



I've Got This

Welcome to 2019 Trail Days at Hat Creek Camp. The Richmond VA (RVA) Area Team responsible for this event believes that our Trailmen deserve amazing weekend retreats with other Trailmen across the state to fellowship in God's creation. Each Trailman will receive a custom designed Trail Life t-shirt that can be worn at Trail Life USA events or anytime! We will also include a custom designed camp patch. Thanks to Justin Hunt, Troopmaster of Troop 7 in Mechanicsville for his artwork and creativity!

Camp includes themed daily devotionals and special features designed to introduce your Trailmen to our 2019 theme: I'VE GOT THIS based on Romans 12:11. ***"I am the Alpha and the Omega," says the Lord God, "who is and who was and who is to come, the Almighty." (ESV).***

We have devotional leaders for both Woodland Trail, Navigators/Adventurers with age appropriate messages.

Thanks to the many volunteers to help make this year's Trail Days a success.



Bennie Good - Camp Director

Experience Tells Us

Troopmasters have expressed the desire for a section of the Program Guide telling “experience has shown us....” This is a collection of what experience has taught us regarding what to expect and the camp experience in general.

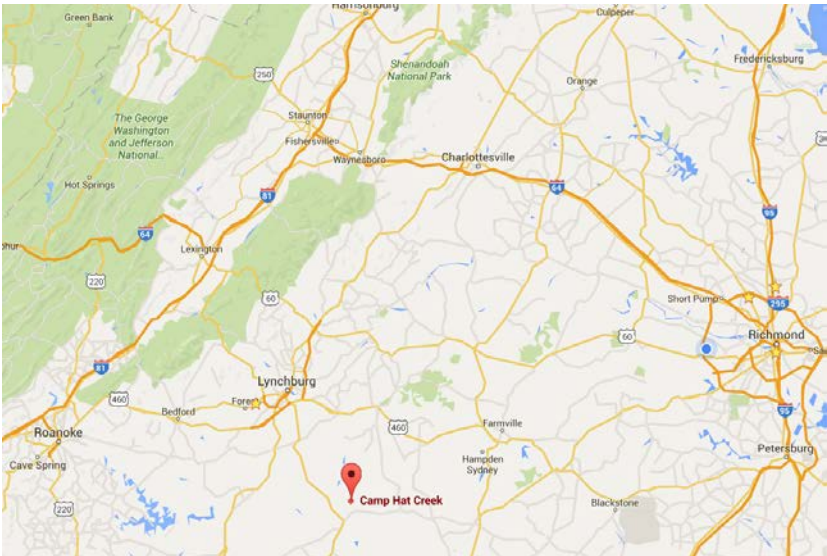
- Camp is NOT a Trail Badge factory where you pay a fee and automatically get three trail badges. While there may be some elements of advancement worthy activities at our Trail Days, it has not been our focus. We are giving some thought to how to give credit for leaves, badges or ranks where appropriate.
- You should come to camp prepared! Review the packing list and pack appropriately for the weather that weekend in Brookneal, VA.
- Your campsite is your home for the event so work at making it comfortable by bringing flags and banners to dress it up. It would be great to see your troop flags and even as many American flags, if you have them. Brings stands for the flags, as we will not be providing stands.
- Advise your Trailmen to be responsible for their valuables. Watches, spending money, etc. should not be left in the shower room or in an unattended campsite. And duh, that goes for cell phones too! Though we are all Trailmen, remove any temptation! Neither the Camp nor this Event Team can be responsible for lost or stolen valuables. Speaking of cell phones, we know many of you use your phone for pictures so bring them if you wish – but be aware cell coverage is spotty where

you'll be camping. How about other electronics???. Leave them at home or lock them up in your car when you arrive.

- One last thing.....we want to make this the best camp we can. If you have any suggestions, we will gladly listen to your ideas!

