FOUNDER'S RETREAT PLANNING PACKET



CAMP TOKNOWHIM

PO Box 190, Pisgah, AL 35765 256-451-7777

WATERFRONT RULES

- EACH GROUP MUST PROVIDE 4 ADULTS FOR SUPERVISION. 2 IN THE LIFEGUARD STANDS, 1 ON THE FLOATING DOCK AND 1 AT THE ROPE SWING
- NO SWIMMERS MAY ENTER THE WATER UNTIL ALL ADULTS ARE IN THEIR STATIONS
- ALL SWIMMERS OUTSIDE SWIM AREA MUST WEAR LIFE JACKETS
- ALL SWIMMERS MUST STAY WITHIN ROPED SWIMMING AREA (UNLESS USING ICEBERG OR ROPE SWING)
- NO DIVING OFF DOCKS OR ICEBERG

ROPE SWING USE

- LIFE JACKETS REQUIRED
- NO MORE THAN 3 PARTICIPANTS ON TOP LEVEL OF DOCK AT A TIME
- ONLY SWING STRAIGHT OFF OF THE PLATFORM
- PARTICIPANTS WAITING FOR THEIR TURN MUST REMAIN ON THE LOWEST
 PORTION OF THE DOCK TO PREVENT INJURY FROM THE RETRIEVAL STICK

ICEBERG USE

- LIFE JACKETS ARE REQUIRED
- NO MORE THAN 6 PEOPLE USING ICEBERG
 SWIM AREA AT A TIME
- ONLY 2 PEOPLE CLIMBING ON ICEBERG AT A TIME TO PREVENT IT FROM TIPPING OR RIPPING
- ONLY JUMP OR SLIDE OFF SIDE WITH NO HANDLES
- AFTER JUMP OR SLIDE, SWIM
 IMMEDIATELY OUT OF THE WAY

