



ROCKBROOK

CAMP *for* GIRLS

## Parent Guide

Brevard, NC 28712

828-884-6151

[office@rockbrookcamp.com](mailto:office@rockbrookcamp.com)

[www.rockbrookcamp.com](http://www.rockbrookcamp.com)

Camp Directors:  
Jeff & Sarah Carter

## Our Mission

*To provide a haven for girls, a place of their own, where they can explore the beauty of nature, try new things, enjoy carefree summer living, and make some of their very best friends.*



*We welcome you to Rockbrook Camp,  
We're mighty glad you're here!  
We'll send the air reverberating with a mighty cheer!  
We'll sing you in, we'll sing you out –  
To you we'll raise a mighty shout!  
Hail! Hail! The Gang's all here!  
We welcome you to Rockbrook Camp!*

-Rockbrook Songbook

WELCOME to a friendly, spirited, zany community called Rockbrook! We are looking forward to your camper's arrival. This summer, like the past 103 summers, we aim to provide your camper with a multitude of fun and enriching experiences that she will treasure for a lifetime. RBC offers an opportunity to grow up a little, develop new social skills, get creative, get silly, "let go" and make her own choices. We hope she will leave camp filled with fond memories of time spent with friends, along with new skills and a new level of confidence in her own abilities.

We recognize that although your camper is the one coming to camp, this is also a big deal for you as a parent and family. This guide is here to help you and your camper make the most of her camp experience! You'll find information about the activity sign-up process, tips on how to minimize and handle homesickness, a list of helpful links, and a better overall understanding of the "world of Rockbrook." There's also plenty of specific instructions on things like what to pack and other logistical concerns.

Much of this information is also available on [our website](#).



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## **Rockbrook Contact Information**

### **Main Office**

(828) 884-6151

[office@rockbrookcamp.com](mailto:office@rockbrookcamp.com)

[www.rockbrookcamp.com](http://www.rockbrookcamp.com)

### **Text Message**

(434) 535-2267

### **Health Hut (summer only)**

(828) 877-4572

### **Physical Address (for driving directions)**

3460 Greenville Hwy

Brevard, NC 28712

### **Mailing Address (USPS only)**

Rockbrook Camp

P.O. Box 792

Brevard, NC 28712

### **Shipping Address (not USPS)**

Rockbrook Camp

368 Castle Rock Rd

Brevard, NC 28712

## **Accessing Your CampInTouch Account**

CampInTouch is your online parent account to update your camper's information, update home/ mailing addresses, note multiple households, access and complete important forms, update payment information, make payments, view daily photos, and more.

Bookmark this link for easy access to your online account:

<https://rockbrook.campintouch.com/v2/login/login.aspx>

To log in, use the email address you provided when you completed the camper application. If you forget your password or become locked out of your account, please call our office and we can unlock your account and send a password reset invite.

## Preparing for a Positive Camp Experience

Your camper's upcoming summer at Rockbrook will be one of the most fun and rewarding experiences of her life. She'll have a wonderful time, make really good friends, and look back fondly as she grows older. Camp is quite different from ordinary life and it can take some adjustment. Over the years, we have learned a few approaches that help make this transition to camp life a smooth one.

1. **Let your camper know how excited you are that she is going to Rockbrook!** Look over the camp materials together and talk about which activities she wants to try. Learn about and become familiar with camp procedures and schedules.
2. **Start a new friendship by encouraging your camper to write to her assigned Pen Pal.** Pen pals are assigned in the spring. Having one person your child knows at camp can help make the transition easier. New campers will be paired with another camper in their session and age group.
3. **If she hasn't had much experience sleeping away from home or in a rustic setting, set up some practice times.** You might camp together in the backyard or have her spend the weekend at a relative's house. Practice these [camp life skills](#).
4. **If your camper is nervous about coming to camp, reassure her that you know that she will do great and that all of the other girls feel the same way.** Even the campers who have been to Rockbrook for many years get a little anxious on opening day. Just advise her to be friendly and open to trying what camp has to offer.
5. **Make sure she knows that everyone at home wants her to have a wonderful time at Rockbrook.** Avoid comments like "You will have fun, but I am going to miss you so much." You want her to be excited about camp, and fully engaged with it, instead of worrying about home and how much the family misses her.
6. **Perhaps most importantly, stay away from making early "pick up deals" with your camper.** One of the worst things that you can tell your child is, "If you don't like camp, then I'll come get you." This type of decision puts a big weight on her shoulders and typically sets her up for failure. She will be so preoccupied and overwhelmed with deciding whether or not to go home that she will never fully embrace camp. More on this in sections *10 Things to Know Before Sending Your Child to Camp* and *Handling Homesickness*.
7. **Listen to and talk about her concerns.** As the first day of camp nears, some children understandably experience uneasiness about going off to camp. Ask questions like: "We've been busy packing your gear. What are your thoughts about heading off to camp in a few days?" Communicate your confidence in her ability to handle being away from home and remind her about "small victories," successes she has experienced in other situations.
8. **Have realistic expectations.** Camp, like the rest of life, has high points and low ones. Not every moment will necessarily be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs she may experience. Your child should not feel pressured to succeed at camp - the main purposes are to relax and have fun.
9. **A special note for your young camper:** Remember that your child will be in charge of taking a shower and washing her hair, along with keeping up with her belongings. If she's new to this, it's a good idea to take time practicing these skills before camp begins.

*Adapted from The Summer Camp Handbook, by Christopher A. Thurber, PhD & Jon C. Mailnowski, PhD.*



## Reminders Before Sending Your Child to Camp

When parents send their children off to summer camp, there's bound to be some nervousness mixed in with feelings of excitement. Like any new experience, it's natural to worry a little about how it might turn out. Will she make friends, like the food, get homesick, handle camp routines, sleep well, and have fun—all while being on her own away from home?

Believe it or not, these feelings of anxiety are often more commonly experienced by the parents of new campers. The campers themselves, after all, get to attend camp and enjoy all of the [benefits](#) it provides, while the parents stay home. And since they're separated from their children, it can be difficult for parents to not worry. We try to address this worry in a number of different ways including a daily photo gallery, [blog posts](#), counselors writing you with updates on your camper's experience, and making counselors or directors available to connect by phone, if needed.

