## 2016 Fall Women’s Retreat Information Packet Contents

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Welcome to Womens Retreat!

The beauty of Fall speaks thru creation at every turn. Brilliant colors burst forth from the trees, cloud formations bring awe and wonder for our eyes to behold, cooler temperatures that beckon additional layers of clothing, and taking the weekend to getaway from it all and focus on recharging our walk with the Lord.

Many of us have felt frustrated or discouraged with our current relationship with God. We yearn for joy...peace...and a real intimacy with Him. We strive to live well and try to break ungodly habits yet feel defeated in that vicious cycle.

This weekend we are going to be talking about our POWER SOURCE. Looking at the foundational truth that Christ not only died for us...HE lives in us. Yes, every believer has this divine power yet most of us do not know how to plug into this POWER SOURCE. Jesus desires to meet us in our daily walk. Jesus desires to give us guidance, wisdom, and strength for each moment of each day!

So thanks for being part of this exciting weekend as we take time to learn more about our POWER SOURCE by getting back to the basics of our faith.

Our verse for this weekend is:
“ I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith”
Ephesians 3:16-17

Plugging Into the POWERSOURCE,
Denise Perry and the SpringHill Staff
## TENTATIVE WOMEN’S RETREAT SCHEDULE
### SEPTEMBER 30-OCTOBER 2, 2016

### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00 – 7:45pm</td>
<td>Check-in</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>6:00 – 7:45</td>
<td>Activity/Breakout/Meal Sign-Ups</td>
<td>Dining Hall (Limit of 2 Activities)</td>
</tr>
<tr>
<td>6:30 – 7:00 or 7:00 – 7:30</td>
<td>Tram Tour (Recommended for 1st Timers)</td>
<td>Dining Hall Walkway</td>
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<tr>
<td>8:00 – 9:30</td>
<td>Gen Session 1 Micca Campbell/Jamie Jamgochian: Worship</td>
<td>Olson Auditorium</td>
</tr>
<tr>
<td>9:45 - 10:45</td>
<td>Snack/Breakout/Meal Sign Ups/Activity Sign-Ups (Limit of 2)</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>9:45 – 10:45</td>
<td>Check-in</td>
<td>Welcome Center</td>
</tr>
<tr>
<td>10:00 – 11:30</td>
<td>Activities</td>
<td>See Schedule</td>
</tr>
<tr>
<td>12:00 – 6:00 am</td>
<td>Quiet Hours</td>
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### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 – 7:45am</td>
<td>Breakfast A</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30 – 8:30</td>
<td>Activities</td>
<td>See Schedule</td>
</tr>
<tr>
<td>7:45 - 8:30</td>
<td>Activity Sign-up</td>
<td>Welcome Center</td>
</tr>
<tr>
<td>8:00 – 8:45</td>
<td>Breakfast B</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>8:15 – 8:30</td>
<td>Morning Devotion w/Micca Campbell</td>
<td>Game Room (Upstairs Endeavor Center)</td>
</tr>
<tr>
<td>9:00 – 10:30</td>
<td>Gen Session 2 Micca Campbell/Jamie Jamgochian: Worship</td>
<td>Olson Auditorium</td>
</tr>
<tr>
<td>10:45 – 11:45</td>
<td>Breakout Sessions/Activities</td>
<td>See Schedule</td>
</tr>
<tr>
<td>Noon – 12:45</td>
<td>Lunch A</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>1:15 -2:00</td>
<td>Lunch B</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>11:45 – 7:15</td>
<td>Breakout/Activities</td>
<td>See Schedule</td>
</tr>
<tr>
<td>5:00 – 5:45</td>
<td>Dinner A</td>
<td>Dining Hall</td>
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<tr>
<td>6:15 – 7:00</td>
<td>Dinner B</td>
<td>Dining Hall</td>
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<tr>
<td>7:30 – 9:00</td>
<td>Gen Session 3 Micca Campbell Jamie Jamgochian: Worship</td>
<td>Olson Auditorium</td>
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<tr>
<td>9:00 – 9:30</td>
<td>Snack A</td>
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<tr>
<td>9:45 - 10:15</td>
<td>Snack B</td>
<td>Dining Hall</td>
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<tr>
<td>9:15 – 11:00</td>
<td>Activities</td>
<td>See Schedule</td>
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<tr>
<td>10:15 – 11:00</td>
<td>Jamie Jamgochian Worship Concert</td>
<td>Olson Auditorium</td>
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<tr>
<td>12:00 – 6:00am</td>
<td>Quiet Hours</td>
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### SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:00 – 7:45am</td>
<td>Breakfast A</td>
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<tr>
<td>7:30 – 8:30</td>
<td>Activities</td>
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<tr>
<td>8:00 – 8:45</td>
<td>Breakfast B</td>
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<td>Morning Devotions w/Micca Campbell</td>
<td>Game Room (Upstairs Endeavor Center)</td>
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<tr>
<td>9:00 – 10:30</td>
<td>Gen Session 4 Micca Campbell/Jamie Jamgochian: Worship</td>
<td>Olson Auditorium</td>
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<tr>
<td>10:45 – 11:45</td>
<td>Breakouts</td>
<td>See Schedule</td>
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<tr>
<td>11:00 – 1:00</td>
<td>Activities</td>
<td>See Schedule</td>
</tr>
<tr>
<td>11:45 – 12:30</td>
<td>Lunch A</td>
<td>Dining Hall</td>
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<tr>
<td>12:45 – 1:30</td>
<td>Lunch B</td>
<td>Dining Hall</td>
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<tr>
<td>12:00 - 2:00</td>
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Please turn in Evaluations and safe travels
HELPFUL HINTS FOR GUESTS

