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NEW LIFE RANCH

Timothy Team GUIDE to CAMP

You should read this guide. No seriously, like **really** read it. Odds are, if you have any questions about your upcoming session, this guide covers it. So go ahead and read it! Are you done yet? Okay, now read it again!

VERY IMPORTANT NOTE

CHECK-IN IS AT FRONTIER COVE (1PM)
AND
DEPARTURE IS FROM FLINT VALLEY
(11:15AM).

Arrival

Registration will be at **1:00 pm at Frontier Cove**. In order to speed up the check-in process, **do these things at least 48 hours before your arrival:**

- Pay the balance of your camp fee online
- Deposit canteen money
- Complete the Medical Form online

Farewell

We'll do a closing service Saturday morning at the **Flint Valley Conference Center at 11:15am** to worship together, celebrate the session, and watch the video. During this time you can buy the session's video and say your tear-jerking goodbyes. This closing service is right after the farewell program for our summer camp program, and Timothy Team will be in the Conference Center for that event beginning at 10:00am. If you'd like to arrive early or you have a younger summer camper, you can sign your Timothy Team out and pick up their luggage beginning at 10:00am. If you are only picking up a Leadership Development camper we suggest that you wait to arrive closer to 11:15am and sign them out at their farewell program to avoid the crowds of summer camp parents earlier in the morning. **You can plan on leaving between 11:45am and 12:00pm.**

Friday Night Chapel

Friday night testimony service will take place at 7:00 in the Soderquist Conference Center at Flint Valley. Timothy Team participants are welcome to share what they have learned throughout their session and hug loved ones that attend!

More Info on Back!

Packing LIST

Don't get carried away with how much you bring. **Remember, we will be washing your clothes during the weekends of your session.** You will probably need less clothing than you think. As you are packing, keep in mind there will be limited storage/closet space. Bunks have 11in of clearance underneath, and you will have a closet with about a foot and a half of hanging room. **Keep in mind that you will be transferring sites mid-session! Try to pack in bags or tubs that are easy to move and repack.**

- Clothes suitable for physical activity (keep it modest. No short shorts or two piece bathing suits)
- Casual clothes for regular Chapel / dressier clothes for Friday night Chapel (modest clothing-no strapless dresses)
- Jeans & Closed-toe shoes for work crews
- A watch (Very important!)
- Appropriate shoes for each activity (active shoes, creek shoes, shoes to hike in, etc)
- Bathing Suit
- Bedding (twin size) or just a sleeping bag & pillow
- A sleeping bag & pillow for the backpacking trip (Can be your camp bedding, but know you'll be hiking with it. Many Timothy's will bring hammocks)
- Personal hygiene items
- Shower shoes
- Bible, journal/paper, and pen/pencil
- Flashlight or headlamp
- Prescription drugs and over-the-counter drugs need to be given to the nurse upon arrival
- Day Camp Theme related clothing (see next page)
- Hammock (optional)
- Towels & washcloths
- Rain jacket or poncho

Laundry

Just like when you were a Nehemiah, we'll take care of your dirty laundry for you during your session! There is no extra cost for the laundry service, and you will receive a NLR laundry bag at the beginning of the session to help with this process. This means you only need clothes for one week.

Don't Bring (OR SEND) THIS STUFF!

DO NOT BRING YOUR CELL PHONE, all music playing devices (ipods, mp3 players, etc), ipads or tablets, pets, cash, tobacco in any form, alcoholic beverages, illegal drugs, lighters, matches, weapons, pocket knives, fireworks, radios, magazines, rollerblades, skateboards, hoverboards/self-balancing scooters, segways, drones, or sexually explicit literature or items. **Also, please do not bring pets during Sunday check-in or the Saturday finale!**

Teams

You will be divided into teams for the duration of the Timothy Team. Unlike cabin requests for summer camp, **we do not take requests for team members**, and even work to divide the teams so that you will get to know many different types of people. If you're coming to camp with a friend, don't be surprised if you find that you are on different teams. There will be times each day that you'll get to see each other and hang out, but there will be a lot of time when teams will be separate. Team activities and team building are focused on these small teams. **Please do not ask to be placed with your friends.** Leadership Development programs are about learning to be a leader. In real life this often means facing adversity, and these programs have many challenges built in to what we do and who we do it with. Trust us, you'll thank us when it's all over.

Say "Cheese!"

Check out the Leadership Development folder at newliferanch.smugmug.com to look up photos from your session (during the third week of your session, be sure to also look at the Day Camp folder). Our photographers do their best to capture as much as they can from each session but they can't be everywhere all at once. If you wish to capture your personal perspective, feel free to bring your own camera and share your pictures with your team (**not your cell phone camera**).

Cha-Ching

Timothy Team Canteen Deposit (Recommended Amount: \$30)

Timothy Team campers will have the opportunity to visit the NLR canteen each evening. Snacks, drinks and souvenirs are available for purchase.

Dress Code

More so than in previous summers, you are now a role model for campers. Please be extra cautious that your clothes reflect this. You will be asked to change if necessary.