Prior to camp, a parent's worry can sometimes cause them to say or do something that could ultimately undermine their child's success. Being inexperienced with camp, parents might make things worse! Here are a few reminders before sending your child(ren) to camp:

- **Don't promise an early pick up.** This is the most important thing to avoid. It can be tempting to calm down a nervous child by saying "If you don't like it, I will come pick you up," but it's bound to backfire. If you make this sort of promise, your camper will be in "evaluation mode" when they arrive. Instead of fully embracing camp life, honestly engaging with it, they'll be holding back, being more of a critic than a participant. Then, when something inevitably doesn't go exactly right (maybe, it's raining, or there is a spider in the shower, or their bunkmate is really messy), they'll decide that this is the moment that they need to leave early.



Rather than promising an early pick up, focus on your child's inner strengths. Say something like, "I know this is new and that may make you nervous. But I have faith in you. I know you and how strong you are and also how fun you are. Once you get to know some of the other kids in your cabin and your cool counselor, I bet you'll be feeling better about everything."

- **Don't show your own anxiety about camp.** This can be a little more difficult, but try to stay calm and positive about camp even if you are feeling uneasy or a little anxious yourself. Shielding your camper from how you are feeling will help avoid worrying her. When children are away from home, they sometimes worry that their parents are OK. Reassure your camper that you'll be fine at home without them, maybe just a little bored! Again, communicate your excitement for them and your trust in the camp.
- **Don't tell your child you are staying nearby.** If they are still adjusting to camp, they will be very aware of the day you are leaving the area. Just like above, they don't really let themselves embrace the fun of camp. On the day you are leaving the area, they can be so aware of it, they might try to figure out how to reach you, making it much more difficult to work through their feelings of homesickness. It's best to avoid planting this idea that you can easily return to camp. Leading up to camp, keep the focus on your child and the fun they'll be having when they arrive.

- **Don't ask that your camper be allowed to call home.** Phone calls home interrupt the camper's experience and usually contributes to homesickness. We are experienced with helping campers adjust to camp, and using the phone is a hindrance. Camp is a lovely way to slow down and to encourage letter writing. It is also a break for parents to not be called to immediately fix something that a child is struggling with. There are lessons of resilience at camp that are best learned without parents' help.
- **Don't send your child with a cell phone.** Rockbrook does not allow campers to have a cell phone because it both interferes with the goals of being technology-free, and pulls them out of camp life. If there is ever something concerning going on, the camp will reach out to you. Plus, parents can always call the camp to check in if they have a specific concern.
- **Don't write to your child describing fun things you are doing without her.** Just like seeing a fun party on social media that you were not invited to, hearing about something fun you or your family is doing without your child is not helpful while they are away at camp. Instead, the message should be "Home is good, but nothing unusual. I look forward to hearing more about what you are doing at camp when you get home."
- **Don't write with news about disturbing current events.** We all need a break from the news cycle. Camp is your child's opportunity to fully relax and forget about the hustle and bustle of daily life. Your kids have worked hard in school all year and they deserve a chance to relax and just be kids. They cannot do anything about it, and troubling news of the outside world can be mostly a worry for them.
- **Don't promise you'll send care packages.** We have found that competition between campers who receive packages and those that do not can have a negative effect on the camp community. Do not send packages or large envelopes. Please notify family members about our "no package" policy. If your camper has forgotten an essential item, please call the camp office to set up approved shipping. All other packages will be held until closing day.
- **Don't overpack.** One of the beautiful lessons of camp is to learn to simplify. If a child doesn't have an item, they improvise or borrow from a friend or live without it for their short time at camp. The cabins are snug and with several people sharing one space, it's much better for campers to avoid having too many things to keep organized.
- **Don't send hair dye with your child.** We're mostly joking about this, but it has happened! Yes, camp is a place to explore, grow more resilient and confident, but we want children to leave camp looking essentially the same as when they arrived. Maybe they will be a little messier, with a few bug bites, and a newfound gleam in their eye, but we do not want them to drastically change their appearance at camp.





## Packing for Camp

We recommend campers pack for camp using a traditional footlocker (trunk) and a duffel bag. The duffel bag is ideal for transporting bedding and other soft items, and the footlocker can serve as a "dresser" while at camp. Please remember to:

- ❖ Limit luggage pieces to one standard size footlocker and one duffel bag.
- ❖ Label every piece of luggage with your camper's first and last name. Try to avoid loose tags.
- ❖ Make sure baggage will close completely and latch securely (locked if possible). If locked, please send the key and/or combination.

In addition to our *Camper Packing List*, here are some additional tips that can help as you start thinking about how to organize your camper's items:

- **Label everything.** Permanently write, or better yet, use sticky, sewn, or ironed-on labels that include the first and last name.
- **Do not pack anything of value.** Things do get lost, damaged, and/or borrowed. Old t-shirts, sweatshirts and shorts are quite the style at camp!
- **Do not bring expensive personal sports equipment** (e.g., Kayak). Rockbrook cannot be held responsible for lost or damaged personal property.
- **Think layers.** Even in the peak summer months, mornings and evenings can be chilly. It's common for the day to start out in the 50-60's and then heat up to the 80's during the afternoon.
- **Brevard has a temperate rainforest climate.** It's normal for it to rain during the early afternoon, so a rain jacket is a must! Also, because of the dampness, it is common for things to mildew. Pack all stationery in plastic bags to prevent the envelopes from self-sealing!
- **Trunks work best for clothing, and duffel bags for linens.** Campers live out of their trunks and most prefer the traditional hard trunk. However soft trunks and plastic ones work just fine. Duffel bags can be stored under their beds.
- **Laundry is taken out for cleaning once a week.** Therefore your camper really only needs clothes for just over one week, even if she is coming for 4 weeks.
- **Simplicity is a great goal.** Campers who overpack can have a hard time keeping up with their belongings and take up a lot of room in the cabin. Learning to improvise is a great skill!
- **Please do not pack any device with a screen.** Beyond the practical rationale for not packing these expensive items, we also strive to teach the value of slowing down, "unplugging" from screens, and being in community with those around us. Campers may bring a music player with headphones to listen to during quiet times and only in their bunks. Campers may not carry these devices around camp.

