

## Our Mission

Kaurs United is an international non-profit organization founded in 2004 as a subsidiary of the Gurmat Studies Foundation. The primary goal of Kaurs United is to strengthen the spiritual lives of Sikh women around the globe by providing them with reliable resources, innovative learning environments, and long-term support. Kaurs United organizes and sponsors awareness programs, workshops, discussions, lectures, recreational and sporting events, meditation events, and Sikh women's retreats throughout the year for women of all ages. It is our mission to uplift and inspire Sikh women so that they can uplift and inspire the world.

## WHO CAN COME TO CAMP?

Anyone female aged 12 and up is welcome. NOTE: Being Amritdhari is NOT a requirement. The only requirement is an interest in Sikhi and a willingness to learn more.

## WHEN AND WHERE WILL THE CAMP BE HELD?

Kaurs United Camp 2009 will be held from August 10<sup>th</sup> – 15<sup>th</sup>. The venue for this year's camp is Community of the Great Commission in Northern California, near Sacramento. The campsite is extremely safe, secure and closely guarded with no public access. Campers will enjoy a beautiful forest environment which is free from alcohol and tobacco.

### **Important:**

Transportation to the campsite is provided by Kaurs United and is included in the camp fee. Travelling from outside California? Please email us at [info@kaursunited.org](mailto:info@kaursunited.org) for assistance with transportation.

- We ask that the **Northern California participants** be dropped off at Fremont Gurdwara Sahib in Fremont, CA at 9:00 am on Monday, August 10<sup>th</sup>, 2009.
- We ask that the **Central and Southern California participants** be dropped off at Gurdwara Gur Nanak Prakash in Fresno, CA at 8:00 am on Monday, August 10<sup>th</sup>, 2009.

Kaurs United will be providing transportation from camp as well.

Campers may be picked up from **Fremont Gurdwara Sahib** on Saturday August 15<sup>th</sup> at 4:00 pm.

Campers may be picked up from **Gurdwara Gur Nanak Prakash** on Saturday August 15<sup>th</sup> at 5:00 pm.

**Fremont Gurdwara Sahib**  
300 Gurdwara Rd  
Fremont, CA 94536  
Phone: (510) 790-0177

**Gurdwara Gur Nanak Prakash**  
4250 E Lincoln Ave  
Fresno, CA 93728  
Phone: (559) 834-9444

## **WHAT SHOULD I EXPECT AT CAMP?**

- A spiritually uplifting environment
- Exposure to California's beautiful outdoors
- Sikh women from around the world
- Amazing recreational activities (Gatka, archery, swimming, talent show, self-defense, river rafting, etc.)
- Inspirational lectures, discussions, and activities
- Amrit Vela/evening Kirtan Darbaars, meditation, and Gurbani recitation
- The opportunity to change your outlook, goals and lifestyle
- Great food, great company, great surroundings, and great fun!

## **WHAT DO I NEED TO BRING?**

Please note: the items with an asterisk (\*) are mandatory.

- Sleeping bag or large comforter/blanket\*
- Pillow\*
- Bed sheet\*
- Toothbrush / toothpaste / pads / hairbrush / towel / shampoo / soap / deodorant, etc\*
- Dastar / keski / ramaal / bandana / patka (whichever form of head covering)\* - at least 4
- Salvaar Kameez / Chola / Bana – at least 3\*
- Insect repellent** (this is absolutely necessary, please bring a sufficient amount)\*
- Sunscreen\*
- Jeans / track pants / jogging pants – at least 3-4\*
- Loose swimwear
- T-Shirts – at least 5-6\*
- Sweaters / sweatshirts – 1-2
- Shoes / socks / sandals\*
- Undergarments (bring extra)\*
- Sleepwear
- Flashlight\*

- Campers may want to bring extra Kakaar's in case they break or are lost.
- Cell phones are not allowed because there is no service in the area. There will be a landline available on site.
- We suggest you do not bring any other valuables such as digital cameras, mp3 players, etc.
- Kaur's United is not liable for loss of or damage to, any property of any participant. Campers are liable for any damage they may cause while at camp.
- Campers will be contacted one week prior to camp commencing to confirm their status.