



Registration Packet

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Table of Contents

Registration Packet	1
Expectations:.....	4
Preparing for Adult Camp	5
Packing For Camp.....	7
During the Camping Session	9
Arrival and Departure	9
Driving Directions.....	10
Flight Information	10
Adult Camp 2023 Schedule	11
Camp Map.....	12

Welcome Adult Campers!

Our team is truly excited to worship and join in fellowship with you all!

Whether you just registered or are thinking about registering, we're sure you have some questions. We hope that this packet will give you the confidence in knowing AV is your home.

Some things to expect out of the weekend are fellowship, worship, meeting new friends, retreat, and fun. There will be a large mix of new and returning campers, so you will not be alone, and we are all excited to meet you!

To answer any questions you may have, please peruse this packet! This will bring a sense of familiarity when you arrive at the camp, especially if you have not been before. If you have joined us before, take a look at some of the updated information. If we haven't answered your questions, please don't hesitate to contact us.

Please keep us and all your future friends in your prayers as we continue to prepare for this weekend.

**See you soon,
The AV Team!**

Expectations:

Limited Digital Technology

The use of digital technology at camp will be discouraged. This includes all gadgets including but not limited to cell phones, smart watches, computers, eBooks, iPods. If you need to use it, please step away from all other campers to minimize distractions, and to encourage being present in the moment.

Exception: *It's okay to bust out that dusty camera and relish in the nostalgia!*

Age Doesn't Matter

As far as we're concerned, we are all just big kids and your age doesn't matter. Especially when it comes to cabin time, taking advice, telling life stories, or sharing a game of 4-square.

No Drugs or Alcohol

We ask that you help create a healthy space for everyone, away from the world of distraction (drugs, including tobacco, and alcohol). Partake of alcohol within reason only when it is offered to you at a camp event.

Stay With Us

Once you arrive at AV, we ask that you stay on camp grounds. Leaving and returning is prohibited. We like you! You belong here! Don't leave. Friends and good times will be provided.

Adults Only

This is a summer camp for adults. Leave your children and pets at home. 21+ Only, no exceptions! Yes, mom and dad, you're invited!

Roam where you want to

You are encouraged to explore the campgrounds, and spend time in nature, away from the distractions of the outside world. Maps will be provided so that you can roam freely and safely. There are many common meeting grounds around camp that you are encouraged to hang out in. Please do not enter cabins of the opposite sex.

Below are the year-round camp rules which are also effective during Adult Camp:

- All Campers will respect each other at all times. Therefore, fighting, put-downs, or other behavior harmful to others is not allowed at camp.
- No food of any kind is permitted in the cabins. All food brought or received while at camp will be distributed at meals and kept in the dining hall.
- There are to be no females in male cabins or males in female' cabins.
- All property must be respected: no graffiti and no destructive raiding.
- Campers will not tamper with heating, water, or electrical controls or remove pillows, blankets, mattresses, cleaning supplies, etc. from the cabins.
- No horse-play in the cabins (e.g., jumping on or from bed to bed).
- The pool area will be opened at specified times only. No one is allowed at the pool except during those specified hours.
- No chewing gum is allowed to prevent damage to the beauty of camp.
- The following are forbidden from camp grounds, possession of which can result in immediate dismissal: alcohol, drugs, tobacco, animals, firearms or other weapons, and any flammable substances including aerosol spray cans.

Preparing for Adult Camp

Just about everything about life at camp is different from life at home. Preparing yourself with as much information as possible will be helpful to your adjustment. Below, we've tried to give you a positive preview of your coming experience, let you know that life will be different, and that hopefully you will gain many new experiences. Some of the areas to mentally prepare for include:

Living Arrangements

Adult campers will live in a duplex style heated cabin with a common area separating the rooms and a private bathroom in each room. Room Assignments will be given during check-in as you arrive.

Each room consists of approximately 8 beds (7 twin beds and 1 double bed) with 4 adult campers assigned to each room. One of the best aspects of the camp experience is learning to adjust to group living and getting along as part of a team. At camp, you'll be sharing a duplex style cabin with your fellow adult campers. Meaning, other adult campers will be in a room right across from your room. Please do not lock doors or enter to another camper's room. Adult campers staying in the cabins will need to bring your own toiletries, linens, towels, and pillows.

We try to accommodate cabinmate requests but we're not perfect. Please know you will have plenty of time to spend with those outside your cabin.

Adult campers also had the option of staying in the conference center 2 twin beds for an added cost. The program is the same, only your sleeping arrangements are different from those staying in the cabins. Sheets, towels, and pillows will be provided, campers will still need to bring their own toiletries.

