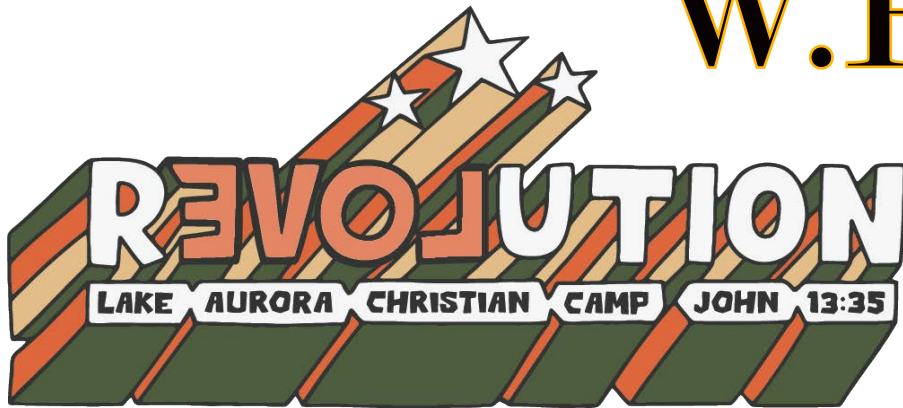


2024 Leadership Training W.H.O.L.E.



Wilderness Hands On Leadership Experience

(Grades 9-12)

June 14-20, 2024

Congratulations! You have been accepted as a participant in the 2024 WHOLE camp experience at Lake Aurora. Thank you! We appreciate your willingness to serve, learn, and work hard in order to impact the lives of others! You will be a vital part of the success of the Voice in the Wilderness program.

Although most Lake Aurora programs end on Friday afternoon, that is when ours will begin. We will spend the weekend training in leadership and learning about ourselves and each other.....strengths, weaknesses, and how to better focus on God. Between now and June 14, the most important thing we need from you is a diligent commitment to fervent PRAYER. Please pray for the other WHOLE campers, as well as for the Voice in the Wilderness campers that God will call to participate in our program this summer. Pray for God's Holy Spirit to prepare their hearts and to maximize the experience.

I will include a packing list of items that you may find useful. The most important thing to bring is the best attitude you can! The item that is usually the most controversial or questioned is a knife. We will be in the woods and cooking for ourselves and each other. A knife is a TOOL.....a very useful and valuable tool that is welcomed, and expected to be handled with respect and safety.

Expect to work hard, play hard, eat well, get dirty, learn a lot, and have a great time as we honor God. We will spend the first two nights sleeping inside in the a/c. Then we will be staying in tents at our "wilderness location. We will have toilets and showers. We will be cooking over a fire and there will be worship/devotions around the campfire. Mentoring younger campers is a huge responsibility that brings an even bigger reward of satisfaction.

After Voice in the Wilderness ends on Thursday morning, we will work together to clean-up and reset for the next LifeEx program. If you are able to stay until 4pm, that would be fantastic. We realize staying that late may not be logistically possible for everyone, but it is important, if you are able.

You are going to have a great time and make friends and memories you will never forget.

Thank you.

Randy Garland
Program Director

If your parents have any questions, my ph # is 863 781-7027



W.H.O.L.E. Leadership Training

PACKING LIST

(Please label everything with your name)

