, and a Salad Bar .

<p><u>Casserole/Soup:</u></p> <ul style="list-style-type: none"> -Taco Salad -Baked Pasta -Macaroni and Cheese -Tomato Soup -Chicken and Noodles -Quiche -Chili -Vegetable Beef Soup -Chicken Noodle Soup -Chili Macaroni casserole 	<p><u>Sandwich/Fried Item:</u></p> <ul style="list-style-type: none"> -Hamburger & Hotdog -Sub/Lunchmeat Bar -Cheese Steaks -Chicken or Fish -Chicken Nuggets -Taco Bar -Pizza -Wet Burritos -Grilled Cheese -Bratwurst/Sausage - Hamburger BBQ 	<p><u>Fry/Chip</u></p> <ul style="list-style-type: none"> -French Fries -Onion Rings -Sweet Potato Fries/Wedges -Poppers -Potato Chips -Corn Chips -Pretzels
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DINNER - includes a main entrée (as listed below), a salad bar, a dessert, and additional items to compliment the main entrée (i.e. starches, vegetables, etc).

- | | |
|--|--|
| <ul style="list-style-type: none"> • Spaghetti w/Meatballs and Sausage • Chicken Fritters • Meatloaf • Baked Chicken – Seasoned or BBQ • Baked Meat Lasagna and/or Vegetable Lasagna • Roast Beef au jus | <ul style="list-style-type: none"> • Sliced Roast Honey Ham • Sliced Roast Pork • Fried or Baked Fish • Fried Chicken • Stir Fry Chicken w/Vegetables in Teriyaki or Schezwan (Spicy) |
|--|--|

Group Name: _____ Retreat Dates: _____

IMPORTANT NOTE: If your group has guests attending that may have Dietary limitations (i.e. food allergies, diabetic, vegetarian and/or vegan, etc), it is recommended that these guests plan to bring food along to supplement what RMC will provide. There is access to a frig/freezer, microwave, and sink in the Dining Area that they are welcome to access for preparing supplemental food. RMC does not guarantee that we can meet the needs of specific dietary limitations, due to the large volume of guests that we serve, as well as the “oft-specific” preparation that is required in many of these cases.

Activities Release and Waiver Form (Side A)

Description of Activities

Refreshing Mountain Camp, Inc (hereafter RMC) provides structured activity opportunities for environmental education and adventure recreation. The following list, though not necessarily comprehensive, lists elements/activities that may possibly be included in the Participant's event at RMC, dependent upon the schedule arranged (either by the Sponsoring Organization or Group Leader):

Activity Options			
Archery	Campfire	Canopy Tour*	Canopy Tour Run*
Climbing Wall*	Climbing Tower*	Giant's Ladder*	Giant Swing*
Group Initiatives	Hay Rides	High Ropes*	Low Ropes
Nature Studies	Orienteering	Paint Ball Challenge Course	Physical Challenge Course
Sling Shot	Swimming	Wobbly Log*	Zip Lines*
* indicates that this type of activity will involve safety equipment like harnesses, helmets, and fall-restraint devices, and participants will potentially be 10-60' above ground at various points of the activity.			

A detailed description of these activities can be obtained by visiting www.refreshingmountain.com/activities.cfm or by calling 1-888-353-1490.

Challenge By Choice

Participants in events will be encouraged to participate in activities that may challenge them to push past their perceived fears and comfort, but at no time will a participant be coerced into participating in something that he/she wishes to decline. All activities are "Challenge by Choice" and at any time, a participant may choose to remove himself/herself from the activity.

Medical Concerns

Participants must be reasonably fit. Activities are designed for use by participants of at least average mobility and strength who are in reasonably good health. Obesity, high blood pressure, cardiac and coronary artery disease, pulmonary problems, arthritis, tendonitis, and other joint and musculo-skeletal problems and some psychological and psychiatric problems, may all increase the risks of the experience and cause the participant to be a danger to him/her or others. If you are uncertain as to whether or not you are fit enough to participate, you should consult your doctor before doing so. Certain activities have weight, height, and age restrictions.

