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“As the deer pants for streams of water,
so my soul pants for you, O God.”

Psalm 42:1

DEER RUN CAMPS & RETREATS

3-NIGHT FAMILY CAMP

ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE

**MANDATORY
QUIET TIME
FOR ALL FAMILIES:
10:00 P.M. - 7:00 A.M.**

FRIDAY

- 4:30 - 6:15 p.m. WELCOME TO CAMP!!**
Check-in • Meet Family Assistant
Welcome-to-Camp Photo
- FAMILY FUN**
Open Rec @ The Lodge: Ping Pong
Cornhole • Carpetball • Volleyball
- 6:30 p.m. AROUND THE TABLE:** Dinner @ The Lodge
- 7:30 p.m. FAMILY SESSION 1 @ The Lodge**
Welcome & Overview
Praise & Worship • Icebreaker
- 8:45 p.m. NIGHTTIME FAMILY FUN**
Wagon Rides (weather-permitting)
Campfire & S'mores • Board Games
Hang Out • Fellowship

SATURDAY

- 7:45 a.m. AROUND THE TABLE:**
Breakfast @ The Lodge
- 8:30 a.m. FAMILY DEVOTIONS:**
Starting Your Day Together
- 9:00 - 10:15 a.m. PARENT SESSION @ The Lodge
RECREATION FOR KIDS & YOUTH
with Counselors:**
Gaga Ball • Playground
Archery & BB Guns
- 10:30 a.m. - 12:30 p.m. PARENT ALONE TIME
GAMES AND CRAFTS FOR KIDS & YOUTH
@ The Lodge**
- 12:45 p.m. AROUND THE TABLE:** Lunch @ The Lodge
- 1:30 - 3:00 p.m. LAKE TIME:**
Water Slide • Corcl Boats
Aqua Park • Swimming
- 3:30 - 5:00 p.m. FAMILY RECREATION [your choice]**
Giant Swings • Climbing Tower
Pedal Karts • Zip Lines
- 5:30 p.m. AROUND THE TABLE:** Dinner @ The Lodge
- 6:30 p.m. FAMILY CREW ACTIVITY**
Carpetball Tournament @ the Pavilion
across from The Creekside
- 7:45 p.m. FAMILY FUN**
Family Line/Square Dance @ The Summit
- 9:00 p.m. NIGHTTIME FAMILY FUN**
Campfire & S'mores • Board Games
Bingo • Free Time

SUNDAY

- 7:45 a.m. AROUND THE TABLE:**
Breakfast @ The Lodge
- 8:30 - 9:30 a.m. FAMILY SESSION 2 @ The Lodge**
Praise & Worship
Teaching/Interactive Activity
- 9:45 - 10:30 a.m. FAMILY CREW ACTIVITY**
Cardboard Boat Construction
Cardboard Boat Regatta Race @
The Lake
- 10:30 - 10:45 a.m.**
- 10:45 a.m. - 12:15 p.m. LAKE TIME:** Water Slide • Corcl Boats
Aqua Park • Swimming
- 12:45 p.m. AROUND THE TABLE:** Lunch @ The Lodge
- 1:30 - 5:00 p.m. FAMILY RECREATION [your choice]**
Zip Lines • Archery Tag • Pedal Karts
Creek Splashin' • Wiffle Ball • Volleyball
- 2:30 - 3:30 p.m. CAMP STORE OPEN** for snacks, drinks,
souvenirs, and apparel
- 5:30 p.m. AROUND THE TABLE:** Dinner @ The Lodge
- 6:30 p.m. FAMILY RECREATION:** Outdoor Rec
behind The Lodge and/or Board Games
- 8:00 p.m. NIGHTTIME FAMILY FUN**
Campfire & S'mores • Movie Night
Bingo • Free Time

MONDAY

- 7:45 a.m. AROUND THE TABLE:**
Breakfast @ The Lodge
- 8:30 - 9:00 a.m. FAMILY DEVOTIONS:**
Starting Your Day Together
- 9:15 - 10:00 a.m. PACK IT UP!** Check Out of Your Rooms
- 10:15 - 11:30 a.m. FAMILY CREW ACTIVITY:**
Cornhole Tournament
- 11:30 a.m. - 12:00 p.m. FAMILY RECREATION:** Free Time and
Outdoor Rec behind The Lodge
- 12:00 p.m. AROUND THE TABLE:** Lunch @ The Lodge
- 12:45 p.m. FAMILY SESSION 3 @ The Lodge**
Wrap-up • Testimonies • Closing
Trophy Presentation • Final Photos
- 1:30 p.m. SEE YOU NEXT YEAR!**
Camp Ends — Be Safe Going Home!



FAMILY CAMP WHAT TO PACK

RECREATIONAL ITEMS

- **FISHING EQUIPMENT AND BAIT IF YOU PLAN TO FISH:**
 - A limited supply of fishing bait and tackle (poles, hooks, sinkers) are available for purchase at the Camp Store.
 - Fish include large mouth and hybrid striped bass, catfish and bluegill.
 - All fishing is catch and release BANK fishing only. No fishing is allowed from the docks or in the swim area.
- **BIKES, SCOOTERS, SKATEBOARDS:** You may bring these for your family to ride. Bring appropriate safety equipment such as helmets, knee pads, etc.
 - Children must be supervised by an adult while riding.
 - Use extreme caution on the steep hills.

