



Presented by Building Strong Families

Things you need to know:

Where is Alexander Springs located?

- Alexander Springs is located in the Ocala National Forest.
- The physical address is: 49525 County Rd 445, Altoona, FL 32702
- The drive from LifePoint to Alexander Springs is 1 hour during non-traffic times.
- **Add an additional 30 - 45 minutes to your drive time** if you will be taking SR46 between 4-6pm on Friday night. The 2 lane, under construction delay is real in the evening rush hours.

When should families arrive?

- The campsites are available at 2pm on Friday.
- Our first *Stories Session* begins at 7pm.
- So, if you arrive in the early afternoon to set up camp, your family will have time to take advantage of cooling off in the spring.
- Remember, since everyones *arrival* time is scattered, each family is responsible for their own dinner.

What meals will be provided?

Please keep in mind that this is not a gourmet, keto-infused menu. We are camping people. Keep it simple. Below are the main items - there may be some additional items.

- Friday Nighttime Snack = Moonpies
- Saturday Morning Hot Breakfast = Eggs, Sausage, Pancakes, instant coffee
- Saturday Noon Lunch = Sandwiches & Chips
- Saturday Evening Dinner = Hamburgers & Hotdogs
- Saturday Nighttime Snack = Smores
- Sunday Morning Continental Breakfast = Muffins, Doughnuts, instant coffee

What food should I bring for my family?

- Friday Night dinner at campsite or in the vehicle on your way over. (Keep in mind our first session begins at 7pm.)
- Dietary Needs
- Cooler with drinks that your family enjoys. (Ice available for purchase at concession stand on Saturday)
- Additional snacks (Again, keep it simple. You & your kiddos won't starve.)

What activities are available at the park?

- Swimming (Bring: floats, snorkle, masks etc.)
- Biking (bring your own)
- Canoe rentals available (\$16 for 2 hrs.)
- Timucuan Nature Trail (.9 mile loop on boardwalk)
- Rented Pavillion (Saturday)

Example Schedule:

What does the schedule look like?

Here is a rough idea. It is subject to change and will remain flexible over the weekend.

	FRIDAY	SATURDAY	SUNDAY
7 - 8:30am		Wake Up Quiet Time Exercise Prepare for Day	Wake Up Quiet Time Exercise Prepare for Day
8:30 - 9:30am		Hot Breakfast Family Chores	Continental Breakfast Family Chores
10am		Stories Session	Stories Session
11am		Pack & make our way to the spring/pavillion	Pack up & Clean Campsites
12:30pm		Lunch @ Pavilion	
1pm		FAMILY FREE TIME	Exit Park by 1pm
2pm	Campers Welcome		
3pm	<ul style="list-style-type: none"> Set up Tents Enjoy the Spring Dinner (Each family is responsible for their own dinner.) 	Relay (meet @ Pavillion)	
4pm		FAMILY FREE TIME	
5:30pm		Dinner @ Pavilion	
6pm	<ul style="list-style-type: none"> NOTE: We will be at SPRINGS on Sat. 	Pack & return to campsites	
7pm	Stories Session	Stories Session	
8pm	Story Circle & Snack	Story Circle & Snack	
9pm	Family Circle	Family Circle	
11pm	Lights Out	Lights Out	

Family Agreement:

I understand section: Please review with your family.

- I understand that the purpose of this trip is to spend time with my family away from the “noise” at home.
- I understand that this Family Camping trip is alcohol-free.
- I understand that not every minute of our time will be scheduled. (Make your own fun.)
- I understand that this Family Camping trip is technology-free. (NO phones for kids. Parents may keep a phone for time, alarms, & pictures. NO posting pics until we leave on Sunday.)
- I understand that I am responsible for my children’s safety and well-being.
- I understand that attending this trip **includes** participating in games, sessions, and meals together as a group.
- I understand that I’m to be part of the solution, not the problem.
- I understand that complaining will fall on deaf ears.

What To Bring:

Not an exhaustive list.

- Tent(s) & sleeping gear
- Camping/Beach chairs (to be used at the campsite and spring)
- Beach & bathing towels
- In an effort to reduce the amount of trash and waste for the weekend, we ask that each family bring their own plastic plates, cups, utensils etc. (Each restroom facility has an attached sink area to wash dishes. This makes for a great family chore.)
- Cooler with food for your family: Friday dinner | Assortment of drinks | Snacks | Special dietary needs
- Any camping kitchen gear that you have/need
- Camping lights/ Flashlights
- Insect Repellent
- Hint: A single fitted sheet makes for a great picnic table covering
- Swimming: Floats, sunscreen, beach towels, mask, snorkel
- Something to hang wet towels on
- Battery operated fans - if so needed
- Bibles (no cell-phones), pens/pencils
- Books, cards, games etc. (No electricity, cell phones or tablets)
- Clothing: self-explanatory
- Toiletries
- Extras that might be helpful: pop-up coverings, bikes, skateboards, scooters
- Money for canoe rentals - if so desired (or your own canoes)
- ONE disposable camera (uno, the kind with film)