Inherent and Other Risks

Given the nature of these activities, the risk of injury certainly exists, by reason of falls, contact with other participants and fixed objects, moving about the grounds on which the activities are initiated and conducted, and otherwise. A number of risks are inherent to the activities. These are risks that cannot be eliminated without changing the essential nature and educational and other values of the activities. The emotional risks range from simple hurt feelings to panic and psychological trauma (fear of heights, for example). The physical risks range from small scrapes and bruises, to bites, stings, skin rashes, broken bones, sprains, neurological damage, and in extraordinary cases, even death. The property on which these activities are located includes uneven, rocky and wooded terrain, cliffs, ravines, springs, animal's holes, and hold potentially harmful plants and animals which may bite or sting. Injuries may be a natural consequence of the activity undertaken, a consequence of structural design or failure, as a result of environmental hazards (including terrain and weather), a result of errors of judgment or other negligence of staff or participants or otherwise; and may occur in spite of the reasonable efforts of staff to prevent them. In all such cases, these inherent risks, and other risks which may not be inherent, are assumed by those who choose to participate.

Activities Release and Waiver Form (Side B)

Consideration. I acknowledge the personal benefits accruing to me (and my child, as applicable) by reason of participation in the described event(s) (as listed on Side A of this document) and am aware of the activities in which I, or my child, will be involved through said participation.

Release / Indemnification. I hereby, in consideration of such benefits and other good and valuable consideration received, consent to the above listed participation and release absolutely, forever discharge, hold harmless and covenant not to sue RMC, its officers, directors, employees, agents, volunteers and affiliates (collectively, "the Released Parties") from any and all present or future liability, claims, demands, actions, or rights of action, whether asserted by me or a third party arising out of my (or my child's) participation in event activities (the "Claims"). I, my personal representative and/or my heirs, agree to indemnify and hold harmless the Released Parties for any such Claims brought by me or a third party from any costs associated with defending or litigating such claims, including but not limited to attorney fees, costs and legal expenses, and for any loss, liability or damage.

I UNDERSTAND THAT THIS MEANS THAT I AGREE NOT TO SUE ANY OF THE RELEASED PARTIES FOR ANY INJURY RESULTING TO MYSELF, MY CHILD, OR MY PROPERTY ARISING FROM OR IN CONNECTION WITH THE PERFORMANCE OF THEIR DUTIES IN PLANNING OR CONDUCTING THE EVENTS.

Assumption of Risk. I personally assume, on my behalf (and on my child's behalf), all risk in connection with participation in the above event(s) for any harm, property damage or personal injury, including death, that may result from participation in event activities, whether foreseen or unforeseen, whether caused by RMC's negligence or otherwise, and I still wish to proceed with the activities. I also certify that I understand the nature of the activities and my experience and capabilities and believe that I am qualified to participate in the activities. If I believe anything is unsafe, I will immediately cease or refuse to participate further in the activities.

Medical Emergency. I understand that RMC may not have medical personnel available at the site of the activity. I understand and agree that RMC is granted permission to authorize emergency medical treatment, if necessary. Further, I agree that RMC assumes no responsibility for any injury or damage, which might arise out of or in connection with such authorized emergency medical treatment. I agree to pay for any and all costs related to medical response, treatment and transport on my behalf.

Understanding. THIS WAIVER AND RELEASE OF LIABILITY IS A LEGAL DOCUMENT WITH LEGAL CONSEQUENCES. I represent and acknowledge that I have completely read and understand this document and all its terms, that I have had an ample opportunity to obtain the advice of counsel and that, by signing this document, I understand that I am relinquishing legal rights and remedies that may have otherwise been available to me. I understand that this Waiver and Release shall be construed as broadly and inclusively as is permitted by applicable law and agree that if any portion of this document is held invalid, the remaining shall continue in full force and effect. To the extent the restriction on filing lawsuits is deemed unlawful, I agree to submit any Claims to a Christian conciliation/mediation organization for binding resolution.

