



Adventure Program Information Packet

At Camp Hebron we strive for excellence in our adventure activities by custom designing an experience that targets the goals you hope to achieve while here. We hope that any adventure activity you choose to participate in will serve as a conduit for growth during your stay. Camp Hebron's mission is to be a sanctuary where your group can connect to God, nature, and each other, and the adventure programming is a unique opportunity to do just that. Below is an overview of our adventure program offerings including prices, descriptions of activities, and other relevant information.

Activity*	Duration	Cost/Person	Minimum Cost & Deposit
Group Games	Up to 2 Hours	\$7	\$100
Cooperative Games/Portable Initiatives*	Up to 2 Hours	\$10	\$100
Low Course Activities	Half Day	\$12	\$100
High Course Activities	Half Day	\$14	\$100
Low Course & High Course Activities	Full Day	\$26	\$100
Climbing Wall	Up to 2 Hours	\$14	\$100
Table Rock – Rock Climbing & Rappel	Half Day	\$25	\$100
Charter/Guided Trips (Rock Climbing, Caving, Canoeing)	Half Day thru 3 Days	<i>Varies on Trip</i>	\$100

**Cooperative Games and Team Building (portable initiatives) can be facilitated at a location other than Camp Hebron with prior approval. This may incur additional cost due to travel.*

What we need from you:

- ☐ Adventure Activity Agreement signed with necessary deposit (this reserves your event)
- ☐ Group Goals
- ☐ Adventure Program Liability waiver for each participant (can be delivered day of event)

Booking your event: We request you make reservations at least 4-6 weeks prior to the desired date of your event. We cannot guarantee any specific date or activity, but will do our best to accommodate your group. **For available dates, contact Oliver Thompson, Youth & Adventure Program Manager at Camp Hebron (oliver@camphebron.org, 717-896-3441 ext. 164).**

Weather: Although we can facilitate activities in varying weather conditions (i.e. high and low temperatures, rain, snow, etc.) adverse weather can affect the group and/or the event in such a way that would deem it unsafe to continue. Decisions to cancel an event will be made with the group leader and we will do our best to accommodate your group. Please encourage participants to be prepared for the appropriate season.

Camp Hebron Adventure Program Activities

Below you will find a brief description of the various adventure activities that we regularly offer. These can be a nice add-on for groups who book an overnight reservation looking for intentional team bonding or as a single day event for your group. We are also willing and able to offer other adventure activities such as canoeing or climbing off-site.

Group Games (Ages 10+, or age 8+ when accompanied by a parent)

Group games are games and activities that primarily focus on group cooperation and fun. They are often used to simply create an environment where a group of people can laugh and have fun together while involving some basic aspects of community building. Some examples would be variations of tag, capture the flag, and the Camp Hebron classic- Gold Rush.

Cooperative Games/Portable Initiatives (Ages 10+)

Cooperative games involve various group-oriented activities, which can be customized based on the goals of your group. Each activity presents miniature challenges designed to promote greater team unity and more effective teamwork. They are problem solving and balancing challenges that may involve some lifting and jumping. Specific activities can be discussed during the planning process. Co-ops can be done here at Camp Hebron, or at an off-site location of your choice. **Additional fees incur to cover travel costs.*

Challenge Course (Ages 13+)

A challenge course is a series of individual and group elements that require a combination of teamwork and individual commitment. Each element has its own specific challenges that are meant to foster growth both individually and corporately. Our challenge course is inspected regularly to ensure compliance with current safety and construction standards.

Low Challenge Course (Ages 13+, or age 11+ when accompanied by a parent)– This offering involves various group-oriented activities, which can be customized based on the goals of your group. Each activity presents challenges designed to promote greater team unity and more effective teamwork. At Camp Hebron we have 12 different low elements along with a myriad of portable initiatives and activities. Specific activities can be discussed during the planning process. There are a wide variety of challenges a facilitator can add to an activity which make multiple experiences on the Low Challenge Course unique every time.

