



GO OUTSIDE

adventure planning packet



CAMP AND RETREAT CENTER

21430 Hwy57 | Moscow, TN 38057
901-840-1247 | www.camppinecrest.org

INDEX

Welcome	3
Planning and Preparing Checklist	4
Sample Schedules	5
Meal Service Information.....	6
Chaperone Information.....	7
Student Information	8
Things to Bring Checklist.....	9
Cabin Group Lists.....	10-12
Health and Risk Acknowledgement Forms.....	13-14
Direction Sheet and Emergency Information.....	15
Trail Map.....	16

Cultivating stewards of the
earth to be rooted in inquiry,
growing through adventure,
and branching out as leaders.





You've got the ball rolling for an amazing trip to Pinecrest. We're looking forward to an adventure with you and your students. We know that a teacher who sets up such a fun and educational field trip exploring nature, science, and their relationships truly cares about the future of their students. We want to support you in the development of caring and knowledgeable young people. Call us at any time if you have questions!

Go Outside! is based on teaching love, care, respect, and understanding of our world today. Science, history, team building, personal reflection, and more to help educate and emphasize our mission of cultivating stewards of the earth to be rooted in inquiry, growing through adventure, and branching out as leaders.

What makes a field trip to Pinecrest a remarkable experience for your students?

- Students make connections between the classroom and the real world. Our adventures support 3-D learning, Expeditionary Learning, STEM and STEAM curriculum, experiential learning, the Montessori approach, Homeschool groups, forest-school, and more in an outdoor classroom setting. To create stewards of the earth, we know we need to provide ample time to explore, connect, and love the diverse facets of nature and natural processes which roots them in inquiry.
- We offer experiential programming that involves opportunities for all 7 learning styles to support being rooted in inquiry and growing through adventure.
- Teachers report a new dimension in their relationships with students.
- The thrill of discovery and adventure helps students meet, and often exceed, personal challenges while nurturing respect for the natural world. We see the shy child assume the lead, and the non-athletic children enjoying physical challenges without the pressure to win.

- With shared learning experiences, we see students start to teach each other according to their strengths. It happens naturally, and they are more inclined to help each other succeed.
- One of the most important outcomes of experiential learning is emotional growth, whether or not it's intentionally built into the program structure. Outdoor programs are found to help students improve in the following:

- Self-concept
- Social skills
- Group cohesion
- Academic achievement
- Relationships

You'll see your students grow as thoughtful leaders the more they are allowed these opportunities.

- Parents tell us their children continue to talk about their experiences at Pinecrest long after they return home, and often ask to come back as a family.
- Pinecrest introduces students to their own back country while keeping the travel time and expenses to a minimum.

In this packet you'll find the forms, checklists, and other important information you'll need to help plan your trip. Please be sure to follow carefully and distribute the pertinent information to your co-teachers, parents, and students. Contact us with any questions. We can't wait to get outside!

GO GREEN:
print only
the pages
you need!

Planning and Preparing Checklist



RIGHT NOW!

- ☐ Reserve dates and programs with Pinecrest
Click here to go to the Program Guide.
Call **901-878-1247** or e-mail: **charity@camppinecrest.org**
- ☐ Estimate the number in your group (both students and adults staying onsite)
- ☐ Send Student and Chaperone Information sheets out to your group
- ☐ Arrange transportation
- ☐ Begin collection of deposits
- ☐ After the deposit, you can split payments by half or in thirds.
Must be paid in full at time of program.

3 MONTHS BEFORE VISIT

- ☐ Return signed contract and deposit. Contract can be either e-mailed to charity@camppinecrest.org or mailed with deposit to Pinecrest, PO Box 36, La Grange TN 38046
- ☐ Make second or final payment.
- ☐ Begin putting together group lists for cabins. E-mail this list to charity@camppinecrest.org.
- ☐ Organize student activity groups (up to 15 students plus at least 1 chaperone).