**Cell Phones:** Campers are not allowed to have cell phones at camp. While it may seem counter-intuitive, we have found that cell phones make it harder to adjust to camp life and create more homesickness. A large part of camp is learning to be independent and you can help your camper succeed by making sure she does not bring a cell phone.

*If your camper is flying to camp and you would like her to have a phone for traveling purposes, we can keep it for her in the office until closing day. Please let the office know if we should expect her to have one upon arrival.*



# Camper Packing List

While the items and quantities listed are *suggested*, we've found these things to be important for what to bring (and not bring) to camp. *Please note: Camper laundry is washed once per week.*

## Clothing

- Shirts (7-10)
- Shorts (7-10)
- Pants/Leggings 2-3 pairs if riding
- Sweatshirts/Lightweight jackets (2)
- Sets of pajamas (4)
- Bathrobe (1)
- Bathing Suits (2)
- Bras/Sport bras (3-5)
- Underwear (10)
- Pairs of socks (10)
- Rain jacket or poncho (1)
- RBC t-shirt *Mailed to campers before camp*
- White shirt with collar
- White shorts
- Red tie
- Costumes!!!

*Available for purchase in Camp Store*

## Optional Items

- Crazy Creek chair
- Sunscreen
- Insect repellent
- Backpack
- Headlamp
- Small games
- Playing cards
- Books
- Fairy string lights
- Sunglasses
- Lip balm
- Disposable camera
- Laundry bag
- Riding helmet
- Tennis racket

*Provided, but OK to bring your own*

## Footwear

- Tennis shoes (3 pairs)
- Shoes/Boots with heel (1) *For riding*
- Water Shoes with straps (1)
- Shower Shoes (1)

## Bed, Bath & Beyond \*provided for international campers

- Twin sheets (2 sets)\*
  - Pillow (1) & Pillowcases (2)\*
  - Blankets (2)\*
  - Bath towels (4)\*
  - Washcloths (3)\*
  - Beach towel (1)\*
  - Shower caddy\*
  - Sleeping bag\*
  - Toiletries
  - Letter writing supplies & stamps
- We suggest pre-addressed envelopes*

## Please DO NOT Pack:

- hair dryers
- straighteners/irons
- e-readers
- lighters/matches
- smart watches
- cellular devices
- hammocks
- gum, candy, food
- alcohol, drugs, tobacco, vaping devices
- any technology with a screen or that needs to be charged
- weapons (knives, guns)
- gaming devices
- money
- computers
- fireworks
- pets
- expensive clothing or jewelry

## Shipping Luggage To/From Camp

If you will be shipping your camper's luggage to or from camp, please complete the *Luggage Details* form in [your online account](#).

### Shipping Luggage to Camp

Luggage may be shipped to camp ahead of your camper's arrival. **Please arrange for your baggage to arrive within one week of your session's opening day.** Please do not send it sooner. Footlockers/trunks and other baggage may be shipped to camp via FedEx, UPS, DHL, or ShipCamps.

*If your camper is flying, we strongly advise shipping her baggage to camp. Heightened security at our local airport, and recent changes in airline fees, have made transporting camp baggage by plane difficult.*

Shipping Address:      Rockbrook Camp  
                                 Camper First & Last Name (Visible on the outside!)  
                                 368 Castle Rock Rd  
                                 Brevard, NC 28712  
                                 Phone: 828-884-6151

### Shipping Luggage After Camp

If your camper's luggage needs to be shipped after camp, you can utilize ShipCamps.com or, as a paid service, Rockbrook can make arrangements to ship your luggage home after camp via FedEx. The following conditions apply:

- Rockbrook will only use FedEx.
- We require FedEx insurance (a \$5 fee covers up to \$400 of declared value). Insurance covers contents, but NOT the trunk or luggage itself.
- We will not box luggage and we cannot save cardboard boxes arriving at camp.
- We charge a flat service fee of \$20, plus the actual shipping fee reported to us by FedEx.
- The total amount will be added to your online account. About 2 weeks after camp, we will send you an email outlining any remaining charges on your account.

To make luggage shipping arrangements, log into your CampMinder online account and complete the *Luggage Details* form.



## **A Day in the Life**

Four activity periods, three meals, two snack breaks, two free swims, one morning assembly, plus a wacky evening program all add up to equal one fun day at camp!

### The Daily Schedule

8am	Rising Bell/Chore time
8:30am	Breakfast
9:15-9:45am	Morning Assembly
9:45-10:45am	1 <sup>st</sup> Period
10:45-11am	Muffin Break
11am-12pm	2 <sup>nd</sup> Period
12-12:45pm	Free Time/Free Swim/Shower
1pm	Lunch
2-3pm	Rest Hour
3-4pm	3 <sup>rd</sup> Period
4-4:15pm	Snack Break
4:15-5:15pm	4 <sup>th</sup> Period
5:15-6pm	Free Time/Free Swim/Shower
6:15pm	Dinner
7-8pm	Twilight Games/Free Time
8pm	Evening Program
9:15pm	Junior Lights Out
9:30pm	Middler Lights Out
9:45pm	Senior Lights Out

### Morning Assembly

Campers and counselors of each line (age group) meet within their respective lodges for a morning game or lesson to connect, get energized, and get the day started!

### Activity Periods

Campers spend an hour in each of their four chosen activities for the three-day cycle. Snack breaks in between the morning and afternoon activities help campers recharge and have time to get to their next activity. Many craft areas are also open during free times for those campers that just can't get enough!



### Free Time

Rockbrook values free, unscheduled time just as much as its activity periods. Some of your camper's favorite memories may happen during a free time when she is putting her feet in the creek or playing a game with her cabinmates.

