

We are so glad that you are considering sending your child to Forest Glen Bible Camp, a place where lives are changed for the glory of God! We want your child to have a good camp experience, so we have provided information that will help you prepare them for a week of camp at FGBC. As a Christian camp ministry, we want to honour God and maintain a standard of conduct that pleases Him and respects every child. We would appreciate each camper following the guidelines below to help us maintain order, minimize distractions, and provide a pleasant week for everyone attending. Thank you in advance for your consideration and prayers for our “church camp” program.

BOYS / MEN NOTE: Shirts with collars are required for evening services. Long shorts are permitted for activities. Low-hanging baggy pants are not permitted. “Sweats” and tank tops may be worn on the playing field areas.

GIRLS / WOMEN NOTE: Please bring KNEE-LENGTH skirts or dresses for all evening services. (slits must not come above the knee). Low necklines (front or back) are not acceptable attire. Loose-fitting pants, jeans, or knee-length fashions may be worn except when otherwise specified. Please do not bring tight clothing. Any fashion worn must come at least to the top of the knee; cover the shoulders and stomach (this eliminates shorts that come above the knee and tank tops). Swimsuits must be one-piece. The staff reserves the right to ask you to change your outfit if, in the estimation of the staff, it does not comply with these standards.

THINGS TO BRING: Bible, old clothes for mudpit and paintball, towel, soap, flashlight, sleeping bag, toothbrush and toothpaste. Please bring your own water bottle. Spending money for Camp Store. (Note: T-shirts are \$16.00 and up).

THINGS NOT TO BRING: Magazines, cigarettes, alcohol, cannabis, electronic devices, cell phones, firearms, fireworks, knives, T-shirts with worldly advertising or associations; or any other apparel that does not comply with our dress standards.

ATTENTION PARENTS - ** Campers are expected to stay the entire camp period except for emergency. ** Please mark all luggage. ** Please do not arrive before Mon - 3 PM and please pick up campers by Sat - 9 AM (Please let us know if you need Friday night lodging).

ARRIVAL AND DEPARTURE TIMES:

A: Maritime GAMES: Thurs. 6 pm
D: Maritime GAMES: Sat. 4 pm |

A: Ladies’ Retreat: Fri. 6:30 pm
D: Ladies’ Retreat: Sat. 3 pm

A: Men’s Retreat: Fri. 4 pm
D: Men’s Retreat: Sat. 2:30 pm

A: Couples’ Retreat: Fri. 7 pm
D: Couples’ Retreat: Sat. 4 pm

A: Other Retreats: Fri. 7 pm
D: Other Retreats: Sat. 3:30 pm

A: Family Camps: Wed. Noon
D: Family Camps: Sat. 1 pm

A: Youth Camps: Mon. 3-5 pm
D: Youth Camps: Sat. 9 am

What to expect from a week of camp at Forest Glen Bible Camp.

(from a mother & her children)

Wondering what a week at camp will look like for you? Please read below as we give you a run-down of the program and cabin life. We think it will help you adequately prepare so you can make the most of your exciting week!

Arrival

After you arrive at camp, you will get in line to register. You will meet a few of our camp staff who will inform you as to which cabin you will be in. (our cabins usually have 6-9 campers) You will be asked to pay any remaining registration fee, as well as any snack shop money. (It is not included in registration fee - see more on snack shop below) Any medications will be handed over to our nurse at registration as well. They will administer medications throughout the week as directed. We also have capable staff that are nearby to complete a short "head check" for lice. They are quick and efficient, and it should cause no embarrassment as everyone else is stopping for their "check" as well. Your cabin leader will be introduced to you, and can assist you in taking your luggage to your cabin. Guy's cabins are located to the right of the campground, girl's cabins are located on the left. Parents are welcome to tour the cabin and help get your bunk bed all cozy.

