



NO OTHER NAME

RISE UP CAMP 2026 ADULT COUNSELOR GUIDE

(February 1, 2026 Revision)

SESSION 1 | JUNE 8 - 12, 2026
SESSION 2 | JUNE 29 - JULY 3, 2026



NEXT GEN
Trinity Conference GMC



Welcome to Rise Up Camp 2026!

Our purpose at Rise Up Camp is to offer students Christ. Whether they are seeking God for the first time or walking as mature disciples, we believe that camp is fertile ground for a powerful experience of God's Spirit that can bring students to faith, renew or deepen their relationship with Him, and help them discern His leading for their lives.

We are praying for every student to have a life-changing encounter with the Lord during camp. I invite you to join us in that prayer.

Yours in Christ,

Rev. Guy Williams, Executive Director
Rise Up Camp, Trinity Conference GMC

CAMP LOCATION

Lakeview Methodist Conference Center in Palestine, Texas, is the location for our camp; however, **they are not responsible for coordinating camp activities, schedules, or camper registration.** All questions, concerns, or communications regarding camp should be directed **exclusively to Rise Up Camp leaders** (camp@trinitygmc.org). This ensures that campers and families receive accurate information and that all camp operations run smoothly.

Lakeview Methodist Conference Center

400 Private Road 6036 | Palestine, TX 75801 | (903) 538-2711

TABLE OF CONTENTS

PARENT GUIDE	1
Sending Mail to Campers.....	1
Medication.....	1
Incidents & Disciplinary Action	2
Name Tag Policy	3
Communication.....	4
Departure & Return	4
CAMPER GUIDE	5
What to Bring.....	5
Camp Rules.....	5
Best Week Tips	7
GENERAL DRESS CODE GUIDELINES.....	8
The Basics.....	8
Tops.....	8
Bottoms.....	8
Shoes	8
Modest Swimwear Guidelines.....	9
Special Notes	9
DAILY RHYTHM	10
Morning.....	10
Mid-Morning.....	10

Afternoon	11
Evening.....	11
Night.....	11
PACKING LIST.....	12
What Not to Bring	12
Recommended Items.....	13
Recommended Extras for Sensory-Sensitive Campers/Adults.....	14
COUNSELOR GUIDE	15
What to Bring	15
Recommended Counselor Extras Packing List	15
Camp Rules	16
Best Week Tips.....	17

PARENT GUIDE

SENDING MAIL TO CAMPERS

The most reliable way to send mail to your campers or adult leaders is to prepare letters or care packages in advance and send them with your church's adult leader, along with instructions for which day(s) the mail should be delivered. These can be dropped off at camp check in.

You may still send mail through the USPS; however, please mail it early in the week to ensure timely delivery. Keep in mind that all mail must be sorted and routed to the correct age-level camp before it reaches your camper and **we cannot guarantee delivery of any mail that does not arrive on time**. Mail arriving after Wednesday cannot be guaranteed delivery.

- ◆ Format for in-camp mail:
 - Camper's Name, Rise Up Camp
 - Age Level (Elementary, Mid-High or Sr High)
- ◆ Format for mail via USPS:
 - Camper's Name, Rise Up Camp
 - Age Level (Elementary, Mid-High or Sr High)
 - 400 Private Road 6036
 - Palestine, TX 75801
- ◆ Bunk notes are also available to send via CampSite

MEDICATION

For the safety and well-being of all campers, **all medications must be removed from suitcases before arrival and brought directly to the camper check-in station**. Medications should be in their **original, properly labeled containers** and placed in a sealed bag with the camper's name clearly written on it. This includes prescription medications, over-the-counter medicines, inhalers, EpiPens, and daily supplements.

All medications will be reviewed and collected by the camp nurse during check-in to ensure proper administration throughout the week. Campers

should not keep any medication in their cabins unless specifically approved by medical staff.

Life-threatening allergies (bee stings, food allergies, etc.) must be disclosed during registration and discussed with camp staff during check-in.

- ◆ EpiPens/inhalers may be **carried by campers with nurse approval**
- ◆ All other medications are held and dispensed by medical staff

For campers and counselors that have app enabled health monitors, they will be provided with internet access and receive accommodations for the use of their devices.

