



**MT. GILEAD**  
BIBLE CAMP + CONFERENCE CENTER

Followers  
of Christ,  
One Camper  
at a Time

**SCOUTS'  
JOURNEY**

**SUMMER CAMP  
PARENT GUIDE**

13485 Green Valley Rd.  
Sebastopol, Ca 95472  
[www.mtgilead.org](http://www.mtgilead.org)  
707-823-4508



# SCOUTS' JOURNEY



## 2020 CAMP DATES

### High School (9-12th grades)

Session 1: June 21-26

Session 2: July 12-17

Price: \$499



### Junior High (6-8th)

Session 1: June 28-July 3

Session 2: July 19- July 24

Price: \$489



### Junior (4-6th)

Session 1: June 14-19

Session 2: July 5-10

Price: \$459

### Kids Camp (1st-3rd)

Session 1: June 9-10

Session 2: June 11-12

Price: \$93



### Timothy Team (Leadership training)

Session 1: June 14- July 3

Session 2: July 5- July 24

Price: \$819



## WELCOME TO CAMP!

**W**e are thrilled that you're joining us for our **57<sup>th</sup> summer at Mt. Gilead!** The purpose of this guide is to provide you with an overview of our camp, answer frequently asked questions, and provide valuable information to help assist you and your child prepare for a week at Mt. Gilead. In addition, we want to provide information on how we keep campers safe and healthy during their stay.

**Our theme this summer is *Scouts' Journey*.** We will tell the story of a rag-tag group of adventurous scouts, on a quest to earn the ultimate badge. Through their journey full of trials and adventures, they learn that they are not capable of earning the highest badge on their own, rather it's given freely by the scout master. Their story reveals the biblical truth that we cannot earn God's grace and favor through our own doing; it is freely given to us through Jesus' work on the cross. Our hope is that campers leave camp with a new understanding of God's grace and love for them.

Mt. Gilead is one of the best places for your camper to spend a week this summer. We are passionate about providing opportunities for personal growth and development, building friendships, creating lifelong memories and enjoying beautiful nature. Camp is a place where fun and faith collide!

We look forward to serving you!

A simple, stylized signature consisting of a horizontal line with a small loop at the end.

Dave Gould,  
Executive Director

A cursive signature that reads "Grace Snider".

A cursive signature that reads "Cavin Hawkins".

Grace Snider and Cavin Hawkins,  
Program Directors

# FREQUENTLY ASKED QUESTIONS

## HOW DO I PAY MY CAMPER'S BALANCE?

**ONLINE:** Go to the online camper dashboard where you registered for camp.

You can navigate to the dashboard by clicking "register" on the top menu of the Mt. Gilead website [www.mtgilead.org](http://www.mtgilead.org)

**BY PHONE:** Call our office (707) 823-4508 and we are happy to process your payment.

## HOW DO I SEND MY CAMPER MAIL?

Please address mail as follows:

John Doe  
High School Camp #1  
13485 Green Valley Rd.  
Sebastopol, CA 95472

Mail is passed out at dinner Monday–Thursday. Please plan ahead and make sure to give a couple of extra days for mail to get here so your campers do not miss it.

## HOW DO I SEND MY CAMPER A CARE PACKAGE?

You can choose from one of our care packages online ([www.mtgilead.org/summer-camp](http://www.mtgilead.org/summer-camp)) and we will distribute care packages at lunch. Care packages are available to order from Sunday–Wednesday (11:59 PM). *Please note that this function is only available online during the summer. When camps are not in session, it is removed from our website.*

## WHEN IS CAMPER DROP OFF AND PICK UP?

**DROP OFF:** Sunday check-in starts at 4pm on the ball field.

*Please notice that drop-off time is 2 hours later than previous years.*

**PICK UP:** Friday closing chapel starts at 10:50am.

*We are extending the closing session this year and are encouraging all parents to be a part of it. There will be seating reserved for parents in the back of the chapel.*

## WHAT'S YOUR VISITOR POLICY?

For the safety of our campers and staff, Mt. Gilead has a no visitor policy. If there is a specific need (e.g. to drop off forgotten items), contact Mt. Gilead office during business hours.