Meals

Breakfast, lunch, and dinner are eaten together as a community in our Dining Hall. Some items served will be things you may never have tried before, while other items may be things you dislike. Because of our need to feed many people in a relatively short period of time, we are not able to handle special requests for meals aside from special health needs.

Conduct

All campers are expected to act in ways appropriate to an Orthodox Christian setting. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. You will be responsible for arranging and covering costs for your early departure.

Unplug and Refocus

Last but not least, one of the major adjustments campers experience is that of being placed in a setting that is outside your normal routine, with typically no contact from outside friends/family during the camping weekend. This can be one of the most positive experiences you can have at camp and one which can be invaluable and may lead to making new friends and connecting with others around you. Be aware that you may need to mentally prepare for this!

Spending Money

If you would like to be able to purchase items from the camp store, Namie's Nook, during the weekend, please bring money with you.

Here is a brief list of some items that may be available in the store:

- Antiochian Village Apparel
- Icons
- Prayer Books
- Water Bottles
- Flashlights & Batteries

Snacks and Food

Please do not bring snacks to camp. Snacks will be provided at various times to you throughout the day, and you will not go hungry! Here at camp, packages with food or candy are simply invitations for rodents and ants to come to a scrumptious dinner. Please do not bring any food containing or processed in a facility with tree nuts. We are a nut free facility due to severe food allergies of several of our attendees.

If you have special dietary needs or restrictions, please enter the information on your registration and food will be provided for you! You can discuss bringing food from home with the camp office if necessary.

Camp Activities

Life at camp takes full advantage of our outdoor setting. Activities include field sports, dancing, nature hikes, etc. If you have any restrictions precluding any of these activities, please do not participate in these activities. As always, Adult Camp activities are Challenge By Choice so feel free to fly outside of your comfort zone or stay where you feel most comfortable. Rainy days are a somewhat frequent occurrence, and we try to continue programs as much as possible despite light rain, so rain gear (poncho or waterproof jacket) is a must.

- ❖ If a camper has specific needs, please notify the camp office so that the Camp Director can work with you to determine if and how the Camp can make accommodations to meet the camper's needs without putting an undue amount of stress on the program. We strive to make camp accessible for everyone!

Payment

The registration fee covers all regular camping expenses. Payment for the program is due 2 weeks before arrival. This year, Adult Camp balances will be due Friday, September 1st.

Cancellation

We appreciate prompt notification if someone must cancel so we can plan accordingly. Refunds of deposits are non-refundable and non-transferable; exceptions may be made at the discretion of the Camp Director. Any cancellations made after September 1st will be non-refundable and non-transferable.

Refunds of deposits and other payments may be requested in writing to office@avcamp.org and will be determined at the discretion of the Camp Director.

Packing For Camp

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all! We will often be sitting on the floor, walking long distances, and participating in athletic activities. Be aware, our non-summer events tend to be colder, so check the weather as the event gets closer to pack the proper clothes.

While camp's nature is informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn.

This packing list should provide the details you need to prepare for an incredible weekend at camp!

Day to Day

✓ **Bottoms (*enough for at least 4 days*)**

- Pants
 - Long pants such as jeans, leggings, etc. are permitted for daily Church services
 - If wearing tighter fitting pants, sweaters, sweatshirts, or shirts that fall below your buttocks should be worn
 - Sagging and see-through pants are not permissible
 - Long pants are required on the Ropes Course and Overnight
 - Ticks are more prevalent in the woods and may be carriers of Lyme Disease, for this reason, long pants are necessary
- Shorts
 - Camp is meant for running, jumping, climbing, etc., so be sure your shorts fit those activities
 - Be mindful of the length and fit
 - Spandex/biker shorts are not permissible

✓ **Shirts (*enough for at least 4 days*)**

- Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities.
- Activewear and tank tops with thicker straps are great for afternoon program
 - Low-cut arm holes and spaghetti strap tanks are not permissible
- We recommend long sleeve shirts and pants during sunset hours

✓ **Shoes (*athletic, lounge, church, and shower*)**

- Because of our outdoor setting with uneven terrain, tree roots, etc, backless shoes (flip-flops, etc), open-toe shoes, and high heels are not safe and should not be packed and worn at camp. Athletic shoes should be worn during any sports to prevent injury.
- Be aware, there is a lot of dew on the grass in the morning

✓ **Pool Attire**

- Guys: Swim trunks that fit well at the waist (be mindful of length and fit)
 - Speedos are not permissible
- Gals: One-piece swimsuits, tankinis, or swim shorts that cover the midriff
 - Bikinis and front cutouts are not permissible
- Flipflops may be worn at the pool