Counselors are trained to be aware of where their campers are at all times and also to offer special activities during free times. For instance, there are clubs like the Rockbrook Runners & Walkers and Mermaid Clubs. Campers can strive to join these clubs by challenging themselves to run a certain number



of miles or swim a certain number of laps that correspond with their age and length of time at camp. Campers who meet their goals are taken for a trip to Dolly's Ice Cream Bar in Brevard. We find these free time activities provide challenges, while also maintaining a non-competitive camp atmosphere.

### Evening Program

Who needs a TV when there's Granny Bingo, Fractured Fairytale skits, Campfires, and more?! Evening program is a time when campers come together as a line (age group) or as a whole camp to participate in fun activities, and it usually involves costumes! If that evening's program is skits in the lodge, campers and their cabinmates come up with a creative, usually hilarious, interpretation of the theme. Each cabin gets their chance to perform and everyone participates in some way. Be sure to ask your camper what her favorite skit was!

### Sundays at Rockbrook

Sundays vary from the typical daily schedule. It's more relaxed – starting with breakfast in pajamas! After breakfast, campers dress in their camp uniform for the flag raising and CHAPEL service. This is not a religious service, but rather our “Celebration of Happiness, Adventure, Peace, Earth, and Love.” It is conducted by the counselors and campers of a particular age group. For instance, the theme may be “Friendship”, so campers and counselors will read poems (some they wrote themselves), quotes, and sing songs related to the theme of friendship.

After CHAPEL, campers gather for Assembly on the Hill, when the cabin with the best inspection scores are announced, line songs are sung, and skits are performed to get campers pumped about upcoming activities and events. In the afternoon, there is a camp-wide Special Event, like a carnival or talent show. On Sunday evenings, campers select their activities for the next rotation, watch a movie, and enjoy milk & cookies before bed.

### Special Events

In addition to regular activities, each day at Rockbrook includes surprise special events. There's always a chance to have fun dressing up. Be a granny, a nature goddess, a zany superhero, or some other crazy character! Throughout each week, there are exciting announcements about all-camp parties, concerts, talent shows, and trips off-camp. Get ready to cover yourself with shaving cream, get wet at a water carnival, or frolic at an all-camp cookout.





## Activities: Offerings & Sign-ups

One of the great aspects of Rockbrook's camp program is the variety of activities. There are over 25 activities to choose from, and the activity sign-up process was designed to allow campers to enjoy a hardy amount. Every three days, campers get to sign up for four activities. That means that First Session campers can try 20 different activities, Second Session campers can do 28, Third Session campers can enjoy 16, and Mini Session campers get to try 12 activities.

With activities, our goal is to increase self-esteem so that campers feel good about themselves regardless of their ability or previous experience. Each activity is taught in a non-competitive, but challenging environment where all campers can do anything offered at camp, if they try. Instruction is given according to age, and campers progress as they develop skills in each area.



Two activity periods are scheduled in the morning and two activity periods in the afternoon. Campers also have additional free time to swim, shower, or work on other craft projects in the afternoons.

### Activities Offered

Archery	Gymnastics	Riflery
Climbing	Hodge Podge (tie dye)	Sports & Games
Curosty (weaving)	Horseback Riding	Swimming
Dance	Jewelry Making	Tennis
Drama / Play	Kayaking	WHOA (Wilderness, Hiking & Outdoor Adventure)
Folklore (candle & soap making)	Needlecrafts	Woodworking
Garden Art	Painting & Drawing	Yoga
	Pottery	

### Activity Sign-ups

Understanding the sign-up process can help campers have a positive experience, so here are some tips to make sure your camper is “in the know”:

- ❖ Campers sign-up for four activity periods for a three-day rotation. Campers are given cards where they write in their schedule for the next three days. If they have horseback riding, this will already be filled in so that they don't “double-book” for that period.
- ❖ First pick of activities rotates by cabin group during each rotation. So cabins that had the first pick of an activity during one sign-up will not have it first again. Therefore, your camper should plan to sign up for their preferred activities when there are slots available for it!
- ❖ Activities that fill up fast include: Archery, Riflery, Climbing, Curosty, and Pottery.
- ❖ Be open to trying something new! Many campers are pleasantly surprised when they sign up for an activity that was not on top of their list. We encourage campers to be open to trying something different, whether it is an activity, food, or making a new friend.
- ❖ Horseback riding has a different sign-up process that is outlined in the *Horseback Riding* section.

## Horseback Riding

Horseback riding at Rockbrook combines excellent horses and ponies, qualified instructors, and top-notch facilities, to create an equestrian program where girls can improve their horseback riding skills, deepen their horsemanship knowledge, and have fun riding with friends. The riding program accommodates a wide range of riders— from advanced equestrians with years of experience, to young riders who have never ridden before.

As part of our camp program, all Rockbrook campers can enjoy horseback riding up to 6 days per week. On opening day, campers meet the barn director, and the director considers their skill, confidence, and size in assigning appropriate mounts, riding groups, and instructors. Campers are then placed into a class that meets regularly throughout the session. Campers can, however, choose to sign up later or drop the class, if desired. If a camper wants to leave/sign up late for horseback riding, she needs to let the Barn Director and her counselor know so they can help adjust her schedule.



Horseback riding is included in Rockbrook's regular camp tuition. [Visit our website](#) to learn more about the horseback riding component of our program.

## Adventures & Out-of-Camp Trips

Our camp program offers girls daily opportunities to take part in many adventure activities, including hiking, climbing, kayaking, canoeing, rafting, backpacking, and more! Rockbrook adventures happen both on the camp property, as well as in nearby forests and wilderness areas.

Out-of-camp trips are announced during meal times in the dining hall. Most trips are designated for certain age groups. Adventures for junior campers (grades 1-4) typically remain on camp property. If interested, campers meet with the trip leader to plan for the trip. Being on these trips means campers miss their regular activities during the trip



## Swim Demo

We invite campers to demonstrate their comfort in the water so we can understand how best to keep them safe while at the waterfront. Each line (age group) takes turns visiting the lake to learn about our tag system and the opportunities to swim each day at camp. Those opportunities vary based on each camper's swimming ability, but regardless of their ability, we have a way for everyone to enjoy cooling off at the lake if they want to.