INCIDENTS AND DISCIPLINARY ACTION

At Rise Up Camp, the safety, dignity, and spiritual growth of every camper are our highest priorities. When behavioral concerns arise, they are handled promptly, fairly, and in alignment with Christian values of accountability, respect, and restoration.

- ◆ *What Is Considered a Disciplinary Issue?*
 - A disciplinary issue includes any behavior that disrupts the camp community, creates an unsafe environment, or disrespects others. This may include aggressive behavior, bullying, defiance of authority, inappropriate language, theft, property damage, or repeated disruptive behavior. Serious matters are addressed with heightened care and, when required, separate protocols and reporting procedures.
- ◆ *How Incidents Are Handled*
 - If an incident occurs, our trained staff follow a clear and consistent process:
 - Immediate Safety First: Staff intervene calmly to stop the behavior and ensure the safety of all campers.
 - Leadership Involvement: Camp leadership is notified and reviews the situation.
 - Documentation & Review: The incident is documented, and facts are gathered carefully and fairly.
 - Appropriate Action: Consequences are determined based on the severity and context of the incident. These may include a verbal

warning, loss of privileges, removal from an activity, or dismissal from camp.

- Restoration Focus: Whenever possible, we work toward growth, learning, and reconciliation rather than punishment alone.

◆ *Parent Communication*

- Parents/guardians will be notified promptly if an incident involves their child. Communication will include:
 - A brief explanation of what occurred
 - Actions taken by camp leadership
 - Next steps, if any
 - We value partnership with parents and strive to communicate with clarity, respect, and care.

◆ *Dismissal from Camp*

- In rare cases where behavior significantly compromises safety or the well-being of others, a camper may be dismissed from camp. If this occurs, parents will be contacted directly, transportation arrangements will be coordinated, and appropriate pastoral follow-up will be offered.

◆ *Confidentiality & Care*

- All incidents are handled with discretion and confidentiality. Information is shared only with those who need to know to ensure safety, accountability, and proper care.
- Our goal is always to create a camp environment where every child feels safe, valued, and encouraged to grow—emotionally, socially, and spiritually.

NAME TAG POLICY

For the safety and security of all participants, all campers and adult leaders are required to wear their camp-issued name tags at all times while on camp property and during all camp activities. Name tags will be distributed at check in. Campers are subject to being sent home should they persist in not wearing their name tags. Dismissal would occur **only after repeated refusal and leadership intervention**, not a first offense.

COMMUNICATION

Campers are **not permitted to have cell phones** during the week of camp. This policy reflects best practices followed by many leading Christian camps and is designed to create a safe, focused, and distraction-free environment. Removing cell phones helps prevent issues such as social media bullying, exposure to inappropriate content, unauthorized photos or videos, and increased homesickness caused by constant connection to home.

If a camper is found with a cell phone, **the phone will be collected by camp leadership and secured through the designated church contact adult.**

We understand that unique situations may arise. In **extenuating circumstances**, campers will be allowed to contact their parents or guardians. These calls will be arranged and supervised through the **camp infirmary or administrative office** to ensure communication is handled safely and appropriately.

We recognize that adult volunteers may need access to their phones for family, work, or emergency situations. **Counselors are allowed to carry cell phones**, but we ask that they use them discreetly and remain mindful that campers are not allowed to have theirs. Adult leaders should model healthy and minimal phone use throughout the week.

Internet access is **restricted** due to low bandwidth and will be monitored throughout the week. Internet access passwords are restricted and will be shared only by authorized camp leadership as needed. Passwords may not be distributed, shared, or posted by campers or adult leaders.

Medically necessary extenuating circumstances such as medical devices (CGMs, insulin pumps, monitors) are **exempt** and will be permitted with nurse approval

DEPARTURE & RETURN

Detailed information regarding drop-off and pick-up times and locations will be communicated through CampSite email closer to the start of camp.

CAMPER GUIDE

WHAT TO BRING

Your packing list may be found [here](#).