1 MONTH BEFORE VISIT

- ☐ Collect Health Forms and Risk Acknowledgment Forms – Alert staff to any important issues to be aware of
- ☐ Make copies of these forms and bring the originals to Pinecrest
- ☐ Alert us to any food allergies or dietary restrictions now
- ☐ Introduce any complimentary curriculum with students

WEEK OF VISIT

- ☐ Share and remind students and chaperones of expectations and packing lists found on Information Sheets.
- ☐ Build excitement!
- ☐ Finalize all payments
- ☐ Call Pinecrest with final count and details

DEPARTURE DAY

- ☐ Collect medicines in original containers with instructions (designate an adult to dispense and log meds)
- ☐ Call roll and check student's packing list
- ☐ Bring Health Forms and Risk Acknowledgment Forms
- ☐ Call 901-878-1247 to notify of departures
- ☐ Hold a chaperone meeting with all adults attending the trip. Remind them of their supervisory roles.

Got Questions? Contact:
Charity Siebert
Pinecrest Program Director
charity@camppinecrest.org

Sample Schedules

Schedules are tentative. Education programming times are approximate. Seasons, weather, school schedule constraints, and number of students may affect schedules. Breaks are provided.

1 DAY ADVENTURE

8:30a	Group Arrives/Introductions
9:00a-12:00p	Programming
12:15-12:45p	Lunch at Lodge
12:45-1:15p	Playground/Free Time
1:30-2:00p	Reflection

2 DAY ADVENTURE

Day 1

9:00a	Arrive/Unpack
9:15a	Introductions
9:30a-12:00p	Programming
12:15-12:45p	Lunch at Lodge
12:45-1:15p	Playground/Free Time
1:30-4:30p	Programming
4:30-6:00p	Free Time
6:00-6:45p	Dinner
6:00-7:00p	Free Time
7:00-8:00p	Evening Programming

Day 2

8:00a	Breakfast
8:30a	Pack
9:00-11:00a	Programming
11:30a	Reflection
12:00-12:30p	Lunch
12:30-1:30p	Guided Hikes or Free Play
1:30-2:00p	Depart

3 DAY ADVENTURE

Day 1

9:00a	Arrive/Unpack
9:15a	Introductions
9:30a-12:00p	Programming
12:15-12:45p	Lunch at Lodge
12:45-1:15p	Playground/Free Time
1:30-4:30p	Programming
4:30-6:00p	Free Time
6:00-6:45p	Dinner
7:00-8:00p	Evening Programming
8:00-9:00p	School Activity or Free Time

Day 2

8:00a	Breakfast
9:00a-12:00p	Programming
12:00-1:00p	Lunch/Free Time
1:00-4:00p	Programming
4:00-6:00p	Free Time
6:00-6:45p	Dinner
7:00-8:00p	Evening Programming
8:00-9:00p	Group Activity (School-Led)

Day 3

8:00-9:00a	Breakfast/Pack
9:00-11:00a	Programming
11:30a-12:00p	Reflection Journaling
12:00-12:30p	Lunch
1:00p	Depart

Meal Service Information

- Home-cooked meals with good conversation are the hallmark of Pinecrest's hospitality. Kid-friendly and healthy fare ensures that no one walks away hungry.
- Please allow us 2 weeks' advance notice for any meal requests, dietary restrictions, and allergies.
- Meals are held in the Lodge and are buffet-style. Meal times are 8 am, Noon, and 6:00 pm. Meal times can be flexible to accommodate group schedules.
- In cultivating responsibility and stewardship of our shared spaces, we ask that at each meal a group of students are designated for clean-up. We provide dish rags to wipe tables and chairs, chairs should be pushed back in, and floors swept. Please also make sure all students note the labels for separating dishes at the counter after their meal.
- Meals include a meat for main course, 2 sides, salad, dessert, tea and/or juice. Coffee is available for adults. Snacks for overnight groups may include granola bars, yogurt, fruit, chips, etc.
- We can provide hot dogs and take-along sides for a campfire cookout instead of a Lodge lunch or dinner.
- Optional \$5 lunch for 1 Day Adventures will be either hot dog or sandwich, chips, fruit or cookie, and a drink.