Directions to Camp Hat Creek

Google Maps has the location of Camp Hat Creek and you can easily point your GPS to it. <https://goo.gl/maps/bM4cXZ634dn>



Once you arrive at the entrance drive slowly down the graveled road and park in front of or near the administration building on your left (it's just after a home in the woods)...and a road to the right, which goes to the retreat center. You may precede to your campsite area after check-in....just be extremely careful driving through camp. And please restrain from using your vehicles during the weekend.

Camp Policies & Procedures

The following policies and procedures have been developed to help protect you and your Trailmen and to ensure the best possible experience for everyone attending camp

Transportation in Camp. You will be allowed to take your vehicle close to your camp. We ask that you not use your car during the weekend, except for cases of handicapped persons or emergencies. Since space for parking may be limited at your site, you may opt to return your vehicle to the administration or Hammersley Center's parking lot for the weekend.

Registration. All Trailmen must be **registered** members of TLUSA before arriving at camp. Adults ideally are registered members, as well, but unregistered parents and guardians may attend. Each registrant must provide the following completed forms to the camp registration desk:

Trail Life Activity Permission Form
Trail Life Weekend Medical Form
Trail Life Weekend Medical Form
Considerations for Fox Trailmen

NOTE: The medical forms listed above may be copies of troop records. These forms are good for 12 months. We will return all forms at the end of camp.

Medications for Youth. Send all medications for youth in original bottles (though you don't need to send more than a weekend supply of medicine). If a Trailmen's parent or guardian is in attendance for the weekend, they will be permitted to keep the Trailmen's medicines and will be responsible for the administration of them. All medicines for Trailmen who do not have a parent or guardian in attendance (except Epi-Pens and inhalers) will be collected at registration by the camp health officer.

Conduct: *A Trailman honors God.* Let your conduct be governed accordingly as a good example to others.

SHOES: Closed-toed **shoes** must be worn at all times during activities. Sandals are only permitted for showers, or when in your tent or hogan.

Youth Protection: Troops must have at least two registered adults in camp at all times. At least one of these must be 21 years of age; the second adult may be 18 years of age or older. All adults must have current "Child Safety Youth Protection" training.

Do not bring firearms, ammunition, fireworks, or any other explosive material/device to camp. Leaders who will be responsible for the shotgun program or who will be lending equipment to that program are permitted to bring these firearms and ammunition to camp. These should remain locked in your car until they can be safely taken to the range.

Activity Times. Use of the camp activity centers is limited to the times provided during the event. The shooting and archery ranges, waterfront, low and high ropes are NOT to be used outside of the designated times.

Smoking by youth is not permitted. Adults who smoke are asked to do so out of the presence of any Trailman. Smoking in any of the buildings is strictly prohibited.

Alcohol & Controlled Substance Alcoholic beverages of any sort and possession or use of any controlled substance is strictly forbidden in all TLUSA events and camps.

Buddy System: Three (3) or more Trailmen constitutes the buddy system in Trail Life. That will be our standard of accountability at camp.

Entering & Leaving Camp Anyone entering or leaving camp must sign in and out at the camp office (Dining Hall) before doing so. Troop leaders are accountable for the whereabouts of their Trailmen at all

times. A Camper Release Authorization must be signed and kept on file at camp for any Trailman wishing to leave during the weekend. The adult picking up the Trailman must present a **photo ID** and have had their name listed on the Camper Release Authorization Form in order to be able to remove the Trailman from Camp. Only individuals authorized to pick up a Trailman by written permission of the parent will be permitted to do so.

Radios & MP3 Players. Radios and MP3 players should not be brought to camp. They cannot be adequately secured when their owner is not in camp. If your Trailmen are permitted to travel with these, please have them locked in a vehicle when you arrive.

Knives: Any legal sized folding knife is permitted in camp if your Trailman is permitted to do so. This applies to both youth and adults. The blade of any pocketknife must be 4" long or less."

Uniform You are expected to wear TLUSA event, trail or travel shirts (Tees or Polos) – or your full TLUSA formal uniform at Saturday dinner and Sunday morning worship. On Saturday during the day, plan to wear your **I've Got This** T-Shirt given to you at registration.