Our three bands (and corresponding tags) of yellow, green, and blue indicate whether we'll require a lifejacket or not, and where in the lake it will be safe to swim. Campers can sign up for swimming as one of their activities if they would like to improve and perhaps repeat the demo to change their band/tag colors.

The swim demo starts with jumping off the dock, swimming out about 60 feet, back 60 feet using some sort of backstroke, and treading water comfortably for one full minute. The last part can give some girls trouble. The Rockbrook lake water is chilly and treading for that long in deep water can be a challenge to do with strength and confidence.



## The Health Hut

Health Hut: 828-877-4572 | Main Office: 828-884-6151

Staying healthy at camp is important! Campers can sometimes need medical attention, may take regular medications, or might need the occasional bandaid, bug bite remedy, or reassurance when feeling a little yucky. Rockbrook has a team of registered nurses who staff our Health Hut 24/7. Our camp pediatrician visits camp weekly to consult with the nurses and to see any campers who may need additional diagnosis or care. Additionally, our counselors are required to be First Aid and CPR certified, as well as undergo a focused training on recognizing anaphylaxis and emergency epi-pen use. If needed, Urgent Care facilities and the Transylvania Regional Hospital are 15 minutes away from camp.

The Health Hut is stocked with necessary over-the-counter (OTC) medications and first aid supplies. The nurses organize and administer *all* camper medications. Nurses will send any necessary medications with the trip leader for out-of-camp trips, as well as a first-aid kit.

### Medications at Camp

- Nurses administer daily medications daily at breakfast, lunch, dinner, and bedtime.
- All medicines, including OTC medications and supplements, must be dispensed by the nurses. Campers are not allowed to keep medication in their cabin, with the exception of rescue meds like emergency inhalers and Epi-pens.
- The Health Hut is stocked with a full array of [OTC medications](#).
- Please ensure that all prescription and OTC medications, and any medications that your child cannot take, are listed on their Health History Form in your [CampInTouch account](#).
- Rockbrook requires that all regularly taken/daily camper prescription medications be pre-packaged by a pharmacist into unit-dose blister packs by time of day. We cannot accept blister cards filled at home. Please review the *Medication Policy Notification* in your CampInTouch for details on how to package and send medications to camp.
- If your camper takes medication regularly, or during the school year, for ADHD (Ritalin, Adderall, Concerta, etc.), we recommend that they continue taking this at camp. The camp environment is similar to school in terms of structure, attention, and social dynamics, and we have seen campers benefit from continued support of these medications.

### Camper Health Forms

Please complete and return your camper's health forms to camp by the specified deadline. Having all of your camper's health information allows us to provide care for your camper. Please contact us before camp if there is a health issue that you would like to discuss. Campers will not be admitted to camp without the signed *Camper Medical Authorization* as this allows us to provide treatment while at camp.





### Communication with the Health Hut

Before camp, a member of our team may contact you to discuss a health condition listed in your camper's health forms. Please also contact us in advance if there is a health issue that you would like to discuss. While at camp, a nurse will contact you if your camper has to spend the night in the Health Hut or receives medical attention outside of camp. **Health Hut: 828-877-4572 | Main Office: 828-884-6151**

### Lice Checks

On Opening Day, a professional lice screening company will check each camper to make sure they are free of lice. There is no charge for this screening, but if lice is found on your camper, she will be treated immediately and we will bill you for this treatment. Please consider checking your camper's hair for lice before arriving to help avoid this costly treatment.

### Additional Medical Expenses

If your camper needs additional medical care or prescriptions, those expenses will be your responsibility. We will post any fees we incur (copays, prescriptions) to your online CampInTouch account and charge to you at the end of the session. You will be responsible for filing medical bills with your insurance company for reimbursement.





## Meals at Camp

Meal times in the dining hall are full of singing, clapping, and really delicious summer camp food! The Rockbrook camp kitchen crew provides an amazing variety of kid-friendly-yet-healthy meals. There is always a vegetarian and gluten-free option at each meal, fruits and vegetables, a cereal bar at breakfast, and a peanut butter and jelly station available at lunch and dinner. [Our website](#) has more information and a great video overview of our kitchen's approach to food at camp.

### Dietary Concerns

Our kitchen staff is knowledgeable of, and willing to work with, any dietary challenges your camper may have, within reason. The kitchen staff takes great pride providing what girls need to eat, including vegan, gluten-free, or accommodating food allergies. We encourage you to contact us and to communicate any special dietary needs on your camper's Health History and Camper Profile forms.

### Staying Hydrated

We encourage campers to drink plenty of water throughout the day. There are water-bottle filling stations around camp, and fruit is available throughout the day. In order to be environmentally friendly and cut back on the amount of paper cups we throw away, we recommend each camper have her own water bottle. Please pack one or you may purchase one on opening day.



### Sample Menu

<i>Breakfast:</i>	Scrambled eggs/ tofu, bacon/soy sausage, toast, juice
<i>Muffin Break:</i>	Blueberry muffins
<i>Lunch:</i>	Grilled cheese, sliced watermelon, tomato soup
<i>Snack Break:</i>	Pretzels (on Tuesdays and Thursdays this is "Candy Break")
<i>Dinner:</i>	Chicken/Tofu alfredo with broccoli, blackberry cobbler
<i>Bedtime:</i>	Milk and cookies (homemade chocolate chip)!



## Birthdays at Camp

What a treat! If your camper will have a birthday while at camp, she'll feel really special. Her cabin will decorate a cake for her, create a birthday banner, and all of the camp will sing to her in the dining hall! She is sure to get lots of birthday wishes throughout the day and maybe even a friendship bracelet!

Because this is a special day, there are few special exceptions for the birthday girl:

- ★ She is allowed to receive a birthday package! Packages are not generally permitted at camp, but for birthdays, we make an exception. You can either mail the package or bring it on opening day and give it to the office for safekeeping. Please label the package with her name and indicate that it is for her birthday. Alert the office if you are mailing a package so that it isn't accidentally returned. Please remember not to send expensive items, and consider including some fun items for the cabin to enjoy together.
- ★ She gets a birthday phone call home! Campers are not normally permitted to call home, but again, for birthdays, this is a special treat. We offer this only if a camper would like to, and if it seems like it will not contribute to homesickness. The office will coordinate with you and help her to call home for a birthday chat.



