

CAMP HIGH ROCKS PARENT GUIDE 2023



Camp High Rocks is a community where boys connect with the outdoors, each other, and most importantly, themselves.



Dear Families,

We and the Camp High Rocks staff extend to you and your camper a most sincere welcome! We look forward to our correspondence with you this summer and will do our absolute best to make your camper's stay with us a happy and rewarding experience.

This guide is intended to answer most of the questions that you might have about your camper's camping experience. With any new updates regarding important information, we will email you directly and update our website online. We welcome your phone calls and emails if you have further questions.

Cordially,

Woody Noland, Don and Elizabeth Gentle

Don and Elizabeth "Zoob" Gentle, Camp Directors
Woody Noland, Camp Director

(828) 885-2153

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CAMP HIGH ROCKS

SPRING 2023 CHECKLIST

To-Do's

- ☐ Read our **2023 Parent Guide** (found online under the "Parents" section)
- ☐ Make hotel and travel arrangements.
- ☐ Final payment sent to camp by **April 1st**
- ☐ Review Camper Medication guidelines for Blister Packing.

Forms

- ☐ Complete all forms by **April 19th**
 - ☐ **Medical Form** - complete *online* through *My.HighRocks.com*
 - ☐ **Camper Background Form** - complete *online* through *My.HighRocks.com*
 - ☐ **Physical Exam Form** - *signed* by your **physician** and *uploaded* on *My.HighRocks.com*
 - ☐ **Camper Agreement Form** - contains releases and waivers and complete *online* through *My.HighRocks.com*
 - ☐ **Insurance Card** - Photocopy of card's front and back. *Upload* to *My.HighRocks.com* (Scan or take pictures with your phone.)
 - ☐ **Immunization Record** – *upload* to *My.HighRocks.com*

Clothes & Packing

- ☐ Review the packing list
- ☐ Order 2023 High Rocks clothing from our online Camp Store
- ☐ *1st Year Families* – Order a Trunk!
We suggest www.everythingsummerncamp.com and use code: **trail293HR**
- ☐ LABEL all clothes, shoes, and equipment with your camper's first and last name (especially items that you want returned)
We suggest **Mabel's Labels** at campaigns.mabelslabels.com for all types of labels.

2023 DATES

June 3-Week Session:	Sunday, June 4 to Friday, June 23
June Mini Session:	Sunday, June 11 to Friday, June 23
July 4-Week Session:	Monday, June 26 to Saturday, July 22
July Mini I Session:	Monday, June 26 to Saturday, July 8
July Mini II Session:	Monday, July 10 to Saturday, July 22
August 2-Week Session:	Monday, July 24 to Saturday, August 5
Junior Camp Session:	Monday, August 7 to Saturday, August 12

Core Values

CORE VALUES- Our Compass

The connections made here at Camp High Rocks stem from the adherence to and inspiration of our core values. These values inform our daily experiences at camp.

- Community
- Adventure
- Leadership
- Independence

Community is the result of our campers living, working, and playing together in a supportive, nurturing environment. Our unplugged policy connects boys to each other by removing distractions present in their daily lives at home. Our emphasis on personal growth and development instead of inter-camper competition fosters an environment where each individual is encouraged to be the best camper that *he* can be. Individuality is celebrated and encouraged at High Rocks; here our boys are free to be themselves. A testament to the strength of our community is the number of former campers who return as staff to provide for new campers the same quality experience they enjoyed as children.

Adventure is seeking out new people, new places, and new experiences. Adventure is hiking to the top of Rich Mountain; it can even be trying new foods in the dining hall. We create a physically and emotionally safe place where boys can step beyond their comfort zones and revel in the joy of discovery. “What is around the next bend in the river? What kind of critters live under that rock?” are the questions we want them to ask. And, where appropriate and safe, we let them answer those questions themselves. By building this spirit of exploration, we prepare boys to embrace the infinite unknowns they will explore throughout their lives.

Leadership is helping a new camper find the way to his next activity. It is organizing cabin cleanup in the morning. And for our oldest returning campers, it is assisting the staff in teaching an activity. Leadership is expected and not suggested. Boys learn that leadership is not simply giving orders from the head of a pack but is found in the way that they carry themselves. By leading himself in a positive manner, each boy creates the community that draws campers and staff back year after year.