Campsite Your campsite is your home during your time at camp. Keep it clean and orderly. If you are in a hogan, sweep it clean on Sunday morning. If you are camping, leave your campsite with only footprints & tentprints!

Taps: Taps for all campers is at 10:30 P.M.

Schedule of Events

Friday, May 3

- 5:00 PM *Check In - Set up Camp*
NOTE: THERE IS NO SUPPER PLANNED FOR FRIDAY NIGHT. PLEASE EAT ON THE ROAD OR BRING A BAGGED DINNER.
- 7:45 PM *First Officer/Leader Meeting - Dining Hall Porch*
- 8:15 PM *Opening Assembly - Welcome - Introductions - Dining Hall*
- 8:45 PM *Evening Devotional - Navigators & Adventurers in Vespers Area,
Woodland Trail in the Dining Hall*
- 9:15 PM *Cracker Barrel - Dining Hall*
Nav/Adv Patrol Meetings, Locations TBD
- 10:00 PM *Off to Hogans & Campsites*

Saturday, May 4

- 7:15 AM *Morning Report – Flag Pole beside Dining Hall*
- 7:30 AM *Opening Devotional – Vesper’s Area - Lake Shalom for Navigators & Adventurers*
Breakfast for Woodland Trail - Dining Hall
- 8:15 AM *Opening Devotional – Vesper’s Area - Lake Shalom for Woodland Trail*
Breakfast for Navigators and Adventurers
- Activity Centers – Note that 10 minutes is allowed to change locations*
- 9:00-10:10 AM *Camp Service Project - Meet at Flag for Instructions*
- 10:20-11:20AM *First Activity Center Session*
- 11:30 AM *Lunch - Pickup in Dining Hall - Eat where you want*
- 12:30-1:30 PM *Second Activity Center Session*
- 1:40-2:40 PM *Third Activity Center Session*
- 2:50-3:50 PM *Fourth Activity Center Session*

- 4:00 PM *Free Time*
- 6:00 PM *Retreat Formation – Flag Pole at the Dining Hall – Field Uniform if you have it*
- 6:15 PM *Dinner Woodland Trail*
- 7:00 PM *Dinner Navigators and Adventurers*
- 8:00 PM *Evening Devotional - Navigators & Adventurers in Vespers Area*
Woodland Trail in the Dining Hall
- 8:30 PM *Dutch Oven Cracker Barrel in Dining Hall & Porch*
- 9:00 PM *Campfire – Skits [Woodland Trail may retire at any point after Cracker Barrel]*
- 10:15 PM *Off to Hogans & Campsites*

Sunday, May 5

- 7:30 AM *Breakfast for Woodland Trail*
- 8:00 AM *Breakfast for Navigator and Adventurers*
- 9:00 AM *Break Camp - Pack Up and Clean Up*
- 10:00 AM *Worship Service, All to Vesper's Area. Field Uniform if you have it*
- 11:00 AM *Hit the Trail!*



Activity Center Meeting Locations

- A. **Air Riflery** - Range is between Administration Building & Bath House #2
- B. **Archery** - Range is behind the Dining Hall in the ravine.
- C. **Boating** - Boat Launch is across lake from Amphitheater and Dining Hall...across a small footbridge
- D. **Fishing** – on the dam of Lake Shalom
- E. **High Ropes** - Cross the dam of Lake Shalom and take a left at the T in the trail.
- F. **Low Ropes** - Meet facilitators on the far side of the dam of Lake Shalom.
- G. **Shotgun Shooting** – Range is located behind the smaller lake - Lake Bea
- H. **Paracord Projects** - Craft House
- I. **Trail Skills** – between the Dining Hall and Vesper's Area

Menu

Our camp physician (a pediatrician and pediatric gastroenterologist!) has reviewed your input on food allergies and we will make every attempt to meet your needs. It is fine to supplement items from home as you see fit. Note that some of the items that are provided for these special needs will NOT be available for everyone to enjoy!