WHEN YOU ARRIVE
Please enter through the Main Entrance off 95th Avenue, follow the signs toward the Welcome Center and park. Check-in is from 6:00 – 7:45 pm in the New Frontiers Dining Hall. During check-in, you will be given a booklet with an updated schedule and a wristband to wear throughout the weekend. While you’re in the Dining Hall, you may also sign up for breakout sessions and up to 2 activities.

ONCE YOU HAVE CHECKED-IN
You may drive to your housing area to move into your housing for the weekend. After you have moved in, please park your vehicle for the weekend and plan to walk to the various activities and programs.

FRIDAY SNACK
During check-in, a light snack is provided for you to enjoy in the Dining Hall. However, if you desire a full meal on Friday night you can find fast food just a few miles away. Evart is also the home to several local restaurants you can enjoy. Their will be an additional snack after the General Session.

STUDY THE MAP
With more than 900 acres of property, it’s a good idea to familiarize yourself and your group with the camp’s layout. You will also find camp maps, as well as directional signs around camp to help you get to where you’re going. Taking the tram tour on Friday night will help you get “the lay of the Land” - you will be glad you did (especially if you are new to camp)

CHOOSE YOUR OWN ADVENTURE
There is so much to do at SpringHill! Unfortunately, you can’t do it all in just one weekend. Before you sign up, think about which breakout sessions or activities are most important to you, then sign up for those. Activity and Breakout signup is held on Friday from 6-7:45pm and 9:45-10:45pm in the Dining Hall, with a limit of two activities per person. You may sign up for additional activities on Saturday from 7:45am - 8:30am in the Welcome Center.

ASK LOTS OF QUESTIONS
That’s the best way to get started. Ask lots of questions, we will give you lots of answers. We want you to have a stress-free weekend where your only responsibility is to have a blast. Just find somebody with a Blue SpringHill name tag and they can get an answer to any question you have.

WEEKEND HOST
A host will be on duty to serve you throughout the weekend, helping with any needs you may have. Please feel free to call any time, day or night. Call 231.580.8144.
HELPFUL HINTS FOR GUESTS CONTINUED...