## Keeping in Touch with Your Camper

You have done all of the preparation to get your camper to camp. You drop her off on opening day, and...then what? There are several ways to stay in touch with your camper.

### Photo Gallery

We have photographers on staff who capture photos of campers throughout the day! Thousands of photos are uploaded to our website throughout your camper's session. You can view new photos daily and even purchase them online. The photo gallery is only available to families of registered campers. You can access the photo gallery through your [CampInTouch account](#).

### Mail & Email

Each camper has her own mailbox on the porch of our dining hall. Mail is distributed to campers every day for pickup after lunch. As a technology-free camp, campers do not have access to email, but they can send and receive letters via the USPS! Family and friends may send emails (one per day, please) to our dedicated camp email account, which will be printed and delivered to campers' mailboxes daily.

Please keep in mind that USPS Mail in and out of Brevard is typically very slow in the summer due to the volume of camps and campers in our area. You may want to consider writing and sending a letter to your camper before she arrives in order to have a letter waiting!

**Mail letters to:** Camper First and Last Name  
Rockbrook Camp  
P.O. Box 792  
Brevard, NC 28712

**Send emails to:** [camper@rockbrookcamp.com](mailto:camper@rockbrookcamp.com)  
Subject Line: Camper First & Last Name

- Please limit emails to one per day.
- Please do not send e-cards or photos as we are unable to print these.
- Remember that campers cannot reply to you by email.

*Note:* A first letter from your camper *may* express some homesickness. Don't worry, this is very normal! Please take a moment to write a very positive and encouraging response. You can send this via email for a faster delivery. Review the section in this guide titled *Handling Homesickness* for some tips on how to support your camper. Also feel free to contact our office to check how she is doing.

Reminders when writing to your camper, we recommend that you:

- *Avoid describing fun things you are doing without her.* Just like seeing a fun party on social media that you were not invited to, hearing about something fun you or your family is doing without your child is not helpful while they are away at camp. Instead, the message should be "Home is good, but nothing unusual. I look forward to hearing more about camp when you get home."
- *Avoid writing news about disturbing current events.* Camp is your child's opportunity to fully relax and forget about the hustle and bustle of daily life. Your kids have worked hard in school all year and they deserve a chance to relax and just be kids. They cannot do anything about it, and troubling news of the outside world can be mostly a worry for them.

### No Package Policy

We have found that competition between campers who receive packages and those that do not can have a negative effect on the camp community. Do not send packages or large envelopes. Please notify family members about our “no package” policy.



If your camper has forgotten an essential item, please call the camp office at 828-884-6151 to set up approved shipping. All other packages will be held until closing day.

*Package exception:* If your camper is celebrating her birthday while at camp, sending a birthday package is OK. Please be sure to mark the package clearly as such. We’ll hold it in the office until her birthday! Review the *Birthdays at Camp* section above or contact our office for more information.

### Letters from Your Camper’s Counselor

You’ll receive snail mail from your camper’s counselor. This may include information about what activities your camper has signed up for, how she is getting along in the cabin, and even some exciting upcoming events!

### Camp Blog

Keep up with camp happenings and on our blog: <https://www.rockbrookcamp.com/blog/>. You can [subscribe here](#) to get blog post updates by email.

### Visitor Policy

Campers are not allowed to have visitors during camp. Having to readjust to camp following a visit is difficult, especially for a homesick camper. Plan to have your camper be your “tour guide” on closing day when she can share her favorite places with you.

### Checking In

You are welcome to call the office to check in on your camper. The office will take a message and have her counselor or a director call you back with an update.

Occasionally, you may hear from us. In addition to your camper’s counselor, we have a team of nurses, camp moms, and directors who are here to support your camper while at camp. A nurse will contact you if your camper has to spend the night in the Health Hut or receives medical attention outside of camp. A director may also reach out if your camper needs additional support while at camp.



## Handling Homesickness

It's been 5 days since you dropped off your camper and you received a letter saying, *"I hate it here! There are bugs, I didn't get the top bunk like I wanted, it's rained everyday and I miss you! All I want to do is give you a big hug. I have so much more fun at home. PLEASE COME GET ME!!!!!! PLEASE!!!!"* What should you do?!

First of all, breathe. Most campers (and staff members!) experience some degree of homesickness during the beginning of camp. Most letters are written during rest hour or before bed, which are times the campers tend to miss home the most. This feeling is completely normal for everyone and is not evidence of a true dislike of camp. Typically, these feelings will go away after a day or two. Usually by the time you receive these letters, she is just fine.



If you do receive a homesick letter, please take a moment to write a very positive and encouraging response (see example below). In your email/letter, let your camper know that you are confident with her ability to cope with her new adventure and remember not to tell her you miss her or cannot wait for her to come home. Validate her feelings. Share a story of a time that you felt the same way! Ask her about camp, her activities, her counselor and friends.

Here is a sample of a great letter a parent wrote:

### A Parent's Letter to their Homesick Camper

*Dear Susie,*

*I just got off the phone with Ms. Charlotte from Rockbrook. She said that she made a promise to you that she would call me and tell me everything you told her and you hoped I would pick you up from camp. Ms. Charlotte did tell me you were homesick and cried because you were missing me. My heart is very sad that you're feeling this way and I want you to know how much I love you and I will always love you.*

*Also, you need to know that I totally understand. Although I didn't go to camp, I did leave my family and friends for an entire year when I backpacked around the world! I missed my mom, dad and friends so much. But I decided I had a choice – I could either swallow my homesickness and make a huge effort to enjoy it, or I could go home and never get to experience what it felt like to conquer my fears and meet new friends, try adventures and see exciting places.*

*I'm not going to pick you up. You are a strong, independent, fun loving, kind girl. You will get through this and I PROMISE you within a day or so, you will be loving every second of camp. The best way to overcome feeling homesick is to stay as busy as you can. Try every activity that you can and realize that this is such a fantastic opportunity for you.*

*Plus, it is HOT and boring right now here. Most of the kids are away and you'd be bored silly if you were here.*



*I'm also so happy that you've been able to try Riflery. Did you enjoy that? Please let me know every fun activity you do and all about your fun friends you've met. I promise to write you every day. You will have a whole slew of letters coming!*

*Be strong, have fun and know that I am so very proud of you and love you very much!!!! Now...chin up, big smile and get to your next activity! I will see you on closing day.*

*I Love you,  
Mom  
xoxoxoxoxox*

If you have any concerns about how your camper is doing, please contact our office: 828-884-6151 or [office@rockbrookcamp.com](mailto:office@rockbrookcamp.com).