CAMP RULES

- ◆ *Respect and Behavior*
 - Treat all campers, leaders, and staff with kindness and respect.
 - No bullying, harassment, gossip, or exclusion.
 - Follow all instructions from camp staff and adult leaders.
 - Use appropriate language at all times.
- ◆ *Safety Expectations*
 - Stay with your assigned group or cabin unless given permission.
 - No roughhousing, dangerous play, or entering restricted areas.
 - Report injuries or concerns to a leader immediately.
 - Only swim or participate in activities when a lifeguard or supervisor is present.
- ◆ *Cell Phone Policy*
 - Campers may not have cell phones during the week.
 - Confiscated phones will be turned in through the designated church contact adult.
 - In extenuating circumstances, campers may call parents through the infirmary or camp office.
 - Counselors may carry phones but must use them discreetly.

◆ *Dress Code*

- Clothing must be modest and appropriate for church camp.
- No crop tops, low-cut tops, or shorts that are overly short.
- Swimwear should be modest (girls: one-piece or tankini; boys: swim trunks).
- Clothing may not display inappropriate, offensive, or suggestive content.
- Closed-toe shoes required for recreation.

◆ *Cabin & Curfew Guidelines*

- Campers must stay in their assigned cabins unless with a leader.
- No entering cabins assigned to the opposite gender.
- Lights-out times must be respected—campers remain in their bunks and quiet.
- Keep cabins clean and respect shared spaces.

◆ *Medication & Health*

- All medications must be checked in at camper registration with the nurse.
- No camper may keep medication in their cabin unless approved by medical staff.
- Campers must report any illness, injury, or need for medical attention.

◆ *Participation*

- Campers are expected to attend all scheduled activities, services, small groups, and meals.
- Be on time, ready, and prepared for each day.

◆ *Personal Property*

- Camp is not responsible for lost or damaged items.
- Do not bring valuables, electronics, or prohibited items.
- Weapons, drugs, alcohol, vaping devices, fireworks, and harmful objects are strictly prohibited.

◆ *Boundaries & Conduct*

- Maintain appropriate physical and emotional boundaries.
- Public displays of affection (PDA) are not permitted.
- Respect privacy in changing areas and bathrooms.

- ◆ *Transportation & Movement*
 - Follow all transportation guidelines provided by church leaders.
 - Campers must follow instructions when shuttles or weather-related transportation plans are activated.
 - Drivers must be approved and listed with the camp registrar.
- ◆ *Food & Dining Hall Expectations*
 - Practice good table manners and clean up after yourself.
 - No food fights or disruptive behavior.
 - Report food allergies or concerns to leaders.
- ◆ *Stewardship of Camp Property*
 - Respect camp facilities, equipment, and nature.
 - No vandalism, destruction of property, or graffiti.
 - Clean up after yourself and leave the space better than you found it.

BEST WEEK TIPS

Camp is an incredible opportunity to grow, make memories, and experience God in new ways. Here are a few tips to help every camper get the most out of the week:

- ◆ **Be open to what God wants to do.** Come ready to listen, learn, and let Him move in your life.
- ◆ **Participate fully.** Jump into the games, worship, small groups, and activities. The more you engage, the more fun you'll have.
- ◆ **Try new things.** Camp is the perfect place to step out of your comfort zone—whether it's trying a new activity or starting a new conversation.
- ◆ **Be kind to everyone.** Encourage others, include new people, and treat everyone with respect.
- ◆ **Take care of yourself.** Drink water, get rest, and stay clean so you can enjoy every day.
- ◆ **Disconnect to connect.** Without phones, you have the chance to be fully present—lean into friendships, leaders, and God.
- **Bring a positive attitude.** A great attitude makes all the difference—for you and for those around you.

Follow these tips and you'll help create an unforgettable, life-changing week for yourself and everyone at camp!

GENERAL DRESS CODE GUIDELINES

THE BASICS

- ◆ Clothing should provide **full coverage** and remain appropriate during all activities.
- ◆ Clothing should **not include** profanity, inappropriate graphics, alcohol/drug references, or sexually suggestive content.
- ◆ Undergarments should **not** be visible at any time.

