

HOW TO BE A LEGEND AT CAMP

GENERAL

No Complaining Zone

We *know* the showers are weird, the food isn't your momma's cooking, and that bug you saw was HUGE. BUT we're all in this together! No complaining about showers, camp, or food. If you do, we'll lovingly call you up and if it happens again, there may be consequences.

We Respect New Frontiers Staff. Period.

"Please," "Thank you," "Yes ma'am," "No sir," and zero talking while they're talking. We show kindness because that's who we are, not just what we do.

Your Leaders Are Here For YOU

We're here to serve you and cheer you on. Help us by listening, honoring, and respecting your leaders so camp can be *incredible* for everyone.

No Pressure Zone

If someone doesn't feel comfortable doing an activity, we *do not* pressure them. We cheer them on, encourage them, and let them decide what a "win" is for them. We protect each other's dignity here, always.

Not Your Thing? That's OK!

Not into a game or activity? We hear you. This camp is built with *everyone* in mind, including you. Let's be kind and remember you were thought of in every plan. Perseverance builds strength.

When You Hear the Bell, You RUN!

The bell = your camp bat signal. When it rings, you don't stroll, you *hustle*. It means it's time to get to your next activity quickly so you don't miss out on the fun (or food)

Closed-Toe Shoes = A MUST

Most activities require closed-toe shoes, so come ready to move. Crocs in sport mode are brave... but not always enough. 😊 Save the flip-flops for showers and free time. Protect those toes, future legend

CABINS & SHOWERS

Changing in the Cabins

We get it, you gotta change clothes. But let's keep it classy:

- Change in your bunk, in the bathroom, or in a corner facing the wall.
 - Need backup? Ask a friend to hold a towel like your personal VIP changing room.
 - Full nudity = let's skip that, please and thank you.
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Lights Out = Midnight

Sleep = your secret camp superpower. Lights out means *all the way out* at midnight.

Need to grab something? Use your flashlight and be a ninja so others can sleep.

Cabin = Your Crew Only

No visitors from other cabins. It keeps your space safe and chill for you and your cabin mates.

Wanna meet up with a friend that's not in your cabin? Find them in the common areas.

Keep Your Space Tidy

Try to tidy up your bunk each day. It's not just about clean vibes; clutter can stress some people out. Keeping it neat shows love to your cabin fam.

Sink Rules (We Love Clean Teeth)

Sinks in the bathroom = *teeth only*

Makeup? Let's keep that in the cabin so everyone can brush without stress.

Showers Are Mandatory (Yes, Really)

We love you, but camp is sweaty, and *soap is your friend*. Everyone showers daily. No exceptions. It's not just about you smelling fresh—it's about kindness to everyone's noses around you. (Plus, you'll feel so much better climbing into your bunk clean!)

6-Minute Shower Challenge

Showers are **max 6 minutes**—in and out, let's go! This isn't your everything shower moment... it's your **get clean and keep it moving** moment. There are a lot of people who need hot water, so let's share the love and keep things flowing.

HOW TO THRIVE AND NOT JUST SURVIVE

Hydration Rule

Water = Wisdom. Bring your water bottle everywhere. Tennessee heat is no joke, and dehydration can ruin your camp experience fast. Leaders may ask you to pause activities and hydrate if needed.

Respect Sleeping Campers

If Someone's Sleeping, Protect Their Peace. No pranks, yelling, flashlight attacks, or late-night chaos. Camp is more fun when everyone actually sleeps.

Include People

Nobody eats alone, walks alone, or feels invisible if we can help it. If you see someone sitting by themselves, invite them in. Legends make room for people.

No Gossip, Drama, or Mean Humor

We don't bond by tearing people down. No whisper circles, fake jokes that are actually hurtful, or embarrassing people for laughs. If it wouldn't feel good said about you, don't say it about someone else.

Respect God Moments

Worship, prayer, testimonies, and altar moments matter. No distracting others, fake laughing, or treating serious moments casually. You never know what someone beside you is walking through.

Clean Up After Yourself

If you opened it, spilled it, borrowed it, moved it, or used it... clean it up. Camp works best when everyone helps.

If There's a Problem, Talk to a Leader

Don't suffer silently. If you're hurt, overwhelmed, anxious, homesick, frustrated, or struggling, your leaders want to help you.

Be the Camper Leaders Don't Have to Worry About

The real camp legends are the ones who are trustworthy, kind, helpful, encouraging, and all in. Be THAT person.

HOW TO BE A LEGEND WITH YOUR PHONE

We know staying in touch with home is important, and we also want to help you stay fully present for all the fun, connection, and God-moments happening at camp. Here's when you're allowed to use your phone:

Morning (Before Breakfast)

Phone time is allowed outside of your cabins before breakfast. Start your day right—but don't miss breakfast because you're scrolling 🙄

Afternoon (Daytime Hours)

Put your phone in your bunk and please do not touch it until after the night session. If you want pictures taken, your leaders can take them and make a shared album for your cabin.

Night (After Evening Session)

Phone time is allowed in your cabins—but in your own bunk only. No pairing up, no crowding screens. Respect others' space and wind down for the night.

Final Thought: Be Present

Your phone will still be there when camp is over. These moments won't be. Look up. Laugh loud. Be all in.

Important Reminders

- If a phone is used outside the approved times, leaders will either:

Hold it safely in their backpack until the next phone time, **or** return it to the cabin for safekeeping — whichever is easiest in the moment.