Independence grows from personal responsibility. We teach campers that *all* their actions affect those around them regardless of intent. By instilling this notion, we move beyond simple benchmarks of independence like tying shoes, making a bed, and keeping track of a water bottle. Through our program we offer challenges that build confidence and competence; we place campers in situations where they recognize of what they are truly capable, whether that be climbing a rock face or navigating the Tuckasegee River. When boys realize that *they* hold great power within themselves, they are prepared to grow into the men they will become.

OUR COMMUNITY

OUR COMMUNITY

Along with understanding our core values, it is also important to understand what it means to be part of our community. We ask each camper to focus on these four efforts:

- Respectful:** Listen well, think before you act, consider others
- Individual:** Have fun, learn your strengths, be yourself
- Honest:** Tell the truth, have integrity, be sincere
- Adventurous:** Seek new challenges, try your hardest, try again

We expect each camper to be a positive member of our community and pledge to agree and abide by the rules and regulations of camp. Please share the “Expectations of Campers” sheet below with your camper before he comes to camp.



Expectations of Campers

Camp High Rocks is committed to serving all campers while ensuring that everyone who enters camp has a safe and fun experience. Campers are entitled to experience and enjoy all aspects of camp.

We expect Camp High Rocks campers to be positive members of our camp community and abide by our High Rocks Way (listed below.) Please read through this with your camper before opening day.

High Rocks Way



Respectful

Listen well
Think before you act
Consider others

Honest

Tell the truth
Have integrity
Be sincere

Adventurous

Seek new challenges
Try your hardest
Try again

Individual

Have fun
Learn your strengths
Be yourself

As a camper, we expect you to:

- Communicate in an appropriate manner, not using foul language or gestures, harsh words or tone of voice
- Be respectful to the camp property, and property of others
- Take full responsibility for actions
- Positively contribute to and participant in camp programs and activities
- Follow staff instructions
- Refrain from any teasing, bullying, or other unkind behaviors. Refrain from causing harm to others. This includes pushing, kicking, hitting, touching, or fighting as this will not be tolerated at camp.

Do Not Bring with You:

- Electronic items are not allowed in camp. Music will be provided by counselors in the cabin. No iPods, cell phones, smart watches – etc. No types of cameras including digital or disposable.
- Tobacco products, e-cigarettes or vaping tools, alcohol, non-prescribed drugs, or weapons including knives may not be brought or used at camp.
- Candy and food items are not allowed in the cabin and should not be brought to camp.

The right is reserved by the Directors to dismiss any camper whose behavior is detrimental to the general welfare of the community. In such cases, no refund will be made.

Opening & Closing Day

OPENING DAY

Three Week, Four Week, July Mini I, and August Two Week – Assigned arrival times between 8:45am – 1:00pm

June Mini, July Mini II, and Junior Camp – Assigned arrival times between 9:30am – 11:30am

Campers will be assigned arrival time slots to help stagger the arrival process. Times will be emailed one month prior to your Opening Day. Opening Day is our favorite day of camp! We are thrilled to welcome you and your family to Camp High Rocks.

On Opening Day, we will meet you halfway up the camp road to check you in. (Junior Camp, we will meet you at the top of the road.) You will be directed to parking. In the parking lot, our staff will be there to greet you and welcome you to camp! Staff will gather your large luggage (trunks and duffels) to transport to the cabin. Our nurses stations will be drive-thru or walk-up for all families to stop by and discuss any medical questions and drop off medications. **We will let you know later this spring if anything else will be required prior to Opening Day (i.e., a simple health screening form or testing).**

Once you have (1)checked in, (2)handed over luggage, and (3)visited the nurses table, staff will direct you to your camper's cabin. Families may walk to their camper's cabin and meet his counselor who will be waiting outside. All parts of the drop off process are quick, including this part. We recommend a quick hug, a hello to his cabin counselor, and then be on your way back to the car. We have found that it is easier for the boys to adjust to camp if the transition is quick.

After lunch on the first day of camp, he will get to visit activity areas, learn about the rules, opportunities, and trips involved. He will sign up for his activities on the first night of camp. This allows him to start his activities the first full day of camp. Your son is allowed to change activities at designated times each week.

Junior campers will have a similar Opening Day, however, will rotate around to different activity areas as a cabin group. Over the course of the week, there will be time for each camper to select different activity options.

CLOSING DAY

Three Week, June Mini, Four Week, July Mini II, and August Two Week – 9:15 am -11:15 am
June Mini I and Junior Camp – 10:00 am - 11:00 am

We are excited to welcome parents back to camp, to see how much their camper has grown in just a few weeks. By that point, you will have your own personal tour guide who has lots of exciting and unique stories to tell you about everything that happened at camp!