Cracker Barrel Friday Night - Nachos. The salsa will be vegan and gluten free tortillas will be available. Those that are dairy free will need to steer clear of the nacho cheese. We will not pre-prepare any of the plates.

Breakfast - Saturday Morning – Bacon, French toast and syrup. There will be a gluten free version available. Orange juice, coffee, cereal, milk and bananas. There will be a gluten free version of cereal available, as well as almond milk.

Lunch - This will be a bagged lunch. Sub sandwich with cold cuts (choice of turkey, ham or roast beef), cheese and packets of mayo and mustard. Options include gluten free, no cheese, no meat, PB&J. Apple, cookie (both regular and GF....no nuts in the cookies), & Chips (GF available).

Dinner - Burger, dogs, chicken patties, veggie burgers, buns, condiments, salad, dressings (some dairy free), tater tots, baked beans (meat free).

Cracker Barrel - Troop supplied Dutch oven treats, with supplied ice cream. Those with allergies may opt not to enjoy the Dutch oven treats...unless you made it!

Breakfast Sunday Morning – Scrambled Eggs, Sausage, Toast. There will be a gluten free version available. Orange juice, coffee, cereal, milk and bananas. There will be a gluten free version of cereal available, as well as almond milk.

Personal Packing List

Personal Packing List-PLEASE LABEL ALL ITEMS PACKED!!!

- Bag Supper to eat in the car on the way to camp or after arrival
- Medical and Permission Forms
- Trail Life USA Nametag and Lanyard
- Bedding: Sleeping Bag and/or Twin Sheets & Blanket
- Pillow
- Clothes for Activities, Warm Days, Cool Nights, Rainy Days
Including sneakers (closed toe)
- Trail Life USA Uniform (Full Field - Class A uniform, if you have it,
otherwise your travel/activity TL shirt)
- Towels: Bath Towel, Wash Cloth
- Toiletries (soap, body wash, shampoo, tooth brush, tooth paste,
deodorant, comb/brush)
- Bug Repellant
- Sunscreen
- Flashlight
- Snacks or special food, if you need to supplement the menu
provided
- Trash Bag and/or large Ziploc for Dirty laundry
- Water Bottle (Labeled) - these should be carried with you during
the day
- Day pack (for keeping your personal things with you during the
day ... medicines, water bottle, Bible, Sunscreen, Bug Spray,
snacks)
- Bible
- Gloves for service project
- Current Medications- must be in original container
- Optional Items: fishing pole, tackle & bait (no license required)

Troop Packing List

- Troop Flag or Banner, if you have one
- US Flag
- Flag holders/stands
- Dutch oven & lid lifter
- Crackerbarrel Ingredients for Dutch Oven Cookoff (Coals & ice cream will be provided)
- Charcoal Chimney (for lighting charcoal for the Dutch Ovens)
- First Aid Kit
- Water Cooler ... a 5-10 gallon container (to be filled in the Dining Hall, but to be used at your site and various activity areas)

Note: If you or someone in your troop has food allergies, you might consider making a non-allergenic dessert. Please make a label for it and be sure to manage the serving of that dessert.

Camp-Wide Emergencies

Fire Plan

When a person detects a fire they should alert those in the area and then notify the nearest staff member or troop leader who will in turn notify the Dining Hall. At no time should any Trailman be exposed to danger. Campers must not fight the fire. Adults in the area should try to control the fire if possible. The Camp Director [or his designee] will activate the emergency warning (**continuous long whistle blasts**). All program areas of the camp will be closed and all campers report to the Dining Hall immediately assembling there by Troop. If the Dining Hall is the location of the fire, campers will be directed to assemble near the Administration building.

Lost Camper

Troop leaders should be aware of where their Trailmen are during the course of the day. If a Trailman is unaccounted for, proceed as follows: Assemble the Troop. Find out pertinent information such as last seen location, homesickness, camp interests, friends from other sites, topics of conversation, etc. Check all areas where the Trailman may be including tents, cars, hogans, bath houses, program areas, etc. If not found quickly, contact the Camp director or the closest staffer.

