



PO Box 428 Banner Elk, NC 28604

[info@holstoncenter.org](mailto:info@holstoncenter.org); [www.holstoncenter.org](http://www.holstoncenter.org)

844-465-7866 Phone

## OVERNIGHT CAMP HANDBOOK 2020 *A Guide for Parents/Guardians*

Holston Camp would like to extend a most sincere welcome to you and your child. We look forward to our association with you this summer and will do our best to make your child’s stay a happy and rewarding experience. This handbook is intended to provide you with general information and make you feel at ease. We also have a FAQ section on our webpage. We welcome phone calls and emails if you have further questions or concerns.

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### BEFORE CAMP

A general health form is required for each camper, which includes the doctor’s contact information. It is part of the online registration process. Additional health forms are available on the day of registration check-in.

Other activity waivers are required for some off-campus activities such as white-water rafting. These are available through the online registration process. Additional waivers are available on the day of registration check-in.

### SPENDING MONEY

**THIS YEAR WE WILL NOT BE OFFERING CANDY, ICE CREAM, SNACKS , AND DRINKS AT THE CAMP STORE.** Parents may visit the camp store on the day of registration and the day of pickup to purchase apparel, water bottles, flashlights, batteries, toiletries and other sundries as necessary. We suggest you DO NOT send money with campers to spend at off-site destinations.

### CABIN BUDDIES

Your camper may request a cabin mate. The cabin mate should also list your camper’s name on their registration form. Please keep in mind that campers will be housed by age and gender.

### CAMPER MAIL

Mail can be an exciting highlight to a camper’s day. Please write cheerful letters expressing your interest in what is happening at camp. Short happy thoughts are best. Mail can be sent prior to camp or can be provided on registration day. Please do not send food!

Camper Name & Week  
Holston Camp  
PO Box 428  
Banner Elk, NC 28604

### TOBACCO, ALCOHOL, WEAPONS OR ILLEGAL DRUGS ARE NOT ALLOWED

Use or possession of tobacco, alcohol, fireworks, weapons, or illegal drugs are reasons for immediate removal from camp.

### CAMP PHONE CALLS

Campers will not be able to make or receive phone calls. PLEASE DO NOT SEND CELL PHONES WITH YOUR CAMPER! If there is a problem concerning your camper, the Summer Program Director or Camp Director will contact you. In



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the event of an emergency at home, be prepared to leave a message for the Director or Office Manager and your call will be returned as soon as possible. If you have questions about camp, please contact us during our normal business hours: 8AM-5PM, Mon-Fri. Emergency: (844) 465-7866 or after hours at (423) 202-1655 (Director's cell).

### **BIRTHDAYS**

Birthdays are special occasions at camp! To assure a celebration, please alert the Summer Program Director or counselors on registration day.

### **CAMP BEHAVIOR**

Campers are expected to behave in a socially acceptable manner while engaging in community activities. Disruptive behavior that continues to occur and impairs the ability of other campers to enjoy themselves will not be tolerated. The Director may send disruptive campers home. Please review this information with your camper so camp is enjoyable experience for everyone present.

### **FOOD**

Meals at camp are nutritionally balanced and prepared by qualified, experienced staff. Snacks are also provided! Please do not send snacks with your camper – food is not allowed in the cabins. Any dietary restrictions (allergies or otherwise) should be noted on the registration form so that the kitchen manager can anticipate the need. We can accommodate most dietary requirements (gluten free, lactose intolerance, nut free, etc.). If your camper has a dietary restriction and you must send food, please see the Summer Program Director on registration day.

### **VALUABLES**

Please refrain from bringing valuable items to camp. They are easily lost or misplaced. Eno hammocks, clothing, and the like should be marked with camper's name so as not to be confused with other camper's items.

### **HOMESICKNESS**

Homesickness is a natural feeling that many campers experience. Usually the feeling passes in a couple of days and the camper enjoys the rest of their session. If a camper becomes homesick, the staff is supportive and helpful in overcoming these feelings, and encourages the other campers to be as well. Parents and friends can write cheerful letter of support and encouragement to help them enjoy their stay at camp. Extra special letters with comics, jokes, puzzles, etc. can be sent. Avoid writing about stressful events at home; concentrate instead on questions about camp activities, buddies, food and weather. We encourage you to send mail before a camper arrives or bring it on registration day. Since talking with parents directly via phone increases a camper's homesickness, we do not allow a phone call between you and camper. If homesickness continues for an extended period of time, the Camp Director will notify you by phone.