MEAL SIGN UP
To help provide the best experience in the dining hall, you will sign up for either Meal track A or B. When doing so, Track A would be what you follow for breakfast, lunch, dinner, and Saturdays evening snack. Track B would then follow their time frames. We ask those in Meal track A to dismiss yourself from the dining hall so we can turnover & refresh for Meal track B. Thanks for helping us with this important new change. :)

FOR YOUR CONVENIENCE
There is one designated smoking area by the activity shed located next to the Broomball Court. Thank you for not smoking anywhere else on camp.

WIFI INTERNET ACCESS
Wireless Internet access is now available in many parts of main camp. To connect, please have your computer connect to the SHC-GUEST network, then launch a web browser and enter the username and password below.
Network: SHC-GUEST
Username: retreats
Password: zipline

SHARE THE EXPERIENCE
Post your memories to Instagram, Twitter, and Facebook with the hashtag #shwomens16 and you might see your photo featured during one of our sessions! Show us your fun reactions to the zipline, your experience during sessions and worship, and most importantly: your lovely faces. We can’t wait to see camp through your eyes!
Jaime Jamgochian

Jaime is a Boston-native who currently resides in Nashville, TN. Jaime came to know the Lord at 21 while attending Berklee College of Music. She leads worship at her local church where she also runs a mentor program.

Jaime is the creator of the popular “Modest is Hottest” conferences. These are one-day events for females that integrate speaking, worship, fashion tips, and honest Q & A’s. Her hope is to address current issues young girls face and see them leave these events equipped to live confidently in who they are in Christ.

Micca Campbell

One of the worst fears a woman can face is the loss of her husband. At the age of 21, Micca experienced this nightmare. Being a single mom to her infant son left her confused & crushed by grief. In the midst of her suffering, God’s presence became evident. God met her in her deepest pain and she realized that she would never be alone. It would be a difficult journey, yet God would replace her fear with an unshakable faith. Today, Micca has been married to Tom for 26 years. After raising 3 boys, they just became empty nesters! She is an author, bible study teacher and has been a member of the Proverbs 31 Ministries Speaker Team for 16 years.

This weekend, Micca will encourage us with the peace, joy, and intimacy that each of us can have with God. The Christian life is a supernatural life and it can only be lived by Christ living in us. Christ not only died for us, but He lives in us. God knew we would need a helper; He did not leave us alone; He gave us the Holy Spirit.

Every believer has divine power living on the inside of them. The trouble is that most of us do not know how to plug into that POWERSOURCE. Allow Jesus to meet you each day; in His strength, in His guidance, and in His wisdom. Are you ready to learn to plug into our POWERSOURCE? Here is what Micca will be teaching us this weekend:

Friday: Relying on Grace - 2 Corinthians 12:9
Saturday am: The Fundamentals of Faith - Galatians 3:3
Saturday pm: Power for Everyday Life -2 Peter 1:3
Sunday: Not I, But Christ - Galatians 2:20

Our Worship Leader

Jaime Jamgochian

Jaime is a Boston-native who currently resides in Nashville, TN. Jaime came to know the Lord at 21 while attending Berklee College of Music. She leads worship at her local church where she also runs a mentor program.

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BREAKOUT SESSIONS

FORGIVENESS  • Sue Osterink  
The key to living a peaceful life can be captured by cultivating a forgiving heart. How do you begin such a process? Come hear Sue share about past abusive & painful relationships that led her to a path of forgiveness and how it changed her life.
SATURDAY  Noon – 1:00  Catapult Room  
SUNDAY  10:45 am – 11:45  Auditorium

POWER TOOLS  • Becky Hitchcock  
Discover tools that are available to everyone. Tools that build your faith, wisdom, love, joy, and peace. They will help build your life into the one-of-a-kind design God intended. His tools come with a Lifetime Warranty & Satisfaction Guaranteed!
SATURDAY  10:45 am – 11:45  Auditorium  
SATURDAY  2:30 – 3:30  Auditorium

WOMEN OF THE BIBLE  • Ann Dorries  
Come get a glimpse of the Godly Heritage left for us in print. From the wives of the Patriarchs - to women in the lineage of Christ- to women in the life of Christ. Relevant lessons can be applied to our life today from these faithful women.
SATURDAY  5:00 – 6:00  Chapel  
SUNDAY  10:45 am – 11:45  Chapel

