7 WAYS
‘Camp’ Camp Will Improve Your Life!
‘Camp’ Camp is more than a summer camp for adults, it’s a life-changing experience for many people. 75% of people who come to Camp return for another year or more.

Why is Camp SO loved by so many? It could be the opportunity to meet 200+ new LGBTQ friends from around the country. Maybe it’s the welcoming community, the delicious food, the multitude of activities, or the serene, beautiful setting.

There are many reasons ‘Camp’ Camp has earned its tagline “Best Time Ever!” but for now we’ll just mention a few.

We hope you’ll join us this summer to add a long list of your own.
“Totally fabulous. The spirit of Camp is so joyful and fun and silly and accepting all at once.”

– Daphne B., Hamden, CT
Vacations beat stress & reset our perspective.

And an ‘adventure’ vacation with new challenges is the most beneficial!
Numerous studies cite the many benefits of vacations, especially those containing fresh experiences. Challenging ourselves creates new synapses and breaks the cycle of stress. ‘Camp’ Camp offers tons of opportunities to explore new interests and play outside your comfort zone!
You’ll become part of an instant community.

At Camp and after, you’ll have a new network of LGBTQ friends around the country and online.
Whether you’re an introvert, an extrovert or somewhere in between, Camp brings 200+ LGBTQ people together for new friendships and shared experiences. Not only will you have warm, friendly Campers all around you, after you leave you’ll be a part of a year-round online community!
Be yourself freely in a safe, accepting LGBTQ oasis.

Express who you are completely in a playful environment without worry.
Who’s in there that has been yearning to be let out? What hidden sides of yourself have you been timid about expressing? At Camp we encourage everyone to be who they truly are, and to have the freedom to express that in a safe, supportive space. So let that beautiful persona shine and be YOU!
Recharge in nature & soak in the pine-scented beauty

A week of fresh air, sunshine, water, and pristine nature...how could it not be good for you?!
Immersing yourself in healing nature is one of the best ways to rejuvenate your body and clear your mind. Spending time outdoors has so many mental and physical health benefits, it’s simply amazing. Escape to a nature-filled world where just being is taking good care of yourself.
Laugh and play like a kid again.

There’s just no way to avoid fun and laughter at Camp, and not surprising – it’s SO good for you!
Reduces stress hormones and lowers blood pressure? Check. Boosts immune cells and antibodies? Check. Releases endorphins? Check. Laughter IS the best medicine and it’s waiting for you everywhere at Camp. Let go, find your funny bone again and laugh like you haven’t in years!
Unplug & do exactly what YOU want for an entire week.

Enjoy a week that’s all yours to do a little bit of everything or a completely relaxing nothing!
Camp offers a great value: a ton of fun activities, delicious food, and daily social events for an affordable all-inclusive price. You can do as little or as much as you like to make a truly self-tailored vacation. Leave your daily grind behind and find your own rhythm again. A great gift to give yourself!
You’ll leave Camp a changed person in many ways

With 200 new LGBTQ friends and a week’s worth of memories, your life will never be the same.
It might be the moving stories and the inspirational sharings. Or the sheer fun of new experiences, the ways you challenged yourself. It could be the friendships you made, or the insights about yourself that will last a lifetime. Camp finds a place in your heart and resonates long after you’ve left.
An all-inclusive week of fun & new friends

Our all-inclusive rate of $1675 includes everything you will need for a great summer camp experience!

- **Accommodations** in communal cabins that sleep 5-20 men or women (one gender-neutral/co-ed cabin also available)
- **All meals & snacks**
- **Activities & Evening Social Events**
  - **Beer & wine** during select Evening Social Events
  - **Round-trip transportation** to Camp from Portland, Maine airport, train, or bus station
  - **On-site parking**
  - **200+ new friends**

Reduced fees available through our [Staff Program](#).
2019
‘Camp’ Camp
August 18-25
An All-Inclusive LGBTQ Vacation in Gorgeous Maine
Still have questions about Camp?
This short video just might answer any remaining questions…

Click image above to view on YouTube.
We’re here to chat. Call us!

Find out why our Campers have said for over 20 years that their LGBTQ vacation at Camp is the best time ever!

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Kerry Riffle, Director

Betsy Orr, Associate Director
The Premier Summer Camp
for LGBT Adults

(347) 453-5257

www.campcamp.com