## WHERE DO CAMPERS SLEEP?

Campers sleep in separate cabins (boys and girls). Each cabin has 5 bunk beds with restrooms and showers nearby. Camp Counselors sleep in the same cabin as their cabin group. For more information about cabins see page 10.

## DO YOU POST ANY PICTURES OF CAMP DURING THE WEEK?

We post photos, videos and blogs on our social media sites. The best way to get the highlights is to follow us on Facebook and Instagram.



## WHAT TO EXPECT FROM CAMP

### **Mt. Gilead Summer Camp Mission**

For campers to know and be transformed by Jesus Christ through Authentic Relationships, Meaningful Experiences and Impactful Environments.

### **Intentional Programs**

We want to see campers become committed followers of Jesus Christ. Everything that we do is about helping campers understand who Jesus is and how to have a growing relationship with Him. This is why we do camp, and everything from the chapels to the crazy camp games support that vision.

### **Biblical Truth**

We believe the Bible is the authoritative truth, divinely inspired by God. The teaching of God's Word is central to our programming, and we look for creative ways to tie biblical principles to all aspect of our camps.

### **Church Partnership**

We love the church, and our heart is to come alongside and support churches. Our desire is never to replace the work that churches are doing, but to help them minister to their campers and students.

### **Camper Focused**

Our camps are focused on the camper experience. We love our staff, but camp is all about campers learning about Jesus and having fun.

### **Memorable Experiences**

Camp is a place where significant memories happen! Our programs are put together with that in mind. We know that campers won't remember everything that is taught in chapel or shared by their counselor, but they will remember how God worked in their lives and the highlights of their experience at camp for a lifetime.

# FACILITIES

**M**t. Gilead is a Christian camp & retreat center in the Sonoma County redwoods on 238 acres, located just outside Sebastopol, CA. Our camp was founded in 1963. Since that time, we have hosted over half a million students and guests at summer camps, weekend conferences, outdoor education programs and church retreats. The map below gives you a general overview of our facility. We have highlighted a few key areas that are especially helpful for parents and campers.



## 1 Main Office

This is where you check-in, drop off forgotten items, and sign your camper out early. This is also where you will go if your camper arrives at camp after registration on Sunday evening. Our office staff are available in person Monday through Friday.



## 2 Main Chapel

This amphitheater-style building gets a theme makeover each summer. The chapel is one of the most utilized buildings at camp. We have morning and evening chapel sessions, explain rules for games, and show our theme video and skits in this building.



## 3 Dining Hall and Dining Deck

Campers enter the Dining Hall by cabins, go through our food buffets, then exit onto our dining hall deck to eat with their cabins and counselors. The Dining Hall is surrounded by Redwood trees and has picnic tables for each cabin. All meals for all campers are served here (Except for packaged continental breakfast items on Friday morning and evening snacks).



## 4 Playing Fields

We have two large fields that we use for many of the awesome camp games that are part of our morning recreation and evening programming. The ballfields are where parking is located for both camper-arrival and camper-pickup on Sundays and Fridays.



## 5 Recreation Canyon

Recreation Canyon has many of our camp activities like zipline, climbing wall, BMX course, and shuffleboard courts.