Think of camp as a learning experience. Sending your child to camp offers a wonderful opportunity for both you and your child to practice "letting go." Learning to let go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative and more.

If you think your child may be homesick, we recommend reviewing our online resources to help you prepare her (and yourself) ahead of camp as well as support her through those feelings at camp. You can also reach out to our staff anytime to chat about how to best support your camper through feelings of missing home.



## Online Shop & Camp Store

Rockbrook has both an online shop and a physical location at camp, called the Camp Store.

### Online Shop/Pre-Purchases

The online shop is available for pre-purchases of Rockbrook-branded clothing and merchandise. Parents can pre-purchase camp gear by visiting our online Camp Store *before* the start of your camper's session. All purchases will be available and distributed to campers after they arrive for their camp session. Size swaps can happen at the Camp Store once she arrives, if needed.

Scan the QR code below or [click here](#) to visit our website and start shopping.



### Onsite Camp Store

The Camp Store is located onsite. The store stocks Rockbrook-branded clothing and merchandise (all of the things that you can find in the online shop) as well as smaller items for use while at camp, like letter writing supplies, batteries, disposable cameras, and toiletries.

On Closing Day during check out, you'll receive an invoice for any items purchased by your camper at the Camp Store. This can be paid in your online account.



## Unaccompanied Minors Air Travel

Campers ages 6-14 must fly as unaccompanied minors, even on non-stop flights, and they may not connect to other airlines. Check your airline's website for further regulations and fees for round-trip or one-way tickets. **International campers should be sure to contact us to make special arrangements.**

### Flight Reservations:

- Book flights in and out of the Asheville, NC Regional Airport (AVL). We only provide transportation to and from this airport.
- Book the earliest flight of the day, non-stop if possible. Campers must arrive and depart on Opening and Closing Days only.
- Please prepay for the Unaccompanied Minor service. *Before completing the Unaccompanied Minor Form, please contact our office for the name and address of the person who will meet your child at the airport.*
- Complete the Transportation To/From Camp Form in your [online account](#).
- Email [office@rockbrookcamp.com](mailto:office@rockbrookcamp.com) a copy of:
  - Paid receipt for Unaccompanied Minor fees
  - Camper's travel itinerary
- Ensure that your parent contact information is accurate in your online account and that it matches the information on the Unaccompanied Minor Form.

### Camper must travel with:

- Required identification documents
  - Copy of her itinerary
  - Working cell phone
  - Cash or temporary credit card
  - Phone numbers for parents and backup contacts, plus the number for camp
- All of the items listed will be collected and held in the camp office until departure.*

We also recommend that your camper also carry a backpack: include snacks, items for entertainment, a change of clothes, and a swimsuit. Swim tests are taken after lunch and luggage may not yet be in camp. Label all bags with your camper's name and address placed inside and outside.

Campers are met at the airport by camp personnel wearing Rockbrook apparel and are escorted to our bus for the 30-minute drive to camp. We will call you when your camper arrives at camp!



In case of a change in travel plans or an emergency, please call our office immediately at 828-884-6151.

## Opening Day

If your camper is traveling to camp as an unaccompanied minor, please review *Unaccompanied Minors Air Travel*. We will pick up your camper at the airport and get her checked into camp. If your camper is traveling to camp by vehicle, please review the information below.

### Arrival Times

To minimize too many cars arriving at once, we ask that you arrive at a certain time according to the grade of your camper. This is important for a smooth arrival and check-in process. Arrival times are staggered by the **grade just completed**. If you have two or more campers checking in, please arrive at the earlier time.

<u>Arrival Time</u>	<u>Grade Just Completed</u>
8:30am	1st-3rd
9am	4th
9:30am	5th
10am	6th
10:30am	7th
11am	8th
11:30am	9th

#### Special Arrivals

Hi-Ups: 3-4pm on Saturday

Horse Camp: 10am (all grades)

### Drive Through Check-In

Opening Day starts at our Riding Center (3460 Greenville Hwy, Brevard, NC), which is across the street from the main part of camp. When you drive into the main entrance of the Riding Center, you will be greeted by our Hi-Ups (10th graders). They will ask your camper's name and place an identification card on your windshield. Please stay in your vehicle as you continue to drive through the check-in stations.

#### Check-In Stations

1. *Camp Office*: Office staff will review your forms and make sure we have all information needed on file, as well as confirm tuition has been paid in full.
2. *Riding Staff*: Optional sign-up for horseback riding during your camper's session.
3. *Camp Owners/Directors*: Say hello to Sarah and Jeff Carter!
4. *Health Hut Nurses*: All campers are required to check-in with the nurses, undergo a brief health screening, and submit any medications.

From here, you'll be on your way into camp! As you leave the riding center, turn left onto Greenville Highway. Then, turn right into the main entrance of camp (with the Rockbrook sign) and follow the drive past the lake and up to the hill. There, you will be greeted by our staff and pause for a few moments to unload luggage, which will be labeled and moved by our team to the appropriate cabin, and meet your camper's counselor. Then, time to say goodbye! We encourage you to say your goodbyes quickly so your camper can jump right into camp life.

### After Parents Depart

Once you've departed, your camper will:

- Have her hair checked for head lice by professional, discreet screeners.
- Settle into her cabin with the help of her counselors.
- Gather with all campers to meet the Directors and receive important safety information.
- Visit the Camp Store to pick up any pre-camp purchases.
- Get started having fun! Lunch will be served around 12:30/1pm.

