



# UPWARD BOUND *Camp Catalog*



**2024**

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[www.upwardboundcamp.org](http://www.upwardboundcamp.org)

Affiliation and Accreditation

Upward Bound Camp, a state licensed program founded in 1978, is nationally recognized for creative programming by the American Camp Association. Upward Bound Camp is also a member of the Christian Camp and Conference Association.

# *Adventure Awaits!*



## Introduction

### ABOUT OUR CAMP

#### **Our Mission.**

Upward Bound Camp (UBC) provides year-around, Christian-based recreational and educational camp experiences for persons with diverse-abilities.

#### **Our Vision.**

Upward Bound supports the belief that every person is important, created by God, worthy of love and caring service. UBC gives every participant opportunities to realize and share their gifts and strengths with each other.

#### **Our Values.**

Since 1978 UBC has worked to establish a diverse community of campers, staff and volunteers, intentionally building a strong and inclusive community, promoting respect and understanding of all who participate. UBC staff and board members actively cultivate relationships with business and community members in the Santiam Canyon and beyond in a sincere and conscious effort to expand the understanding of community, acceptance and inclusion, enriching the lives of all participants.

<https://upwardboundcamp.campbrainregistration.com>

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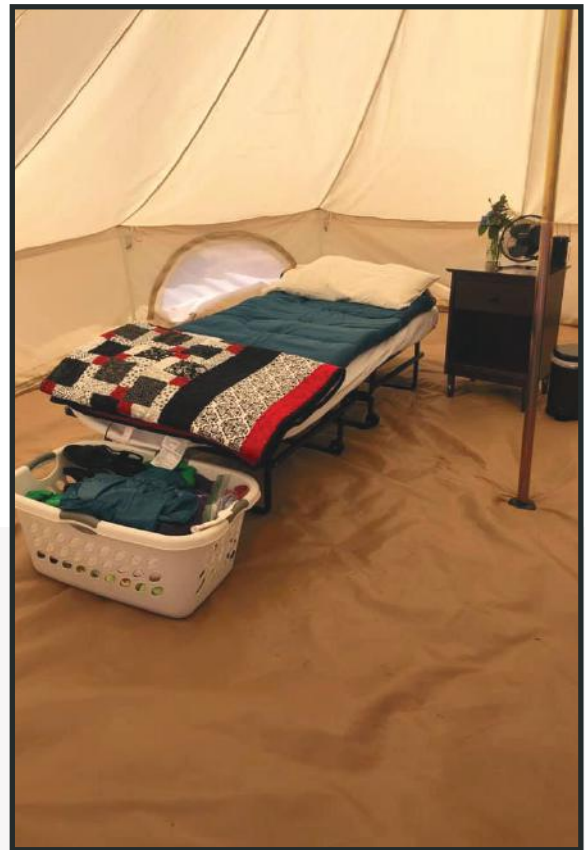
# What to Expect

## CAMP ACCOMODATIONS

Enjoy a unique camping experience that gets you up close and personal with the outdoors with (most of) the comforts of home! While we do have an indoor cafeteria outfitted with electricity, running water, and indoor plumbing, the majority of our time at camp is spent enjoying the beauty of the Santiam Canyon as we engage in agames, crafts, activities, and worship outdoors...and spend the night in our outdoor tent circle where you will have protection from the elements and a lot of fresh air! You can also expect to utilize our portable shower and toilet facilities a few times during your time with us because, as they say, "nature calls!"



Our canvas bell tents are spacious and completely enclosed with fine mesh to separate you from any critters that may be around. Campers have several windows along the outside of the tent to create a nice breeze through the tent during the cool nights or enclose the space completely to stay nice and warm. The canvas coverings are completely waterproof in the case of rain and are heavy enough that they are not easily moved by the wind.



Our tents sleep one or two campers and are outfitted with comfortable mattresses, nightstands, lanterns, and benches that allow campers to organize their things, have a nice place to sit, and of course, sleep comfortably. Beds will be made with sheets, a pillow, and a beautiful homemade quilt. While this bedding is provided, we encourage campers to bring their own sleeping bag and/or blankets as some nights can get a little chilly!

# What to Pack

THE THINGS YOU'LL NEED TO BRING...



