

Hello,

Thank-you for your participation in Lake Aurora's Spiritual Survival Camp. This program is an intense experience that will leave a lasting impression. We will be stretched physically, emotionally, and spiritually. This stretching may not always seem fun at the time (like when you are cold, wet, hungry, and trying to start a fire with wet wood!), but it will certainly cause growth and strengthening once we have survived together until the end of the program. Have no fear, we will eat well and be safe during this program. We will prepare most of our own food. The preparation for one meal will begin with live animals (probably rabbits or chicken). Our itinerary and location is still flexible. Last year we based out of Kissimmee State Park, and that seemed to work very well for our needs. We will learn skills for wilderness and emergency survival and "field test" what we learn. I want to pass on some of the knowledge and training that I have received as a Special Forces medic. More importantly though, our goal is to pass on spiritual wisdom and self confidence that will help participants to be strong spiritually and "survive" the trials and struggles of life in a fallen world.

PACKING LIST

Do bring: **BIBLE** - in large ziplock bag

- Notebook
- Pen
- Towels
- Swim suits (one piece or dark t-shirt to cover)
- Sunscreen (Minimum SPF 15)
- Bug Spray !!
- Sleeping bag/bedding/pillow
- 2 two-liter bottles or canteens
- Biodegradable soap/shampoo
Example: Aussie, Ivory, or "camp soap"- sold in sporting goods sections.
- Shoes That can get wet- Not flip-flops or sandals—must have protective footwear in the water!
 - Plus extra footwear.
- *Clothes that will get dirty !!! Stains possible!!*
- Dark T-shirts (especially important for girls)
- Toiletries (toothbrush, DO, baby wipes, etc.)
- Shorts
- At least 2 pr jeans and a sweatshirt or light jacket
- Positive attitude

*Optional >> Nice to have:

- Flip flops/sandals
- Small air mattress

- Xtra set of clothes in xtra duffle to leave at Lake Aurora for last day
- Hiking boots with ankle support (not dress boots)
- Sport bottle/camel back
- Folding camp chair
- Hammock?
- Knife
- Water-proof camera
- More bug spray!
- Whistle
- Compass
- Rain coat/poncho -cheap one -may get ruined
- Lighter/waterproof matches

*Do NOT bring:

- CD players/stereo/walkman/ipod/hand-held video games, etc.
- Cell phones
- Jewelry
- Fireworks
- Hair dryers, curling irons, etc.
- Expensive/delicate clothing or other items not wishing to get lost or damaged

Please comply with this packing list. Survival camp is very different than most Lake Aurora programs. In the environment in which we will be living, low maintenance "tough" clothing is needed. Also, modesty is very important. Please ensure that all clothing and swim wear is modest in nature and not promoting themes which are contrary to a positive Christian atmosphere. If your pants are too loose, **bring a belt!**

*** Please clearly label all clothing and personal belongings with permanent marker because clothing/belongings may get mixed together during certain activities.

Did I mention bug spray? !!!

If you have any questions about this list or any other concerns, please feel free to contact me at 863 781-7027

Thank you, Randy Garland

WELCOME!!!

I would like to thank you for choosing to participate in Lake Aurora Christian Camp's survival camp program this summer. We will become familiar with survival skills that are applicable to the wilderness and emergency situations. We will relate the survival principles we learn, to practical principles, in order to gain new spiritual perspectives as well. I am looking forward to the week and hope to provide realistic training in survival skills while maintaining a safe, Christ-centered environment.

I know several of you have experienced other programs with me. For those who don't yet know me, I have been involved with programs at LACC for about 18 years. My wife and I actually met while working at LACC. During summer programs, I was the "wilderness man" for 3 years, "boatman" and even head lifeguard. In recent years, I have been a program director for 2 canoe trips and helped in many other programs. I have recently completed a 30-month military tour of duty at Ft. Bragg, NC. I was recalled to active duty in support of Operation Enduring Freedom and I served as a military paramedic instructor at the Special Forces medical training center. I am currently working toward a high adventure youth ministry called "Survival by the Word." The faculty who will be helping with this program are also very responsible. I want parents and campers to be assured and confident that camper safety will not be compromised although this will be a challenging program.

Each camper should expect to be challenged mentally, spiritually, and physically. Our goal is to push beyond the challenge to discover new self-confidence, abilities, and spiritual truth. Campers will be expected to portray Christian values and maintain a positive attitude. True survival situations are not inherently fun! They can be stressful, difficult, and miserable. We do plan to have a lot of fun this week. We hope to achieve a productive balance between practical survival skills training and the fun excitement that makes great summer camp memories that last a lifetime. Last year's program was very successful at all three levels of focus (mind, body, and spirit). I am looking forward to an even better week this year.

While at LACC's spiritual survival program, campers will have many exciting and new experiences as they realize just how many things we take for granted in our world of modern convenience. Many of the "new" skills we will learn would have been taken for granted during the days of the early settlers. Have you given much thought lately to just what was involved if you wanted a chicken sandwich 200 years ago? Survival campers will wonder no more after this exciting week of camp! We will do it all, from fire building and simple trap making to plucking and grilling.

When they come home, campers will have a new appreciation for God's blessing in nature, as well as meeting their daily basic needs.

I am looking forward to this week and am excited about the opportunity to become friends. There is no reason for anyone to be "afraid" of this program. Our base camp will be located deep in the woods near lake Walk-in-Water in Lake Wales. We will also visit several other locations. We will visit a mock 3rd world village, which is used as a missionary training camp. Also, we will face several obstacles at the Lake Aurora Challenge Course. One night will be spent away from our base camp. We plan to canoe to "Bird Island" in Lake Kissimmee where we will "field test" what we have learned about survival and overcoming obstacles.

Campers and parents should all realize that we will be far from the pampered lifestyle, but we will meet the challenge as a team and look back on a great week. We will experience personal growth and always be glad we participated.

If you have any concerns or questions, please contact me on my cell phone: (863) 781-7027. Or feel free to contact the camp office at 863-696-1102

Thank you,
Randy Garland
Spiritual Survival Program Director
Lake Aurora Christian Camp
Summer Programs