## 6 Activity centers see page 12-13

## 7 Housing facilities see page 10

# GETTING TO CAMP

## PACKING LIST

### BRING!

- Closed-toe shoes
- Flip-flops or sandals
- Bible
- Notebook
- Pen / pencil
- Modest clothes for a week
- Clothes for messy games
- Warm clothing / jacket
- Modest one-piece swimsuit
- Towel
- Toiletries (Sunscreen!)
- Sleeping bag
- Pillow
- Flashlight
- Camera

### Do NOT Bring

- iPads / mp3 players
- Cell phones
- Other Electronic Items
- Knives and Weapons
- Alcohol
- Tobacco
- Drugs (prescription ok)
- Matches/lighters
- Fireworks

### Optional:

- Bug spray
- Bikes\*
- Scooters/Skateboards\*
- Cabin Decorations
- Snacks

*\*Must provide own helmet for skateboards and scooters. Only permitted in designated areas*

## ARRIVAL DAY: Check-in process

### 1. Park

Start by parking on our ballfields. Staff will direct you to the best available parking spot. You are welcome to leave your luggage in your car until after check-in if that is easier for you. Proceed to the white check-in tents on the left side of the field.

### 2. Check in

Staff will check in your camper. They will make sure all paperwork is complete, including having you sign physical copies of our Activity Waiver and Medical Waiver. At this time, you will learn your camper's cabin assignment.

### 3. Register

There is a registration table for walk up registrations and anyone who would like to add money to their camper's store account (store money can be added to your account online or by calling our office). You can make additional cabin requests and fill out uncompleted forms at this time. If registration is completed prior to arriving at camp you get to skip this step.

### 4. Turn in medications (If you have them)

Our Health Supervisor and nursing team are available to collect all camper medications needed at camp. Campers must turn in all medications in their original containers. Nursing staff will allow campers to keep insulin, epi pens, and inhalers after they are checked in. You can add medications to your account ahead of time to streamline this process.

### 5. Drop off luggage

Place your luggage on the luggage trailer for your camper's cabin.

### 6. Meet your counselor

Last step is to meet your counselor and be health-screened. Your counselor will have a short questionnaire to be completed and do a lice check. We recommend that you check your campers for lice before they arrive. Once this is complete, their week is ready to start!

## ARRIVAL DAY: After Parents Leave (HS/JH/JR)

### Dinner

After check-in, campers meet at the dining hall for dinner.

### Camp photo

You will receive a cabin photo for your camper at the end of the week. We also have full-camp photos available for purchase. This photo is taken around 5:45pm on Sunday and only campers present at the time will be included in the photo.

### Move into cabins

We deliver the campers luggage from registration to the cabin areas. After dinner, the campers get settled into their cabins.

### Chapel and Evening Program

We have an exciting opening program planned. This is an entertaining time that sets the energy for the entire week.



## SHOPPING AT CAMP

Gilead's Gift Shop and our Snack Shack are open daily during free time. Our stores are cashless so money must be preloaded to your campers "camp store" account. There are three options for you to deposit money to your camper's account:

1. Online from the Registration Dashboard
2. Over the phone
3. During Registration (This will slow down your check-in process and require you to wait in an additional line).

*Please do not send your camper to camp with cash. Our stores do not accept cash during camp. Cash payments and credit cards are accepted on Friday and Sunday during camper check-in and drop-off (Gilead's Gift only, snack bar closed during this time).*

# ENJOYING CAMP

## DAILY SCHEDULE SAMPLE

8:00 Breakfast  
9:15 Chapel  
11:00 Big Game  
12:15 Lunch  
1:00 Free Time  
5:00 Dinner  
6:15 Chapel  
7:30 Cabin Discussion  
8:00 Big Game  
9:00 Snack  
10:00 To Cabins  
11:00 Lights Out

\* Lights out time changes with age group

## KID'S CAMPS SAMPLE SCHEDULE

### DAY 1

9:00 Registration  
10:30 Chapel  
11:30 Move into cabins  
12:30 Lunch  
1:30 Pool and Slip N Slide  
afternoon rotations  
4:00 Cabin Time  
(Warm clothes,  
bug spray)  
5:00 Dinner  
5:45 Chapel  
6:45 S'mores and games  
7:45 Story Time  
8:45 Lights Out

### Day 2:

7:30 Wake up and pack up  
8:00 Breakfast  
8:45 Basketball Court  
games and  
craft rotations  
10:50 Parent Program  
11:30 Camper pickup time

*Note\* Registration for Kid's Camp begins at 9am on the first day of camp. This year, it is Tuesday, June 9 (Kid's Camp 1) and Thursday, June 11 (Kid's Camp 2).*



Cabin exterior



Cabin interior



Lodge interior

## HOUSING

### Roommate Assignments

During registration, you can request up to 2 cabinmates per camper. We do our best to meet cabin requests, but they are not guaranteed. Space is limited in each cabin and we cannot always honor requests of more than three campers that are grouped together.

