

CAMP CANA

INFORMATION PACKET



Welcome!

Whether you are a parent, core member, or teen, we are excited for you to be part of the summer camp journey! This information will be helpful to know before you arrive at camp. Please contact your Group Leader if you have additional questions about your week at camp.

In Him,

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Information

- Please see the packing list and ensure you pack items that are in line with our modesty and 'what not to bring' guidelines. .
- If you have questions or concerns about your group's travel information, camp costs, or additional information not included here, **please contact your youth minister or group leader.**

Roles at Camp

Group Leader:

This is the person organizing the trip and the main group contact throughout the registration process and while at camp. The group leader must be an adult, age 21 or older, and must attend camp with the group.

Core Member:

A Core member is any adult chaperone. They must be at least 21 years old and be able to sleep in the same accommodations as a teen. They must be safe environment and background checked within your home diocese. While at camp, the core members are to participate as any camper would and so be role models for openness to God in every camp adventure. Along with having fun, core members are responsible for the actions and participation of the youth. Core members will be present and attentive during sessions and act as small group leaders. They will also be the supervisor of campers at night.

Leadership Team:

Each week we are blessed with an amazing host who leads our evening sessions, a musician who leads worship for Mass and sessions, and priests who lead us in the Sacraments. Our dynamic camp leadership is background checked and Safe Environment VIRTUS trained, and ready to lead your teens closer to Christ.

CONTACT US

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Cana Camp Director
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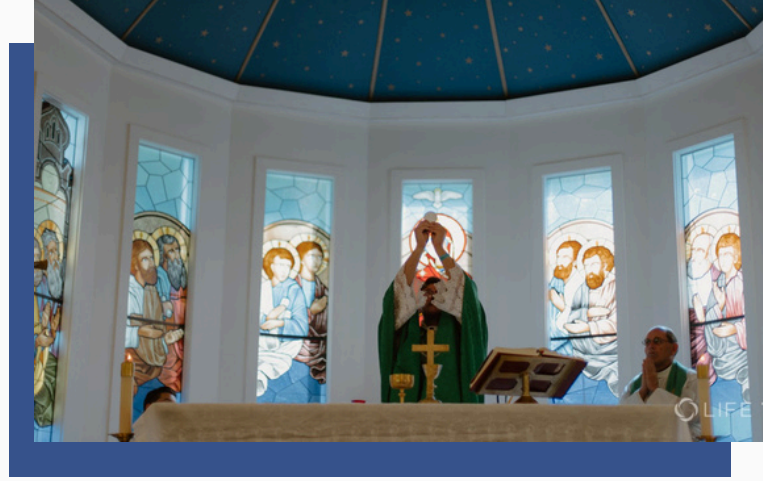


Packing List

What to Bring:

We recommend a duffle bag, not a rolling suitcase, as gravel roads can damage wheels and be difficult to navigate.

- Two pairs of clothes & 1 pair of shoes to get messy (we recommend athletic shorts, a non-white t-shirt, and shoes that will stay on your feet while running - no crocs or flip flops)
- Clothing that is comfortable and appropriate for our ropes course (longer/mid-thigh shorts necessary)
- 6 days worth of athletic/casual clothes for daily outdoor activities (t-shirts, shorts, etc.)
- **A costume for themed dinner - SAFARI!!**
- Sweatshirt/light jacket for cooler mornings and evenings
- One piece bathing suit/swimming trunks (**Ladies will need to wear shorts if wearing a one piece, and shorts and a shirt if wearing a two piece. Men will need to wear a shirt when not swimming**)
- Toiletries (shampoo, conditioner, soap, toothbrush, toothpaste, deodorant, etc.)
- Towels (2 recommended- 1 for shower, 1 for water activities)
- Twin-size sheets/blanket/pillow or sleeping bag/pillow
- Money/Cards for snacks and apparel at the Outpost and crafts in the Art Barn (suggested amount \$50-\$100 per camper)
- Bug repellent/Sunscreen
- Flashlight
- Watch/alarm clock
- Water bottle
- Sunglasses and/or hat
- Rain jacket/poncho (it does rain often in the afternoons!)
- Bible (We will be using a Bible during sessions and morning praise)
- Journal and pen
- One pair closed-toe tennis shoes for our ropes course
- One pair of sandals or slides for showering
- One pair of water shoes that can be secured to feet



