



TROUT
LAKE CAMPS

**GIRLS GETAWAY
PARENT
INFORMATION
PACKET**

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DEAR MOMS,

We are so excited to have you and your daughter(s) joining us for Girls Getaway at Trout! We anticipate that God will move in tremendous ways during this coming weekend. Designed to be more than just a weekend full of fun & excitement, Girls Getaway is designed to provide two things: 1. Shared camp experiences that deepens family bonds & 2. Shared camp experiences that deepens the faith of women in Jesus Christ.

This packet contains all of the information and documentation that you will need prior to arriving at Trout. Please give it a thorough read-through. Your success is our success. If you need something, have a question, we would love to hear from you. It is our joy to serve you in this process. We will take care of the details so that you can focus on spending time with your daughter

It is our hope that this weekend is a chance for you and your girl(s) to get away from the normal everyday routine-to connect through shared activities, worship times, devotions, and chapel times. We hope to create memories at Trout that will last a lifetime.

As a Mom, you can think of your role in this weekend to fall into these basic categories:

SPIRITUAL

- Pray that God would show up in a powerful way in you and your daughters' life at this retreat
- Be a model of Christian character (Your daughters(s) do what you do, say what you say, love how you love)
- Be sensitive to the spiritual needs of your daughter(s)
- Come prepared to pray with and for your daughter(s)
- Be ready to respond with the gospel as the Spirit moves following chapel times and throughout conversations that take place throughout the weekend
- Be open to whatever change God would do in your own life

RELATIONAL

- Make the first move in initiating conversations with your daughters
- Learn to listen. Teach *how to listen* by your example
- Follow Trout's rules and enforce them gently but firmly with your daughters

GENERAL

- Be prepared for check-in when you arrive! Refer to the **Friday Night Checklist (p. 7)** to make sure you are ready and don't have to spend the first part of your weekend filling out and signing forms
- Help with crowd control during the large group times (meals, chapel times, & activities)

Know that we (Trout Staff) are praying for you and your daughters(s) as the weekend of Girls Getaway approaches!

UPDATING REGISTRATION NUMBERS & PAYMENTS

Please read through this page carefully-following the instructions given will help you avoid any unnecessary non-refundable deposits.

All registration is electronic via our website- troutlakecamps.org.

Simply Click the orange Register/Login rectangle in the upper right hand corner of the home page. You will be prompted to create a login on our ultracamp system or login with an existing account. If you are having trouble accessing or registering an account with us, give our main office a call, 218-543-4565.

Registration opens on the second Thursday of September at Midnight (late Wednesday evening, early Thursday morning).

Retreats can fill up quickly and without warning. Our typically retreat size ranges from 80-400 depending on the season and the retreat. We recommend registering you and your family as soon as possible to solidify your space at the retreat

Payment is due, in order to secure your groups spot.

Prior to finalizing your online registration, you will be prompted to pay via credit card number. If payment is not received, your registration spots will not be secured until payment is received. Your credit card will be charged the moment you finalize online registration.

Refund Amounts and Deadlines

\$30 per student spot is nonrefundable. \$21 per adult spot is nonrefundable up until the day before the retreat.

100% of the registration fee per person is nonrefundable the day prior to the retreat (Typically Thursday) through the event itself. Refunds are issued as a check sent to a mailing address. To manage a refund, contact our registration team during business hours 218-543-4565.

FAQ:

Can I pay by check instead of Credit Card? How does that work?

Yes! But that requires registering your group by phone during business hours with a member from our registration team. 218-543-4565. Note your spots will not be secured until we receive that check. We recommend having the check in hand so you can mail immediately following that phone conversation. If that retreat fills, your group will be bumped from that retreat weekend, if payment is not received within 2-3 business days.

What if I have to adjust my numbers between registration and when the retreat occurs?

You can manage your numbers via your ultracamp account by logging in the same way your registered. Within less than 1 week of the retreat, you will have to adjust your numbers during business hours by talking to a member of our registration team (218)-543-4565.



Girls' Getaway Tentative Schedule 2019

FRIDAY EVENING

- 7:00 – 8:30 Registration & Check-In – (Follow Road Signs Upon Arriving on Site)
- 7:00 – 9:00 Snack
- 9:15 **Orientation & SESSION 1 – (Worship & Speaker)**
- 10:15 Head to Cabins
- 10:45 Lights Out

SATURDAY

- 8:00-8:30 Breakfast
- 8:45 – 9:15 Mother/Daughter Devotional
- 9:30-10:30 **Session 2 – Chapel (Worship & Speaker)**
- 10:45 – 12:00 Mother Daughter Activities I (Various Locations)
- 12:30 Lunch
- 1:00-4:45 Mother Daughter Activities II (Various Locations)
- 5:00 – 5:30 Dinner
- 6:15 **Session 3 – Chapel (Worship & Speaker)**
- 7:30-8:30 **CAMP WIDE GAME**
- 8:30 – 9:00 Snack
- 9:00-10:30 Mother Daughter Activities III (Various Locations)
- 10:45 Head to Cabins
- 11:00 Lights Out

SUNDAY

- 8:00 Breakfast - Stoneridge Dining Hall
- 8:45 Chapel Session 4 - TR Chapel
- 9:45 Pack Up / Clean Up Your Cabins
- 11:30 Lunch - Stoneridge Dining Hall
- 12:15 End of Retreat... See You This Summer!