### **CAMP LIFE**

Campers should expect that camp will be different than home--different beds, bathrooms, food, etc. Campers will also be meeting new people. If your camper has never been here before, it may seem a strange place, but we will make every effort to help your camper feel safe and secure. Campers will be able to choose some activities and expected to participate with the group in other activities. Campers will be grouped based on age and gender. The activities, meals, and rest time provide the framework for each group's daily routine. We want all campers to have a fun and memorable experience at camp.

### **LAUNDRY AND BEDWETTING**



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No laundry facilities are available to the campers. Emergencies such as bedwetting will be handled by the counselor in a discreet manner. If your camper has a bedwetting problem, please let us know and send extra sheets.

#### **LOST & FOUND**

All lost and found items will be kept at the camp for one week after the close of the season. When you pick up your camper, please check to make sure they have all their belongings. Call the camp immediately if you determine that something is missing. If the missing item is found, we can mail it (may incur a fee) or you may come to retrieve it. The best prevention is to label all items with your camper's name.

#### **VISITORS**

It is not possible for campers to have visitors during the camp session. Because of the short time your camper is here, most visitation has a negative effect and promotes homesickness. You are welcome to tour camp on registration day or attend Family Camp.

#### **CANCELLATION/REFUND POLICY**

If, for some reason, your camper is unable to attend camp as planned, please notify us by calling 844-HOLSTON. Refunds will be considered under the following circumstances:

1. Unless there are extraordinary circumstances, the deposit fee of \$50 is non-refundable.
2. Parents may request a refund for the full balance minus the deposit fee if cancellation is made 14 days prior to the first day of camp.
3. If a camper is sent home by the Director, refunds will be issued on a pro-rated basis.
4. Extenuating circumstances for cancellation and full refunds may apply.

#### **CHECK-IN PROCEDURES**

- **Registration is at 3:00 PM on Sunday at the Dining Hall. PLEASE BE ON TIME! Call (844) 465-7866 if you are running late.**
- Have available signed activity waiver if your camper is participating in any off-site activities. Additional waivers will be available at check-in.
- Be prepared to pay any outstanding balance on your account. Check or credit card are accepted on registration day. Please no cash.
- Mail for your camper should be left with registrar.
- Complete the form for early pick up of camper or if someone other than the guardian listed on the registration form will be picking up the camper on departure day and provide to the Summer Program Director.
- Discuss with Summer Program Director any medications your child is currently taking, dietary, behavioral, or emotional issues, and general physical health questions.

#### **LUGGAGE**

After you have arrived at camp and checked-in your camper, please place luggage in their cabin. Staff will be available to direct you to the cabin assigned to your camper.



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### **SPECIAL MEDICAL NEEDS/MEDICATIONS**

All medications or allergies must be noted on the Medical Release Waiver when you register your camper online. All medications that are brought to camp are stored and dispensed by the Summer Program Director. If prescription medications are sent to camp, it must be in the original pharmacy container listing camper's name, medication and dosage prescribed. If non-prescription medications are needed, the Summer Program Director will give these medications per the recommended dosage.

### **CHECK-OUT PROCEDURES**

- Unless otherwise noted, Camp ends at 3:00 on Friday. We have a brief closing program in the dining hall for campers and parents at 3:00 on Friday. You may choose to sign-out your camper and leave immediately, or stay for the 30 to 45-minute program.
- Be sure to collect any medications or other items that are being held by the Summer Program Director for your camper after signing-out.
- After you have checked out you may pick up your camper's luggage at their cabin. Please pay careful attention to your camper's luggage and ensure that it is all collected (including laundry).

### **MAIN CAMP VS. RUSTIC CAMP: "WHAT'S THE DIFFERENCE?"**

**Main Camp** is comprised of 5 heated, block cabins each sleeping 16 in bunks. Each cabin has 2 lavatories, 2 private toilets and 2 private tub/showers. Main Camp cabins are located near the Dining Hall, main parking area, and Worship Point. Campers may be housed in Bell's Bungalow or Grigsby Dorm. *Bob's Hideaway or Rocky Knob may be used for older campers depending on the enrollment. These are primitive campsites.*

**Rustic Camp** is comprised of 5 primitive campsites. Each campsite has 2 open air, screened in cabins that sleep 8. (Some cabins have bunks while other have Eno hammocks.) Each Rustic campsite has a cook shelter, picnic tables, sink with fresh water, wood fire grill, utensils, and campfire circle. Rustic Campers use the Rustic bathhouse. The bathhouse is clean and well lit. There are separate male and female bathrooms. Each bathroom has 3 lavatories, 3 toilets, and 3 shower stalls. The bathhouse has hot water. **WHAT TO BRING TO CAMP**

