



## CAVING ADVENTURE CAMP

We are partnering with Expeditions Unlimited to take a small group off-site. They will start at the Expeditions Unlimited campus in Baraboo to take on the Ninja Warrior course. Then they will travel to Maquoketa Cave State Park in Iowa for a couple days of exploring and tent camping. The week will end back at LWBC, with a banquet and time to debrief.

## DROP OFF AND PICK UP TIMES

Registration begins Sunday at 10 a.m. Sorry, we are unable to register campers prior to this time. Please pick up campers on Thursday at 3 p.m. Pick up and drop off will happen at Lake Waubesa Bible Camp.

## PHONE POLICY

For the safety of all, campers are not permitted to have cell phones during their week of camp. Any phone calls should be arranged through camp staff. Should you need to contact your camper at any time, please call 608-838-3335.

## MEALS

Nutritious meals are served each day. Should campers have special dietary needs or allergies, please contact the camp prior to arrival to discuss these needs. We will be more than happy to accommodate you!

## ELECTRONIC DEVICES

Please leave your cell phones, ipods, e-readers, and other electronic devices at home.

A  
d  
v  
e  
n  
t  
u  
r  
e  
C  
a  
m  
p

# MEDICATION AND MEDICAL FORMS

A physical exam with the last 24 months is recommended for each camper. A completed medical history form ONLINE is required for camp attendance. Medication should be sent in original, labeled packaging including camper name and details for administering. All medications are stored and dispensed by the camp health care staff by state law.

\*Expeditions Unlimited may require more forms, these will be emailed to you before camp starts.

# CAMP CLOTHES

In an effort to provide a wholesome, positive camp experience for all, we expect campers and staff to dress modestly. Please ensure that pants, shorts, and skirts are not too short or too lowcut such that undergarments are revealed. Shirts should have 2 shoulder straps, a front, and a back, cover the midsection, and show no cleavage. Please send a modest one-piece swimsuit.

# PACKING LIST

## Off-site Bag

- Bible, pen, pencil, & notebook
- Sleeping bag and pillow
- Sweatshirt, light jacket
- Rain coat
- 2-3 changes of clothes\* (shorts, pants, t-shirts)
- Long pants and long sleeve shirt (for caving)
- One piece swim suit
- Towel
- Gym shoes/hiking shoes
- Sleeping attire
- Soap, toothbrush, etc.
- Insect repellent and sunscreen
- Flashlight or headlamp
- Lip Balm
- Medications
- Camp Fees
- Water bottle

## Leave at Camp Bag

- Camp clothes\*
- One nice outfit for the banquet (Optional)

\*Remember, camp fun can be messy...old clothes work best!

# DIRECTIONS

From I-90 take Hwy. 12/18 exit WEST toward Madison

Take Hwy 51 exit (Stoughton Road) and turn SOUTH at the light

Do NOT turn on Bible Camp Rd.

Turn WEST on E. Tower Rd.

Take the first right at Crescent Dr. and proceed to LWBC