You are welcome to arrive anytime during the window above. There are not assigned times for closing day. If previous years are an indication, we expect most parents to arrive before 10:45. Check-out, medications, and trunk pick up will be drive-thru stations. Once you have completed each station, you will be directed to park and walk to your camper's cabin. Campers will be waiting at their cabin for pickup. You are then welcome to have your camper show you around camp and then head home!

Travel by Car & Air

TRAVEL BY CAR

It is preferred that campers travel to camp by personal vehicle. High Rocks is located along Highway 276 in Cedar Mountain, NC. The camp entrance is just across from Sherwood Forest Golf Course. Coming from Greenville, SC, the camp is 4 miles from the NC/SC border. If coming from Brevard, camp is 2 miles from the main entrance of Connetsee Falls.

Physical Address: 1234 High Rocks Rd., Brevard NC 28712.

TRAVEL BY AIR

Airline reservations should be made as early as possible. Townsend Birdsong is our Travel Coordinator, please email townsend@highrocks.com with your flight information.

We meet campers arriving by airlines in Asheville, North Carolina (AVL) and Greenville, South Carolina (GSP). When planning flights to and from camp, try to book a non-stop flight. If you have to use a connecting flight, be advised that airlines do not allow unaccompanied minors connecting to the last flight of the day. In order to enjoy the events during the first afternoon of camp, please plan your camper's arrival to be before 1:00pm. If you are making flight arrangements for the end of camp, we ask that your camper's departure be no later than 1:00 p.m. **We cannot accommodate transportation for flights departing after 1pm on closing day.**

Please use Townsend Birdsong's name as the person responsible for greeting incoming flights. Our staff will meet your camper right outside of security wearing a High Rocks staff shirt.

Unaccompanied Minor Information:

Please check with your airline concerning fees for children flying under the age of 15. Most airlines require this setup. If your camper is an unaccompanied minor, please designate the person meeting or talking your child to the airport as:

*Townsend Birdsong
1234 High Rocks Rd,
Brevard, NC 28712 Call: (828)885-2153*

NOTE: One week prior to your camper's flight, we will email you with an updated name for the ticket. Townsend is a place holder for the counselor's name that will be taking your camper to or from the airport.

Camper Luggage When Flying:

We recommend shipping your camper's bags rather than checking baggage (see "shipping trunks" below). Having only carry-on bags allows a much quicker transition through the airport. If you do check bags, be sure they are labeled with your camper's name and "High Rocks" address so they arrive here if the baggage is lost at the airport. Please have a change of clothes, an extra face covering, and a swimsuit in the carry-on, just in case.

We ask that all airline baggage and unaccompanied minor fees be paid in advance for **both** arrival and departure flights. Please attach a copy of the receipt to your itinerary to avoid being charged twice.



Medical Information

It is our goal to provide the safest and healthiest camp experience we can for your camper. In order to do this, we need your help by providing the following information to our medical staff at High Rocks. Our Camp Nurse will contact you anytime your camper stays overnight in the health center or is seen by a physician. Please feel free to call our Camp Nurse at any time to ask questions or share any information that would be helpful in caring for your camper. Call our main number (828)885-2153 to be in touch with a nurse.

Please arrange for a **physical exam** if your camper has not received one within **12 months** of attending his session. It is important that the **physical exam form** be carefully completed, signed by the physician, and **uploaded to My.HighRocks.com**

The Camper Medical Form is available online through My.HighRocks.com. Our Camp Nurse must have the medical information prior to opening day in order to prepare health center records and to alert the staff to special situations.

LICE

On Opening Day, in addition to settling in and enjoying activities, campers will be screened for lice by a professional from Heads Up AVL or our camp nurses. **If lice are found, the camper will be treated that afternoon, and parents/legal guardians will be notified and billed.** The cost is \$250.00 and treatment is very effective allowing campers to jump right into the camp program. To avoid this charge, please check your camper for lice prior to arrival and make us aware if he or any siblings have been treated for lice in the past few months.

While not a health risk, lice are a problem in a community setting. Early detection makes treatment much easier and prevents the spread.

EMOTIONAL & MENTAL HEALTH

We are conscious of Emotional Health concerns such as ADHD, anxiety, depression, mood disorders, food issues, and more. Your camper's emotional and mental health are just as important to us as his physical health. Please let us know of any concerns that you have or topics you have been dealing with at home. If your child sees a therapist regularly, we are happy to assist in making accommodations to continue virtual visits while at camp.

