Middler Overnight

campalbemarle.org • 252-726-4848 Rising 6th – 8th Grade • 1 Week

LOCATION

Camp Albemarle on the Sound
156 Albemarle Drive
Newport, NC 28570

OVERVIEW

Are you ready to dive into an incredible week of summer camp on Bogue Sound? At Middler Overnight Camp, we combine outdoor adventure with meaningful spiritual growth, helping campers build deep connections with Christ in their everyday lives. Through exploring the beauty of God's creation, campers will discover new ways to grow in faith and foster strong relationships.

Each day is filled with intentional opportunities for spiritual reflection and growth. We kick things off with **Morning Watch**, where campers receive a "seed for thought" to set the tone for the day's journey. This theme carries through to **Bible Study**, where campers dive into scripture, finding "living water" to nourish the seeds of faith planted earlier. By evening, at **Vespers**, a staff member or local pastor speaks on the day's focus, giving campers the deep roots they need to stretch further in their spiritual walk. **Devotions** offer a time to reflect, ask questions, and debrief, helping campers process their experiences and grow even closer to Christ.

But that's just the beginning! Campers will enjoy a wide variety of exciting activities that keep the fun going all day long. Whether they're **sailing** on the Sound, testing their bravery on the **alpine tower**, taking aim at **archery**, or cooling off in the pool, there's always something exciting happening. **Tree climbing**, the **low ropes challenge course**, **arts and crafts**, and the ever-popular **skit night** make sure every camper has a chance to discover new skills and create unforgettable memories.

Campers are placed in **family groups**, typically made up of 5-7 boys and 5-7 girls, led by both a male and female counselor. These groups stick together throughout the week, sharing activities and building strong friendships. Campers are housed by gender, with family groups organized by age and cabinmate requests, ensuring a comfortable and fun environment for everyone.

This week at Middler Overnight Camp promises to be a perfect mix of adventure, faith, and friendship, offering campers the chance to grow spiritually while having the time of their lives!

PHYSICAL FITNESS

Swim test; 25 yards without stopping and tread water for 1 minute

PACKING LIST

(Please label your belongings)

- Bible, notebook & pen/pencil
- Water bottle with a screw-on lid
- Short sleeved shirts
- Raincoat/poncho or rain gear
- Towels & washcloths
- Pillow
- Sleeping bag or linens and blanket for a single bed
- Sunscreen & insect repellant
- Extra socks
- Swimsuit appropriate for camp (2 if you have them) (female: 1 piece, males; swim trunks, no speedos)
- Pair of athletic shoes
- Pair of water shoes or river sandals (sandals with a heel strap) for exploring in Bogue Sound
- Flashlight or headlamp
- Shorts & long pants
- A plug in fan
- Long sleeved T-shirt
- Sweatshirt and sweatpants for cool weather
- Personal items (toothbrush/toothpaste, soap, shampoo, deodorant)
- Good sturdy shoes
- Sleeping foam pad (if desired)
- Extra dry clothes
- Clothing that can get dirty
- Plastic bag to put wet clothes in
- Dirty laundry bag
- Hat (if desired)
- Any medications you are taking (must be turned in to Healthcare Staff)
- Beach towel to use at the pool and waterfront
- Something to pack all your items in (large suitcase/duffle bag, tote, or trunk)

REMINDER:

Camp Albemarle is devoted to the safety of every camper, efforts are made to provide safety devices, equipment, procedures, and proper training to all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

Please keep electronic devices at home – this includes cell phones **(if a camper is found with a cell phone, it will be taken and given back at the end of the camper session)**

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