Major Medical Emergencies

The nearest trained First Aider provides immediate primary care. Do not move an injured person; send for help from the Camp Physician/EMT. Notify the Camp Director. The Camp Physician will evaluate the situation and determine what further steps need to be taken. The rescue squad will be called if required. Transportation will be arranged to proper facilities as needed. The Trailman's parents will be notified if a camper is sent for treatment.

Severe Weather

A severe weather warning of will be activated at the discretion of the Camp Director or Camp Physician based official NOAA and/or local weather alerts.

Severe Storm or Tornado **WATCH** - A staff member will notify the program areas and campsites that a Watch exists until an established watch expiration time.

Severe Storm or Tornado **Warning** - **Three consecutive air horn blasts will be sounded.** All program areas will close immediately and Trailmen must report to the designated safety area in their activity area - and remain in that area until the threat has passed and the Camp Director, Program Director has released campers to return to their activities. In most cases, simply reporting to and remaining in your campsite is the correct procedure. However, in extreme cases, you will need to take the following action(s).

The Camp Director (or his designee) will direct the campsites to evacuate to the Dining Hall. If a storm develops too quickly to make it there, use your judgment and common sense to proceed to the closest shelter. Troop leaders should be alert and ready to move their Troop to a safe area in any condition that looks dangerous. ***If you are caught on the trail, take cover in the nearest depression or ravine. Be on the lookout for flash floods and falling branches.***

Our Devotion Leaders

Josh Weeks currently serves as the Director of Family Ministries at Crestwood Church in the Richmond area. He has worked with Children and Youth for the past 15 years in a variety of different roles; from after school programs, camps and the church. He has a passion for walking along side students as they learn how to live out their faith in every day life.



During college Josh spent several summers leading students through wilderness adventure such as backpacking, white water kayaking and rock climbing. Ever since he has loved to spend time with students in nature and believes it is a great tool to point to the Creator.

Josh has been married for 16 years to his wife Michelle and they have two daughters, Ryann and Peyton. When possible he loves watching sports and being outside.



Tom Guthrie, who will lead the Woodland Trail devotions, has been working with and ministering to children over the last 25 years as a parent, a teacher in the public schools, or as a full-time children's pastor on church staff. The Lord has blessed him with his wife Marci

of 28 years and two daughters Kailyn and Madalyn, who are married to two great Christian guys and both expecting their first children this Summer! Tom's passion is to teach the Word of God in simple, understandable, and applicable ways into the lives and hearts of

children, trusting the Lord that "His word will not return empty" (Isaiah 55:11). God is Good!!!

Bennie Good, our camp director, is the Point Man for Trail Life USA for the RVA Area. He and Ann were at the "birthplace" of Trail Life USA in 2013. Bennie is retired but serves as the RVA



(Richmond, Virginia) Point Man. Ann is a board certified pediatrician and pediatric gastroenterologist. Ann & Bennie have been married 40 years. They have two grown and married children, Andrew & Katie. Andrew is a third generation Eagle Scout (Ann's Dad earned his Eagle in 1940. Bennie earned his Eagle in 1969 – now 50 years ago!) Andrew is an electrical engineer for Suez North America. Katie is a Girl Scout Gold Award recipient. She's an MD currently completing her fellowship in Chicago.

A promotional graphic for Trail Days 2019 at Hat Creek Camp. The background is black. On the left, there is a red cross shape with the text "I'VE GOT THIS." in white across the horizontal bar and "REV 1:8" in white at the bottom. A vertical white line separates this from the right side. On the right, the text "TRAIL DAYS" is in large white letters, followed by a circular logo containing a globe and a person, and the year "2019". Below this, "HAT CREEK CAMP" is written in a smaller, spaced-out white font, and "MAY 3-5" is written in large white letters at the bottom.