There are some situations camp is not qualified to handle. At that point, we will be in touch with you regarding next steps.



Allergies & Dietary Concerns

While we can accommodate many dietary concerns and allergies, it is important to contact our office to discuss these matters ahead of time to develop an appropriate plan. We may ask for a physician's nutritional plan if there are allergies and concerns.

We are conscious of the ingredients that are contained in our meals in regard to allergens. Dining Hall meals typically have common allergens noted. Campers and staff should be aware of the risk of cross-contamination that can occur in and around camp meals in the dining hall and out of camp trips.

Please visit our Parent Section – "[Meals At Camp](#)" online to see our sample summer menus.

Medication/Blister Packing

MEDICATION

Our camp health center will be stocked with common over-the-counter medication, and standing orders from our camp physician will dictate their use. With the exception of second inhalers for asthma and prescription dermatological creams, campers are not allowed to keep medication in their cabin, including pain relievers, vitamins, and other over-the-counter medications. The nurses regularly dispense medications four times a day: breakfast, lunch, dinner, and prior to bedtime.

Inhalers: If your child uses an inhaler please send at least two with him to camp.

We require all of your camper's prescriptions(s) and over-the-counter medication to be packaged in blister pack containers. This means all tablet or capsule medications, including vitamins or any over-the-counter medications. This includes OTC meds such as Zyrtec, vitamins, and supplements. If these are necessary for your camper to take regularly while he is at camp, they must be blister packed by a pharmacy.

Medications that DO NOT need to be blister packed: Any medications taken on an occasional "as needed" basis like Claritin do not need to be blister packed. If your camper

takes allergy medication every day, that does not count as an “as-needed basis”, they will need to be blister packed. You may simply bring the Claritin to camp in a Ziplock bag with your camper’s name on it. Any “as needed” medications must be in original packaging with label. Please include an instruction sheet on the “as needed medication”. **Please include these on your camper’s “Medical Form” online.**

Liquid (ex: MiraLAX), refrigerated, or cream medications, EpiPens, and inhalers do not need to be blister packed, please bring put in a labeled Ziplock bag with administration instructions. They must be in original packaging with label.

BLISTER PACK INSTRUCTIONS

In order for opening day to run smoothly, we ask that you have medications blister packed by a pharmacy before your camper’s Opening Day. **We require all prescribed medications, daily OTC medications, and all vitamins/supplements be blister packaged and dispensed according to our guidelines.**

It has been our experience that large chains such as CVS or Walgreens do not offer this service, so please plan accordingly. Below are two flexible options to help you meet our camp’s medication guidelines.

Option 1: Camp High Rocks Local Pharmacy: Gordon Family Pharmacy – To go through Gordon Pharmacy, please fill out the form attached with your camper’s information and email, fax, or mail to Gordon Pharmacy. For multiple campers, please fill out a form for each. This needs to be done no later than **one month** before your session. Through Gordon Pharmacy there is a \$7.00 fee per blister pack. Gordon's will deliver your medication to us - you do not need to plan to pick this up. Gordon’s late fee of \$20.00 will apply if forms are later than one month prior to session starting.

[2023 Form](#) – Download and send to Gordon’s complete.

Gordon Pharmacy: 515 S. Broad Street, Brevard NC 28712

Email: Amanda at gordonfamilypharmacy@gmail.com

Fax: (828)877-6487

Phone: (828) 877-6111

Option 2: Your Local Pharmacy – Ask your local pharmacist to package a supply of any prescription and over-the-counter tablet and capsule medications taken on a daily basis, in unit-dose (blister pack) containers. If your pharmacist does not have unit-dose packaging available, please refer to Option 1. Please research Option 2 early in case your local pharmacy doesn’t offer single dose blister packaging. Please fill a 30-day prescription, we will return medication that is not used back to you on closing day.