High Challenge Course (Ages 13+)– Camp Hebron has a 5 element static course roughly 40' in the air. The course finishes with an exciting zip-line ride. We also have a "dangle-duo" element, which is a challenging element for two people to ascend by working together.

Climbing Wall (Ages 10+, or 6+ if accompanied by a parent)

Our climbing wall is located indoors in the Hemlock Center gymnasium. It is roughly 30' high and has 6 different climbs set on varying pitches and difficulties. This can be facilitated with a team belay which serves to enhance group cohesion and trust while maintaining the individual challenge of climbing. We can also train participants that are over the age of 18 to belay, which would involve 15 minutes of instruction prior to your scheduled time.

Table Rock- Rock Climbing & Rappelling (Ages 13)

Take a 45-minute, invigorating hike up the Peter's Mountain Trail, here at camp, to do some rappelling and rock climbing at Table Rock, located on the Appalachian Trail. Rappel down the 30-foot rock face, and then climb up the beginner route adjacent to the rappel.

Charter/Guided Trips (Ages 10+, depending on the trip)

We can charter trips to various rock climbing, caving and canoeing locations. We can do overnight trips in which we provide all camping and cooking gear, or day trips to various sites within a short drive from Camp Hebron. Customize your trip to fit your group's needs, and we'll take care of all of the details. Prices vary by length of trip and activity. Please contact the Adventure Program Specialist for more information.

**Programming for younger audiences can be considered. Please contact us to discuss your group's needs.*

What to wear/bring for a safe and fun experience:

- Seasonally appropriate clothing (pants/sweatshirt in cooler weather)
- Rain gear (top and bottom recommended)
- Closed-toe shoes or boots (sandals & “5-finger” type shoes are not appropriate)
- Ensure shorts are mid-thigh or longer for harness safety
- Hat/gloves and extra layer in the cold months
- Avoid cotton due to lack of insulating ability when wet
- Please consider modesty when dressing
- Full water bottle
- Consider a snack depending on duration of the experience
- Bug spray that does NOT contain DEET (not a good combo with safety equipment)



Participant Information and Release Form For Adventure Programs

Camp Hebron's adventure programs integrate a variety of activities that include warm-ups, games, group initiatives, low and high ropes, rock climbing, rappelling, mountain biking, canoeing, kayaking, indoor climbing wall and other rigorous physical adventure activities. The level of individual participation is up to each person. There are inherent risks involved with each activity that must be assumed by the individual.

Certain health/medical information must be made known to the instructor(s) conducting your adventure experience so that they can appropriately respond if necessary. This information will be held in confidence. **Each individual that will participate in any part of our adventure activities must fully complete and return this form to Camp Hebron prior to participation. Failure to do so will forfeit your participation in adventure activities.**

1. Name _____ Date of adventure activity _____ Age _____

2. Do you have any limiting physical, medical, and/or emotional conditions or limitations?
 - YES - NO If yes, please identify and explain:

3. Have you undergone a kidney transplant or had other surgery in the last two months? - YES - NO

4. Are you currently seeking or have received care from a medical professional in the past for any of the following:
 - YES - NO

Heart disease High blood pressure Pregnancy (currently)
 If yes, please explain:

RELEASE OF LIABILITY and PUBLICITY RELEASE

I understand that aspects of Camp Hebron's adventure programs may be physically and emotionally demanding. I affirm that I am in good health, and that I am not under a physician's care for any undisclosed condition that bears upon my ability to participate in these activities. I recognize the inherent risk of injury or disability in these activities. I understand that each participant must assume the risk of injury that could result from any of these activities. I release Camp Hebron, all staff members, volunteers, and board of directors from all liability for any injury to me from participating in these activities. The participant grants Camp Hebron, Inc., and persons acting for or through them the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of myself, for use in materials they may create and distribute (unless instructions to the contrary are written below).

Signature of Participant *Printed Name of Participant* *Date*

Parent/Guardian signature *Printed Name of Parent/Guardian* *Date*

Daytime Phone: () _____

Mailing Address: _____

Emergency Contact: _____ Phone: () _____