TOPS

- ◆ No low-cut tops, plunging necklines, or visible cleavage.
- ◆ No crop tops or tops that expose the stomach.
- ◆ Tank tops should have straps at least **3 fingers wide**.
- ◆ Shirts must be worn at all times except during water activities.

BOTTOMS

- ◆ Shorts should provide **adequate coverage**—mid-thigh or longer is recommended.
- ◆ No excessively tight, sheer, or see-through bottoms.
- ◆ Leggings may be worn with longer shirts that cover the hips.

SHOES

- ◆ Closed-toe shoes are required for recreation and camp activities.
- ◆ Flip-flops or slides may be worn to the pool or shower areas only.

MODEST SWIMWEAR GUIDELINES

To ensure a comfortable and distraction-free environment for all campers, we ask that swimwear be modest and appropriate for church camp.

◆ *For Girls*

- One-piece swimsuits or tankinis that provide full coverage
- No deep plunging necklines, high-cut bottoms, or exposed midriffs
- If a swimsuit feels too revealing, please wear a dark-colored T-shirt or swim shirt that covers the swimsuit

◆ *For Boys*

- Swim trunks that provide full coverage and fit securely
- No speedos or extremely short or tight swimwear

◆ *For Everyone*

- *All swimwear should be free of offensive language or imagery*
- *Camp leadership may ask a camper to change if swimwear does not meet guidelines*

These guidelines help maintain a respectful, safe, and comfortable atmosphere for all campers.

SPECIAL NOTES

- ◆ Camp leadership reserves the right to ask campers to change if clothing is not appropriate for a church camp environment.
- ◆ These guidelines apply to both campers and leaders to ensure fairness and consistency.

DAILY RHYTHM

Exact schedules and activity times may vary based on age level, weather, camp needs, or leadership decisions. While daily programming may shift, this outline provides a reliable overview of what a typical full day at camp will look like. Campers and leaders can expect a consistent rhythm of worship, teaching, recreation, meals, rest, and group time throughout the week.

MORNING

- ◆ *Wake-Up & Morning Prep*
Campers begin the day by getting ready, organizing their cabin space, and preparing for morning activities.
- ◆ *Morning Devotion*
A short devotional in the student journal to center hearts and minds on Christ for the day ahead.
- ◆ *Breakfast & Cabin Clean-Up*
Campers share a meal together, followed by a quick cabin clean-up to maintain tidy living spaces.

MID-MORNING

- ◆ *Recreation / Team Activities*
Campers participate in scheduled group games, team-building challenges, or rotations through activity stations.
- ◆ *Teaching & Small Groups*
A large-group teaching session followed by age-level teaching or small-group discussions.
- ◆

AFTERNOON

- ◆ *Lunch*
Campers eat lunch with their assigned groups.
- ◆ *Rest Time / Cabin Time*
A quieter block of the day to reset—options include reading, journaling, quiet conversation, or simple downtime.
- ◆ *Activity Blocks*
Campers rotate through electives, recreation areas, crafts, swimming, tournaments, or other planned activities. Counselors provide active supervision.

EVENING

- ◆ *Dinner*
Counselors and campers gather for an evening meal.
- ◆ *Evening Night Activity / Night Recreation*
A fun, camp-wide activity such as a themed event, night game, campfire, or celebration.
- ◆ *Evening Worship*
A high-energy worship service with the main preaching message of the day.
- ◆ *Evening Snack*
One final snack before bedtime!

NIGHT

- ◆ **Cabin Time, Showers, & Lights-Out Prep**
Campers get ready for bed, talk quietly with cabinmates, and wind down for the night.
- ◆ **Lights Out / Quiet Hours**
Rest and quiet time. Counselors remain in their cabins to supervise and ensure safety.

PACKING LIST

Please make sure that all packing items (Luggage, Trunk, Duffle Bag, or Backpack) are no taller than 14 inches (for under-bed clearance) and are labeled with the campers name, church, and age-level.

