

# ENGAGE THE HEART



RETREAT  
INFORMATION





**WELCOME!**



Thank you so much for reaching out to Camp Highland for your group retreat! Throughout the pages of this packet, you will find basic information about Camp Highland, but if you have any questions, please reach out to our staff!

# LODGING

At Camp Highland, we have 4 different areas of lodging. Each area provides a unique camp experience. Some are more rustic in design than others, but all boast comfort and cleanliness. The four lodging options are:

## HILL

- 8 free standing, A frame cabins with 12 beds in each located around a central bathhouse.
- Front and back porches are accessed through sliding wooden doors.
- Window screens exist in place of windows to maintain the outdoor feel even when inside the cabin.
- There is a ceiling fan and overhead light in each cabin.
- The bathhouse is designed to operate in co-ed situations, but can be opened up to be used by all of one gender as well.



## KNOLL



- 6 free standing, A frame cabins with 12 beds in each located around a grassy knoll.
- A bathhouse is found on each side of the knoll
- Front and back porches are present on every cabin.
- Window screens exist in place of windows to maintain the outdoor feel even when inside the cabin (but can be moderately heated in colder months).
- There is a ceiling fan and overhead lights in all cabins.
- The 2 bathhouses are strategically located to service 3 of the cabins each, which allows for both genders to use the knoll cabins.

## RIDGE & SUMMIT

- Each consists of one large bunkhouse that has been subdivided into 4 rooms.
- Each room sleeps 16 people and has its own bathroom.
- The rooms can be utilized as individual cabins or opened up to walk between 2 rooms.
- These bunkhouses have full air conditioning and central heating.
- Directly outside the Ridge is the Upper Pavilion, which overlooks the football field. Directly above the Summit is the Loft which is one of our meeting rooms.





## MEETING SPACE

At Camp Highland, we have a diversity of meeting spaces to accommodate your specific needs. We have both indoor and outdoor areas. Following is some information on each:

### LOFT

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Located on the second floor of the summit bunkhouse, this space is equipped with 2 flat screen tvs, a full soundboard, and speakers to meet any group's audio and visual needs. (max capacity 140)



### GYM

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Our largest meeting space available, this area is huge and fully outfitted with our biggest soundboard and great audio equipment. Feel welcome to use our simple stage or set up the space in whatever way best suits your needs. (max capacity 400)

### UPPER PAVILION

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The U-Pav is a beautiful setting overlooking the field, gym, and mountains, this is a good area for acoustic music or talks. No AV equipment is permanently found here. (max capacity 140)



### AMPITHEATER

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A large outdoor meeting space located deep in the woods, it still boasts a great AV setup with a soundboard, 2 tvs and powerful speakers. All the convenience of an indoor setup combined with the beauty of the mountains. (max capacity 300)





## HIGH ADVENTURE

Camp Highland boasts 9 different high adventure opportunities for our guests to enjoy. Your CH retreat coordinator will work with you to decide which of these activities will be best for your group.

All elements/ activities require the participants to wear a harness and a helmet, which Camp Highland provides. They also require everyone to wear closed toed shoes! So make sure you have those.

The Facilitators of the Activity will begin by briefly explaining the operation of the activity and will explain all safety protocol prior to any attempting the element. Our facilitators are all up to date with their training, and our elements are tested and certified by a third party. There is inherent danger with any sport or activity, but we have done all within our power to mitigate the risk of injury while ensuring a thrilling time among our trees!



# HIGH ADVENTURE



## JACOB'S LADDER

Climb the immense, vertical, wooden ladder with a teammate. Any age is allowed to attempt, but it is best suited to middle school and older!

## DROP ZONE

One person is pulled to the top of a telephone pole by a group of 6-12 other people, at which point the individual will yank a ripcord to release themselves into a giant swing. A favorite of thrill-seekers. (all ages)



## PAMPER POLE

One will climb to the top of a telephone pole, stand atop it, and jump off in hopes of grabbing a trapeze bar in the distance. A test of balance and grit. (all ages)

## FLYING SQUIRREL

One person will run in one direction while a pull team of 5 people simultaneously runs in the opposite direction. The squirrel is pulled high off the ground and swings back and forth until the pull team lets the squirrel back down. (An indoor version also exists, known as the Flappy Penguin). (all ages, but better suited for ages 10 or under)



## TOWER

Also known as the Mammoth, this 50 foot rock-climbing wall is outfitted for 4 climbers to climb on a top rope belay system. The climb ends with the zip line across the pond. (all ages to climb, 7+ to zipline).



