



Retreat Guide

Camp Jonah is a place where people laugh, hearts change and God smiles. We are a Christian, 501(c)(3), non-profit camp and retreat center that operates year-round providing Christian camps and hosting rental groups and retreats. We'd love to help you tailor-make your event.

31 Little Mountain Road, Trout Lake, WA 98650
TEL 509-395-2900 * jonah@campjonah.com * www.campjonah.com

TABLE OF CONTENTS

- [Retreat Info](#)
- [Activities](#)
- [Retreat Checklist](#)
- [Policies & Guidelines](#)
- [Statements of Faith](#)
- [Creekside](#)
- [Acknowledgement of Risk Waiver](#)

About Us

CAMP JONAH is a Christian, 501(c)(3), non-profit camp and retreat center. We operate year-round providing Christian camps, and hosting rental groups and retreats that honor our Mission Statement and Statements of Faith.

Arrival & Departure

- Weekend groups typically arrive **Friday evening after dinner**
- Departure is **Sunday at 10:30 AM**
- Please confirm exact times with the office

Food Requests

Please notify us **at least two weeks prior to arrival** of any special dietary needs requiring specific foods.

Meal Times

Preferred times:

- Breakfast: **8:30 AM**
- Lunch: **12:30 PM**
- Dinner: **5:30 PM**

We're happy to adjust times if requested in advance.

[Groups Preparing Their Own Meals Document](#)

Transportation

- Bus transportation available: **\$3.00 per mile** (subject to fuel price changes)
- Trips over 5 hours include an additional **hotel charge**
- Cargo trailer: **Additional \$50**

Accommodations & Meeting Rooms

- Room needs will be coordinated prior to arrival ([room list/bed count document](#))
- We do not have laundry service so **all guests must bring bedding for every room**

Schedule Planning

Please email your full schedule **at least two weeks prior to arrival** so we can prepare activities, staffing, and accommodations.

Quiet Hours

- Indoors: Determined by your group
- Outdoors: **10:30 PM – 7:00 AM**
- Please remain quiet between the **main building** and **The Lunch Counter (Camp Store)** during these hours

Lost & Found

- Items are held for **two weeks only**
- Contact us promptly to retrieve lost items
- During your stay, place found items on the **Lost & Found table in the lower hall**
- Please check all rooms before departure

Cleaning Expectations

We handle cleaning, but we greatly appreciate you:

- Taking all belongings with you
- Ensuring no personal items or trash are left behind

Travel Note

Hood River Bridge Toll

Crossing the Columbia River from Hood River into Washington requires a **\$3.50 cash toll each way**.

Medical Responsibility

Your group is responsible for all medical needs during your stay.

- Designate a **trained medic** (minimum First Aid/CPR certified)
- Bring a **fully stocked first aid kit**
- Provide your own **emergency transportation and care** if needed
- Report all **injuries or illnesses** to the camp host before departure
- Manage all **participant medications**

Refrigeration (Dining Hall back area) is available for medications such as insulin.

Coffee & Hot Chocolate

- **Adult Retreats:** Coffee and tea available **early morning through late evening**
- **Youth Retreats:**
 - Hot drinks available during **meal times** and on **cold days**
 - Coffee and tea available **all day for leaders only**

Please instruct all attendees **not to access supplies in kitchen cupboards**.

Bring-Your-Own Snacks

Groups are welcome to bring their own snacks. Please follow these guidelines:

- Store and serve snacks in the **back of the Dining Hall**
- Cupboards, refrigerator/freezer, and microwave are available for use
- Bring all necessary serving supplies (plates, cups, utensils, napkins, bowls, etc.)
- Clean up thoroughly after use to keep the space ready for others

Important:

No students or leaders are allowed in the **main kitchen** without prior approval.

3 Required Forms

Please ensure the following are completed:

- **Contract** – Signed and returned with deposit
- **Certificate of Insurance** – Camp Jonah carries secondary insurance only; your group must provide primary coverage
- [Acknowledgement of Risk Forms](#) – Required for every person on campus (bring with you upon arrival or send by email prior to arrival)

Recreational Activities

Please request activities at least **2 weeks prior** to arrival so that we can have adequate staff on hand to properly facilitate.

