



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

3845 Perkins Road | Thompson's Station, TN 37179 | 615.794.2918 | Contact@DeerRun.camp

Deer Run is a 501(c)(3) nonprofit, nondenominational Christian ministry with a mission to provide excellent camps and retreats that inspire a transformational relationship with Jesus Christ and strengthen relationships with family and friends.

ADVENTURE REC: WHAT TO WEAR & BRING

GROUP LEADER OR PARENT: PROVIDE A COPY TO EACH PARTICIPANT.

Everyone should arrive on time and stay the entire scheduled time in order for your group to get the most out of the experience.

Low or High Ropes Initiatives • Archery Tag Climbing Tower • Giant Swing • Pedal Karts Leap of Faith • Zip Line Adventures

- **REQUIRED:** sturdy shoes such as hiking boots or athletic shoes; NO open toe shoes, sandals or flip flops
- loose-fitting pants or modest-length shorts
- insect repellent, sunscreen & rain gear (depending on weather and time of year)

Note: Giant Swing participants must weigh no more than 275 pounds.

Zip Line Adventures participants must weigh at least 60 pounds and no more than 250 pounds.

Paintball (wooded course)

****There is a short, strenuous uphill hike to the course.**

- **REQUIRED:** sturdy shoes such as hiking boots or athletic shoes; NO open toe shoes, sandals or flip flops
- long sleeve shirt or a jacket and long pants
- gloves
- insect repellent (highly recommended because of the woods)
- rain gear (depending on weather and time of year)

What Not To Wear

- sleeveless shirts, spaghetti strap tops or tank tops
- tight-fitting clothes or short shorts
- clothing with offensive language or promoting persons, bands or products which are offensive
- jewelry

Silence Cell Phones

Do not allow calls or notifications to interfere with your or another person's experience!

Spring Valley Lake

Safety rules are posted at the lake and **MUST** be observed at all times. Walking on the docks, wading or swimming in the lake are not allowed without a lifeguard present.

REQUIRED: Deer Run provides lifejackets for participants ages 4 and up.

Life jackets are **REQUIRED** to be worn by **EACH** lake participant — regardless of swimming ability — for **ALL** lake activities including boats and canoeing. Bank fishing does not require a lifejacket.

The Wet Willie Waterslide has a 250 pound weight limit.

Because the waterslide is made of a vinyl coated polyester fabric, swimsuits cannot have metal or plastic zippers, grommets or metal of any kind since these damage the slide. Guests with these items on their swimsuit will not be allowed to go down the slide. No exceptions.

What to Bring

- Females **MUST** wear a modest 1-piece swimsuit or tankini, or wear a dark t-shirt over 2-piece swimsuits
- beach towel, sunscreen, and waterproof shoes
- a certified life jacket for children age 3 and under

Archery & BB Guns

- insect repellent

Inclement Weather

DEER RUN STAFF HAS YOUR GROUP'S SAFETY IN MIND. Normally, all scheduled recreation takes 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.