- Comfortable Tennis Shoes
(2 pair - 1 pair can be sport sandals with straps.)
- T-shirts (8)
- Appropriate Length Shorts (6)
- Underwear (8)
- Socks (8 pair)
- Modest Swimwear (*See Modest Swimwear Guidelines*)
- Shower Shoes/Sandals
- Pajamas
- Cap or Hat
- Poncho or Rain Jacket
- Messy Games Clothing
(Something that might get too messy to return home)

WHAT NOT TO BRING

- ◆ Cell Phone or Other Electronic Devices
- ◆ Knives/Weapons
- ◆ Inappropriate Clothing
- ◆ Any and All Prank Items
- ◆ Valuable Items
- ◆ Candy, Gum, Food, and Drinks
- ◆ New Clothes/Shoes (Campers need to be free to play and not worry about ruining anything while at camp)
- ◆ Bad Attitude.

RECOMMENDED ITEMS

- Medication in Original Bottle with Name of the Camper
- Shower Caddy
- Bath Towel
- Wash Cloth
- Beach Towel
- Dirty Laundry Bag
- Soap and Shampoo
- Deodorant
- Toothbrush and Toothpaste
- Sleeping Bag or Twin Size Sheets and
- Bedding
- Pillow
- Bible
- Journal/Notepad + Pen/Pencil
- Pre-Addressed Stamped Cards
- Money for Snack and Gift Shop (Cash or Visa Gift Card)
- Hiking Boots
- Backpack
- Sunscreen (Spray)
- Bug Spray
- Refillable Water Bottle
- Flashlight
- Command Hooks (for hanging towels)
- Floor Mat (for by the bed)
- Ear Plugs (if light sleeper)
- Senior High Campers Only: Paintball clothing

- Optional:* Costume Clothes for Silent Disco/Dress Up Night (Please note that not all camps or age levels will include dress-up or theme nights each year. When dress-up nights are planned, churches will receive full details **one month prior to camp**. All theme night information will be communicated directly by the **Age-Level Coordinators**, ensuring that leaders and campers have plenty of time to prepare. Please wait for official announcements before purchasing costumes or themed items.)
- Open Heart and Mind to Receive What God has in store for you!

RECOMMENDED EXTRAS FOR SENSORY SENSITIVE CAMPERS/ADULTS

- Loop Earplugs (noise reducing earplugs) or Noise Cancelling Ear Buds
- Fidgets
- Eye Mask (for sleeping)
- Sun Glasses (for light sensitivity)

COUNSELOR GUIDE

WHAT TO BRING

- ♦ See Packing List on pages 13-15.

RECOMMENDED COUNSELOR EXTRAS PACKING LIST

- Dorm Decor
- Command Hooks (to hang up name badges/towels near beds)
- Welcome Mat
- Air Freshener Cones or Plugins
- Power Strip (especially for bathroom counter area)
- 2 Air Freshener Aerosol Cans
- Folding Lawn/Camping Chair
- Disinfectant Spray and/or Wipes
- Chalk
- Night Lights for the Bathroom Area
- Paper Towels
- Painter's Tape and Black Trash Bags (if staying in Hearn or Asbury Dorms for windows to reduce exterior light during nighttime).
- Nerf Stuff, Frisbee, Football, Volleyball, Soccer Ball (for goofing off in the front of dorm)
- Kleenex
- Extra Sunscreen/Bug Spray
- Rope/Clothesline System (for hanging swimsuits and towels outside)
- Sharpies/Extra Pens

- Board Games/Card Games (for inclement weather or extreme heat that could possibly confine campers and counselors to cabins) *Examples: Deck of playing Cards, Skip Bo, Uno, Apples to Apples, Tacocat, etc.*