GOD’S TEMPLE  • Greta Schrock  
Did you know that we are God’s temple? What exactly does that mean and what does it look like? Let’s open our minds & hearts to become women of prayer. Discover how making prayer all about God can create the real source of power within.
SATURDAY  Noon – 1:00  Chapel  
SATURDAY  2:30 – 3:30  Chapel

WALKING WITH GOD  • Michael Perry  
Are you looking for a technique that could transform your day? Look no further! There is transforming power in the habit of having daily quiet times with God. Whether a beginner or seasoned veteran in this discipline – you will be inspired.
SATURDAY  1:15 – 2:15  Auditorium  
SATURDAY  6:15 – 7:15  Chapel

EMPTY-NESTERS  • Cindie Anthes & Sherri Filson  
found their lives looking very different when their children went off to college or moved out of the home. Come hear as they share about their journey of letting go; finding hope, and a new purpose that only comes through Christ.
SATURDAY  10:45 am – 11:45  Chapel  
SATURDAY  1:15 – 2:15  Chapel

THE GOOD LIFE  • Lacie Stevens  
Generosity can change everything. Both the giver and the receiver experience joy in differing ways. Come take an exciting look at our generous God. Be encouraged to live generously with what you have to offer. We all have something to give.
SATURDAY  Noon – 1:00  Auditorium  
SATURDAY  3:45 – 4:45  Catapult Room

ESSENTIAL OILS 101  • Kim Rosema  
Learn how oils have been used throughout history in many cultures for health-promoting properties. Modern trends toward more holistic approaches to self-care & growing scientific validation prove the benefits of such oils.
SATURDAY  6:15 – 7:15  Catapult Room  
SUNDAY  Noon – 1:15  Catapult Room

ZUMBA  • Sandra Currie  
Are you ready to exercise and have fun while doing it? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin inspired calorie burning dance fitness party that will get you moving toward a healthier lifestyle.
FRIDAY  10:00 pm – 10:30  
SATURDAY  7:30 am – 8:15  
SATURDAY  10:00 pm – 10:30  Endeavor Center Gym

YAHWEH YOGA  • Brette Benedict  
Experience yoga that integrates movement with Bible reading, worship music, meditation, and prayer. Please bring your own yoga or Pilates mat or 2 towels for your comfort.
SATURDAY  2:30 - 3:30  
SATURDAY  3:45 - 4:45  Lillie Station

SpringHill MI Women’s Retreat 2016  • 7
CRAFTS

This fall, several crafts will be offered in the Summit Room which is located in the Endeavor Center (Gym) on the second floor near the game room. You don’t need to sign up, just head over to the Summit Room, up the stairs from the Gym and to the right. Our talented staff and guest artists will be on hand to guide you to your own work of art.

TIE DYE ⋅ $10
SpringHill camp just wouldn’t be the same without tie dye. Come and learn various ways to tie your shirt, shibori style to make different patterns. Choose one color for a subtle design or make it fun and use them all!

PARACORD BRACELETS ⋅ $5
Always be prepared and look great at the same time... using 10 feet of survival cord, learn to braid your way to a fashionable “tool” you’ll always want on hand.

CANVAS PAINTING ⋅ LYNETTE CRETU ⋅ $15.00
There is an artist in all of us! Come enjoy a step-by-step enjoyable experience with an encouraging & enthusiastic artist. You will leave with a one-of-a-kind creation and memorable keepsake from your weekend. Please bring your own apron. Sign-up required

SATURDAY 11:00am-Noon  SATURDAY 1:15 pm – 2:15  SATURDAY 3:45 pm – 4:45  Storybrook Dining Hall

SAVE THE DATE: 2017 WOMEN’S RETREAT INFORMATION

LIZ CURTIS HIGGS ⋅ SEPTEMBER 29-OCTOBER 1, 2017

Liz has 3 abiding passions: encouraging sisters in Christ, exploring the stories of women in the Bible, and writing novels set in Scotland of old. When she’s not traveling, speaking, or spinning a story, she connects with readers online, take copious photos, reads historical novels, and watches period films. Liz say she is a lame housekeeper, a marginal cook, and a mediocre gardener, but home is still her favorite place to land.