Additional Cost

Caving
Zipline
Laser Tag
Outdoor Portable Climbing Wall
Inflatables
Life Size Games
High Ropes Course
Low Challenge Course
Finger Rockets
Snow Machine

Included

Basketball Court
Large Athletic Field
9 High
Tennis Court
Indoor Volleyball
Rec Room
Gator Skin Balls
Hiking
Campfire
2.8 mile loop for walking/jogging right from our front door

[Additional Information/Cost on Activities Document](#)

Contact:
Carmen Leslie
 Camp Coordinator

Camp Jonah
Attn: Carmen Leslie
 31 Little Mountain Road
 Trout Lake, WA 98650

Email: office@campjonah.com
 Phone: 509-395-2900

Upon Receiving Contract:

1. Sign and return contact along with deposit.

3-4 Weeks Prior to your Retreat:

1. Copy of your Certificate of Insurance naming Camp Jonah as an additional insured.
2. Draft of your schedule
3. Request any Jonah provided activities
4. Make sure to have [Acknowledgement of Risk](#) Forms for each attendee, including leaders

Two Weeks Prior to the Retreat:

1. Tentative numbers
2. Food allergies
3. Housing needs ([Site Map Doc](#)) ([Bed Count Doc](#))
4. Communicate on sound equipment needs ([Sound List Doc](#))

Upon Arrival:

1. Turn in all Acknowledgement of Risk Waivers
2. Let host know final numbers

After Retreat:

1. We will email you a final invoice. Checks can be mailed to Camp Jonah or call to pay by credit card.
2. We will mail you an evaluation and a chance to rebook for next year (we hold the same dates for you for 30 days before making them available to other groups.)

2-Step Payment Plan (Check or Credit Card)

1. **Deposit**
Submit your signed contract along with a **non-refundable deposit**, typically **10% of the total minimum retreat cost**.
2. **Final Balance**
A final invoice will be emailed with the total amount due.
The remaining balance is due **within two weeks after departure**.

Cancellation Policy

- Cancellations made **90 days prior** to your retreat will be charged **50% of the Minimum Guarantee**
- Cancellations made **30 days or less** before your retreat will be charged **100% of the Minimum Guarantee**

Your reservation commits us to scheduling staff, activities, facilities, and meals specifically for your group. In many cases, we have turned away other groups and made advance purchases. For this reason, we ask that you bring at least your contracted minimum number of participants. While our desire is not to charge for guests who do not attend, we must account for the time, preparation, and expenses already committed.

Conduct & Facility Guidelines

Group leaders are responsible for supervising **all participants and activities**.

- Ensure **adult supervision at all times**, including in the Rec Room
- Communicate and enforce all guidelines with your group

Facility Use & Behavior:

- Active or messy games: **gym or outdoors only** (no indoor hide-and-seek-style games)
- You are responsible for all equipment used; damages beyond normal wear will be charged at **replacement cost**
- Camp Jonah reserves the right to approve all group use (see Facility Use Agreement)

Prohibited Items:

- Alcohol, illegal drugs, weapons, and pets
- Smoking allowed **outdoors only**

Additional Guidelines:

- Mattresses must remain on bunk beds and used for sleeping only
- No food or drinks (except water) in **dorms or chapel**
- No pranks
- Kitchen access is **not permitted** unless pre-approved and users have a valid **Food Handler's Card**

Facility Use Agreement

We welcome guests from all walks of life to enjoy our camp programs. We ask that all guest groups agree not to conduct activities or teach principles that conflict with our **Statements of Faith** or religious practices while on our property. Camp Jonah reserves the right to require any group to discontinue activities or leave the facility if those activities:

- Conflict with our Statements of Faith or religious practices
- Violate the law
- Create a safety risk for guests or staff

In such cases, the guest group remains responsible for the **contracted financial minimum**. All facility rental decisions are made by the **Camp Coordinator and/or Board of Directors**.

Mission Statement

Camp Jonah is a place where people laugh, hearts change and God smiles.

Statements of Faith

We love serving others and doing camp. Our desire is to live and love like Jesus (1 Peter 4:10-11). We invite all people of all walks of life to join our camp programs, and we ask our guest groups to agree that while on our premises they will not hold activities or teach principles that in are in conflict with our Statements of Faith and religious practices.

We believe...

- That the Bible is the inspired, perfect Word of God *2 Timothy 3:16-17*
- In one God, eternally present in three Persons: Father, Son, and Holy Spirit *Matthew 28:18-19, Hebrews 1:1-4, Ephesians 4: 4-6*
 - God the Father is the creator, director and protector of the universe *Isaiah 42:6-7*
 - His Son, Jesus Christ, was miraculously conceived, killed without fault, then resurrected in order to offer us the gift of redemption *Acts 2:22-24, Romans 10:9-10, 1 John 4:14*
 - The Holy Spirit is an ever-present help, gifted from God, to guide and speak into our lives *John 14:16-17, Romans 8:26-27*
- We are all sinners and the only way to receive eternal life is through belief in Jesus Christ *Romans 3:23, Acts 4:10-12, 1 John 5:11-12*
- God planned for us to learn and grow in community of Christ-followers *Ephesians 4:12-13, Colossians 3:11-17, Hebrews 10:24-25*
- God created each of us unique, yet in His image, male and female *Genesis 2:18-24*
- Human life is sacred to God, deserving dignity from conception to natural death *Matthew 10:29-31, Ephesians 2:10, Psalms 139:13-15*
- Marriage was established by God: He designed it to be between one man and one woman *Mark 10:6-9*
- Sexual activities outside of marriage go against God's plan and cannot be blessed *Hebrews 13:4, 1 Corinthians 6:9-10, 18-20*
- There is no greater joy than being right with God our Father *1 Peter 1:8*

Decisions regarding Camp Jonah's practices, policies and disciplines are made by our Board of Directors based on the Word of God. Our Board does its best to understand God's heart and make decisions prayerfully and carefully.