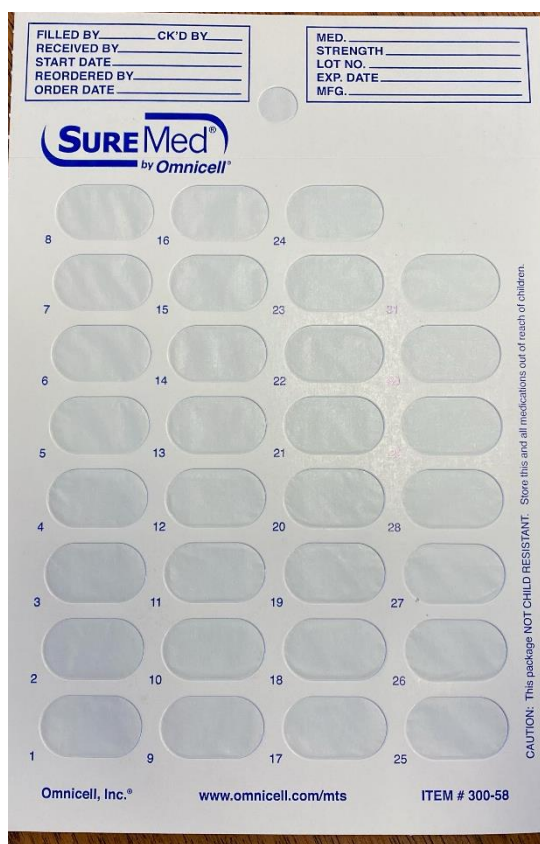
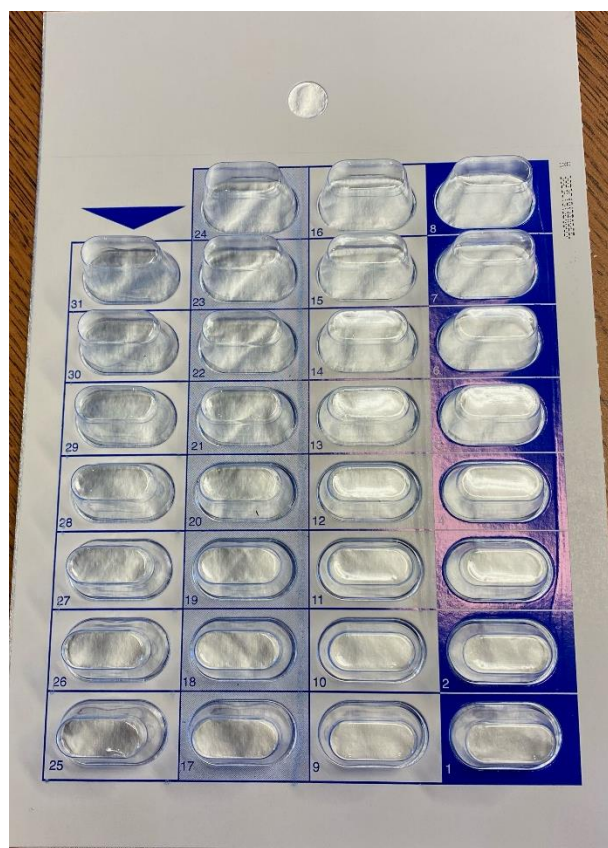
VACATION OVERRIDE FOR MEDICATION

You may need to fill a prescription for camp before your camper’s next refill is available insurance wise. Your pharmacy may have to do a “vacation override” to satisfy the

insurance company. Gordon Family Pharmacy can work with your insurance company regarding vacation overrides, too.

HOW TO PACKAGE

We use 30-day unit-dose packaging at camp. **A separate unit-dose package (blister pack) is used for each time of day that medication is dispensed.** Please do not have multiple administration times packaged in the same blister pack. For example, if medication A is taken daily at breakfast, we need (1) 30-day blister-pack for medication A. If medication A is taken at breakfast and dinner, we need 2 blister packs for medication A. If 2 medications are taken at the same time of day, they may be packaged together or in separate blister packs. Here is an example of what unit-dose blister packs look like. This example shows 30-day unit-dose blister pack. It can be helpful to take this photo into your pharmacy as an example.



SHOULD I PAUSE MY CAMPER'S MEDICATION FOR THE SUMMER?

Please consult with your doctor before starting or stopping medications before camp. We do not recommend pausing ADHD/ADD medication while at camp. ADHD medications can have the same benefits for your camper in the camp community as it does in school. Helping him focus in activities or diminish impulsive behavior in social situations could give the same advantage to succeed at camp.

Clothing & Equipment

CLOTHING & EQUIPMENT

High Rocks does not have a required camp uniform. We recommend plain, durable clothes that are washable rather than those requiring dry cleaning. Please do not send expensive clothes or new, unwashed clothes. Camp life is not easy on designer clothing!