## Packing for Camp Checklist

### The Big Stuff

- Warm Sleeping Bag
- Pillow
- Extra Blanket  
Extra Bedding (if camper has incontinence)

### Toiletries

- Shaving Equipment
- Deodorant
- Shampoo + Conditioner
- Feminine Hygiene Products
- Toothbrush + Toothpaste
- Towel + Washcloth (*shower*)
- Hairbrush/Comb
- Extra towel for water play

### Clothes

- Closed toe shoes, flip flops
- Socks
- Hat, cap
- Sweater, Light Jacket
- Underwear (+*Extra*)
- Pants, shorts, shirts for every day + 1 day
- Swimsuit for water play



### Adaptive/Mobility Equipment

- Eating Utensils
- Hearing Aids
- Communication Equipment
- Ear Plugs
- Noise Canceling Headphones
- Braces
- Walker
- Wheelchair

### First Aid + Hygiene

- Medication/Prescriptions:  
medication must be in original container or pharmacy bubble packs, which includes physician instructions. Over the counter must be in original bottles.
- Face Masks (*optional*)
- Sunscreen
- Bug Spray
- CPAP & Distilled Water  
(please bring a prescription for use of CPAP)
- Attends/Depends  
(incontinence products if needed)

### Extras

- Camera
- Music Player w/headphones
- Favorite small item from home
- Phone + charging cord
- Earplugs or headphones
- Flashlight



# May 2024

3 NIGHT CAMPS


01



May 6-9

GROWING GOD'S GLORY


02



May 14-17

PIONEER'S PARADISE

03



May 20-23

ANIMAL EXTRAVAGANZA



## Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

01

### GROWING GOD'S GLORY- MAY 6-9, 3 NIGHTS

Green thumb or not, this week will be a ton of fun! We will be going back to our roots...literally as we discover the wonders of the garden. See the fruits of your labor as you join us in refreshing the garden, planting seeds and sprouts, building birdhouses, painting rocks, stamping with fruit, enjoying fresh foods, and so much more! To add to the excitement we will be exploring the Garden of Eden--the place where life began! So come on out and get your hands dirty! [Genesis 1: the Garden of Eden](#)

02

### PIONEER'S PARADISE-MAY 14-17, 3 NIGHTS

This week will take you way back to life as it used to be. Journey on the Oregon trail as you learn the skills to cook outdoors, make butter and cheese, build a fire, and more! Also, meet a real mule and explore an authentic covered wagon! Just like the pioneers you will enjoy fun and games at every turn as you go on the adventure of a lifetime and make new friends along the way. If that isn't enough, you will also journey alongside Israel on their long trip to the promised land! Of course campers joining us for this journey will enjoy all the best that camp has to offer including a talent show, water games, archery, and an end of the week hoe down (aka dance)! So settle in and join us for the journey. [Exodus: Isreal's journey to the promised land.](#)

03

### ANIMAL EXTRAVAGANZA-MAY 20-23, 3 NIGHTS

We aren't horsing around with this one! Get ready to make friends with chickens, goats, turkeys, bunnies, and ducks! It's not your ordinary week; it's an adventure into the heart of animal care, guided by our awesome counselors who know their way around the barn. Picture this: gathering freshly laid eggs, giving goats some love, and bonding with our feathery friends! We can't spoil all the fun that is ahead but we promise you won't miss out on all of your favorite camp activities like the talent show, campfire, water games, and the camp dance! So what are you waiting for, don't be chicken and get signed up for this week! [Noah's Ark](#)

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# June 2024

GIRLS ONLY 3 NIGHT CAMP

04



June 4-7

HAPPY CAMPER WEEK (GIRLS ONLY)

TBD



Fall 2024

MEN'S RETREAT





## Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

04

### HAPPY CAMPER WEEK (GIRLS ONLY)- JUNE 4-7, 3 NIGHTS

Have you been waiting all year for the moment that you return to camp? Do you live and breathe summer? Crazy...WE DO TOO!! This week we will be celebrating summer camp style with all of the traditional activities like tie dye, making friendship bracelets, s'mores around the camp fire, making crazy skits, singing silly songs, playing water games, visiting the river, going fishing, showing off in the talent show and so much more! Not only that, but we will dive into the greatest story ever told and see how our stories are a part of it! So don't get left out in the sun...join us for a summer blast! **God made me, God loves me, God has a purpose for me.**

TBD

### MEN'S RETREAT COMING FALL 2024

There will be a guys only camp coming in the Fall. Exact dates to be determined. More details to come.