Church

- ✓ **Daily Services (2 services daily: Orthros, Vespers, and Supplication Services)**
 - Dress for daily church services is casual but long pants and covered shoulders are required.
- ✓ **Divine Liturgy (Celebrated twice during the week)**
 - Nicer attire is expected for Liturgy
 - Guys: Collared shirt, slacks, and a tie
 - Gals: Dress, skirt, or dress pants with a blouse
 - Skirts and dresses should be near the knee or lower
 - We sit on the floor for homilies so please be mindful of length and ensure your outfit will allow you to remain covered in the front and the back.
 - We cover our shoulders for all church services
 - Don't forget your closed-toed church shoes

Extra

- | | |
|---|--|
| <ul style="list-style-type: none"> • Pillow and bedding/sleeping bag • Underwear/Socks • Layers (i.e. jacket, sweater, coat) • Rain Gear!- raincoat/poncho and rain shoes • Swimsuit • 2 towels (pool and shower) • Toiletries (ie toothbrush, toothpaste, shampoo, Deodorant, soap etc.) • Hat and Sunglasses • Sunscreen/Bug Spray • Flip flops (for the shower/cabin/pool) • Hairbrush/comb • Chapstick • Reusable water bottle | <ul style="list-style-type: none"> • Flashlight • Laundry bag for dirty clothes (marked with your name) • Any medicine you take • Evening Program Outfit • Journal (note taking during morning program) • Camera (Disposable if you're feeling really nostalgic) • Favorite Coffee Mug/Cup • Optional: Bible, travel games (non-electronic), backpack, instrument if you play, hammock/outdoor items |
|---|--|

Possible Evening Programs: Bonfire, Trivia, Dance, Karaoke, Talent Show, Carnival Games, Scavenger Hunt

Possible Afternoon Programs: Soccer, Basketball, Kickball, Sand Volleyball, Track, Arts and Crafts, Angleball, Bocce, Ropes Course Games

Please leave at home: [drugs, tobacco, alcohol, vapes, weapons of any kind, pets]

Suggestions!

- Check the weather prior to arrival...layers are never a bad idea!
- There will be sports in the afternoons, and Liturgy on Sunday.
- Remember, we are at camp and will be outside as much as possible! Be casual and comfortable, and don't pack things that are very valuable.
- Come as you are 😊 Don't worry about what you are wearing.
- Reach out to the camp office to inquire more.

The Antiochian Village is not responsible for any lost, damaged, or stolen items.

During the Camping Session

Contact with the Outside World

The active camp schedule prevents regular contact from the camper with those outside camp. Thereafter, outgoing calls may be allowed only if you step away from the group and activity that is going on and you do not interfere with the camping program. Receiving or placing phone calls during the session disrupts the program and often makes your experience at camp less enjoyable, so we do not encourage them except for extreme or emergency circumstances.

Tell your friends, family, and coworkers that you are at camp and you are taking a break from your phone! You can even tell them that should a serious need to communicate with you arise, please call the **Camp Office at 724-238-9565**. If it is after hours, there is a voicemail system with instructions. Hey, we've even created an out of office reply email for you just copy and paste this: "To whom it may concern, I'm out of the office currently and away from my phone. If you need to reach me, please call the Antiochian Village Camp office at 724-238-9565. Yes, I am currently attending an amazing camp for Adults and the cellular service is spotty so I'll get back in touch with you on Tuesday. Thank you, [insert your name here]"

Arrival and Departure

Check-In Day

On the first day of Adult Camp, Friday, campers who drive may be checked in after 3PM. **Our program begins at 6pm that night so we highly encourage you to plan on arriving at camp prior to then.** Please make sure you have had lunch before you check in, our first meal together is dinner.

When you get to camp, please check in at the Welcome Lodge (After you proceed through the Arch, you will see a log cabin type building with a porch-look for the sign. It is across the road from the parking lot.) Registration/Check-in will include meeting new friends, being shown your cabin/bunks, receiving your adult camp shirt, and touring the grounds.

Check-Out Day

Check out day is Monday morning, and all programming should be over at approximately 9 AM.

Driving Directions

The Village is located in Fairfield Township about 7 miles north of Ligonier on Route 711. If you are using an internet mapping website or a GPS device for directions, the camp address is 201 St. Ignatius Trail, Bolivar, PA, 15923.