Chaperone (Teacher and Parent) Information

As an adult accompanying your student or students on the field trip, you make a world of difference. You are a model for enthusiasm, curiosity, and good behavior in a natural setting. We want you to know how greatly we value your time in joining us to give your students an incredible experience. Take a moment to review these helpful tips to guide you in your role as chaperone.

YOU ARE WONDERFUL! – First, let us thank you again for joining us in this adventure!

WE SHARE A GOAL – We want young people to succeed. We want students to be amazed and respectful of the complexity of nature and the value of our natural resources. We want students to leave Pinecrest with renewed spirit and appreciation for themselves, for others, and our world.

Teachers Need Help, too! – Check in with the teachers and be present during any meetings before or during your visit to clarify your role in helping the school. Offer to help plan an activity, help organize groups, or even a phone tree for communication.

YOU ARE A LEADER – You will likely oversee a group of students (appx 12-20). Help keep them together, on-task during activities, and cultivate a positive group dynamic. As a leader, you must not engage in distracting behavior like cell phone use and side conversations.

WE SPREAD UNDERSTANDING AND APPRECIATION – Our job is to dispel myths and unhealthy fear of nature. We do not display foolish or unsafe behavior so that we can provide accurate scientific information and safety protocol.

WE LEAVE NO TRACE – Every day, in every way, we all are responsible for leaving nature better than we found it. We take only memories and leave only footprints. For more information on the principles of Leave No Trace, visit www.LNT.org.

WE MODEL POSITIVE MENTAL ATTITUDE (PMA) – We value self-awareness by taking care of ourselves through adequate rest, water and snack breaks, and a can-do attitude. Breaks are provided throughout the day to attend to our basic needs. Between these breaks, PMA and good communication can get us through!

ENGAGE WITH STUDENTS OFTEN – A visit to Pinecrest is about connections. Engage them in learning by supporting the instructors' activity and by deepening their curiosities when appropriate. You can ask questions like "how did you come to your conclusion?" or "what drew you to this leaf?". Engage in group activity by suggesting supportive speech like "how can we make sure everyone has a role?" Let them know you value them individually and get to know them.

DRESS SMART – Wear shoes and clothes that can get a little messy and that are appropriate for the outdoors. You are all washable! Remind your students to wear their layers!

HAVE FUN! – You're a grown up, but no one is too old to relax and enjoy this time. We want you to come away with a great experience yourself!

TAKE A TECH BREAK – Help the students adjust to a tech-free visit by limiting your own usage to a short, private moment for only necessary communication. We recommend taking a few group photos and sharing them through your phone tree so parents can feel connected without students having to use their devices.

WE'RE HERE FOR YOU – If you have any questions or want to communicate, we are available to help.

You can contact the Program Director, Charity Siebert at charity@camppinecrest.org or call **901-878-1247**.

Visit our website to learn more about our location, history, summer camps, and more at www.camppinecrest.org.

Student Information

What will our trip to Pinecrest be like?

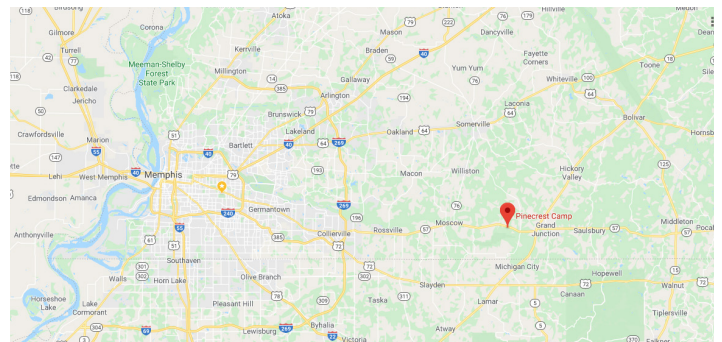
IT WILL BE AN ADVENTURE! You will explore; you will try new things; you might even get a little messy. Your overall goal is to learn amazing things, but we want to do this through real and exciting activities.