Liz is married to Bill Higgs, Ph.D., who serves as Director of Operations for her speaking and writing office and they have 2 adult children. If you want to make Liz a happy camper, just ask about her twin tabby cats, Boaz and Samson.
ACTIVITY DESCRIPTIONS • SIGNUP

SIGNUP ACTIVITIES
Activities are filled on a first come, first serve basis. However, on Friday night, we ask that you LIMIT yourself to TWO activity sign-ups. This will ensure open spots are available to our guests who arrive later. You may sign-up for additional activities based on availability, beginning Saturday morning at 7:45am in the Welcome Center. Activity descriptions and prices can be found on the following pages.

HORSEBACK RIDING • $15 (SIGN-UP REQUIRED)
Explore the trails of SpringHill on the back of a horse. We’ll saddle them up, and you get to ride!
For your safety, closed toe shoes, and long pants are required.

SATURDAY 1:00-2:00  2:15-3:15  3:30-4:30  4:45-5:45pm

PAINTBALL • $15 (SIGN-UP REQUIRED)
Gear up for a different adventure in the woods with a paintball marker and moving targets (a. k. a. your friends)!
For your safety, long pants and long sleeves are required.

SATURDAY 3:30-4:30  4:45-5:45pm

ACTIVITY DESCRIPTIONS • OPEN

OPEN ACTIVITIES
These activities will be available as “show-up,” which means you can participate whenever the activity is scheduled open and staffed. If it requires an additional fee, you may pay at the activity.

OPEN POOL AND LAP SWIM • FREE
Enjoy a relaxing swim or take some laps in our indoor pool.

FRIDAY  10:00-11:00pm  Open Swim
SATURDAY  7:30-8:30am  Lap Swim Only
SATURDAY  9:30-11:00pm  Open Swim
SUNDAY  7:30-8:30am  Lap Swim Only

LAKE CANOEING • FREE
Enjoy some time navigating Lake Jasper in a canoe.
For your safety, this activity is only open when scheduled and staffed; life jackets are provided and must be worn the entire time you are on the water.

SATURDAY  1:00-3:00pm

COPPER COUNTRY ARCHERY • FREE

SATURDAY  1:00-3:00pm
ACTIVITY DESCRIPTIONS: OPEN, CONTINUED…

RIFLE • $5
SATURDAY 3:30-5:45pm

TRAP SHOOTING • $5
SATURDAY 1:00-3:00pm

NEW FRONTIERS ZIPLINE • $5
The New Frontiers Zipline boasts of eight lines, 1000’ feet long, 18 mph, and 45 seconds of pure adrenaline. Stay up late and try the New Frontiers Zipline after dark.
FRIDAY 10:00-11:30pm SATURDAY 1:00-3:00pm, 9:30-11:30pm SUNDAY 11:00-2:00pm

COPPER COUNTRY ZIPLINE • $5
The Copper Country Zipline takes off and sails you, 756’ feet over Lake Jasper on its 6 lines!
SATURDAY 1:00-5:45pm

COPPER COUNTRY CLIMBING WALL
SATURDAY 3:30-5:45pm

SOLO CHALLENGE • $5
It’s just you on this challenge. You, the harness, a rope, and a 20’ pole. Climb up to the top of the pole and jump. Can you do it? Step up and find out.
SATURDAY 1:00-3:00pm

INDOOR HIGH ROPES • $5
Our indoor high ropes course is our newest activity addition to New Frontiers! Located in the gym, these elements are fun and challenging for any skill level.
SATURDAY 3:30-5:45pm, 9:30-11:30pm
SUNDAY 11:00-2:00pm

INDOOR ROCK WALL • $5
Look for the indoor wall when you’re trying to burn some of that nighttime energy! We have several different sides to create different challenges each time.
SATURDAY 9:30-11:30pm

GAMEROOM • FREE
The Gameroom features foosball and ping pong tables. Ping pong balls can be purchased for $0.25, and foosballs can be purchased for $0.50. We also have a multitude of board games that can be borrowed. The Gameroom is a great place to hang out with friends or warm up with some hot chocolate.
ORGANIZED ACTIVITIES

BINGO
Join us Friday evening in the Game Room for some Bingo, with fun prizes and lots of laughs.