From the Northeast Head West on Rt. 80, exiting at Route 220 South (Exit 161). Head South on Route 220 for about an hour as the road alternates between four-lane expressway and two-way highway, passing State College and Altoona. Exit onto Route 22 West for about a half hour. Exit onto Route 56 (Armagh exit). Proceed East on Rt. 56 which will join with Route 711 South. Follow Route 711 South, turning right after crossing a bridge and continue for approximately 13 miles. Entrance to the Antiochian Village will be on the left-hand side, approximately 1-mile past Champion Lakes Golf Course and the Real McCoy Restaurant.

From the Pennsylvania Turnpike Take the Pennsylvania Turnpike (I-76) to Exit 91 in Donegal. Follow the signs to Rt. 711 North. Proceed on Rt. 711 North for approximately 15 miles, and you will cross Rt. 30 and drive through "downtown" Ligonier. You will go around the Gazebo in the center of the town and continue on Route 711 North. After approximately 4 miles, you will see a Sheetz Gas Station at a fork in the road. Bear left, staying on Route 711 North, and it is approximately 3 miles from that point. The entrance of the Antiochian Village will be on the right-hand side.

From Pittsburgh International Airport Follow signs leaving airport towards Pittsburgh. Before passing through the Ft. Pitt Tunnel, get into your right-hand lane in order to exit immediately after the tunnel onto I-376 East towards Monroeville. Stay on this highway until you reach the Pennsylvania Turnpike exit. Head East on the Turnpike to Exit 91 (Donegal). Follow directions from the Pennsylvania Turnpike above.

Flight Information

Campers coming by Plane (Latrobe or Pittsburgh Airports)

Antiochian Village provides round-trip ground transportation for campers arriving into the Latrobe Area or Pittsburgh (PIT) airports for a very small cost.

All travel information, including airline, flight number, arrival and departure times must be received in our office by September 1st- to do so, please update your information on your online registration form. If travel information is received after the September 1st deadline, we may not be able to guarantee ground transportation.

In order for us to shuttle you/your family, you must schedule your transportation within these times (All times are displayed in EST):

Pittsburgh Airport (PIT)

Arrival Day (Friday): Before 4pm for a prompt departure to AV Camp at 4pm

Departure Day (Monday): After 12pm

Latrobe Airport (LBE)– whenever flights are able to arrive/depart

Johnstown Airport (JST)– whenever flights are able to arrive/depart

*Any deviation from these times must be requested in writing and approved by the Camp Director to guarantee that ground transportation will be provided.

Adult Camp 2023 Schedule

(SUBJECT TO CHANGE!)

Friday, September 15

5:00 PM	Registration and hang out	Welcome Lodge
6:30	Dinner	Dining Hall
7:30	Introductions & short reflection from Speaker	Pavilion
8:30	Evening Prayers w/ St. Sophia (feast day 9/17)	
9:30	Evening Program (Icebreakers)	
10:00	Staff Meeting	
12:00	Lights out	

Saturday, September 16

7:00 AM	Rise 'n Shine!	
8:00	Akathist w/ sermon from FC	Outdoor Chapel
9:00	Breakfast	Dining Hall
10:00	Morning Program Period 1	Various Locations
10:50	Switch	
11:00	Morning Program Period 2	
12:00 PM	Cabin time	Cabins
1:00	Lunch	Dining Hall
1:45	Afternoon Program	
4:00	Gimme Shop & Namie's Nook	Gimme Shop
4:30	Cabin Time and Confessions	Cabins/St. Ignatius Chapel
6:15	Great Vespers	Saint Ignatius
7:00	Dinner	Dining Hall
8:00	Evening Program!	Pavilion
10:00	Late Night Baking with Julia	Dining Hall
12:00	Lights out	

Sunday, September 17

8:00 AM	Rise 'n Shine!	
9:00	Orthros & Divine Liturgy	St. Ignatius Chapel
11:30	Camp Group Photos	By the Church bell
	Brunch	Dining Hall
12:30 PM	Morning Program with Discussions	Cabins
1:45	Cabin Time	
2:30	Afternoon Program	
4:00	Gimme Shop	
5:00	Cabin Time	Cabins
6:00	Dinner	Dining Hall
7:00	Video	Dining Hall
7:30	Bonfire	Firepit
9:00-10:00	Ask Abouna (Optional)	
12:00	Lights out	

Monday, September 18

7:00 AM	Rise 'n Shine	
8:00 AM	Supplication to Saint Raphael	St. Raphael's grave
8:30	Breakfast/Departures- See you next year!	Dining Hall

Rise 'n Shine Coffee Bar: open 24/7 with the exception of church services

Camp Map