No short shorts, midriff shirts, strapless dresses, and no two piece swimsuits.

Day Camp Themes

During the third week of your Timothy session you will be running NLR's Day Camp. This will put you in position to take ownership and grow as a leader. Similar to Summer Camp, each week of Day Camp will have a theme and one particular theme dress up day. Bring clothes and accessories so you can participate in this fun day!

Session 1 - Sports! On Wednesday, dress up in your best sports gear!

Session 2 - Breakfast! On Wednesday, dress up in your favorite PJs!

Session 3- Stars and Stripes! On Wednesday, dress up in red, white, and blue!

Session 4- Superheroes! On Wednesday, dress up as your favorite hero!

Session 5- Christmas in July! On Wednesday, dress up in your best Christmas attire!

Contacting Tim Teamers

As a member of the Timothy Team, you will not have access to phones while at camp, except on the Saturdays of your session. On this day, you will be allowed to call your parents (and only your parents) if you choose. Your parents can send you one-way camper e-messages from www.newliferanch.com. **Do not bring cell phones.** You will not be allowed to use a cell phone when away from camp or at camp. **Again, do not bring cell phones.**

For the entirety of the first week of the Timothy Team experience, campers will be at our new location, Frontier Cove. Starting the Sunday morning of their second week, they will be on their backpacking trip. They will arrive back to Flint Valley, our site in Colcord, on the following Thursday evening and will stay there for the remainder of their session.

Backpacking Trip

We'll be taking a 4-night backpacking trip to the Buffalo River. If you have the following items, go ahead and bring them:

- Headlamp or small flashlight
- Hiking boots or at least sturdy tennis shoes
- Please do not go buy new hiking boots for this purpose. A new pair of hiking boots can cause blisters very quickly. A sturdy pair of tennis shoes will work fine.
- Water bottles (A hydration system, such as Camelback or Platypus, or a Nalgene bottle are two great options for carrying water, but these specific items are not required. Be sure you can carry at least 2 liters of water.)
- Larger backpack (will need to hold sleeping bag, gear & clothes). NLR has some backpacks available for your use, but if you own one be sure to bring it along.
- Sleeping bag (if you have a smaller one bring it! Remember you'll be carrying your gear.)
- Swimsuit (one piece for girls)
- Small camp pillow (you can get one for under \$10 at an outdoor gear store, or around \$5 at Wal-Mart)
- Rain jacket or poncho
- Hammock & Straps (This is optional. However, if you plan on sleeping in a hammock you still need a sleeping bag!).

When it comes to backpacking equipment, the smaller and lighter the better. You will be carrying your own gear as well as group gear. **We do not require you to buy any of the above equipment as this may be the only time some of you will use it.** However, if you have it or can borrow it easily, please bring it.

Trip Prep

Each of you will have an assignment and preparatory work to do for your backpacking trip. We will be sending out your assignments and their descriptions 1-2 weeks before your session.

Connect with Us!



Directions **HERE & THERE**

****VERY IMPORTANT NOTE****

TIMOTHY TEAM CHECK-IN IS AT FRONTIER COVE AND DEPARTURE IS FROM FLINT VALLEY.

Directions to **FRONTIER COVE (Check-In at 1pm)**

By GPS:

FOR GOOGLE MAPS:

Search for "New Life Ranch Frontier Cove" (Or use the address 572 Dry Gulch Rd., Adair, OK 74330. It will direct you to what was formerly Camp Dry Gulch, and may indicate that the location is permanently closed. Don't worry, we're open!)

For Apple Maps:

572 Dry Gulch Rd., Adair, OK 74330

(it may indicate that this location is permanently closed, but don't worry, we're open!)

(Do NOT search for "New Life Ranch Frontier Cove". This will take you to a random location in Grove, OK.)

FROM TULSA:

TURNPIKE:

Take I-44 or I-244 east out of Tulsa. Follow I-44 North (Will Rogers Turnpike) toward Joplin. Take exit 255 and follow OK Hwy 20 east to US-69 North. Continue North on US-69 through Pryor. Turn right on County Road 440 (Look for the big billboard on the right). Continue on 440 Rd for approximately 9 miles. NLR - Frontier Cove is the on the left.

NO TURNPIKE:

Take I-44 or I-244 east out of Tulsa. These interstates merge with Hwy 412. Continue on Hwy 412 east to US-69 North. Continue North on US-69 through Pryor. Turn right on County Road 440 (Look for the big billboard on the right) Continue on 440 Rd for approximately 9 miles. NLR - Frontier Cove is the on the left.

FROM NORTHWEST ARKANSAS:

NLR - Frontier Cove is located 75 miles northwest of Siloam Springs, AR. Take Hwy 412 west from Springdale or from Hwy 49 to Siloam Springs, AR. Continue on 412 W (47 miles from Siloam Springs to US-69). Head north on US-69 through Pryor for about 20 miles. Turn right on County Road 440 (See the big billboard on the right?) Continue on 440 Rd for approximately 9 miles. NLR - Frontier Cove is the on the left.

