

# TREK 2026 FAQ

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

## What are the trip dates?

TRIP START: Friday, January 9th (drop off is at GFC at 7:00am)

TRIP END: Sunday, January 11th (pickup is estimated to be at GFC ~7:00pm)

## Where do I drop off and pick my child up?

We are doing drop-off (7:00am) and pick up (~7:00pm) at Grace Fellowship Church.

## Where will we stay?

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

## What does the \$515 cover?

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

## What are the transportation and sleeping arrangements?

Our group will be traveling in eight RVs along the coast to Refugio State Beach. All designated drivers are trained in operating RVs, for the short trip north. Each RV will have two adult leaders — one male and one female — who will oversee the students assigned to their group. Students will be thoughtfully placed into RV groups with a mixture of grades and genders. One of the central values of this trip is fostering unity, which includes encouraging students to build connections outside of their usual circles of friends. Sleeping arrangements will follow clear boundaries: boys will sleep in a designated area within the RV, and girls will sleep in a separate designated area within the RV, similar to traditional camping. These RV groupings will also function as groups for travel and during evening discussions. In past years, these assignments have helped cultivate mutual respect between students and have strengthened our church community long term. Students will use the separate men's and women's restrooms, showers, and changing facilities at the campsite, rather than the RV bathrooms. Respect and safety are top priorities, and we will be communicating clear camp guidelines throughout the trip to ensure a safe and meaningful experience for everyone. If you have any questions or concerns, please feel free to reach out to Luke or Sofia.

## Why the date change?

This change was necessary because our group campsite at Refugio State Beach was not available over our usual weekend for the trip (MLK Day Weekend). We anticipate this only being a change for 2026 and us returning to MLK weekend for future years. For 2026, The TREK will be 3 days total: departure early Friday morning (9th) and return on Sunday evening (11th).

## What will change with a 3 day Trek?

We were not anticipating this change and are sad to change the date and adjust the schedule of the trip, though we are determined to craft the weekend to be just as relaxed, meaningful, and impactful as ever! Because we will be leaving earlier than years past on Friday and returning Sunday evening, we will be able to maximize the 3 days of the trip so that the schedule will remain largely unchanged from years past. We feel confident that the trip will allow space for new friendships to form and for slow, relaxed time with God as always. Our price has been adjusted to reflect the slightly shorter trip. See the price breakdown below for more information.

### Per Person Price Breakdown:

RV Rentals (Transportation + Gas + Lodging) = \$240

OVERFLOW T-Shirt = \$30

OVERFLOW TRIP Journal = \$8.50

Food = \$150

Campsite = \$45

Misc Costs = \$31.5

Leadership Costs = \$55

**Actual Total Cost = \$565 per camper**

Grace Fellowship Church Underwriting = \$50 per camper

**OVERFLOW Cost: \$515**

## Can my child come late or leave early?

In light of a slightly shortened trip, we have discerned as a staff that allowing late arrivals and early departures may not be for the best. Due to Refugio's capacity restrictions, we have limited spots for this highly beloved trip. We ask that you be considerate of this as you examine any schedule conflicts that would prevent your full participation.

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

It's possible! But as a general intention on all of our trips ***we do not take RV requests.*** The Trek is designed specifically to integrate our group and cultivate new friendships within OVERFLOW. During the day, students are together in a common area and are free to spend time with whomever they would like! The time that students are separated in RV groups is on the drive to and from Refugio, for "RV time" (discussion) at the end of the night, and sleeping. We have seen that mixed grade and gender RVs are a regular highlight for students each year.

## 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, OVERFLOW alumni, leaders from past trips, or adults connected to our church. We have a 3-hour mandatory trip training for all leaders and every leader is live-scanned (background checked).

## 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, being careful when engaging in physical activities and staying within camp boundaries. 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 our staff's contact information. If there is an emergency or you need to get ahold of your child, please call OVERFLOW staff (Luke, Sofia, Trevor) and we will connect you with your child. A weekend away from cell phones is a great way to rest from electronics and engage in community and with God.

## 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?

### Trips and Camps:

In the event that you cannot attend a trip and need to cancel, please keep in mind the following...

- Upon registration, you are responsible for the entire trip cost
- Deposits are always non-refundable and non-transferable
- If the trip did not have an initial deposit, 20% of the trip cost will be considered the non-refundable deposit in the event that you cancel and your spot can be covered from waitlist.
- Even if you cancel, final payment will be due 45 days before departure.
- The final payment is considered non-refundable and non-transferable. (See Exceptions)
- If there is no waiting list, there is no possibility of any type of refund.
- Cancellations must be made (and are only official) by submitting this Cancellation Form notifying OVERFLOW staff of your cancellation. (Please note: One form will need to be submitted per child if canceling for multiple children)

### Events:

- For events, which did not require a deposit, all payments are considered final and non-refundable and non-transferable. (See Exceptions)

### Exceptions:

- Waitlist: If a student from the waitlist fills your canceled spot, you will receive a refund of the entire trip cost except for the deposit. We can send you a refund check or credit the balance back to your account.
- Family Member: You may transfer your spot to another immediate family member only; who's not already registered for the same trip.

## PhotoCircle?

As always, we will create a *PhotoCircle* for all students and parents to view photos from the trip. All photos taken by staff and volunteer leaders will be uploaded to the *PhotoCircle* **after** we return home from the Trek. We will send daily update texts as cell service permits to send encouragements of what God is doing at the Trek!

**Do you have another question that wasn't answered in the FAQ? Feel free to email Sofia or Luke who can help!**

**[sseidman@gracefellowshipchurch.org](mailto:sseidman@gracefellowshipchurch.org)**

**[lseidman@gracefellowshipchurch.org](mailto:lseidman@gracefellowshipchurch.org)**