Personal camping gear should include a lightweight sleeping bag with a stuff sack and a raincoat. The sleeping bag should have synthetic fiber fill like Polarguard or Quallofill. Down-filled or cotton-filled sleeping bags are **not** recommended. A coated nylon, Gore – Tex, or waterproof poncho or raincoat is necessary at camp. Thin plastic ponchos or raincoats often do not survive even the first rainstorm. There is little backpacking in the two-week session or junior camp, so don't worry too much about high tech gear for those sessions. Basic backpacks are available at camp for all sessions at no additional cost.

If your camper is dependent on eyeglasses, it is best to send a spare pair to camp in case one set gets lost. These can be kept in the office if you wish.



Laundry:

Laundry is a weekly service that we provide at no additional charge to campers. If an item of clothing should not go into a dryer, it is the camper's responsibility not to send it to the laundry. Laundry is not done in our Junior Camp.

Labeling Clothes:

It is important that all items of clothing and equipment be plainly and indelibly marked with the camper's name. Sharpies work well, as do high quality clothing labels. Be sure to write down your camper's full name and not just his initials. Please label everything, including masks, shoes, towels, sleeping bags, equipment, etc.

We suggest using Mabel's Labels if you would like to order labels that you can put on your camper's clothes! You can find camp labels here: campaigns.mabelslabels.com

Appropriate Clothes & Gear for the Weather:

Be aware that this area of North Carolina is often cool, even in the summer, and especially in June. Our days are usually mild, with nights requiring a blanket or two.

Enuresis/Bed-Wetting:

Some boys, especially the younger ones, have occurrences of enuresis (bed-wetting) at camp. The change in climate can be one attributing factor. If your camper has a known or anticipated pattern of enuresis, we would appreciate if you could let us know in advance. We request that he bring a protective sheet, and also suggest that he bring at least two extra bed sheets.

Where to Buy Gear:

There are several excellent sources for equipment. Some of our personal preferences include, but certainly are not limited to:

Diamond Brand	www.diamondbrandoutdoors.com
Recreational Equipment Inc.	www.rei.com
L.L. Bean Co.	www.llbean.com
Campmor	www.campmor.com
Patagonia	www.patagonia.com

Packing & Camp Store

WHAT NOT TO PACK

Campers **SHOULD NOT** bring any food, candy, lighters, matches, knives, water guns, balloons, aerosol/spray cans, or trading cards. No cameras including electronic or disposable. We have a no electronics policy at camp. Read our “Electronics Policy” for more information. Please help us avoid problems in this regard by explaining this request to your camper before he departs for camp.

Campers **do not** need and **should not** bring a knife or axe to camp. We do not allow hammocks at camp.

The use of tobacco, alcohol and non-prescribed drugs will not be permitted among campers. Please do not bring alcohol, drugs, tobacco, nicotine products (including e-cigarettes, vaping products, or JUULS, smoking or vaping paraphernalia and devices). If your child brings any of these items to camp, you will be contacted immediately to discuss next steps including possible dismissal.

PACKING LIST

Our packing lists are updated yearly. We are happy to chat more about packing, please contact our office at (828)885-2153.

- [Packing List](#) for our June, July, and August camps
- [Packing List](#) for Junior Camp

ELECTRONICS POLICY - HIGH ROCKS UNPLUGGED

Camp offers an opportunity for campers to experience day to day living free of electronic distractions. Campers should NOT bring any electronics such as: **iPods, MP3 players, electronic readers such as Kindle and Nook, laptops, electronic games, televisions, video players, video recorders like GoPros, digital cameras, cell phones, smart phones, smart watches or any other wireless devices.** Camp will provide opportunities for listening to music during the day at appropriate times with camp equipment. Campers who fly in will be allowed to leave their electronics in the office for the session. We will have them charged and ready for the flight home.



STORE AT CAMP

Our [High Rocks Camp Store](#) is open all year round. Our store features clothing, blankets, towels, and more. In the spring, we will open our camp store to pre-orders which will be delivered to your camper at the beginning of his session. Items do sell out beforehand.

During the summer, the camp store sells essential items to campers such as toothpaste, stamps, Chapstick, and more. There are a few fun nonessential items as well (ie. Golf discs and Aerobies).

The store deposit is \$100 for each camper. This will be added to your April bill.