Directions to **FLINT VALLEY (Departure at 11:15am)**

By GPS: Search for New Life Ranch Flint Valley or 160 New Life Ranch Dr., Colcord, OK 74338

FROM TULSA: Take I-44 or I-244 east out of Tulsa. These interstates merge with Hwy 412. Continue on Hwy 412 east all the way or get on the Cherokee Turnpike (\$3 Toll). There is a small blue "New Life Ranch" sign about 500 ft before the left turn onto S 700 County Road, just past the Cenex gas station. Continue for 3 miles until you reach the bottom of the valley and NLR - Flint Valley will be on your left.

FROM NORTHWEST ARKANSAS: NLR - Flint Valley is located 32 miles west of Springdale just north of Hwy 412. Take Hwy 412 west from Springdale or from Hwy 49 to Siloam Springs, AR. NLR - Flint Valley is 5 miles west of Siloam Springs. There is a small blue "New Life Ranch" sign about 500 ft before the turn. Turn right on S 700 County Road and continue for 3 miles until you reach the bottom of the valley and NLR - Flint Valley will be on your left.

Buffalo Backpacking TRIP ROLES

Each Timothy Team member has an assignment concerning our backpacking trip that will come into play once you arrive. Other Timothy Team members are depending on your research **so don't blow it off**. Use whatever means necessary to find out the info (internet, people, library, etc). Your role and assignment will be sent 1-2 weeks prior to your arrival. Once you receive your assignment, get going on it!

Keep in mind: Once you receive the list of assignments, you will see that several people are assigned to the same role. This does not mean that you can come unprepared and rely upon them to pick up the slack. The trip includes elements where the entire Timothy Team is together, but it also includes times where groups will be separated. Feel free to prepare together, but don't plan to not do anything; remember, your team will be counting on you. If you need clarification on any aspect of the assignment, contact Maggie King at (918) 422-5506 or maggiek@newliferanch.com.

Travel Agent

- Know how to navigate your team from New Life Ranch Frontier Cove to AND from Compton Trailhead, as well as to AND from Schermerhorn Trailhead at the Buffalo National River in Arkansas. If you cannot get us there, we cannot go. You will tell the driver when to turn and what roads to take. You should use whatever resources available to you at home (Google, a Map, the National Park Services website, etc.), and you may bring resources with you.
- Check on any park or river regulations at Buffalo National River that we should know about.
- How do you check a car/van to see if it is in safe working order before a trip?
- What are some basics to backpacking that the group should know?

Fire Starter

- Know how to build a fire using supplies from the woods. You are in charge of getting the fire going each night using only 1 box of matches (no lighters).
- What supplies could be used to help?
- How will you do it if it has been raining or is wet outside?
- What about when we are done with the fire? It is necessary to look at what "Leave no Trace" principles say about fires.

Navigator

- Know the principles of how to use a compass and read a topographical map. In other words, be able to navigate the group using these tools. You will get some practice and training with our staff before your trip, but you should familiarize yourself before coming to camp.
- After arrival, we will give you a map of the Buffalo River (Western section) and give you and the other navigator the trails you will need to lead us on to arrive at our campsite.
- How does "triangulation" work?
- You will have access to a GPS system on the trip, if you are able to familiarize yourself with one, it could help. We do not want you to buy one for this purpose as they are quite pricey.

Environmental Enforcer

- Know the principles and theory behind "Leave no Trace." Why, how, what, when, where, who, etc.
- Be able and ready to explain these to the group in a five minute presentation.
- You are in charge of making sure the entire group follows these principles throughout the entire trip.
- We will provide any supplies needed (trash bags, etc).

Historian

- Take pictures and video of the trip (will be provided with a gopro camera).
- Keep a Captain's Log documenting the proceedings of each day (will be provided with log).
- Be able to present a brief history of the Buffalo National River and the surrounding area.

Executive Chef

- You are in charge of food and nutrition for the entire trip.
- Using the food and cooking equipment provided by NLR, you will need to be able to lead the Timothy Team in planning for and preparing the meals on your trip.
- You will have access to NLR's camp stoves, cookware (pots, pans, or griddles), and reusable dishes and utensils.
- Know some basic measurements: how many ounces are in a cup or liter, is a teaspoon larger than a tablespoon, what are the abbreviations? Feel free to bring this info with you.
- You will be able to delegate tasks to others such as dishwashing, but ultimately the responsibility is yours.

Micro-Manager

- You are in charge of making sure everything runs smoothly. You will be given a schedule, a supplies list, and trip task list after arrival at NLR.
- It will be your responsibility to make sure we do not forget something, run late, are not ill-prepared, or do not get to experience all we can.
- Your responsibilities will begin when your team leaves New Life Ranch property.

Risk Manager

- Work with the Trip Leader to monitor the physical and emotional wellbeing of your team
- Be responsible for leading and instructing proper water purification for the team (training and equipment provided)
- Be responsible for environmental safety (be familiar with river crossing techniques and weather concerns)
- Be prepared to advise your team in minor medical concerns (be familiar with treating blisters, bruises, and minor cuts)