[A full list of our Mission, Visions, Values, and Beliefs is available on our website](#)

Welcome to Creekside Lodge, area on the back of the main building. This beautiful, comfortable retreat-like 5,040 sq. ft. center offers four motel-style housing units and one private apartment for couples, families, individuals, or small groups to stay. The Great Room has a warm retreat feel with views of Mt. Adams and Trout Creek.

We want to be a place for ministries to send their leaders to recharge, for individuals to get away for Sabbath and renewal, families to gather and unite—as well as to offer housing for guest speakers, worship teams and others that serve our camps and guest groups.

Facility

- Steamboat Bluff Guest Room: Queen bed and 2 sets of bunk beds, private in-room full bathroom (5-6 people)
- Sleeping Beauty Guest Room: Queen bed and 2 sets of bunk beds, private full bathroom across the hall (5-6 people)
- Bird Creek Meadows Dorm Room: Queen bed and 4 sets of bunk beds, nearby shared bath/shower rooms (9-10 people)
- Flat Top Lookout Dorm Room: Queen bed and 4 sets of bunk beds, nearby shared bath/shower rooms (9-10 people)
- Creekside Great Room: 2,185 sq. ft. room with gorgeous views of Mt. Adams and Trout Creek. Half is cafe-style seating (for about 40) and half is soft chairs (for about 60). Both ends of the room have 77" smart TV's. There is also a kitchenette attached to the Great Room.
- Private Apartment: Queen bed, pull out couch (full size bed), kitchen, bathroom (2-4 people)

\$1,600 to add Creekside to the main building weekend rental

**\$2,000 Creekside rental only - main building not included, no meals, no host.
Great option for family reunions, small adult groups, etc.**

RELEASE OF LIABILITY:

As a guest of Camp Jonah (CJ), I understand that a certain amount of risk is involved for individuals engaging in our program. As a guest or camper I recognize the element of risk in attending camp and in any adventure, sport or activity associated with the CJ program. I am fully aware of the risks and dangers inherent in group and personal activities such as, but not limited to: hiking, rafting, caving, low and high challenge course, zipline, climbing wall, inflatables, swimming, backpacking, field games, etc.

I understand the possible risks and dangers of participating in group and individual activities. I realize that illnesses and injuries, carelessness, including failure to follow instructions, of other participants and CJ staff, may occur and may be the cause of loss or damage to equipment or personal injury, illness, and, in extreme cases, permanent trauma and death.

I certify that I have the necessary skills and ability to participate in CJ programs and assume full responsibility for myself for bodily injury, sickness, death and loss of personal property and expenses thereof as a result of my negligence in participation, except to the extent such damage or injury may be due to the negligence of the CJ staff.

I also agree to abide by the rules or instructions given to me either verbally or in writing by CJ staff. I further understand that CJ reserves the right to refuse to allow any person to participate who is judged to be incapable of meeting the rigors and requirements of participating in said activity.

I assume any risk that could result while participating in the CJ program—either on or off-campus. I recognize that CJ cannot guarantee that the participants, equipment, grounds and/or activities will be free of accidents or injuries. I understand that CJ has taken extensive measures to aid in the safety of all guests, campers, and participants. I agree to assume the risk of injury, illness, and expense that could result from my involvement at CJ. I release the property owners, CJ, its staff members, and Board of Directors from liability for any injury or illness to me while a guest or camper of CJ.

In the event that medical care is necessary, I (or parent/guardian) give permission to CJ staff to authorize transport, hospitalization, x-ray, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for the participant named above. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating; otherwise, I agree to bear the costs of any such injury or damage. My signature below certifies that I am in good health and do not have any medical or physical limitations that would affect my participation in CJ activities.

MEDIA RELEASE:

I give permission for CJ to use any photo or video of me/my child for CJ or promotional advertising. I release my rights to any kind of remuneration for said photos or videos.

I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon me during the entire period of participation in the said activity.

Participant's Printed Name

Participant's Age

Date

Signature of Adult Participant (18 years and older)

OR Signature of Parent/Guardian (of minor participant under 18)

Printed Name of Adult Participant

OR Printed Name of Parent Guardian

EMERGENCY CONTACT INFORMATION:

#1Name _____ Phone # _____

#2Name _____ Phone # _____