To have a great adventure: You will follow the checklist of things to bring (and NOT bring!); you will be ready for anything; and you will be uniquely you. You also need to be a good team player and to play it safe around hazards. Listen to your Pinecrest and school instructors for safety information.



IT WILL BE IN SHARED SPACES! Whether you're here for a day or for several, you'll need to share some of these things: a table at meal-time, the skewers for marshmallows at a campfire, cabin rooms, bathrooms, hot water for showers, and leadership roles during activities.

To share spaces with good manners: You will be mindful of other people's time and enjoyment of this experience. Follow the Golden Rule! Do unto others as you would have them do unto you. You'll have some responsibility to clean and tidy after meals or elsewhere to contribute to the group.



IT WILL BE WAY OUTTA TOWN! We're on just over 450 acres about 40 minutes east of Memphis. We love our wilderness setting. It allows our groups to disconnect from technology and connect with the most virtual of virtual reality.

To be far out at Pinecrest: You will find yourself busy with other things to do. Even during free time you and your friends will feel free to be silly, to play a game of gaga ball under the huge pine trees, or just sit and watch the water flow down the stream.

Please also keep these Leave No Trace rules in mind:

- **Dispose of Waste Properly:** Never litter. Always pick it up and trash it carefully.
- **Leave What You Find:** Do not pick plants, flowers, leaves, etc unless instructed.
- **Respect Wildlife:** Do not chase them. Chase your friends instead.



IT DOESN'T HAVE TO BE YOUR ONLY VISIT! Yes, you can come back to hike, for a retreat, or best of all... Summer Camp! You could even work as a camp counselor.

To be back for more: You can ask an adult to visit our website www.camppinecrest.org to see all we have to offer. We'd love to see you back! Please share your comments about the trip with your teachers so they can plan for more as well.

Things to Bring to Go Outside

BRING THESE THINGS:

- ☐ Journal (any notebook will do) and pencil or pen
- ☐ Bedding for a twin (fitted sheet with blanket or sleeping bag, pillow)
- ☐ Towel
- ☐ Toiletries (soap, toothbrush, toothpaste and any other necessities)
- ☐ A change of clothing for each day plus one (you might get wet)
- ☐ Please ensure appropriate t-shirt logos and length of shorts
- ☐ Quick-dry clothing is recommended (athletic gear well)
- ☐ Jacket (if it's cooler)
- ☐ Rain gear (we'll have to do some activities in the rain if necessary)
- ☐ A couple of pairs of shoes (at least one tennis and/or hiking shoes)
- ☐ Thin wool or quick-dry socks are recommended
- ☐ Flip flops for showers
- ☐ Hat/Sunglasses
- ☐ Bug spray
- ☐ Sunscreen
- ☐ Water bottle
- ☐ Flashlight/Head Lamp
- ☐ Medications (in original container with labels – give to your teacher)

DO NOT BRING THESE THINGS:

- Anything expensive
- iPads or computers
- Fireworks
- Shaving cream
- Knives and other weapons
- Food (you'll get plenty!)



TEACHERS/CHAPERONES

PLEASE ADD THESE TO YOUR LISTS:

- ☐ Camera
- ☐ First aid kit
- ☐ Medication register
- ☐ Alarm clock
- ☐ Charging cords for your phone, etc.
- ☐ Backpack to hold student medications, etc.

Village Cabin Lists (2 Cabins with 12 twins and 1 double beds each)

Confirm lodging location with Pinecrest first.

Village 1A

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- Double _____

Village 1B

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- Double _____

Village 2A

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- Double _____

Village 2B

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- Double _____

Central Cabin Lists (4 buildings: 1, 2, 3, 4 with two rooms each: A, B)

Confirm lodging location with Pinecrest first.

Print page 11 twice if using more than 2 buildings (over 28 people).