Friday 10:00-11:00pm Game Room

CAMPFIRE
Enjoy an evening around the fire, with SpringHill camp songs and an opportunity to share what God is doing in your life, and talk about the POWERSOURCE that is available to each & every one of us.

Saturday 9:00pm NF Dining Hall Outdoor Fireplace

NIGHT HIKE
Tune your senses for this fun and engaging adventure in the dark. Our guides will help you see, hear and experience things you may have missed before!

Friday 10:00pm Meet in front of Welcome Center

PRAYER WALK
Take some time during any of your free time this weekend to experience this self-directed prayer walk, filled with scripture and beautiful scenery.

ZUMBA with Sandra Currie
Are you ready to exercise and have fun while doing it? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin inspired calorie burning dance fitness party that will get you moving toward a healthier lifestyle.

Friday 10:00 pm – 10:30 pm Endeavor Center Gym
Saturday 7:30 am – 8:15 am Endeavor Center Gym
Saturday 10:00 pm - 10:30 pm Endeavor Center Gym

YAHWEH YOGA with Brette Benedict. Experience yoga that integrates movement with Bible reading, worship music, meditation, and prayer.

Saturday 2:30 -3:30 Lillie Station
Saturday 3:45 – 4:45 Lillie Station
EMERGENCY INFORMATION

SpringHill does not employ any medical personnel during the non-summer months. Therefore, we hope this information will be of use to you. Should an emergency occur, one of our hosts will be available to assist you.

During the day, our staff can be located by radio.

At night, please call the on-call host phone at 231.580.8144.

A phone is located in the Welcome Center for local calls only (dial ‘9’ first).

Ambulance/State Police/Fire: 911
Reed City Hospital: 231.832.3271

MINOR EMERGENCIES

Julie Ondersma is an RN and she will be staying in the New Frontiers Infirmary and available through the weekend to assist.

Also, some members of camp staff are trained in first aid should you need assistance.

SERIOUS EMERGENCIES

SpringHill staff cannot transport injured guests; therefore, you will be responsible for transportation to and from Reed City Hospital (231.832.3271), which is the closest facility for after hour emergencies.
PACKING LIST

ESSENTIALS AND STRONGLY RECOMMENDED:
- Your completed Liability Waiver (page 16)
- Bible, notebook and pen
- Seasonally appropriate clothing, including layers for warmth
- Extra socks
- Jacket or sweatshirt, hat and rain coat/poncho
- Modest one-piece swimsuit
- 2 pair of shoes, including closed-toe shoes for horseback riding and climbing activities
- Bath towel, washcloth, toiletries and comb or brush in a small bag to carry to bath house
- Sleeping bag and pillow
- Flashlight
- Refillable water bottle
- Backpack

Please note: sturdy, close-toed shoes and long pants are REQUIRED for horseback riding and paintball regardless of weather. Close-toed shoes are also required for most climbing and high-adventure activities.

OPTIONAL ITEMS:
- Ear plugs (yes,... women snore too)
- Fan (to drown out unfamiliar sounds)
- Camera and charger
- Individually packaged snacks
- Fishing poles and tackle
- Tennis racquet
- Basic first-aid supplies and personal medications

SpringHill is not responsible for any lost, damaged or stolen items.