CLOTHING & MORE

- **CASUAL CLOTHING** for outdoor activities and games
- **ATHLETIC SHOES OR HIKING BOOTS.** Required for some of the Adventure Rec activities. See info that follows.
- **TOILETRY/PERSONAL ITEMS.** Some toiletry items are available at the Camp Store for purchase if needed. Basic toiletries (soap and shampoo) are in the room.
- **SWIMSUIT, BEACH TOWEL, SUNSCREEN, WATER SHOES.**
 - Swimsuits should be modest; one-piece or tankinis are recommended for women and girls.
 - Swimsuits cannot have metal or plastic zippers, grommets or metal of any kind since these damage the fabric on the slide. Campers with these will not be allowed to go down the slide. No exceptions.
 - Wet Willie Water Slide Weight Limit: 250 lbs.**
- **SAND TOYS (optional):** Deer Run has some available at the lake.
- **INSECT REPELLENT** for wooded areas plus nighttime activities
- **RAIN GEAR** and umbrellas depending on weather
- **FLASHLIGHT** and extra batteries
- **CAMERA** (or phone) to capture memorable moments
- **BIBLE**
- **SNACKS**

SNACKS & DRINKS

While Deer Run provides meals, we recommend bringing plenty of snacks for your family to keep you energized and comfortable. A refrigerator is available for families to share for storing personal drinks and snacks. Water coolers/fountains are available near recreational areas for your convenience.

SPENDING MONEY

Money for the Camp Store. Or purchase Camp Bucks online during online registration or by logging into your online account after registration; see next page.

WHAT NOT TO PACK

- alcoholic beverages, illegal drugs, firearms or fireworks
- clothing with offensive language or promoting persons, bands or products which are offensive
- chewing or bubble gum since it damages property
- anything of value; Deer Run is not responsible for lost or stolen items.

ADVENTURE REC INFO SPRING VALLEY LAKE

The lake is open for Family Camp attendees ONLY during scheduled times. Safety rules are posted at the lake and MUST be observed at all times. Do not walk on the docks, wade in the lake, or swim unless a lifeguard is present.

Lif jackets are provided by Deer Run and are REQUIRED to be worn by each participant for all lake activities including kayaking and canoeing — regardless of swimming ability.

Bank fishing does not require a lifejacket.

CLIMBING TOWER, GIANT SWING, PEDAL KARTS, AND ZIP LINE ADVENTURES

Sturdy shoes such as athletic shoes or hiking boots are REQUIRED for safety reasons; flip flops, sandals or open toe shoes are NOT allowed. Loose-fitting pants or shorts are recommended for ease of movement.

-**Giant Swing Weight Limit: 275 lbs.**

-**Zip Line Adventures Weight Limit: min 60 lbs.; max 250 lbs.**

LODGING

Private guest rooms are assigned by Deer Run.

Amenities include a hair dryer, plush towels, pillow top mattress, extra blankets, dual alarm clock/radio, free Wi-Fi.

The Great Room has a DVD player, Roku and HD antennae for local channels.



FAMILY CAMP FAQ

IS EVERYTHING SCHEDULED OR WILL WE HAVE SOME FREE TIME TO CHOOSE WHAT TO DO ON OUR OWN?

Most activities are scheduled, but there is also free time to relax and fellowship with other families.

ARE VISITORS ALLOWED?

ONLY registered, paid participants are allowed on Deer Run property during Family Camp.

Visitors must check in at The Lodge Office or the Camp Office to get a visitor badge and can only visit from 9 a.m. to 5 p.m., Monday–Friday.

Call in advance (615.794.2918) to let our staff know you have a visitor so we can greet them upon arrival.

WHAT IS DEER RUN'S RESPONSE TO THREATENING WEATHER?

Deer Run staff has your safety in mind. Normally, all scheduled recreation and activities take place regardless of weather conditions. In case of heavy rains or thunderstorms, our staff may need to make adjustments to the schedule or facility to accomplish scheduled activities.

FOOD ALLERGIES OR DIETARY REQUESTS

Deer Run cannot accommodate ALL allergies and dietary restrictions; and we cannot prevent, nor guarantee, a cross-contamination-free environment.

Our food service team will make every effort to accommodate certain food allergies and dietary restrictions, but doing so is at the discretion of our food service director and may require an additional fee for special food purchases. Individuals with extreme allergies are encouraged to bring their own food.

In order for us to best accommodate food allergies or dietary restrictions, these needs must be communicated to Guest Services no later than 2 weeks prior to your arrival by calling 615.794.2918 or emailing Contact@DeerRun.camp.

WHAT ARE CAMP BUCKS AND HOW ARE THEY USED AT THE CAMP STORE?

Camp Bucks are an easy way to visit the Camp Store to purchase drinks, snacks, merchandise or apparel without having to carry around cash or a credit card.

Purchase Camp Bucks in your online account. Purchases are charged against the total of Camp Bucks in your account. If you do not have enough money in your account, you will need to have cash or a credit card.

Camp Bucks do not expire. Any unused camp store bucks in the amount of \$10 or more will be refunded to the credit card or e-check we have on file. Any unused camp store balances \$9.99 and under will be applied as a donation to the Deer Run Scholarship fund. You may also choose to donate the full amount of your camp store balance.



IS DEER RUN AFFILIATED WITH A SPECIFIC DENOMINATION?

Deer Run is a 501(c)(3) nonprofit, nondenominational Christian ministry and is not owned, governed or funded by a church or church organization.

Deer Run has a volunteer board of directors and is funded through user fees, individual donations and grants.