



**INFORMATION PACKET**

**ALL IN  
FLOW 2026**

## DEAR PARENTS, STUDENTS AND LEADERS

FLOW is a week-long summer camp for teens ages 13-18 which will be held in Copperhill TN, at Whitewater Express Youth Camp. Included in this packet are registration instructions, travel information as well as a list of what to bring/not to bring, our rules and dress code.

*Please read this carefully.*

**Everyone must be at the church on Monday, June 8<sup>th</sup> by 7:30am.** The bus will leave by 8am. We will arrive back at the church on Saturday, June 13<sup>th</sup> between 6-7pm. Bring some spending money for lunch (fast food) on the way to Whitewater Express, and lunch on the way back.

The cost of FLOW is **\$375** which is due along with the completed waivers by **May 10<sup>th</sup>**. Included in the cost is transportation, lodging, all meals while at camp, all camp activities, two whitewater rafting trips and the FLOW 2026 t-shirt and workbook. Space is limited and will be reserved on a first-come, first-serve basis. The Hire-a-Teen program is available to help students raise their FLOW money. Contact Stephanie Branch at CBC for Hire-a-Teen info.

Our theme this year is **ALL IN**. We will be spending each day looking at specific areas of our Christian life where God wants us to be fully devoted to Him. My prayer over the course of the week is that our students will come to realize that their greatest joy and fulfillment will come when they're not caving to the culture but **ALL IN** for Christ.

I hope you will join us as we explore the beautiful Tennessee mountains, go whitewater rafting on the raging Ocoee River and see how God will speak to your heart. For further info about Whitewater Express Camp go to: [whitewaterexpress.com](http://whitewaterexpress.com). In case of an emergency, you can contact the Whitewater Express Camp Office toll free at (800)676-7238 or Drew Kuehl at (630)865-5329.

You can register and pay online (or choose 'pay later' in order to pay by cash or check) at [communitybiblechurch.us/flow](http://communitybiblechurch.us/flow) where you will also find your waivers to electronically sign.

**In order to register, pay, and e-sign the waivers, go to:**  
**[www.communitybiblechurch.us/flow](http://www.communitybiblechurch.us/flow) by **May 10<sup>th</sup>**.**

## ITEMS TO BRING:

- Bible, notebook & pen
- Pillow and sleeping bag or bed sheets
- Towel and washcloth
- Soap and shampoo
- Several changes of clothing (no laundry services available)
- Swimming suit (guys – boxer style shorts and shirt; girls – gym shorts and shirt)
- Closed toed shoes for horseback riding, mountain biking and ropes course
- Water shoes or old athletic shoes for whitewater rafting (flip flops and open toed shoes are not allowed for rafting on the Ocoee river)
- Jacket, fleece or hoodie (temperatures can drop at night)
- Suntan lotion and bug spray
- Some spending money for snacks and lunches while travelling
- A flashlight (it gets really dark at night)
- A refillable water bottle to keep hydrated during the day
- A camera if you like to take pictures

## ITEMS TO LEAVE AT HOME:

- **No cell phones are allowed at all.** All cell phones must be left at home. If parents and students need to reach one another, the camp phone and the leaders' cell phones will be available. We ask parents to please verify that their student's cell phone is left at home. Thank you!
- No other electronic devices with the exception of cameras are allowed. Music players and gaming devices should be left at home. We do not want these distractions at camp. This is a great opportunity for God's Spirit to have the undivided attention of our young people.
- No contraband whatsoever is to be brought on the trip. This includes knives, firearms, fireworks, lighters, cigarettes, vapes or anything dangerous, illegal or inappropriate.
- Please be aware that rebellious and/or dangerous behavior will **not** be tolerated and will result in the parents being asked to come pick up their student.

# ACTIVITIES:

- Whitewater rafting on the Ocoee and Nantahala Rivers
- Beach Volleyball
- Mountain biking
- Horseback Riding
- Paintball
- High and low ropes courses
- Giant swing
- Hiking to beautiful overlook
- Swimming
- “The Blob”
- 4 Square, Gaga ball and Ping Pong
- ... and much more!

# DRESS CODE:

## Ladies:

- Please be modest at all times. No see-through, low-cut, short or tight clothing.
- For all water activities, please wear a one-piece swimsuit along with a t-shirt or tank top and gym shorts.

## Guys:

- Please be modest at all times. No cut off t-shirts or tight clothing.
- For all water activities, please wear a boxer-style swimsuit and a t-shirt or tank top.

## All:

No clothing advertising questionable products or people or containing any crude words or slogans.