



CrossRoads Camp  
& Conference Center  
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## A Typical Day of High Adventure Camp at CrossRoads

7:15 AM	<b>Rise &amp; Shine</b> Wake up, get dressed, and work together to clean-up the cabin
8:15 AM	<b>Morning Vespers</b> Start the day with cabin roll call and high-energy worship in the creek-side Vesper Garden.
8:45 AM	<b>Breakfast</b> Enjoy a hot breakfast like pancakes, eggs, and sausage. There is always cereal, milk, juice, and fruit too.
9:30 AM	<b>Bible Study</b> Your counselors lead Bible Study by tracks. Bible studies are hands-on, active, age appropriate, and centered around the summer camp theme.
10:30 AM	<b>Track Time</b> Campers participate in activities centered around the High Adventure Track that they chose in advance. In HorsePower campers might take turns leading horses through an obstacle course. In Mountaineering campers might practice rappelling on a short incline before tackling the larger rock face. In Sports campers might try practice drills and then play soccer or volleyball together. In Backpacking, campers might work together to build a tent and start a fire.
11:30 AM	<b>Mission Adventures/Crafts</b> Meet with missionaries to play games, learn about their ministry, and experience the culture of the people with which they work. Campers also have an opportunity to express their creativity through crafts.
12:30 PM	<b>Lunch</b> Kid-friendly meals are served such as sandwiches, chicken fingers, and tacos. There are always fresh veggies to munch on too.
1:20 PM	<b>Rotation 1—Canteen</b> <i>(Afternoon rotations vary based on your track. A sample has been provided.)</i> Head to the Canteen, CrossRoads' camp store. You can purchase drinks, snacks, and CrossRoads souvenirs.
2:25 PM	<b>Rotation 2—Track Time</b> Campers continue with track activities as described in the morning block.
3:30 PM	<b>Rotation 3—Swim Time</b> Enjoy a dip in the pool or just relax in the sun with friends.
4:35 PM	<b>Rotation 4—Quiet Time &amp; Rest</b> Campers experience an individual quiet time using a provided devotional guide and take a break before dinner to write letters home, read, or just rest.
5:45 PM	<b>Dinner</b> Baked chicken and pasta are camper favorites. Desserts and salad bar are available. Wednesday night is an all-camp cookout in the field followed by s'mores over the open fire.
6:30 PM	<b>Color Wars</b> Campers compete in crazy team games for points and ribbons. Each camper gets their own colored bandana to show team spirit.
7:30 PM	<b>Evening Worship</b> All-camp worship led by counselors or LITs. Worship usually includes praise music led by the staff band, a testimony, devotion, and other creative elements such as movie clips, or skits.
8:00 PM	<b>Evening Special Program</b> Each night is a different camp-wide event such as the Staff Talent Show, Campfire service, Pep Rally, Movie Night or Vespers
9:00 PM	<b>Showers</b> Back to the cabin to get ready for bed and general goofing off until bedtime.
9:45 PM	<b>Cabin Devotions</b> Counselors lead a short devotion to help wrap up the day.
10:00 PM	<b>Lights Out</b>