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# July 2024

3 AND 4 NIGHT CAMPS

05



July 1-5  
HAPPY EVERYTHING

06



July 8-12  
TREASURE QUEST

07



July 15-19  
TEAM SPORTS

08



July 22-25  
UNDER THE SEA

Register Online

# Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

05

## HAPPY EVERYTHING-JULY 1-5, 4 NIGHTS

Happy 4th of July! Merry Christmas! There is so much to celebrate in a year so come and join us for all of your favorite holidays...and perhaps some of your new favorites... in a fun and festive camp that you're sure to remember! This week we will say Happy Everything! as we spend every day celebrating something new, from Christmas to the 4th of July to national Ice cream month, and maybe even your own unbirthday, there is so much fun to be had alongside classic camp activities like the dance and talent show! Make your own ice cream, tie dye a patriotic shirt, open gifts, march in a camp parade, and more! Discover the art of celebration as we uncover the truth of unending joy! Come party with us!

[Psalm 98: Neverending Joy](#)

06

## TREASURE QUEST-JULY 8-12, 4 NIGHTS

X marks the spot! Find your team and lets get out and get digging as we uncover treasures from long ago--maybe it is a dinosaur, an old city, or even a treasure chest! This week you will be excavating all kinds of fun like going on a scavenger hunt, creating a scroll, completing a dino dig, drawing petroglyphs, and more! But we won't stop there! We will be discovering all of the real treasure that we can find in our own lives! Grab your shovel and dig into this excellent week! [Building up treasures in heaven, fruits of the spirit.](#)

07

## TEAM SPORTS-JULY 15-19, 4 NIGHTS

What do you get when you combine fitness and fun? Team sports! This week we will play all sorts of team sports and fitness activities. From softball and soccer to parachutes and cornhole. How about some nice soothing stretches or a meditation walk on Mary D's path? Then end the day relaxing around the campfire with songs and some well deserved smores! We will bless the temples we were given and no matter which activity you participate in, you'll leave camp feeling great after a few days of movement and memory making! [1Timothy 4:8](#)

08

## UNDER THE SEA-JULY 22-25, 3 NIGHTS

Are you ready to live on island time....we sure are! Say "Aloha" to a week all about the wonders of the sea and all things Hawaiian! A tropical adventure under the sea for your aquatic imagination to enjoy. Join us this week for a luau, hula dancing, sandcastles, fishing, water games and so much more. Plus journey with us as we get into the belly of the whale (if you know what I mean) and discover what call God might have on your life! And don't worry, your favorite activities won't be washed away, this camp will include a talent show, camp dance, archery, and campfire too! Can't wait to ride this wave with you! [The story of Jonah](#)

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# August 2024

3 AND 4 NIGHT CAMPS

09



July 30-Aug 2

CRAFTY CREATIONS

10



Aug 5-9

MOVIN TO THE MUSIC WEEK


11



Aug 12-16

JUST DO IT (YOURSELF) CAMP

12



Aug 19-23

OUT OF THIS WORLD WEEK

Register Online

# Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

09

## CRAFTY CREATIONS-JULY 30-AUG 2, 3 NIGHTS

Lean into your creative side and join us for a week full of arts and crafts from drawing to sculpting to painting we will do it all! Explore old talents and develop new ones as you learn from artists in our camp community and the local area. This week we will make our own tie dye shirts, canvas paintings, watercolor art, clay pot, and so much more. As you create your own masterpieces, discover the truth that you, too, are a masterpiece designed perfectly by your Creator! Of course all of your favorite camp activities like the talent show, archery, water games, and end of the week dance will also be a part of this colorful week! [God's Masterpiece, Ephesians 2:8-10](#)

10

## MOVIN TO THE MUSIC- AUG 5-9, 4 NIGHTS

Do you, like the hills, come alive at the sound of music? This week is for you! Join us for a week resounding with the sweet song of melody, harmony...and killer dance moves. So warm up your voice and get your body moving as we dance, sing, and play the days away with fun activities like testing out real instruments, singing around the campfire, learning new dances, and so much more. Also take part in raising a joyful noise to the Heavens as you interact with the story of King Solomon! And have no fear, all of your favorite camp activities like the talent show, archery, water games, and end of the week dance will make some noise in this camp! [2 Samuel 6:14-22 "undignified" The Story of Solomon](#)

11

## JUST DO IT (YOURSELF) CAMP-AUG 12-16, 4 NIGHTS

Start with nothing and end with something awesome! We were made to build, create, and invent so come and stretch those muscles in this STEM and DIY themed week. We will be building cars, birdhouses, rube goldberg machines, robots, and all sorts of other unique contraptions from your own imagination! Of course you won't miss out on everything else camp has to offer like the talent show, camp dance, water games, and time to make new friends! So get out and get to tinkering with us! [Created with creativity--one way we bear God's Image](#)