What Not To Bring

- Cell phones, iPad/iPod/tablets, and computers
- Tobacco products, illegal drugs and alcohol
- Juuls or other vaping devices
- Weapons of any kind, including guns or knives
- Lighters
- Portable Gaming Devices

No cell phone policy

We will ask group leaders to collect all phones and we will provide a safe place to store them for the week. Parents, please plan to keep in touch through the parent website that will be emailed out on the first full day (Tuesday) of camp. In case of an emergency you can call the camp office or your group leader's cell phone.

Packing List

Preparation Suggestions

Your week at camp is going to be incredible! There are a couple things you can do to help prepare and make this week the #bestcampever.

1. Go to Confession! This way you are open to all the graces God has for you at camp.
2. Take a couple minutes to pray about what you want to get out of camp and a hope for your spiritual life. Be honest with God and let Him know how you're feeling/what you're thinking about going to camp.
3. Head to Mass! Before your week of camp, be sure to make it to Mass and say some prayers for the week ahead!
4. Hydrate ahead of time! If you come to camp dehydrated it is difficult to catch up while there. Make sure to drink plenty of water the week before and while at camp.

Guidelines for Modesty

At Life Teen Summer Camps, we celebrate the dignity and respect of each individual. To ensure a comfortable and safe environment for all, we require campers and adults to embrace the following attire guidelines:

- Choose Comfortable Shorts/Skorts/Pants - Opt for shorts or skorts (skirts with built in shorts) that provide ample coverage (minimum 4 inch inseam is recommended). If you place your hands at your sides, your shorts/skorts should be at least as long as your fingertips & must be visible from under your shirt. Leggings or other tight fitting pants should only be worn with longer tops and/or shorts/skirt that cover the hips, keeping modesty/dignified presentation top of mind.
- Ensure Full Coverage Shirts - Wear shirts that fully cover your chest, stomach, back, and undergarments. Tops with thicker straps are allowed as long as the chest cannot be seen through the open arms holes and undergarments are covered. Crop tops, spaghetti straps, and shirts with cut outs are prohibited.
- Swimwear Choices:
 - For Ladies - A one-piece bathing suit with shorts. If you prefer to wear a two-piece you will need to wear a t-shirt as well.
 - For Men - Choose swim trunks that are longer than fingertip length when you hands are at your sides. When you are not actively swimming with a PFD you will need to wear a t-shirt.

These guidelines are for all staff, teens and adults and also apply for messy clothes and themed dinner costumes. Our staff will ask you to change if you are wearing something that violates the rules stated above.





Facts about Cana

Life Teen closed on Camp Cana on the feast of the Assumption!

The chapel on property is named after one of our newest Saints in the church, St. Carlo Acutis!

There is not a bad view on the property and is home to the most amazing sunrises & sunsets!



Cana Staff

Camp Director:

Molly McLaughlin is the Camp Director and has spent 10+ years serving the mission of Life Teen as a missionary and staff member. She is passionate about every teen leaving camp being their own authentic self and knowing the Lord loves them intimately as they are. She'll walk with youth ministers in addressing behavioral concerns, leading emergency preparedness plans, and leading all staff and missionaries on site.

Guest Relations:

Lucy Copa is the Cana Guest Relations Coordinator. She helps welcome everyone who steps foot onto camp grounds with a helpful hand and big smile. Lucy is a recent graduate of Texas A&M and has served the past 3 summers at Camp Hidden Lake on the Hospitality team!

Camp Cana Staff:

We're thrilled to have additional staff being trained and onboarded between now and our summer missionaries arriving in May. They'll be leading areas in facilities, food services, hospitality and programming. Please pray for all those discerning a call to help build the foundations of Camp Cana!

Full-Time Missionaries

Our Full-Time Missionaries commit to a year long formation while living in community at camp. They will be coordinators and mentors for the summer missionaries, leading them in weekly formation and caring for their emotional, physical, and spiritual well-being.