### Cabins

Each cabin is carpeted and has five bunk beds with mattresses. Portable restrooms are located throughout the cabin areas and bathroom facilities are close by (at Fir Lodge). The two cabin areas are fenced in and divided by our main road. Cabins are open air, tent style, and have canvas coverings that roll up and latch down. Typically there are 7-9 campers with 1 or 2 counselors per cabin.

### Lodges (Kid's Camp Cabins)

Fir Lodge has eight carpeted rooms with four bunk beds per room and is equipped with automatic heating. The bathrooms have been newly renovated with private, lockable showers and toilet stalls for increased camper comfort and privacy. Fir Lodge has the primary showers used by campers. Both the men and women's restrooms have four shower stalls each. There are also 8 modular shower units adjacent to the lodge. Fir Lodge is wheelchair accessible.

Redwood (RW) and Pepperwood (PW) Lodges have rooms with two bunk beds and a sink with a mirror. One bunk bed in each room has a double bed on the bottom. There are four private showers and restrooms in each lodge. Lodges are normally only used for Kid's Camp. When we have Kid's Camp, we put 3 campers per room in RW/PW with one staff and 6 campers per room in Fir with 2 staff. County regulations and camp policy do not allow for us to have campers share a bed, so each camper has to sleep in their own bunk.



## MEALS

Our meals are served buffet-style. Campers and their cabinmates go through the buffet line in the Dining Hall and enjoy their meal outside with their counselors on the dining hall deck.

### Special Dietary Needs

We work with parents and campers to accommodate food allergies and dietary needs.

Gluten-free, vegetarian and vegan options are available at all meals and labeled on the menu and on the buffets. To get other special meals, or if your camper needs their food plated separate from the buffet, they go to the kitchen window.

## SAMPLE MENU\*

### BREAKFAST

- Pancakes
- Scrambled Eggs
- Bacon
- Oatmeal
- Fresh Fruit
- OR
- French Toast
- Scrambled Eggs
- Sausage
- Granola & Yogurt
- Fresh Fruit

### LUNCH

- Hamburger Bar
- Hot Dogs
- Fruit
- Chips
- OR
- Taco/ Burrito Bar
- Assorted toppings
- Fresh Fruit

### DINNER

- Spaghetti
- Steamed Broccoli
- Breadsticks
- Salad Bar
- OR
- Grilled Chicken
- Rice
- Steamed Veggies
- Salad Bar

### EVENING SNACKS

- Fresh Baked Cookies
- Fruit Snacks/Goldfish and Fresh Fruit

*\* These are sample menus. subject to change, only certain items available each day*

## LAST DAY SCHEDULE SAMPLE

7:30-9:00 Clean up and move out (Some continental Breakfast items available in cabin areas)

9:00-10:00 Breakfast

10:00 Worship and Cabin Discussion:  
Time for campers to think about what they have learned.

10:50 Closing chapel and parent program:  
Camp Songs, Final Theme Skit, Worship, Final Message, Parent Announcements, Highlight Video. See the closing of our theme skit, enjoy the last chapel with us and see the highlight video of the week

11:30 Camper Pickup time:  
Check your camper out with their counselor. Gift store will be open.

# ACTIVITIES

JUNIOR HIGH &  
HIGH SCHOOL ONLY

## Giant Swing

Our newest recreational element, the swing seats 4 campers 60-feet above the ground.



## Archery

Our archery range can accommodate up to 6 archers at a time.

