

Dear Ladies,

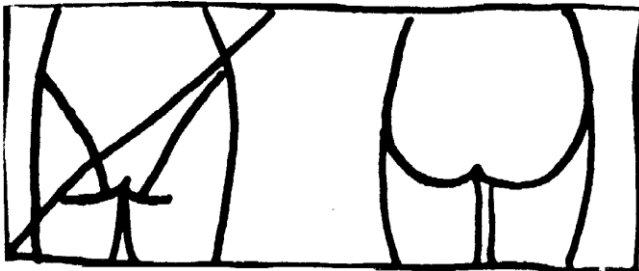
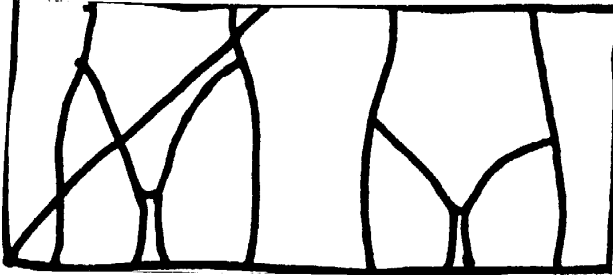
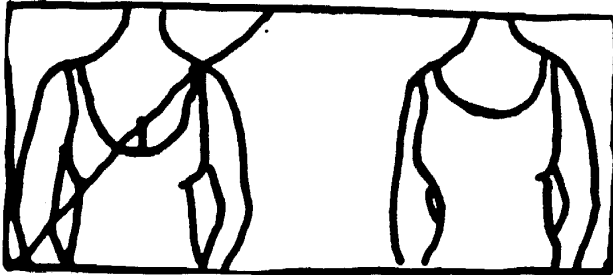
Welcome to *Adventure Quest*! You are in for a great summer! We are the full time staff ladies and we will join you for a summer full of fun, ministry and growth. We look forward to meeting you and spending many memorable times together.

If you're at all like us, we bet you're already thinking about what clothes you'll bring... wondering just what will fit from last year and what won't. Before you head out to the mall, we wanted to give you some important things to keep in mind as you plan for the summer. We've been in your shoes, and want to help you!

1. Choose modest shorts. Shorts should be at least half the distance between the top of the knee and the groin with a minimum 5-inch inseam. Remember, you will be involved in adventure activities. Putting on a harness will draw your shorts up 2-3 inches. Athletic shorts are fine over a bathing suit on the beach, but are not appropriate for our daily activities as they will cause chafing and are prone to riding WAY up. Spandex and other tight-fitting shorts are not permitted. You will need several pairs of khaki shorts and/or pants for our staff uniform. An excellent thing to look for in pants and shorts is outdoor store/brands, such as Columbia, Sierra Trading post, LL Bean or even Walmart. We promise that you will not regret having sturdy clothes as you will constantly be doing activities, and you will want to depend on your clothes covering you. You will wear staff shirts 2-3 times a week, and they will be provided for you.
2. In order to remain practical, we ask that you wear T-shirts during activity times, and modest, well-fitting shirts at other times if you desire to dress up. Please, no spaghetti straps, tank tops, or low cut tops. Tops should be long enough that your midriff doesn't show, and so that you can run and play with your campers without worrying about your outfit messing up. The best rule of thumb is that if you can't run without holding something down or up and worrying you might expose something, it probably wouldn't be comfortable to wear during your summer here. This might even include modest clothing that doesn't fit very well. Side note: you will be extremely active and might find yourself losing weight over the summer, drawstrings or belts are a life-saver!
3. We know bathing suits are the absolute worse to shop for, and each woman has a unique (and beautiful) body type. Remember, if you need to be constantly tugging in order to feel covered, you won't be very comfortable and might struggle to play with your campers as much as you'd like. (While horseplay is discouraged during lake time, as a counselor, it is nearly unavoidable, and we don't want an uncomfortable situation to turn into an embarrassing one).

To avoid any misinterpretation of bathing suit terms, we have included some checkpoints on the other side of this sheet. We'd rather be safe and give you a few laughs now, than embarrass or disappoint you after you arrive.

4. Related to the volume of clothing you bring, you should know that space is limited. Please be considerate of your roommates as you pack. You may be moving each week to a different cabin or room. We promise you the less you have, the easier it will be, and will potentially allow you to have more free time each weekend.



Checkpoints

- ✓ You may wear a modest one piece, or 2 piece tankini.
 - ✓ How revealing is the neckline?
 - ✓ Is your midriff covered?
 - ✓ Do your nipples show when you are wet or cold? If so, please purchase a suit with cups, or wear a discreet sports bra underneath
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- ✓ No high French cut legs that is, not above midway between the top of your hip and the top of your leg.
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- ✓ Do you have “cheek leak”? Need we say more?

We understand this is a delicate subject, and it is not our heart to shame anyone for having any certain body types. We want your concern to be for those whom you are serving, the campers, and not on how you are dressed. If it is a distraction for you, it is probably a distraction for others, or even worse, a safety hazard.

We are looking forward to serving together with you. If you have any questions email beth@doerivergorge.com or donna@doerivergorge.com, or call 423-725-4010. We can help point you in the right direction of where to find clothes, or what is considered appropriate.

Thank you for thinking through these things,
Beth and Donna