Summer Missionaries:

Life Teen Summer missionaries are college-aged students who give up their summers to pray, live in community, and lead teens closer to Christ. We have over 50 summer missionaries who will help you lead your small groups, facilitate our ropes courses, serve your meals and be great role models for your teens.

FAQs

I'm a chaperone, what is my role?

Core members are adult chaperones who journey alongside the teens while at camp. All Core must be 21+ years old and be safe environment trained and background checked in their home diocese. Our desire is that they fully participate and enter into camp all week long. The relationships built at camp will help teens feel supported in their faith journey going home.



What happens at camp?

The Life Teen Summer Camps' staff plans, prepares, and facilitates the programming, liturgies and activities for each day. Each day your child will experience daily Mass, opportunities for the Sacrament of Reconciliation, and other powerful prayer experiences. Our evening sessions will break open scriptural topics to lead your teens into a more authentic encounter with Christ. All of this alongside our low and high ropes courses, an obstacle course, messy games and plenty of free time. Every activity is challenge by choice - they'll be encouraged to participate but not required. Each day campers will enjoy three delicious meals and a snack with their group.

Where will we sleep?

Due to the different ratios of male to female campers each week, we cannot provide exact housing information until the week before you arrive. You and your teens will sleep in either a cabin, a motel-style lodge, or a dormitory style lodge. We will do our best to house your entire group together and we will never put one teen from your group by themselves. We will give your group a housing assignment but leave the assignment of specific campers to beds within these designated rooms up to your group leader. At Life Teen camps we follow the Archdiocese of Atlanta policy which requires that adults cannot share sleeping or showering space with a minor unless in a bunk room with at least 2 adults present. We require adults to set 'adult bathroom times' with the other adults in their cabins and post it where teens can see to make sure teens and adults shower/changing area usage is separated.



What if I have food allergies?

That's no problem! When you complete your online paperwork, we will ask if you have any allergies. Please make sure that your group leader is aware of your allergies as well. Our kitchen team will take necessary steps to make sure you have plenty of food and nutrients.

What's all this camp lingo?

Group Leader- This is the individual who is leading the group. Often this person is a Youth Minister, Campus Minister, Parent Volunteer, or Core Member. This person is our main point of contact about all things camp.

Small Groups - Each day will have time for small groups. As a parish-based ministry the number and make-up of your small groups is up to your group leader. They may split groups by gender, by age, or by experience at camp.

Hour of Mercy- Each morning, we will offer one hour of optional confession for all camp participants called Hour of Mercy. It's an opportunity for teens to choose freely to experience Christ in the Sacrament of Reconciliation. With up to 300 teens at camp we encourage teens to try to go to confession before camp starts as well!

Organized Free Time (OFT)- We will offer plenty of options for your teens- from, Flickerball, Gaga Ball, to arts and crafts, to waterfall hikes- there are great options to recreate and relax. The Outpost, the camp store, will also be open during this time offering official camp apparel, snacks and drinks.

Messy Games- Our program team develops and creates a rotation of games including mud, water, paint and YUCK! as a fun time to be silly, let loose, and bring them together as a group.

Morning Praise- Each morning, campers will gather together to start the day in prayer. This is done often through scripture as we open God's word.

Snack Chat- Each night the group will meet all together for a snack and time of debrief led by their Youth Minister/Group Leader. This is a great time to share ways that God moved and connect as a group.

Camp Mail

Electronic Camper Mail--We happily offer you the ability to electronically submit a letter to your camper that we will print here at camp and share with them via their group leader. Letters can be submitted online at lifeteen.com/camps/camp-mail. Online messages will be organized and given to Group Leaders to pass out to campers on Tuesday and Friday nights. Camper Mail is not required and is not a part of camp programming.

Snail Mail--You also have the option to send physical to your teen while they are at camp. Please be sure to include their parish and week of camp in the address. IE Mary Magdalene --St. Joan of Arc -- Week 24, c/o Life Teen Camp Cana 24345 State Rte WW, Ste. Genevieve, MO 63670.

Please keep in mind that all mail for campers delivered after Friday afternoon will be returned to sender.

Please contact your group leader with additional questions specific to your group.