JUNIOR CAMP,  
JUNIOR HIGH &  
HIGH SCHOOL ONLY

## Zip Line

Zip down with your friend on our 400-foot duel zip line.



## Skate Park

Bring your skateboard or scooters from home and have fun.

## Climbing Wall

Reach new heights! Climb our 32-foot climbing wall.



ALL CAMPS

## Swimming Pool

150-person capacity swimming pool with diving board.

## BMX

Bring your own BMX bike or borrow one of ours.



## Slap Ball

Dodgeball with a twist

## Laser Tag

Enjoy our state-of-the-art laser tag with your friends



## Snookball

Like a pool table, but with soccer balls.

## Tetherball

Three Tetherball poles, are located near the basketball courts.



## Craft Cabin

Campers have access to classic crafts including lanyards, friendship- bracelets and tie-dye.

## Basketball

Two full courts



## Nine Square

A twist on the classic games of volleyball and four square.

## Shuffleboard

A blast from the past!



## Snack Shack

Candy, smoothies, shakes and snacks are available for purchase during free time.

## Playground

For our youngest campers, the playground is the perfect spot



## Carpetball

Knock other player's billiard balls off the table by rolling a cue ball. It's like bowling with billiard balls.

## Horseshoes

Old-fashioned fun for young and old alike!



## Free Time

Age-appropriate activities are open for campers to enjoy.

# CAMPER CARE

## Homesickness

Homesickness is often a reality of overnight camping, but one of the unique experiences of camping is allowing campers to gain a sense of independence. All of our counselor staff go through an extensive staff training before the summer begins, which includes dealing with a homesick camper. If a camper is homesick, our counselors will do their best to comfort the camper. If the homesickness persists, the campsite supervisor will talk with the camper and will connect with parents to find the best strategies for helping the camper through the session. Although we have campers each session who will wrestle with some homesickness, it is rare that a camper will need to be sent home. Campers who stick it out will gain an incredible sense of independence. Research shows that about 85 percent of campers feel some homesickness, but few continue to feel homesick past the first day or two. Here is our approach to dealing with this expected challenge:

1. Redirection- often times campers that are missing home can be redirected. We have a full schedule and keep the campers having fun. When they do experience homesickness, we encourage them to set a reasonable goal such as spending one night at camp without asking to call home. Most campers can do one night! Many, after having success one night, experience no more problems the rest of the week.
2. If a camper is having a really hard time, we will call the parent and come up with a plan of action. You know your child best and we will work with you to work out what will be best for your child.
3. Child calls home with staff member. Once the camper calls home, most tend to go home. This doesn't help to reduce homesickness, however, we do have campers that are not able to work through missing home and need to call. Every once in a while a parent convinces their camper to stay at camp.



### Ways parents can help prevent homesickness before coming to camp

- Talk about it before coming to camp. It is good for campers to know that missing home is normal. Let them know that you will miss them, but you know they are going to have a great time at camp. Let them know that you can miss home and still have a great week at Mt. Gilead.
- Set goals with them. Encourage them to make new friends and try new things.
- Don't tell your camper that you won't be okay without them. Tell them you will miss them, that you know they will have an awesome time, and you can't wait to hear about it. Things like, "I don't know if I can spend a week without you" tend to make campers worry about mom and dad and are more likely to struggle with homesickness.
- Don't tell them that if they are homesick you will pick them up. We will absolutely include you in the process if they are homesick, and if you want to come get them, that is totally fine. Yet, if you tell them that you will come pick them up if they are sad, many will lose the motivation to work through missing home.



## Healthcare

Mt. Gilead has medical professionals available to campers at all times. We generally have two nurses at camp each week who are currently licensed in the state of California. We have standing orders for care that have been signed by a doctor and approved by the Sonoma County Health Department. Our Summer Health Supervisor is a Registered Nurse and coordinates with all nurses to ensure that these orders are followed.