Accommodations

Most cabins have their own shower, sink, and toilet. If your cabin doesn't have a bathroom, there will be one nearby. You will be sleeping in bunk beds for the week, so please bring your sleeping bag, or bedding to fit a single mattress. Each cabin has at least 1 adult (18 or older) counsellor, who will stay in their cabin overnight as well. They are there to take full responsibility of campers, making sure they are safe at all time, as well as creating a fun cabin environment. If campers have concerns or questions about anything, they will be happy to help. Each cabin will be assigned to be on the RED team, or BLUE team for that week. The winning team will be revealed on Friday evening with an exciting rally!

Clothing

We ask that all campers bring modest clothing - what does Forest Glen consider modest? Shorts to the knee and t-shirts that cover shoulders are perfect. Girls are also welcome to wear skirts/dresses with the same guidelines - to the knee and shoulders covered. (We ask that girls also bring one piece bathing suits). We understand this may be an unusual dress code for you, but we feel these guidelines work well for our camp.

Electronics at Camp & Communication

We also ask that campers leave all cell phones, and any electronic /music devices with their caregivers. We have an office phone that is available for caregivers to call and check-in on campers, and our staff will be happy to answer any and all questions you may have.

Camp Store

Usually the snack shop is open for campers twice a day. We sell all kinds of drinks, candy, ice-cream treats, and chips. Again, snack shop money is not included in the registration fee. \$20.00 per camper would be an average amount of snack money for the week, but it is totally up to the camper's caregivers. The camp store does sell t-shirts (around \$16) and sweatshirts (around \$35). Campers do not keep their money with them all week. It is handed over during registration, and is recorded at the snack shop. The store staff will deduct every purchase from the initial amount, and any remaining money will be given to the camper on Saturday morning before pickup.

Meals

All three Meals are eaten at tables in the dining hall. Each cabin sits together at their table, and when all cabins have arrived, we will thank God for the food before each cabin individually gets called up to the serving lines. I have only ever

heard good things about the food at Forest Glen – the cooks and kitchen staff always try to have delicious options for campers to choose from. Food Allergies are accommodated as needed.

Chapel

We have two chapels everyday – one in the morning and one in the evening. All campers are expected to be present and respectful during our chapel times. There will be a time to participate in singing songs about Jesus, and also a time to listen to the speaker talk about Jesus and His amazing love for us! Just for our evening chapels, we encourage the guys to wear a shirt with a collar, and the girls to wear a skirt or dress.

Activities

All campers are encouraged to participate with their whole cabin in the team activities. Our program directors create games to be entertaining and exciting . Even if the particular game is not a personal favourite, standing by and cheering on your team is important, and keeps you a part of the fun. The pool and waterslide are (weather permitting) afternoon cabin activities. Girls have their own pool/waterslide time, as do the guys. We have a lifeguard and additional mature staff always looking out for the health and safety of our campers, and there is always so much fun to be had during this time! We have life jackets and floaties available at the pool.

A typical day at Forest Glen will include activities like this:

- 3 meals in the dining hall
- Time in your cabins to work on camp provided booklets containing daily verses, puzzles, and truths about God
- 2 Chapel sessions
- Games / planned activities on the soccer field
- Rest Time
- Snack shop
- Mini-golf, Pool and Waterslide, Carpetball, hiking, human foosball, 9-square, volleyball and more
- Free time
- Cabin devotions with your cabin leader

We hope this helps you be even more excited and prepared for your upcoming week of fun. See you soon!

A quick “To Bring” CHECKLIST:

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|---|-------------------------|
| -bedding /sleeping bag for your cabin bunk bed | -warm coat/sweatshirts |
| - modest clothing: including evening Chapel clothes | -raincoat; umbrella |
| -bathing suit | -sneakers |
| -water bottle | -Bible, pen, notebook |
| -shower supplies: soap/shampoo | -sunscreen |
| -towel | -bug spray |
| -toothbrush/paste | - flashlight (optional) |

What NOT to bring:

- Cell Phones/Mobile devices, IPODS, MP3 players, video games, etc.