

Camp Guidelines

Young Women's Camp 2025 Finding Joy in the Journey

“The joy we feel has very little to do with the circumstances of our lives and everything to do with the focus of our lives.” (President Russell M. Nelson)

Welcome Fellow Campers!

We are so excited to invite you to participate in our 2025 Young Women's camp “Finding Joy in the Journey”. We have been planning and preparing and hope that camp can be a wonderful experience for all involved. The Young Women Camp Guide says “...young women need a place where they can gather together, separate from worldly influences, feel the Spirit of the Lord, grow in unity and love, and strengthen their faith and testimonies of Heavenly Father and Jesus Christ.” In order to ensure that camp is a safe, spiritual, and fun environment, we would like to highlight some goals and guidelines to help everyone prepare in the best way possible. For more information, please see the **For the Strength of Youth** pamphlet.

Physical

Finish something hard and create adventure

“Your body is an amazing gift from your Heavenly Father. He gave it to you to help you become more like Him. Having a body gives you increased power to exercise your freedom to choose.” We will be participating in a number of physical activities at camp including hikes, kayaking, water activities (slide and sports) in addition to the majority of camp activities taking place outside. We are very lucky to be able to use the Church camp grounds during our stay and to enjoy the surrounding nature. As such, please make sure to pack clothes that will be comfortable and conducive to participating in the activities that will be taking place.

Spiritual

Understand your divine potential, strengthen your testimony, and feel God's love

“Jesus Christ is your strength. He has done everything necessary for you to have joy in this life and forever. By choosing Him and His gospel, you are choosing eternal joy.” During camp, we will be creating a number of opportunities to strengthen testimonies and come closer to Jesus Christ. We will be participating in activities such as a faith walk, daily devotionals, journaling, scripture study, and testimony meetings. We would encourage you all to take the opportunities provided to strengthen your own testimonies and your relationships with Christ and Heavenly Father. He knows you and He loves you. As our Young Women's theme states, you “are a divine daughter of heavenly parents with a divine nature and eternal destiny.”

Intellectual

Learn something new

“You make better choices when you see things clearly. That’s why light is so important: light makes it easier to see the right path.” Camp will provide opportunities to learn new skills and try activities that we might not usually think to try. We encourage you to keep yourselves open to new experiences, opportunities to learn, and ways to stretch yourselves intellectually.

Social

Create more unity, make new friends, and feeling understood

“The two greatest of all commandments, Jesus taught, are to love God and love your neighbor. And who is your neighbor? Everyone! Everything else taught in the scriptures and by the prophets is connected to these two commandments.” We hope that camp will provide opportunities to create new friendships and strengthen current relationships. Please consider the impact that words and actions can have and seek to uplift those around you. We encourage you to contribute to the atmosphere of unity and emotional safety as we all strive to understand better our divine nature and eternal destiny.

We are so excited to have all of you participate with us and hope that as we observe the following rules we will be able to create a safe place to learn and grow!

1. Please stay with a buddy at all times. If you need to leave the immediate group for any reason, please let an adult leader know.
2. Don't bed rot! We encourage everyone to participate in the activities provided at camp. There has been a lot of time and preparation put in to ensure camp will be a memorable experience. Please take advantage!
3. Have fun! By creating an atmosphere of unity and safety, we can ensure that everyone has the opportunity to have fun.
4. On the camp schedule, there will be times outlined for cabin curfew and lights out. While the camp is an established facility, it is still located in the woods far from other facilities. Please stay within the cabins at night for your safety and refer to rule #1 for any emergencies.
5. To avoid critters, please eat all meals in the pavilion during meal times. If you have prepackaged snacks in the cabins, please make sure to clean up all trash. Please be on time for meals and scheduled activities.
6. While at camp, we will be following the standards outlined in **For the Strength of Youth**. Please refer to the pamphlet with any questions.
7. Please be respectful of the camp grounds and facilities. We are privileged to be able to use the Church camp facilities during our stay. Please be mindful of not leaving trash and participate in daily chore time.