## Medications

All camper medications must be turned in to nursing staff. Medications are dispensed to campers per parent instructions throughout the week. Please pick up your camper's medications on Friday prior to leaving camp. If medications are left behind, it is your responsibility to pick them up. Medications are kept for two weeks and then properly disposed of.

## Illness and injuries

Illnesses and injuries sometimes happen at camp. Campers who have a fever accompanied by nausea, vomiting, or diarrhea must go home until symptoms have been resolved for at least 24 hours, at which time they can return to camp per health department requirement. Allowing sick campers to remain at camp, even in isolation, is not permitted according to the Health Department.

While we do not call home every time a camper visits the nurse for an injury or illness, we do our best to keep parents informed of their camper's well being when injuries do occur.

# SAFETY



## Water Safety

Mt Gilead hires certified lifeguards who have professional training through the American Red Cross. We also have a lifeguard instructor on staff who helps to manage all aspects of aquatic safety. All swimming happens in a chlorinated swimming pool where we can ensure that lifeguards can see the bottom at all times.

## Camp Staff

Our staff are a huge part of the camper's experience. The majority of our summer team are returning staff members, past campers or close friends with full-time or summer staff members. This allows us to hire people that are recommended by people who we know and trust.

## Hiring Staff

The search for summer staff is a year-round process that we take very seriously. Our strongest resource for hiring new team members are staff alumni. In the fall, we travel throughout the west coast seeking the best available candidates. Starting in the fall, we travel up-and-down the west coast to seek out the best available candidates. We have an extensive application process, including questions regarding beliefs, work history, education, faith walk and personality. Candidates must also submit references from both a pastor as well as a teacher/mentor

or employer. The next step is for applicants to interview with our Program Director and Assistant Program Director. We seek to really get to know their background, experiences, qualifications and motivation for being on staff. Once the application is complete and the interview is done, our Directors spend time praying and processing through our potential applicants. Those who are selected are given a background check.

## Background Checks

All staff and volunteers, prior to being hired, are required to authorize Mt. Gilead to run a background check. The background checks are completed by our HR department and are processed by Protect My Ministry. We also check references on all staff and volunteers.

## Camper Supervision

Camper supervision is very important. We have a staff-to-camper ratio of 1:5 for our biggest camps. This includes counselors, activity staff and support staff. Most cabins will have 1 counselor with 8 or 9 campers. Kid's Camp is 1 counselor with 3 or 4 campers. During free time, we assign staff to monitor different areas throughout camp. We have a night watch program so that we have an alert presence on the grounds at all times while campers are at camp.



## Training

We spend two weeks prior to camper arrival providing our staff with in-depth training. Here is a partial list of what is covered:

### Emergency Plans

Mt. Gilead has established plans for a variety of medical emergencies as well as natural disasters. We practice these plans with all staff. In the unlikely event that Mt. Gilead has to be evacuated, we have an evacuation plan which involves transporting campers to the Graton Fire Department. If this becomes necessary, we will communicate via social media, email and by making phone calls when necessary. Our evacuation plan includes the establishment of an Emergency Director. This position will typically be filled by Dave Gould, Mt. Gilead's Executive Director, but could be filled by the Program Director, or another on-site manager.

### First Aid Certifications

All staff are CPR-certified prior to the start of camp. This includes CPR, First Aid, and AED training. Mt. Gilead has an on-site AED for use during cardiac emergencies.

### Camper Protection

Protecting Mt. Gilead campers is an integral part of our pre-camp training. This includes camper protection policies, mandatory reporting for child abuse, staff code of conduct, and safety awareness training.

### Hard Skills and Soft Skills

We work hard to make sure staff are well prepared both in terms of hard skills and soft skills. Examples of each covered during training:

#### Hard Skills

- Activity Training
- Challenge Course Training
- Group Dynamics
- Decision Making

#### Soft Skills

- Cabin Management
- Spiritual Formation
- Debriefing Learning Experiences
- Leading Bible Studies



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