CAMP RULES

- ◆ **Model Christlike Behavior** | Counselors are expected to set the spiritual and behavioral tone for the week. Your actions, words, and attitude should reflect Christian character at all times.
- ◆ **Maintain Appropriate Boundaries** | Adult-to-camper boundaries must remain clear and professional. No being alone one-on-one in private spaces. Use open, public, or well-trafficked areas for conversations. Physical contact should always be appropriate and affirming, never intimate or questionable.
- ◆ **Follow the “Two-Adult Rule”** | Whenever possible, ensure that at least two screened adult leaders are present in cabin areas and during activities. This protects both campers and adults.
- ◆ **No Cell Phones Around Campers** | Counselors may have phones for logistical or emergency needs but must keep them **out of sight and not in use** around campers. Phones may not be used as cameras. Campers may not use counselor phones.
- ◆ **Prioritize Camper Safety** | Be vigilant about your group's physical and emotional well-being. Report all injuries or concerns immediately to the Infirmary or Camp Leadership.
- ◆ **Supervise Actively at All Times** | You are responsible for knowing where your campers are and what they are doing. Participate in activities with them — do not leave them unattended or wander away.
- ◆ **Respect Curfew and Daily Schedule** | Follow posted schedules. Ensure campers are in their cabins, lights out on time, and up on time. Counselors should remain in their assigned areas throughout the night.
- ◆ **Prohibit Inappropriate Items** | Tobacco, vape products, alcohol, illegal substances, weapons, fireworks, and explicit materials are strictly forbidden. Report any found items immediately.

- ◆ **Follow Dress Code Standards** | Counselors must follow the same modesty and activity-appropriate dress expectations as campers. Counselors are also the first line to ensure campers are appropriately dressed before leaving the cabin and are expected to ensure dress code standards are followed. Additional detailed dress guidelines can be found in the General Dress Code section.
- ◆ **Maintain Cleanliness** | Help keep cabins and shared spaces tidy. Encourage campers to participate in daily cleanup and respect camp property.
- ◆ **Participate Fully in Camp Life** | Attend worship, small groups, meals, meetings, and activities. Lead by example through enthusiasm, engagement, and encouragement.
- ◆ **Support Cabin Unity** | Help foster a positive, inclusive atmosphere. Address conflict quickly and appropriately; encourage kindness, teamwork, and respect within your group.
- ◆ **Communication with Parents** | Only designated leadership should communicate with parents during camp. Direct parent concerns or requests to the Camp Director or Registrar.
- ◆ **Take Concerns to Leadership Immediately** | Whether it's a behavior issue, bullying concern, medical need, or safety problem—never try to handle serious issues alone. Camp Leadership is there to support you.
- ◆ **Maintain Confidentiality With Discretion** | Honor camper privacy, but do not promise secrecy. Any disclosure of harm, abuse, or unsafe behavior must be reported immediately to Camp Leadership.

BEST WEEK TIPS

Being a camp counselor is one of the most rewarding roles at camp — you set the tone, shape the atmosphere, and help create unforgettable moments for your campers. Here are some tips to help you have the absolute *best* week:

- ◆ **Lead With Energy and Enthusiasm** | Your attitude sets the pace for your campers. Show up excited, engaged, and ready to participate. Campers will mirror your energy.

- ◆ **Be Fully Present** | Put distractions aside and focus on your group. Engage in conversations, be in the moment, and look for opportunities to build meaningful connections.
- ◆ **Build Trust Early** | Learn your campers' names quickly, listen well, and show genuine interest in them. Trust makes everything — discipline, discipleship, and fun — much easier.
- ◆ **Balance Fun and Responsibility** | Enjoy the activities with your campers, but stay alert. Safety comes first, and your presence matters in every environment, from the pool to the cabin.
- ◆ **Partner With Your Co-Leaders** | Communicate often, divide responsibilities, and support each other. A unified leader team helps create a smoother and more enjoyable week for everyone.
- ◆ **Be Flexible** | Schedules shift, weather changes, plans get adjusted. Roll with it, stay positive, and model flexibility for students.
- ◆ **Invest Spiritually** | Encourage students during worship, lead intentional discussions, and pray for your group regularly. You're helping shape their camp experience—and possibly their faith journey.
- ◆ **Take Care of Yourself** | Rest when you can, drink water, eat well, and recharge so you can stay healthy and energized throughout the week.
- ◆ **Maintain Professional Boundaries** | Be friendly, supportive, and encouraging—but always maintain appropriate physical, emotional, and spiritual boundaries with campers.
- ◆ **Remember Your Why** | Camp can be busy and tiring, but your presence matters. You're here to help students encounter Christ, build community, and grow.