12

## OUT OF THIS WORLD WEEK-AUG 19-23, 4 NIGHTS

Look to the heavens because the sky is no longer the limit on the fun we will have! Explore the final frontier as we listen to all that the heavens declare. Look up in wonder at the sky as we stargaze, learn to use a telescope, and make our own constellation viewers. But we won't stop there! Other activities may include an alien egg hunt, spaceship building, planet hike, an encounter with an extraterrestrial, and more! Of course activities like water games, talent shows, campfires, and camp dances will also star in this heavenly week! SO suit up and blast off and save your space in this camp! [The Heavens declare the glory of God, Creation](#)

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# August/September 2024

3 AND 4 NIGHT CAMPS

13



Aug 27-30

LIGHTS, CAMERA, ACTION! CAMP

14



Aug 31-Sept 2

FAMILY/UNIFIED CAMPOUT

15



Sept 3-6

CAMPER VS. WILD WEEK



# Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

13

## LIGHTS, CAMERA, ACTION! CAMP-AUG 27-30, 3 NIGHTS

Do you shine in the spotlight? Are you a tad dramatic? Is the stage your happy place? If so, this week is for you! For the movie stars and those who love watching them, for the Disney fan and the celebrity insider, this week will have something just for you! This week full of skits, stories, and theatre games will be absolutely animated! Of course the stage will be yours in our all camp talent show and dance party but we won't stop there, you can practice archery like Merida and splash around like Ariel in our water games! Of course we can't wrap up all of the fun you will have in the action of this week so you will just have to join us for the performance! *Acting like Christ (Gal. 1:10 Romans 12:2)*

14

## FAMILY/UNIFIED CAMPOUT-AUG 31-SEPT 2, 2 NIGHTS

Join us over Labor Day week for fun with the whole family! This is a pilot program and we would love your input on what you would like to see at family camp! As with all Upward Bound Programming, our main goal is to build strong community during this event, connecting families, caregivers, siblings, and parents to one another! We hope to offer activities for parents/caregivers, siblings, and people with diverse abilities as well as activities for the whole family to enjoy together! We hope you can join us for our first ever family camp!

15

## CAMPER VS. WILD WEEK-SEPT 3-6, 3 NIGHTS

Do you love the sound of crickets at night, the gentle breeze on your face, and looking up through the branches of a massive tree? Are you happiest when sitting along a river or taking a quick hike in the forest? If so, this camp is for you! Join us for a week of outdoor activities that will have you ready for any adventure in the future. Learn to set up a tent, start a fire, tie some knots, cook over a fire, and more! Participate in nature based crafts, scavenger hunts, and games while also enjoying all UBC traditions including a scavenger hunt, dance, and water games! So if you are feeling a bit wild set up camp by registering for this week... it'll be a tree-t! *The wilderness as a training/calling ground*

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# September 2024

3 NIGHT CAMP



Sept 9-12  
BOARD GAME BONANZA



Sept 17-20  
QUEST OF HEROES CAMP





# Descriptions

EACH WEEK HAS A DIFFERENT BIBLICAL THEME

16

## BOARD GAME BONANZA-SEPT 9-12, 3 NIGHTS

Join this camp for good games, good friends, and GREAT fun! Take your turn, spin the wheel, roll the dice, and be anything but BOARD! Play classic favorites and maybe try something new! Become a part of a life size board game, solve a puzzles, get into the shuffle of a card game, experiment with dominoes, cornhole, scavenger hunts, charades, and more in this week of friendly competition. Whether we are inside or out this week is sure to be a blast as we play together! So find your place on this board and get ready to pass GO!  
*Body of Christ 1 Cor. 12:12-27*

17

## QUEST OF HEROES CAMP-SEPT 17-20, 3 NIGHTS

This week's got character...lots of them, in fact! Are you fascinated by the lives of Pikachu, Mario, Superman, and all of their friends? This week you will get a chance to be a part of their worlds with live mario kart, a real Pokemon hunt, and superhero training courses! We will create our very own trading cards with your skills, strength, and abilities, design a supersuit, and build Bowser's castle along with so many other super activities and all of the camp traditions! Along with your favorite heroes, we will meet the heroes of old and learn about their special skills and where their strength, and yours, comes from! So power up and join us for this week's quest! *Heroes of the faith or the life of David*

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— C A M P —

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