# HIGH ADVENTURE



## THE THING

Located within the Gym, one climbs to the top of a ladder, then jumps off and swings from the rafters. Also known as The Chandelier. (ages 7+)

## ZIPTOPIA

The least intense of all, Ziptopia is a solid entry into high adventure for a youngster. Only 20 feet off the ground at its highest point and requiring little physical or mental action, this activity is primarily for the faint of heart. (ages 7+, best for 7-11)



## TEAMS

Numerous obstacles created specifically to require the use of a teammate to complete. Our most difficult course when done correctly (without using the protective gear for balancing help). Finishes in a long zip line over the pond. (ages 14+).



## HIGH ROPES

7 different obstacles strung high amongst the trees culminating in a high speed zip line. Each person will complete the obstacles solo, but work through the course with a partner. (ages 7+)





## ADDITIONAL ACTIVITIES



In addition to high adventure elements, Camp Highland has a wide variety of other activities including low ropes courses, team-building and leadership initiatives, sports, and water activities. Your CH retreat coordinator will work with you to decide which of these activities will be best for your group. While any activity can be turned into a teachable moment, many of these activities lend themselves to debrief exceptionally well.



## ADDITIONAL ACTIVITIES



### LOW ROPES

We have 6 low ropes courses: Nitro Crossing, The Wall, Spiderweb, Whale Watch, Island Hopping, and Mohawk Walk. Here you stay on or near the ground to remove the fear factor, and cross an obstacle to focus on teamwork and leadership development.

### INITIATIVES

Completely on the ground, these activities are more about solving a puzzle than crossing an obstacle. They are still very much about teamwork and leadership though! We have many to choose from, but some of our favorites are: Plumber's Peril, The Heist, Animal Kingdom, and Magic Carpet.



### SPORTS

We have a turf football field which is great for football, soccer, and ultimate games. We also have a basketball court, beach volleyball court, and 2 gaga ball pits. Finally we offer riflery, archery, and skeet shooting.

### WATER ACTIVITIES

Our property has direct access to beautiful Carter's Lake. In addition we have a pond for kayaking, swimming, and The Blob! We have a separate pond for fishing as well.



# PACKING LIST



This is a suggested list, please adjust to fit the specific needs of your group or based on season:

- Bible
- Journal and Pen
- Backpack
- Flashlight or Headlamp
- Bedding for a Twin Bed
- Towel
- Toiletries including Toothbrush, Toothpaste, Soap and Shampoo
- Snacks and Drinks
- Reusable Water Bottle
- Money for Camp Merchandise
- Bathing Suit
- Rain Jacket
- Closed Toed Shoes - MANDATORY for all High Adventure Activities
- Shoes for Water Activities (preferably not flip-flops/slides, closed heel is best)
- Extra Underwear and Socks
- Shirts and Pants that can get dirty

This is a list of what NOT to bring to Camp Highland:

- Illegal Drugs
- Weapons of Any Kind
- Fireworks
- Items for Pranking
- Electronic Devices\*\*

**\*\*We strongly encourage your group to eliminate all use of cell phones or other electronic devices for your time at Camp Highland. By removing those distractions for a short time, we can engage at a deeper level.**



## FREQUENTLY ASKED QUESTIONS



**These are some of the questions we receive most when working with group leaders to plan a retreat. We hope these help, and, of course, if you have any other questions please do not hesitate to ask.**

### **1. Is there a set schedule?**

No, we build individual schedules for each group, but we do have guidelines and the program director will give you suggestions based on what's worked well for groups in the past.

### **2. Is bedding provided?**

Participants bring their own bedding: either a sleeping bag and fitted sheet/ or sheets and blankets for a twin bed.

### **3. Is there a certain transportation company you work with?**

Groups arrange their own transportation. We do not partner with any specific companies.

### **4. Will the Camp Staff run sessions or do we need to provide our own speaker/worship leader?**

Either way! We love to speak to students, but also value outside speakers or a leader that already knows the students speaking to them. We are happy to be part of your sessions, but our main goal in hosting retreats is to help leaders serve their students/participants however they see best.

## FREQUENTLY ASKED QUESTIONS

### **5. Do you provide snacks outside of meals?**

Sometimes, our kitchen will provide snacks of fruit or muffins if they have excess, but groups typically bring their own snacks.

### **6. Will there be coffee?**

Yes! Available in the morning and throughout the day! We do encourage group leaders to limit access to coffee by younger campers.

### **7. What sound equipment do you have available in the gym?**

As far as A/V, we have access to a full band hook up (soundboard and speakers), as well as mics. We also have a projector. You will need to bring your own instruments!

### **8. Can we bring pets?**

We are just as sad as you to say, pets are not allowed. However, we definitely allow and encourage licensed service animals if a member of your group needs one.





