

ARE YOU READY FOR WINTER RETREAT 2024?

REGISTRATION COMPLETED

- PVC Fellowship One Registration Completed

PACK LIGHT, SPACE IS TIGHT!

CAMP PACKING LIST

- Limit one suitcase, one small carry bag
- Mark ALL bags and items with camper's name

Required/Necessary Items

- Bible, notebook/journal, pen
- Prescription medications – see additional information below
- Bedding (pillow, sleeping bag or twin XL sheets/blanket)
- Clothes you can be active in and don't mind getting dirty – See Dress Code Highlights Below
- Outdoor gear – coats, jackets, gloves, shoes/boots, EXTRA SOCKS
- Warm pajamas
- Closed toe athletic shoes
- Water Bottle
- Bath Towel and Washcloth
- Toiletries
- Flashlight

Highly Recommended Items

- Shower shoes
- Watch
- Laundry bag/plastic bag for wet and/or dirty clothes

Optional Items

- Paintball gun – Do NOT bring your own paintballs
- Paintball clothing (Long pants, long sleeves, etc. if playing)
- Skateboards, Rollerblades, Helmets, Fishing Gear
- Disposable cameras if they wish to take pictures
- Money for optional purchases: Extra paintballs (\$10 for 500), snacks, camp souvenirs

Dress Code Highlights

- Wear comfortable, modest clothing that you can be active in and that can get dirty
- Students should have long pants that work with a full body harness
- No clothing with questionable or inappropriate sayings, slogans, etc.
- No clothing that promotes alcohol, cigarettes, drugs or any other inappropriate items

DO NOT BRING

- Anything you have to hide
- Items that cannot be easily replaced
- Weapons, pocketknives, etc.
- Electronics
- Alcohol
- Tobacco, juuls, vapes, illegal substances
- Drones
- CELL PHONE



MORE TO KNOW BEFORE YOU GO!

FOOD ALLERGIES

If your student has a severe food allergy that would require separate food or meals than what is offered at Watermarks camp, please email camps@parkvalleychurch.com.

MEDICATIONS

- **ANY MEDICATION** sent with your student to camp **MUST BE CHECKED-IN at the nurse station** on the day we leave for camp.
- You need 2 copies of the PVC Medication form completed prior to check-in. Medications must be in their original container inside a clearly marked Ziplock bag. Put one copy of the form in the Ziplock bag and hand the second copy of the form to the nurse.
- If your student uses a pill organizer, include a written description and dosage of each medication.
- All medications will be stored in a locked container and administered by our camp nurse or leadership staff.

COMMUNICATIONS

Cell service at Watermarks camp is limited; in case of an emergency call:

Watermarks Camp Phone Line **434-286-4403**

PVC Staff Contact Numbers:

Kevven Kijak, PVC Student Ministries Pastor **703-994-7420**

Will Lanman, PVC Middle School Pastor **605-695-0460**

- Cell phones should be left at home. If a student brings their phone, the leader will collect it and keep it in a secure location for the duration of the retreat.
- Text Message Updates – Our goal is to be back at PVC around noon on Monday. NOTE: Please keep in mind that camp internet service is extremely limited. We will text our arrival and return trip departure.

ACCOMMODATIONS

- Students will be staying in cabins at Watermarks Camp, 1145 James River Road, Scottsville, VA 24590.
- Cabins are heated and gender specific.

ROOMMATE REQUESTS

- We try to accommodate all roommate requests; however, last minute adjustments may be necessary.
- Final cabin and leader assignments will be provided at check-in.

ALL SET, READY TO GO!

CHECK-IN/DEPARTURE

- Check-in is at Park Valley Church on Friday, February 16th starting at 3:00 p.m.
- We will be leaving promptly at 4:00 p.m.
- Bring 2 copies of the PVC medication form and medications in a labelled Ziplock bag to check-in
- Dinner will be served at 7:15 p.m. on Friday night.

LAUNDRY TIME!

RETURN TRIP HOME

- Tentative arrival time back at Park Valley Church is on Monday, February 19th at noon.
- **IMPORTANT:** Please claim your student's left-over medication when you come to pick up your student after camp. Unclaimed medication and lost/found items will be disposed on March 1st. No exceptions.

2024 WINTER RETREAT SCHEDULE *(Please note this is tentative and subject to change)*

Friday

3:00 pm	Check-in at main lobby at Park Valley Church
4:00 pm	Depart Park Valley Church
6:30 pm	Arrive, Welcome, Cabins
7:15 pm	Dinner
8:30 pm	Worship Session 1
9:30 pm	Activities
11:00 pm	Shower Time
11:30 pm	Group Devotions in Cabin
Midnight	Lights Out

Saturday/Sunday

8:00 am	Student Devotion Time/Leader Meeting
8:30 am	Breakfast
9:30 am	Worship Session 2
11:00 am	Breakout Sessions
12:00 pm	Lunch
1:00 pm	Free Time
5:00 pm	Dinner
6:30 pm	Worship Session 3
8:00 pm	Night Activity
9:30 pm	Free Time
10:30 pm	Shower Time
11:00 pm	Group Devotions in Cabin
11:30 pm	Lights Out

Monday

7:00 am	Clean Cabins
8:00 am	Breakfast
8:30 am	Cabin Inspections
10:00 am	Departure

ADDITIONAL QUESTIONS

Email camps@parkvalleychurch.com

STUDENT MEDICATION SCHEDULE

Student Name: _____ Date of Birth: _____

Prescription Over The Counter Purpose: _____

Medication #1: _____ Start Date: _____

Dosage/Frequency: _____ Time Taken: _____

Administered: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Medication #2: _____ Start Date: _____

Dosage/Frequency: _____ Time Taken: _____

Administered: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Medication #3: _____ Start Date: _____

Dosage/Frequency: _____ Time Taken: _____

Administered: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Medication #4: _____ Start Date: _____

Dosage/Frequency: _____ Time Taken: _____

Administered: Sunday Monday Tuesday Wednesday Thursday Friday Saturday