Group Name – Printed (optional)

Signature of Participant

Date

Participant's Printed Name

Date

Signature of Legal Father, Mother, or Guardian if participant is under the age of 18

Date

MEDICAL INFORMATION

Please list any/all of the following that may restrict participation of the individual in programming and/or activities: condition(s), illness or other injury, any allergies, any prescription medications being taken. If none, write NONE:

Sample Schedule [Name of Event]
Fall Retreat – [Dates]
@ Refreshing Mountain Camp

Friday [Date]

5:00 pm - Early group arrives to set-up meeting room
6:30 pm - Group arrives
7:00 pm – Pizza Snack
8:15-10:15 - Main Session #1 - Meeting Room
10:15-11:00 - Free Time, Gym Time, etc.
11:00 – Quiet Hours

Saturday [Date]

8:00 Breakfast
8:30-9:15 - Devotions
9:15-11:15 - Low Ropes Course
11:15-12:00 - Singing/Debrief/Clean-Up
12:00 - Lunch
12:30-5:00 pm - Free Time - Hiking, Flag Football at soccer field, Games, Naps, etc.
 1:00-3:00 pm – High Ropes, Zip Line, Giant Swing
 3:00-5:00 pm Gym Time
5:00 - Dinner
6:00-9:00 - Evening Session (Meeting Room)
9:00-10:00 - Camp Fire and Hayride
10:00-11:00 pm Free Time, Gym Time, etc.
11:00 pm Quiet Hours

Sunday [Date]

8:00 - Breakfast
8:30-9:30 - Devotions
9:45-12:00 - Final Session - Small Groups - (In Meeting Room)
12:00 - Lunch
1:00-2:00 - Clean-up
2:00 pm – Head for Home

Check-list of What to Bring to Camp

This list is not season specific, so not all items may apply.

This list is not necessarily exhaustive nor imperative.

Clothes

Shirts/sweaters
Pants
Jacket
Sweater
Sweatshirt
Shorts
Belts
Gloves
Warm clothing
Socks
Undergarments
Dress/Tennis shoes
Sneakers/boots
Swimming attire
(modest, 1 piece suits
for girls)

Bedding

Pillow
Sleeping Bag
OR
Blankets and sheets

Health

Towels
Washcloths
Soap
Shampoo & Conditioner
Prescriptions
Band Aids
Vitamins
Hand cream
Pain killers
Allergy medicine
Q-Tips
Razor & Shaving Cream
Contacts & Solution
Toothpaste & Brush
Feminine Hygiene
Nail clippers
Tweezers
Hairspray, Comb, & Brush
Baby Powder

Miscellaneous

Bible
Notebook and Pen
Playing cards
Games
Sports Equipment
Camera & Film
Books
Musical Instrument
Glasses
Spending Money
Insurance Card

Checklist of What to Leave At Home

While some of these things are not prohibited, they are definitely discouraged

Prohibited

Illegal drugs
Fireworks
Weapons
Alcohol
Air Soft/Paintball Guns

Discouraged

Cell phones (for campers)
CD players/Radios
Pets
Cigarettes
Television
Skateboards

Transportation to Refreshing Mountain Camp

Charter Busing

Each year, more of our guests choose to arrive by Charter Coach. RMC recommends using one of the following companies: **Elite Coach, Advance Coach, Ltd, and Executive Coach**. These companies have historically been very competitive on costs (plus they know how to get here) Their contact information is listed below.

Advance Coach, Ltd.

1-800-931-6930

www.advancecoach.net

Ask for Jim Garman or Rosene Garman

Elite Coach

1-800-722-6206

www.elitecoach.com

Ask for

Denise Keith ext 103 denise@elitecoach.com

Kevin Schadt ext 101 kevin@elitecoach.com

Executive Coach

1-800-499-5765

www.executivecoach.net

Ask for

Lois Stolfus

Sales and Marketing Director

And mention Refreshing Mountain Camp.

The details of the pricing will be subject to the details of your event.