KAYAK USE

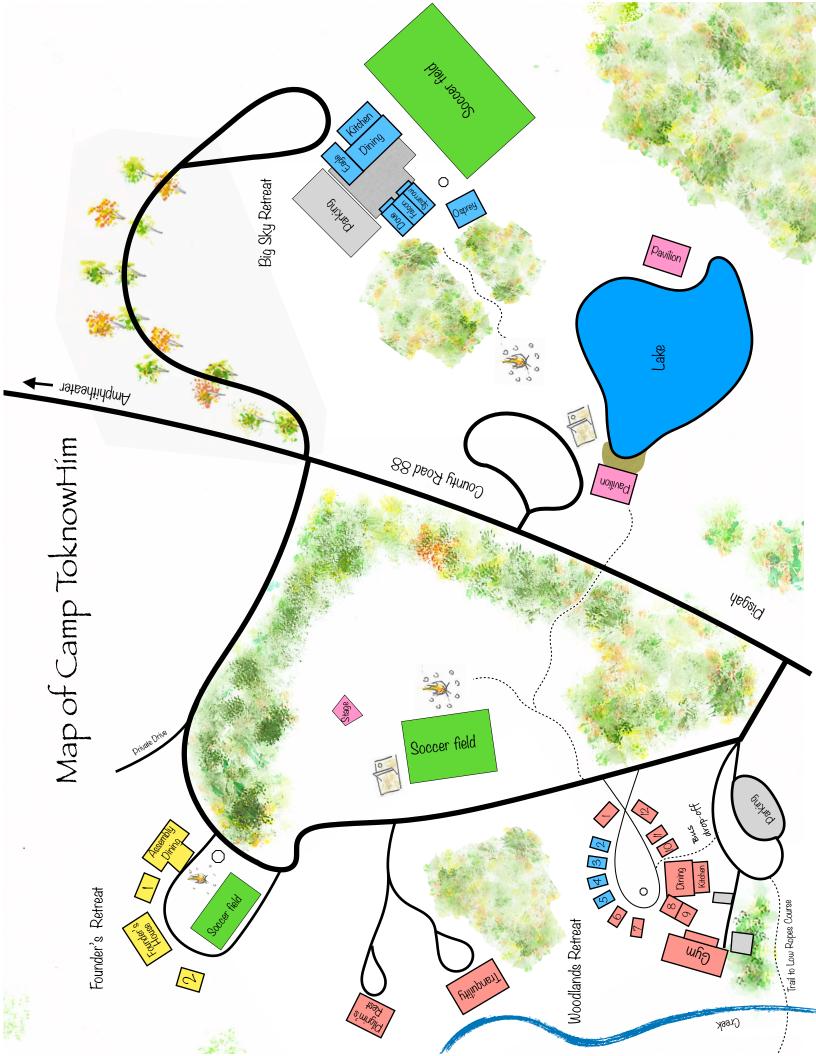
- LIFE JACKETS REQUIRED
- RETURN KAYAKS NEATLY TO THE DESIGNATED AREA



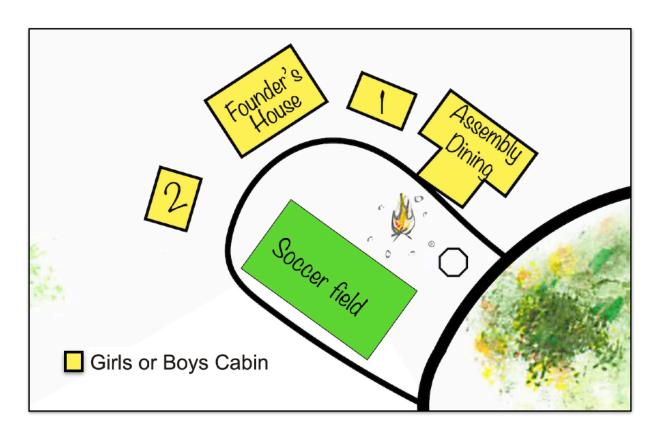
CLEANING

In order to help us keep the camp looking great, we ask all guests to leave the camp as they found it. We provide brooms, mops, trash bags, cleaning spray, and cleaning rags, and we have signs posted in every cabin to help guide campers through the cleaning process.

We will do a walk-through of the cabins 15-30 minutes before you leave, and help with any remaining cleaning that needs to be made to ensure it is ready for our next guests.



AVAILABLE BEDS



Building	Bunk Beds	Cots	Available Beds
Cabin #1	25	8	33
Cabin #2	25	8	33
Totals	50	16	66







Cots (available if needed)

LEADERS







Camp ToKnowHim Scheduling and Activities

Lake Use (Summer Months)

- Founder's
 - O Before 12pm or after 6pm
- The Woodlands
 - o 3pm-6pm
- o Big Sky
 - o 12pm-3pm

Low Elements Ropes Course

- o Founder's
 - Before 12pm or after 6pm
- The Woodlands
 - o 12pm-3pm
- o Big Sky
 - °o 3pm-6pm

Amphitheater

The amphitheater is located 2 miles down a gravel road that is located just 1 mile west down Co. Rd. 88. After scheduling use of Amphitheater, please indicate what method(s) of transportation you would like to use for your group:

- Transport your group in personal vehicles (SUV's, trucks, and some buses are acceptable, cars not recommended)
- Arrange for the 5 ton military truck to transport up to 90 people (make sure to check availability of truck and schedule ahead of time)
- ** Refer to map and see location of Amphitheater







Sound Equipment



Our facilities come equipped with the basics, so you can bring your programming and plug right in:

- 2 Powered Speakers
- 6 Wired Microphones
- High Definition Projector, with HDMI hookups in sound booth
- Confidence Monitor, with HDMI hookups in sound booth
- Microphone Stands
- 2 Direct Boxes
- 1/4" Cables
- XLR Cables
- MIDAS DL16 Digital Stage Box
- Wireless Internet
- Behringer Wing Digital Sound Board

Catering Menu

Michelle Powell 256-557-0769

Breakfast Options

All Breakfasts are served with Coffee, Juice, Milk, Fruit, & Cereal

- O Biscuits and Sausage Gravy with Eggs
- O Pancakes with toppings of choice and Sausage
- O Breakfast Casserole with Muffins and Yogurt
- O French Toast with Toppings of choice and Bacon
- O Sausage Biscuits and Bacon Biscuits with Hash Browns
- O Eggs with Bacon and Toast

Lunch Options

All Lunches are served with Tea, Kool-aid, and Dessert

- O Hotdogs and Hamburgers, Chips and Baked Beans
- O Taco Salad with Toppings
- O Pizza and Salad
- O Sub sandwiches with Chips and Home Style Chicken Soup
- O Barbecue Sandwiches with Potato Salad or Chips and Coleslaw

Dinner Options

All Dinners are served with rolls or cornbread, Dessert, Tea and Kool-aid

- O Chicken Fingers with Mashed Potatoes, Green Beans and Mac and Cheese
- O Spaghetti with Salad and Garlic Bread
- O Baked Ham with Scalloped Potatoes, Peas and Corn
- O Creamy Oven Chicken with Roasted Potatoes and Mixed Vegetables
- O Pork Loin with Mushroom Gravy, Roasted Potatoes and Black Eyed Peas
- O Pulled Pork and Baked Potatoes with Salad
- O Grilled Chicken with Party Potatoes and Green Beans