Shipping Trunks

SHIPPING TRUNKS AND BEDDING

For shipment of clothes and bedding, we recommend a footlocker and duffel bag. Both can be checked on plane tickets; however due to the continuing unpredictability of airlines and luggage handling at airports, we strongly recommend that trunks be shipped to High Rocks by UPS or another commercial carrier. Please keep the trunk/footlocker size to no larger than 14 inches high and 36 inches wide. The company listed below makes high quality trunks that will last for many summers.

C & N Footlocker <https://www.everythingsummerncamp.com/> , our discount code is "trail293HR."

There are many less expensive versions, including plastic-style trunks now on the market that will work for one or two summers.

Shipping To Camp: Baggage should be tagged with the camper's name to the High Rocks address (c/o Camp High Rocks, 1234 High Rocks Road, Brevard, NC 28712). The United Parcel Service delivers to camp. We are more than happy to receive your camper's trunk early by UPS and have it in his cabin when he arrives.

Shipping From Camp: If you plan on having your camper's trunk shipped home, please contact our office for the UPS form to do so. **Please DO NOT send pre-paid shipping labels to camp.** We will not save boxes to ship trunks. You will have the opportunity at the beginning of your camper's session to let us know you will be shipping your camper's trunk home. We will deliver your trunk and/or duffel to the UPS Store in Brevard on closing day for shipment.

*Please note that UPS does not cover damages to a trunk/duffel unless it is in a separate container; only the "contents" of what is being shipped will be insured.



The UPS Store | [Brevard](#)
102 College Station Dr. Ste 3, Brevard, NC 28712
Phone: [\(828\) 883-4701](#)
Fax: [\(828\) 883-4801](#)
Email: store3439@theupsstore.com

ACTIVITY INFORMATION

Please talk with your camper about the activities in which he may want to participate. After lunch on the first day of camp, he will get to visit activity areas, learn about the rules, opportunities, and trips involved in each activity. He will sign up for his activities on the first night of camp. This allows him to start his own individual schedule of activities the first full day of camp. Your camper is allowed to change activities during designated times each week with assistance from our counselors.

Junior Camp works slightly different. Campers will enjoy going around as a cabin group to try out many of our activities throughout the week.

Communication & Policies

The camp mailing address is:

U.S. Mail → Camp High Rocks
PO Box 210,
Cedar Mountain, NC
28718-0210
UPS/ Fed Ex → 1234 High Rocks Road
Brevard, NC 28712



Phone: (828) 885-2153

During the summer, you can write letters or send emails to your camper! Campers love getting mail. Campers do not have the ability to send faxes or emails, nor do they have access to computers. We do, however, encourage them to write letters home often!

You will receive additional correspondence from camp in the form of letters from your camper's counselor and an email from our directors along with daily photos and blog. In letters sent from you to your camper at camp, it is generally best to ask about the camper's experience or to comment on what he has already written home about. Numerous references to home, family, pets or saying "we miss you" can turn a borderline homesickness case into a full-fledged occurrence.

If there are ever any changes to the camp schedule due to unforeseen circumstances, we will contact you by e-mail or phone to let you know of any alternate plans. Likewise, parents/legal guardians will be contacted when a camper spends the night in the health center or is seen by a physician.

Sending Emails:

This is the speediest way to get a message to your camper. You may email your camper at: camper@highrocks.com – Please put the camper's first and last name in the subject line. For example, Mark Smith's email would be addressed to camper@highrocks.com with "Mark Smith" as the subject. There is a 75-cent charge to his store account for each email received. We will print out all emails by 11:30am each day to be delivered with the regular mail.

Sending Snail Mail:

Mail should be sent to P.O. Box 210, Cedar Mountain NC 28718. Please include your camper's name on the envelope. Cards and letters can be left for your camper on Opening Day with the office. We will distribute them according to your instructions.

Phone:

Campers are not allowed to make or receive phone calls at camp. Due to scheduled activities, out-of-camp trips, and the physical size of our facility, it would be very difficult to reach a camper on the phone. We have also found that phone calls interfere with a camper's adjustment to camp. If you need to get in touch with your camper, calling our office and having our staff deliver your message is the best option. If you need to speak to someone about your camper, please call the office at (828) 885-2153. We will get you in touch with the head counselor, Camp Nurse, or director depending on your needs.

VISITS

Due to the short duration of our sessions, **we do not allow campers to have visitors**. This includes trips out of camp with parents, legal guardians, or friends.