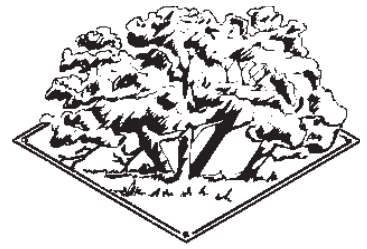
Do bring: BIBLE – in large ziplock bag

- Pen
- Knife
- Towels (2 or 3)
- Swimsuits (modest one piece or dark t-shirt to cover)
- Sunscreen (Minimum SPF 30)
- Bug Spray!!
- Sleeping bag or bedding/ pillow
- two-liter bottle or canteen/ camelback that is convenient to carry and drink from on-the-go
- Shoes that can get wet- Not just flip-flops or sandals—
must have protective footwear that can be submersed in the water or deep mud!
- Plus extra footwear. (flip flops or sandals are great to have in addition to the protective shoes that are needed for activities in the water)
- Hiking boots or tennis shoes to stay dry and use at night around the camp fire and for climbing/hiking
- Clothes that can get dirty !!! Stains possible!!
(bring 7 days of clothes.....no washing machines available)
- Flashlight
- Dark T-shirts (especially important for girls)
- Toiletries (toothbrush, DEODORANT, soap, etc.)
- Hat (able to get wet, dirty, or crushed)
- Shorts
- 2 pair jeans and a sweatshirt or light jacket (even in summer, nights can get cold after a rainstorm!)
- clothes suitable for church

*Optional >> Nice to have:

- * Sport bottle/camel back or other hydration pack
- Mosquito head net
- Mesh “laundry bag” or small backpack to keep items handy during activities
(sunscreen bug spray, water bottle, etc)
- String/rope and small carabiners
- Flip flops/sandals or cros
- Sleeping pad/small air mattress
- Battery powered personal fan
- Extra set of clothes in xtra duffle to leave at Lake Aurora for last day
- Water-proof camera
- Sun glasses
- More bug spray!
- Whistle
- Compass
- Rain coat/poncho –cheap one –may get ruined
- Lighter/waterproof matches
- Glow sticks
- Personal first aid kit (no oral meds)
- Camp chair

CONTINUED ---



***Do NOT bring:**

- Electronics-CD players/stereo/walkman/hand-held video games, etc.
- Cell phones
- Expensive jewelry
- Fireworks
- Hair dryers, curling irons, etc.
- Expensive/delicate clothing or other items

Please try to comply with this packing list. 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! (We do not need to know the style or color of your underwear!) 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?!

How to pack: A great idea is to pack all clothing and items in large Ziploc bags, with complete outfits packed closely together.....if you can pull out one single gallon bag that has shirt, shorts, and undies together, that is a win! You do not want to have to dig through multiple places to find something to wear when you are in a hurry or it is raining.

Bathing Suits: This topic can be sensitive, but needs to be addressed. We will be very active and do not want any “awkward moments”. Modesty is a very important aspect of the Christian atmosphere we want to promote together.

For boys, the matter is pretty simple.....swimwear should be loose enough to allow freedom of movement not be “form” fitted. The important key for boys is having a draw-string to be sure nothing comes off or rides low unexpectedly.

For girls, things can be more complicated, especially in these days of “cheeky” styles. There is no “one-size-fits-all” rule that can be applied, and we certainly do not want campers to feel like they should be ashamed of their bodies or that they have to hide the fact that they are a female. Please avoid anything that requires strings, knots, or ties in order to stay in place. If in doubt, a dark overshirt or rash guard is recommended.

Lightweight, simple running shorts are an excellent addition to your swimsuit to maintain dignity during very active and rugged events. It is always good to have more than one swimsuit or option.

Foot Wear: Boots or at least shoes and socks are great at night to keep feet clean, dry, and bug free. Hikers or tennis shoes are needed for daily activities while water shoes or crocs (non- flip flops) are also needed for some activities. When it comes to footwear, more is probably better; some, or all of which must be able to get wet, muddy, and nasty.

Sleep Gear: A sleeping bag works well to act as a sleeping pad and blanket both, but it is not necessary. Sheets can be used alone, but you need to have a way to stay warm in your tent in case we encounter a cold rain storm. A pillow is nice, or you can stuff a dry towel inside a clean shirt and use that. I usually opt for a sleeping bag, a sheet, a pillow and a sleeping pad or small air mattress. If your gear is weather- proof and can be left outside the tent, that will leave more room inside the tent for sleeping comfort.

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, Program Director

W.H.O.L.E. Leadership Training