

# Mountain T.O.P 2019

June 24-30

Camp: Cumberland Pines

## Travel Overview

On Sunday June 23 we will meet at St. Luke's in the Manhasset parking lot at 7:30am, we will be leaving by 8:00 am sharp. If you are running late please contact Phil Brown at 970-215-9041. We will return on Saturday, June 29 around 4:00 pm. We will let you know when we get close. We will stop for food at Wendy's attached to a large gas station in Monteagle, TN on the way up, please pack a lunch or bring money. On the way home, we will stop for lunch so please make sure you save money for lunch.

## Week overview

Mt. Top is a special place. This will be our 11<sup>th</sup> summer participating in their YSM program. We will join with about 120 other youth and adults from around the country to serve one of the poorest areas of our country. During the week we all will divide into small groups with two adults and 4-5 youth, this is called a YRG. You will spend the week together doing various service projects, working with people in the area. If you are doing day camp your YRG will be responsible for a group of kids during the day camp program. When we return to camp in the afternoon, we will have fun together, eat, worship, and play.

## Who is coming with us?

We are a group of 36 people. We will travel in two 15-pass mini-busses and three mini-vans.

## Emergencies:

If you need to get ahold of us quickly *during the day* because of an emergency, please call the camp directly. They will know how to get a hold of the person you need. The number for Cumberland Pines is: (931) 692-3999 This number will be staffed during the day. *In the evenings or early mornings* feel free to contact Phil at (970) 215-9041. Please make sure we know how to get a hold of you while we are gone.

## Thank you notes:

The Tartan Trot has supported your trip significantly. Almost 2/3 of the cost of your trip covered by the race. We will spend time writing thank you notes to people who helped us financially through the race. These are good thank you notes. The people who support us want to hear how your week goes. During the week be thinking about what you would want to tell them.

## Camp Attire:

**For service project**, long pants, closed toed shoes/work boots, gloves, and shirts with sleeves are required during the day. **For day camp** shorts are okay. **Around camp**, shorts and t-shirts and sandals are fine. No offensive and inappropriate sayings, products, or words can be displayed. Laundry is not available during the week.

## Electronics:

You may bring your electronics and use them for the car ride. We encourage you to leave them in your cabin during the day. If it becomes a distraction for you to be able to engage with the group fully, we will have a conversation and figure out what the best course of action is.

## Text Reminds:

Throughout the week we will periodically send updates via Remind.com. It is also how we will keep you updated on our progress on the way home. To sign up for this year's Mountain TOP "class" please text the message @mntop2k19 to the number 81010.

## Packing List

Work clothes or Day Camp clothes for one week  
Leather work gloves\*  
Hammer with your name on it.\*  
Small backpack  
Casual clothes for one week  
Bedding, twin (sheets/sleeping bag)  
Pillow  
Bath towel (2)  
Toiletries  
Shower sandals  
Tartan Trot Shirt  
Rain coat  
Sweatshirt for a cool evening  
Sunscreen (sweat resistant)  
Bug repellent  
Flashlight  
Hat/visor/bandanna  
Bible, Pen/Pencil, Journal  
Watch  
Closed-toed shoes  
Water bottle  
Portable camp chair\*  
Fan for bed\*  
Medications\*  
Spending money, \$50-\$75 is plenty  
Musical instrument  
Plastic bag for wet/dirty clothes.

## Medications:

If you are on medications that you need to take daily please work out a plan with Phil ahead of time to make sure we all are on the same pages. Parents if you are comfortable with your youth regulating their medications that's fine, or Phil is happy to administer what's needed, or check in when needed.

If you are on ADD/ADHD medicine, this is not an "off" week. For your safety and enjoyment of the week it will be best for you to treat this like a week during the school year.

If you have an Epi-Pen, please bring it and carry it with you at all times.