PACKAGE POLICY

While we welcome letters and postcards from home, Camp High Rocks has a **NO PACKAGE POLICY**. We feel that packages interfere with the camp experience and that the focus on their contents can lead to unintentional competition within the cabin groups and sometimes even hurt other campers' feelings. Therefore, "care packages" are only accepted in the event of a camper's birthday. All others returned to you on closing day. Please tell family and friends!

NECESSARY items such as a camper's forgotten shoes, tennis racquet, extra glasses, etc., may be sent to your child c/o Office Manager. Any medications should be sent to the attention of the Camp Nurse. Flat envelopes for sending such items as magazines or newspaper articles are permitted.

In the interest of good dietetics, we request that you do NOT enclose any **gum, candy or food** with the cards or letters that you send. We have plenty of food options, scheduled snacks through the day, and great desserts!

WEBSITE, BLOG & PHOTOS

Our website **www.highrocks.com** is also a good resource for information regarding nearby accommodations, downloading missing forms, dates for sessions, our offseason



blog, and other happenings at camp.

During the session, we will be posting pictures of campers and activities so that you and your family can become more familiar with your camper's camp experience. We take over 200 photos a day! To access daily updates, we will send out an email on opening day to our photo site and put a link in our daily camp updates on the website. We will provide the credentials for photo login on opening day. Please know that we take as many photos as possible but that we cannot take a picture of your camper every day. Before camp, remind your camper to look for our photographer!

During your camper's session, we will post a nightly camp update via our blog recapping the day. Look for this to post roughly around 9:30pm EST each night! This gives a wonderful glimpse into camper life.

Preparing Your Camper

PREPARING YOUR CAMPER FOR HIS TIME AWAY FROM HOME

You can do quite a bit to prepare your camper for going away to camp, especially if it is his first sleepaway camp experience. Discussing what to expect candidly with your camper can ease the transition from home to camp. Many boys expect camp to be fun all the time. While your camper should expect to have a great time while he is here, you can tell him that he will at times feel many different emotions: elation at discovering new friends, fear of confronting new situations, disappointment when a game or project hasn't gone well, and even sadness leaving friends at the end of a session.

Homesickness may occur, especially if your camper is young or living away from home for the first time. Homesickness does not equate to a dislike for camp nor is it indicative of camper maladjustment. It is normal. Discussing this with your camper and letting him know that this is a common feeling will make it easier to deal with should it occur. If it does, the most appropriate action is to let your camper stay at camp, except in very unusual cases. Our camp staff members are trained to work with homesick campers and, within a day or two, most boys have completely recovered. If you receive a letter that is less than positive at the beginning of camp, don't worry too much; homesickness has often been resolved by the time the letter reaches home. **Please don't make bargains with your camper by telling him he can come home if he does not like camp or that he only has to stay a week and you will come get him.** We have found that this sets him up for failure as he never commits to giving camp a chance. Focus on the positive and know we are here to make it a successful experience!

In your letters to camp, it may be helpful to ask about experiences at camp rather than to dwell on happenings at home. Try to put your own feelings of separation into proper perspective, and then write your camper an encouraging response. Be sure to focus on the positive aspects of camp and keep an encouraging tone. It is usually a good idea to avoid referencing how much you will miss your camper, and it helps if parents/legal guardians

avoid talking about what they will be doing while their camper is away. If you receive a letter that is cause for concern, please don't hesitate to notify us by phone.

Forms

Campers' forms are submitted through our online form's dashboard, called **My.HighRocks**. You will receive an e-mail from us in early March will more information when our form system is ready for the season. You can find more information on our forms via our website under the "Parents" section.

If you need to print any of our forms. You can find them on our website under "Parents" then "[Camper Forms](#)".

Birthday At Camp



BIRTHDAYS AT CAMP

Having a birthday at camp is incredibly special! Campers celebrating birthdays at camp will enjoy a birthday cake to share with their cabinmates. We will sing them Happy Birthday and make sure to get a photo or two of them blowing out the candles!

Birthday packages are accepted. You can mail a package or leave the package with us on opening day for his birthday! We ask that no food, shaving cream, balloons, or water guns are inside of the package. Often a game that he can play with everyone in the cabin is a hit.

Nearby Accommodations

NEARBY OVERNIGHT ACCOMMODATIONS

An extensive list of overnight accommodations can be found under the "Parents" section on our website at: www.highrocks.com

Other possibilities include hotels in Hendersonville, NC; Asheville, NC; and Greenville, SC. We suggest making reservations as early as possible, especially if you plan to be in the area on or around July 4th.