*These are suggestions only. Your camper may not need all items. Please realize that the temperatures do drop to the 50s in June and July at night and rain is likely. Campers will get wet, dirty, and sweaty so a change of clothing for 6 days and 5 nights is strongly recommended. ***Bold Items are strongly recommended.****

**BEDDING:** *Campers who will be located in Main Camp cabins may choose sheets or a sleeping bag. Explorer campers will need a sleeping bag for a campout during the week. Campers who will be in our Rustic Cabins should bring a sleeping bag. Campers backpacking overnight should bring a "lightweight" sleeping bag. See "Additional Checklist for Adventure Camps" below.*

**Twin size sheets or sleeping bag by preference**

**Blanket**

**Pillow**

**Lightweight sleeping bag for adventure campers (AT backpacking)**



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**Note: Even if your camper is housed in one of our main camp cabins for the week, they will need a sleeping bag for overnight camp-outs.**

**SWIMMING:**

- Modest swimsuit
- Sunscreen
- Towel for swimming

**FOOTWEAR:**

1 pair for water activity-old tennis shoes are great. Tevas and Chacos are good choices. Shoes will get wet and muddy during creek explorations and waterfront activities.

1 pair closed-toe shoes for rock climbing, zip lines, and walking. Prefer lightweight hiking or athletic shoes with good support and traction.

1 pair shower shoes (optional)

*For campers doing longer trail hikes on the AT, a good pair of hiking shoes and socks are strongly recommended.*

**CLOTHING (don't send clothes that you don't want to get stained)**

- Short and long pants
- T-shirts (No halters, tube tops, cutoff tops or midriffs. Please avoid provocative slogans of advertisements.)
- Long sleeved shirt (Temperatures can drop into the 50s in June & July at our elevation of 4,000 feet)
- Underwear
- Socks **REQUIRED FOR AT HIKERS**
- Light jacket, sweatshirt, sweater, hoodie (it gets cool at night)
- Rain poncho or jacket **REQUIRED FOR AT HIKERS**
- Sleepwear

**TOILETRIES (in a convenient container)**

- Shampoo, brush, comb, toothbrush, toothpaste, etc.
- Soap in a soap box or baggie, (small bottled liquid body wash is handy)
- Female sanitary protection
- Stick deodorant (please no aerosol)
- Towel(s) for bathing



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Solution for contact lens if necessary

**ADDITIONAL ITEMS:**

Refillable water bottle

A lightweight backpack for carrying water bottle, repellent, sunblock, towel, etc.

Flashlight and extra batteries (a "headlight" is especially handy)

Non-aerosol insect repellent

Bible, notebook, pencils

**OPTIONAL:**

Disposable or digital camera (no cell phones)

Musical instrument (non-electric)

Stationery, stamps or self-addressed stamped postcards (for a letter home)

Laundry bag (as if...)

White T-Shirt to Tie-Dye

Crazy Garb for Dance Night

**WITH THE DELIBERATE INTENTION TO "UNPLUG" CAMPERS, WE REQUEST THAT CAMPERS DO NOT BRING CELL PHONES, GAMING DEVICES, TABLETS, NOOKS, KINDLES, MP3 PLAYERS, HAIR DRYERS, ETC. TO CAMP. WE HOPE CAMPERS UNDERSTAND THE PURPOSE OF UNPLUGGING IS TO BE MORE CONSCIOUS AND AWARE OF THEIR CAMP COMMUNITY AND ENVIRONMENT, AS WELL AS THEM BEING AVAILABLE TO HEAR THE VOICE OF GOD.**

**OVERNIGHT BACKPACKING:**

**Camp provides:** Backpacks, safety equipment, cook stoves, water purification needs, meals.

**You provide:** Lightweight sleeping bag, sleeping mat, hiking shoes (must be broken in before camp); hiking socks (2 pair), suitable hiking apparel (quick dry fabric is best), head cover, flashlight/headlight with new batteries, 32 oz. water bottle, hooded poncho or rain suit.

**OVERNIGHT CANOE:**

**Camp provides:** Canoes, personal flotation device (PFD), safety equipment, cook stoves, water purification needs, meals.

**You provide:** Lightweight sleeping bag, sleeping mat, sun screen, water shoes such as Tevas, Chacos, or old tennis shoes (no flip flops!), quick dry apparel, head cover, flashlight/headlight with new batteries, 32 oz. water bottle, hooded poncho or rain suit.

*Please note that Hickory Nut Gap Rd is extremely curvy from Newland to Banner Elk. From Newland, we recommend taking NC-181 toward Linville, left onto NC-105 toward Boone and left on NC-184 to Banner Elk. In 3.8 miles, turn left onto Hickory Nut Gap Rd. Holston Camp is 1 mile on the right.*