PLEASE DO NOT BRING:
- Alcohol, tobacco or non-prescription drugs
  Please note: all medications, including those available over-the-counter, should be kept locked and away from where others could access them.
- Firearms, fireworks, or sparklers
- Motorcycles, dirt bikes, or ATVs for use on camp
DRIVING DIRECTIONS

FROM GRAND RAPIDS:
Follow 131 North to US 10 East (exit 153).
Turn right onto US 10 and follow 13 miles to Evart. Turn left on 95th Avenue at the blinking light. Follow for 2 miles and you’ll see the Main Entrance to SpringHill on the left. Follow the camp road to the parking lot across from the New Frontiers Dining Hall.

FROM LANSING:
Take US 127 North to US 10 West.
Merge onto US 10 West toward Ludington/Cadillac and follow 27 miles to Evart. Turn right at the blinking light at 95th Avenue. Follow for 2 miles and you’ll see the Main Entrance to SpringHill on the left. Follow the camp road to the parking lot across from the New Frontiers Dining Hall.

FROM DETROIT:
Use I-75 North to US 10 West.
Follow I-75 N - Take exit 162B for US-10 W toward Midland. Just after Clare, use the right 2 lanes to take exit 162 for US 10 W toward M-115/Ludington/Cadillac and follow to Evart. Turn right at the blinking light at 95th Avenue and follow 2 miles. You’ll see the Main Entrance to SpringHill on the left.

STREET ADDRESS
7717 95th Ave.
Evart, MI 49631
I understand that all day camp, overnight camp, and other recreational programs carry with them significant risks. Although SpringHill Camps ("SpringHill") has taken reasonable and prudent steps to reduce foreseeable risks, they still exist. Accordingly, in exchange for my being allowed to participate in a day and/or overnight camp or recreational program or activity sponsored by SpringHill (the "Program"), I, and if I am not yet 18 years old, my parent(s) or legal guardian(s) (individually and collectively referred to below in the first person singular), agree to be bound by each of the following:

1. Voluntary Participation. I understand and confirm that my participation in the Program is voluntary.

2. Identification of Risks. I understand that there are certain dangers, hazards, and risks inherent in day camp, overnight camp, and other recreational activities. More specifically, there are certain dangers, hazards, and risks inherent in certain activities conducted at the Program, including, but not limited to, climbing walls, inflatable structures, water games and events, and outdoor games (in the day camps), and swimming, horseback riding, river rafting, canoeing, paintball, extreme sports, high adventure activities, blobbing, winter tubing, snowboarding, skiing, cross country skiing, rock climbing, gymnasium activities, sports, zip line, rappelling, camp transportation, sleeping in tents or cabins, bathing and eating and other residential activities (in the overnight camps), and other athletic and recreational sports ("Recreational Activities"), all of which are regularly scheduled Program activities. I may voluntarily participate in some or all of these activities. I also understand that medical facilities or treatment may be inadequate or unavailable during portions of the Program. I understand that my participation in the Program may involve risk of injury and loss, both to person and to property. I also understand that the risk of injury may include the possibility of permanent disability and death. There may be other risks not known to SpringHill and not reasonably foreseeable at this time. I further understand that some of the premises, facilities, and equipment used in connection with the Program may not be owned, maintained, or controlled by SpringHill, but rather by the premises owners (the "Premises Owners"). I understand that this Release of Liability, Waiver, Indemnification, and Consent is intended to address all of the risks of any kind associated with my participation in any aspect of the Program, including, particularly, such risks created by actions, inactions, or negligence on the part of SpringHill or its directors, officers, employees, agents, volunteers, successors, or assigns (collectively, the "Representatives"), including, but not limited to, risks created by the following: (a) my physical, emotional, and psychological limitations and/or discomfort; (b) the physical, emotional, and psychological limitations and/or discomfort of others; (c) the use and/or condition of premises on which various Program events occur; (d) the lack or inadequacy of policies, rules, or regulations with respect to the Program; (e) the failure of SpringHill or its Representatives to foresee or protect me from actions, inactions, negligence, recklessness, or intentional or criminal misconduct of other persons; (f) the inadequacy or unavailability of medical facilities, treatment, and/or professionals; or (g) the lack or inadequacy of supervision by SpringHill or its Representatives.

