

TRIP FAQ

If you have any additional questions, please do not hesitate to ask.

Address?

Refugio State Beach - Group Campsite
10 Refugio Beach Rd, Goleta, CA 93117

Where do I drop off and pick my student up?

This year we are doing drop-off and pick up at Grace Fellowship Church.

What does the \$550 cover?

The trip cost covers all transportation and lodging, activities, the cost of trained adult leaders, OVERFLOW merch, a trip journal, and all things necessary for a safe and fun trip.

Why was there a price increase?

Due to the rise of costs across the board, we needed to raise the cost of the trip by \$50. This is specifically tied to the cost of food and gas for the RVs.

What are the transportation and sleeping arrangements?

We will be taking eight RVs up the coast to Refugio State Beach. All drivers are trained and comfortable with navigating RVs for our short trip up north. Students will be thoughtfully assigned into RVs with mixed grades and genders. One of the values of this trip is to unify as a group and that includes being challenged to get to know people outside of the normal, familiar friends. All of the boys in an RV will sleep in a separate designated area and all girls will sleep in another separate designated area. Bathrooms and changing rooms are located on the campsite and the RVs will not be used for either. There will be one female and one male adult leader per RV (2 total adult leaders). These RV assignments will also serve as discussion groups each night. Respect and safety is a huge priority and value and we have strict camp guidelines that will be communicated from start to finish of our trip. We have

seen mutual respect and honor towards each other and this is our primary value.

Will my child be in the same RV as his / her friends?

Maybe, but we do ***not take requests***; however, new students will always be placed with the friend who brought them and most every student will have someone they are familiar with in their RV. During the day, students are all together and are free to spend time with whoever they would like. The only time that students are separated in groups is for RV time at the end of the night and sleeping. What is the student to leader ratio and who are the leaders?

Our typical ratio for this trip is 4:1 (students to leader). All adult leaders are current small group leaders and OVERFLOW alumni and are well trained for these trips.

What will the students do during the day?

Each day at Trek looks pretty similar to each other. Please see the sample schedule below for a "Day in the Life" at Trek:

07:00a | Student Wake Up & Time with God (Silence, Scripture & Prayer)

08:15a | Breakfast

08:30a | Free Time

- o Craft
- o Beach
- o Surfing – Sign ups @ Kitchen
- o Exploring

09:00a | Optional Hike

11:45a | Lunch

12:15p | Free Time

12:30p | Surf Competition

04:15p | Camp Transition

- o Students get ready for prayer time and dinner

04:45p | Prayer

06:00p | Dinner

07:30p | Church Time (Teaching & Worship)

08:15p | RV Discussions

09:15p | S'mores

10:15p | RV Quiet Hours & Bedtime

What safety precautions do you take?

We will be encouraging students to be mindful of preventative measures like drinking lots of water, eating each meal, communicating any symptoms with a leader and being careful when engaging in physical activities. In the event that we need to take a student to the hospital, Grace Fellowship brings an additional leader (or two) who is our designated hospital runner for the trip. We will always communicate with parents ASAP in case of an emergency.

Is my child allowed to bring their cell phone? Am I allowed to contact my child throughout the weekend?

We do not allow students to bring any electronics for any reason. When you check your child in on the day of departure, we will give you a list of emergency numbers. If there is an emergency or you need to get ahold of your child, you have permission to call our OVERFLOW staff and we will connect you with your child. A week away from cell phones is a great way to rest from electronics.

My child is nervous about being away from home, how can I encourage them prior to the trip?

It is completely normal for students to feel anxious about being away from home. We recommend the following when talking to your child...

1. Encourage them that they are not the only ones feeling this way.
2. Remind them that there are leaders available for them for anything that they need.
3. This is an awesome time for them to grow and meet new people.
4. Lastly, and most importantly, pray with and for your child that God would ease any anxiety they may have. (Philippians 4:6)

What is the Cancellation Policy?

Great Question! Check out our [Grace Fellowship Church Cancellation Policy Here.](#)

Do you have another question that wasn't answered in the FAQ?? Feel free to email Trevor who can help! tlawrence@gracefellowshipchurch.org