Central # _____ Room A

Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____

Central # _____ Room B

Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____

Central # _____ Room A

Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____

Central # _____ Room B

Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____
Twin _____

Back of Lodge Room List (2 Rooms with 2 bunks and 2 Double Beds Each)

Confirm lodging location with Pinecrest first.

Lodge Room A

1 _____
2 _____
3 _____
4 _____
Double _____
Double _____

Lodge Room B

1 _____
2 _____
3 _____
4 _____
Double _____
Double _____

PINECREST CAMP AND RETREAT CENTER RELEASES/WAIVERS/PERMISSIONS

Please Print Page 13 and 14, double-sided if possible, for each participant (including adults)

PARTICIPANT NAME (print) _____

RELEASE AND WAIVER OF LIABILITY

ASSUMPTION OF RISKS

I desire for me/my child to participate in activities at Pinecrest Camp and Retreat Center. I understand that the activities may include numerous activities, including but not limited to: archery, low ropes/initiative course, mountain biking, canoeing, hiking, swimming, and being transported in motor vehicles.

(These activities are hereafter referred to as "Activities".) I understand that I/my child is responsible for his/her behavior and that I/my child will not be required to perform any of the activities that I/he/she does not feel comfortable performing.

I understand that there is a risk of bodily injury and/or property loss to my child as a result of my/his/her participation at Pinecrest Camp and Retreat Center and the transportation provided to/from the camp. The specific risks will vary from one activity to another, and could include (1) minor injuries, such as scratches, splinters, insect bites, bruises and sprains, (2) major injuries, such as cuts, eye injuries, joint or back injuries, concussions, and (3) catastrophic injuries, such as paralysis and death.

I have read the above paragraph, and know and understand that these and other risks are inherent in the Activities that my child will be performing. By my signature below, I acknowledge that my/my child's participation at Pinecrest Camp and Retreat Center is voluntary and I voluntarily and knowingly assume these and all such risks.

_____initial

WAIVER AND RELEASE OF LIABILITY

In consideration of being able permitted to participate at Pinecrest Camp and Retreat Center, I hereby waive, release and discharge any and all claims that I now or may hereafter have against The Presbytery of the Mid-South, its officers, agents, employees, or against the individuals who are serving as advisors/chaperones at retreats/camps for damages resulting from the participation of my child at Pinecrest Camp and Retreat Center, the transportation to and from the destination and the seeking/authorization of medical treatment, even though the liability may arise out of the negligence on the part of the persons and entities mentioned above, and (2) intended to be binding on my child, my spouse, all his/her family, legal guardians, and our assigns and heirs. Severability: I (participant, parent, or legal guardian) understand and agree that the forgoing waiver, release of liability, assumption of risk, and permission to seek medical treatment is intended to be as broad and inclusive as permitted by law of the State of Tennessee, and if any portion is held to be invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read this waiver of liability, assumption of risk(s), indemnity agreement, and permission to seek medical treatment and fully understand its terms. I have asked any questions that I had, and understand that I am giving up significant legal rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further intend to assume the risks of the retreat/camp, as set forth above. I/we make the above authorizations, releases, waiver, indemnities, and agreements on behalf of and for myself, my spouse, family, heirs, executors, legal representatives and assigns.

_____initial

INDEMNIFICATION AND HOLD HARMLESS

As additional consideration for allowing my child to participate at Pinecrest Camp and Retreat Center and its Activities, I represent and warrant that (1) I have read and understand this entire Release and Waiver of Liability and Assumption of Risk including this Indemnification section, and (2) agree to indemnify, hold harmless, and release The Presbytery of the Mid-South, its officers, agents, and employees and the individual chaperones at any camps/retreats from any and all loss and all further claims, actions, suits, and demands in law or equity that my hereafter at any time be made or brought by or on behalf of my child/ward for the purpose of enforcing a claim for damages of any injuries or damages sustained as a result of participation in and/or travel to and from Pinecrest Camp and Retreat Center and its Activities. The undersigned represent and warrant that they are the legal guardians of participant.