3. Assumption of Risk. I assume all risks, known and unknown, foreseeable and unforeseeable, in any way connected with my participation in the Program, including its Recreational Activities. I accept personal responsibility for any liability, personal injury, or economic or noneconomic damages or loss in any way connected with my participation in the Program, including its Recreational Activities. I represent to SpringHill that I have health insurance that is adequate to cover treatment for any personal injuries I may sustain as a result of my participation in the Program, including its Recreational Activities. I understand that this Release of Liability, Waiver, Indemnification, and Consent is intended to address all of the risks of any kind associated with my participation in any aspect of the Program, including, particularly, such risks created by actions, inactions, or negligence on the part of SpringHill or its directors, officers, employees, agents, volunteers, successors, or assigns (collectively, the "Representatives"), including, but not limited to, risks created by the following: (a) my physical, emotional, and psychological limitations and/or discomfort; (b) the physical, emotional, and psychological limitations and/or discomfort of others; (c) the use and/or condition of premises on which various Program events occur; (d) the lack or inadequacy of policies, rules, or regulations with respect to the Program; (e) the failure of SpringHill or its Representatives to foresee or protect me from actions, inactions, negligence, recklessness, or intentional or criminal misconduct of other persons; (f) the inadequacy or unavailability of medical facilities, treatment, and/or professionals; or (g) the lack or inadequacy of supervision by SpringHill or its Representatives.

4. Release and Waiver. I release SpringHill and its Representatives to the fullest extent permitted by applicable law from any and all liability for, and waive any and all claims for, personal injury or economic or noneconomic damages or loss, including attorneys’ fees, in any way connected with my participation in the Program, including its Recreational Activities, even if caused in whole or in part by the negligent acts or omissions or other misconduct of SpringHill or any of its Representatives (a "Claim"). This release does not apply to reckless or intentional misconduct of SpringHill or any of its Representatives. I am aware of MCL § 700.5109, which authorizes organizations such as SpringHill to obtain releases covering a minor’s participation in a recreational activity, and I agree that this release is authorized by that statute.

5. Indemnification. I agree to indemnify and to hold harmless (in other words, to reimburse and to be responsible for) SpringHill and its Representatives, and the Premises Owners, from any Claim or expense, including reasonable attorneys’ fees for the legal counsel of SpringHill’s choice (including the cost of defending any Claim I might make, or that might be made on my behalf, that is released or waived by this instrument), in any way connected with a Claim.

6. Binding Effect. This instrument shall be binding upon my relatives, personal representatives, members, heirs, beneficiaries, next of kin, and assigns and shall inure to the benefit of SpringHill, the Program, and their respective directors, officers, employees, agents, volunteers, successors, and assigns.

7. Consent to Medical Treatment. I authorize SpringHill and its Representatives, and the Premises Owners, if present, to provide to me, through medical personnel of their choice, customary medical assistance, transportation, and emergency medical services should I require such assistance, transportation, or services as a result of injury or damage related to my participation in the Program. This consent does not impose a duty upon SpringHill or its Representatives, or upon the Premises Owners, to provide such assistance, transportation, or services.

8. Severability. If any provision (or portion of any provision) of this instrument is held to be invalid or unenforceable, that provision shall be enforceable in part to the fullest extent permitted by law, and such invalidity or unenforceability shall not otherwise affect any other provision of this instrument.

9. Applicable Law. Because the SpringHill Program is located in the State of Michigan, and in order to provide certainty in the law to be applied to the construction of this instrument, this instrument shall be governed, construed, and enforced in accordance with the law of the State of Michigan.

**THIS IS A RELEASE OF LIABILITY AND WAIVER. I HAVE READ THIS RELEASE OF LIABILITY, WAIVER, INDEMNIFICATION, AND CONSENT. I UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT. I AM SIGNING THIS RELEASE OF LIABILITY, WAIVER, INDEMNIFICATION, AND CONSENT VOLUNTARILY.**

Printed Name ___________________________ Signature ___________________________ Date ___________________________

Address________________________________________ City ___________________________ State __________ Zip ___________

Cell Phone ___________________________ Email ___________________________

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