Saturday Afternoon Activity Options
(Activities Subject to Change based on Retreat Size and Weather)

Archery
BB Gun Range
Floor Hockey
Slingshot Range
Riflery
Climbing Wall
Laser Tag / Paintball
Camp Store
Soda Fountain
Crafts
Mother Daughter Spa Activity
Black Light Dodgeball
Crate Stacking
High Ropes Course
And More!

TROUT LAKE CAMPS
CONTACT INFO

Phone Number: (218)-543-4565

Fax Number: (218)-543-7550

Email: info@troutcamps.org

GIRLS GETAWAY

FRIDAY NIGHT CHECKLIST!

This checklist give all of the forms that need to be filled out and ready to turn in when you check in on Friday night.

All of the necessary forms can be found in the following pages of this toolkit.

☐

CAMPER & ADULT MEDICAL & LIABILITY INFORMATION & RELEASE FORMS

Needs to be filled out with every attendee's name (students and parent), and each attendee needs to be labelled as leader/camper and male/female.

☐

PAYMENT

Via Credit Card when you registered via our website.



TROUT
LAKE CAMPS

MEDICAL & LIABILITY RELEASE / STUDENTS

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed parental release form in the unlikely event of a serious injury requiring hospital treatment for your child. This release gives us permission to take your child to the nearest available medical facility and have the necessary medical treatment administered. Many hospitals will not administer any medical attention to a minor without parental consent. Would you please read and sign the statement below.

We understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the child will be taken during this conference. In case of emergency I understand that every effort will be made to contact me. If I cannot be reached, I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel the permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or church personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

Name(s) of Child / Children:

Address:

City/State/Zip:

Print Parent/Guardian Name(s):

Work Phone:

Home Phone:

Insurance Company:

Policy Number:

If Parent / Guardian are not available, please call person below: (Ignore this section if you are attending the event with your children)

Name:

Relationship to Student:

Phone #1:

Phone #2:

May we administer over-the-counter-medications:
(ex: aspirin, Tylenol, Advil, antibiotic ointments, etc)

Yes

No

Additional comments regarding medical history, allergies, penicillin or drug reactions, use of over-the-counter-medications, etc., which may be needed in treatment:

Signature of Parent / Guardian: _____

Date: _____



MEDICAL & LIABILITY RELEASE / PARENT

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed medical release form in the unlikely event of a serious injury requiring hospital treatment where you are not able to give consent. This release gives us permission to take you to the nearest available medical facility and have the necessary medical treatment administered.

I understand and certify that my participation in Trout Lake Camps retreat, event, conference, or camp is completely voluntary and I have familiarized myself with camp's program and activities in which I will be participating in. I recognize that certain hazards and dangers are inherent in the Trout programs and particularly, but not limited to activities in the snow, water, football, dodgeball, paintball, floor hockey, high ropes course, climbing wall, crate stacking, and skate park. I acknowledge that although Trout has taken safety measures to minimize risk, Trout cannot guarantee that the participants, equipment, premises and/or activities will be free of hazards, accidents and/or injuries. I further recognize the importance of knowing and abiding by Trout rules, regulations, and procedures for the safety of camp participants.

I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel the permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or its staff personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

My Name _____

Address: _____

City/State/Zip: _____

Work Phone: _____

Home Phone: _____

Insurance Company: _____

Policy Number: _____

Signature of Adult: _____

Date: _____

IMPORTANT REMINDERS

FOOD ALLERGIES

If anyone in your group (student or leader) has an allergy that limits what they can eat, they can get in touch with our Food Service Director Kristy Miller to work out suitable meals or to arrange if bringing their own prepared food. Group leaders and parents are allowed to contact her at kmiller@troutcamps.org or by phone at 218-543-7531.

Trout's canteen and snack areas have foods containing peanuts and tree nuts. We also cannot control what other families bring with them to camp in the form of personal snacks.



GIRLS GETAWAY PACKING LIST

What to Bring:

- Bible
- Notebook
- Pen or Pencils
- Bedding – pillow, blankets or sleeping bag, sheets (twin size)
- Toiletries, towel, pajamas, etc.
- Gym Shoes (For indoor activities)
- Closed-foot shoes (required for certain camp activities)
- Outdoor Spring Clothing for rain, warmth, etc.
- Casual clothing (It's a jeans and hoodie kind of weekend)
- Some activities will be outside, so bring warm clothing (and an extra set "just in case")
- Cash to purchase extra treats and camp souvenirs
- Completed Medical and Liability Release Form (One for the parent, one per child)
- Towel

What to Expect:

- To be challenged to grow in your relationship with Christ!
 - To meet new friends and grow closer as a parent with your children
 - To have lots of fun
 - Connect with God through meaningful worship times
 - To grow closer as a family in your relationship with Jesus.
 - To be exhausted at the end from a full, fun, and meaningful weekend
 - Minimal Internet, Trout's internet bandwidth is only large enough to support the needs of the camp.
- Most major cell carriers have good LTE reception at Trout with the exception of Sprint.

Items to Leave at Home:

- Expensive Electronics that can get damaged or stolen (Laptops, Tablets, Phones)
 - Tobacco products, Alcohol products, illegal drugs, vaping products, fireworks, weapons, guns, etc
 - Pets
 - Bad Attitudes
 - Personal Climbing Gear, Personal Paintball Gear
- *Our staff are only trained to manage our activity gear, not yours.