_____initial

PHOTO-OPT OUT POLICY

Pinecrest may at times use photographs, audio, and/or video recordings of our guests/campers for purposes of education and publicity via the Internet, print publications, and other media. Should a guest/camper (or the parents or guardians of such persons who are under the age 18) NOT want to be photographed or recorded, or have their name or biographical information used in connection with any such recording, they must submit a completed Photo Opt-Out Form to the Executive Director of Pinecrest.

Individuals who submit a completed Photo Opt-Out Form are also responsible for removing themselves from areas in which photography and/or recording is taking place, or notifying the camera operator of their opt-out status. Failure to do so may result in that individual's inclusion in a photograph or recording and will be treated as consent for the university to utilize that photograph or recording accordingly.

When a completed Photo Opt-Out Form is submitted, Pinecrest will make every effort to honor that individual's Opt-Out status. A new Photo Opt-Out Form must be completed each time the participant attends any event or camp at Pinecrest.

_____initial

AUTHORIZATION TO SEEK MEDICAL TREATMENT

In case of physical injury or emergency, I/we authorize any and all of the adult representatives of Pinecrest Camp and Retreat Center/Presbytery of the Mid-South ("Pinecrest") to take my/our child to the nearest medical facility and to obtain all treatment deemed medically necessary by the attending physician. I agree to be responsible for payments of any such visit and all medical treatment provided. I further authorize the adult representatives of Pinecrest to speak to both my child's primary care physician (information provided below) and the attending physician, as they may deem necessary, and I waive and release any claim of privacy, confidentiality, and/or medical privilege - including the privacy protections recently enacted by HIPAA. This authorization is limited to the dates of the camp or event which my child is attending.

Signature – Adult Participant _____ Date _____

Or Signature - Parent/Guardian _____ Date _____

Print Name _____ Relation _____ Date _____

Directions and Emergency Information

PHYSICAL ADDRESS

21430 Hwy 57
Moscow, TN 38057

GATE

When leaving, drive slowly to the left as you approach gate.
It will open.
Pass code will be provided to overnight adult administrators

PINECREST OFFICE

901-878-1247

STAFF

Contact information provided at time of visit for overnight programs.

Program Director: Charity Siebert

Maintenance Director: David McAlpin

Kitchen Director: Tricia Yager

Director of Guest Services: Amanda Rucker

Executive Director: Lucy Cummings

NEAREST HOSPITAL

Baptist Memorial Hospital – Collierville, TN
1500 West Poplar Ave.
Collierville, TN 38017
901-861-9000

Take left out of camp and stay on Hwy 57/Poplar Ave for almost 27 miles. Hospital will be on your right.

EMERGENCY

Call 911 and give them the address:
21430 Hwy 57
Moscow, TN 38057

Send someone to the main gate to lead them to your emergency.

Call on-site staff to help you.

AED is located by First Aid Room in front of Lodge.

NEAREST STORES

Dollar General (7 miles away)

Take left out of camp. Dollar General will be about 7 miles away on your right.

Wal-Mart (about 25-30 minutes)

Take left out of camp and stay on Hwy 57/Poplar Ave for about 24 miles. Wal-Mart is on right.

A little farther are **Lowe's/Target** (off Byhalia).

Farther still is **Home Depot**.

OTHER

LaGrange, TN:

Take right out of camp. It's the next little town to the east and worth seeing.

Wolf River Access:

Take a left out of camp. Travel just a few miles and take a left at Bateman Road. A couple of miles down, you'll come to a bridge. Just before the bridge, turn left into the parking zone.

OR you can get to the Wolf River and the Mineral Slough Boardwalk State Natural Area (really cool) by turning right out of camp. Turn right at the blinking light in LaGrange (drive around town a bit first?). Drive down the country road a while. You'll see Beasley Road on your right. Turn there. Drive a couple of miles until you see a sign on your right announcing that you've arrived at the Wolf River Boardwalk.

Trail Map