## Closing Day

Please plan to pick up your camper between **9am-12pm**. If your camper will be flying, please make sure her travel information is current in your online account.

If you plan to have someone else who is not you or another custodial guardian of your camper pick her up, please notify our office in advance. We are unable to release campers to grandparents, friends or neighbors unless we have made prior arrangements with that camper's guardian. Releasing a camper to a non-custodial adult requires special permission from Rockbrook's directors.

On closing day, you will drive into camp where you dropped her off on opening day. You will pick up your camper, then drive to the bottom of the hill to check out with the office, nurses, and to pick up her trunk and other items.

To check out, you will park and then visit the following stations to complete the checkout process:

1. Luggage - Find your camper's counselors. They will help to collect her trunk and other items.
2. Office - Pick up a closing day packet with a cabin photo, sticker, contact list, and store invoice.
3. Health Hut Nurses - Review any health concerns from camp and pick up any medications.
4. Camp Store - RBC branded merchandise will be available for purchase.

Please remember to check for all belongings, laundry bags, sleeping bags, and other items. Lost items are donated to a local charity after October 1.





## Forms

There are a lot of forms to complete before camp. This helps us to care for your camper and provide a positive camp experience. We appreciate your understanding. **Please login to your [CampInTouch account](#) to view, complete, and submit required forms by their due dates listed online.**

Form	Form Type	Purpose
Cabin Friend Request (Optional)	Online	If you would like to request a specific friend be in the same cabin as your camper, please use this form. While we will do our best to accommodate this request, we cannot guarantee placement with another camper.
Camper Medical Authorization & Insurance Cards	Paper Upload	All parents must sign this form to authorize Rockbrook to provide, seek, and consent to medical care. It asks for your health insurance information as well.
Camper Profile	Online	We would like to get to know your camper and understand anything that might impact her camp experience.
Code of Conduct	Online	A pledge signed by all members of the RBC community.
Current Camper Photo	Upload	It is important that we have a current photo of your camper in our system each summer. Please upload an updated photo of your camper only that is a close up of her face, without sunglasses.
Gordon Family Pharmacy Form (Optional)	PDF	Complete this form if you would like for Gordon Family Pharmacy in Brevard, NC to blister pack your camper's regularly taken Rx medications and deliver to camp. You can also use any pharmacy of your choosing and bring the blister pack(s) to camp.
Health History	Online	Please provide detailed information about your camper's allergies, physical and mental health history, nutritional needs or restrictions, immunizations, and regular medications.
Letter to My Cabin Counselor	Online	This one is to be answered by your camper, please. Parents are welcome to assist.
Luggage Details	Online	Tell us how your camper's luggage is coming/leaving from camp.
Medication Policy Notification	Online	This form outlines Rockbrook's medication policy.
Packing List	PDF	Suggested list of things to bring (and not bring) to camp!
Parent Guide	PDF	Important and helpful pre-camp information for all parents.
Physical Examination	Paper Upload	This form requires a healthcare provider's signature confirming an assessment of your camper's health and ability to engage in camp activities. The exam must be completed within 12 months of attending camp.
Transportation To/From Camp	Online	Let us know how your camper is arriving/departing from camp.

## Pre-Camp Checklist

Please read and complete the following checklist prior to your camper's arrival at camp. This will make the Opening Day run smoothly and allow your camper to jump right into camp life!

1. **Review camp materials.** Go over all of the materials provided and discuss them with your camper. Ask what she is most excited about and address any concerns she may have. Remember, please avoid making any promises of, "If you don't like camp, I will pick you up early." Instead, reassure a nervous camper that you know she can do it. Review *Reminders Before Sending Your Child to Camp* for more information.
2. **Submit required forms.** Login to your [CampInTouch account](#) and confirm that you have completed and submitted all required forms by the due dates listed. ***We cannot admit your child to camp without a completed Physical Exam Form and signed Camper Authorization Form.***
3. **Medical or dietary needs.** If your camper has any medical or dietary needs, please ensure these are listed on the Health History Form. Contact us before the Opening Day of camp to set up a call with the appropriate staff member.
4. **Review emergency contact information.** This is located in your online parent account.
5. **Add a payment method to your online account.** This will be used to pay for items purchased in the Camp Store or if she has a medical need, such as a prescription. No charges will be run without your permission.
6. **Review the Opening Day Instructions.**
7. **Avoid Overpacking!** Consolidate any loose items into the trunk and/or duffel bag.
8. **Leave your camper's cell phone at home!** We are a technology free camp and do not allow cell phones, laptops, video iPods, or other devices with internet connectivity at camp. Please remind your camper of this policy. If your camper is flying and will be traveling with a phone, we will hold the phone safely in the camp office and return it to her for her flight home.

Thank you for your attention to these details. Completing these tasks in advance will make checking into camp a speedy and smooth process! Feel free to call us at 828-884-6151 if you need any assistance.



## Rockbrook Code of Conduct

Our goal at Rockbrook is to build and maintain a friendly and welcoming community defined by a culture that applauds diversity, creativity, self-expression, and positive relationships.

We place a high priority on maintaining a loving, safe, and supportive environment.

We strive to promote the character values of kindness, honesty, respect, and responsibility in all aspects of our camp program.

To accomplish these goals, everyone at camp, campers and staff alike, abide by a code of conduct that reflects Rockbrook's values and guides how we treat each other.

I understand that the following behaviors are not allowed while at camp:

1. Stealing or vandalizing property.
2. Any kind of harassment of individuals or groups. This includes all forms of bullying, and using language that diminishes others.
3. Intimate sexual relationships or sexual activity of any kind. This includes the use of language that is inappropriately sexual.
4. The possession, use, and discussion of drugs, drug paraphernalia, alcohol, CBD, vaping or tobacco products.
5. Fighting or violence of any kind. This includes harsh, profane, and threatening language.
6. Altering your appearance during your time at Rockbrook (piercings, tattoos, hair cutting or coloring).
7. Possessing a cell phone or other technology that has a screen or can connect to the internet.
8. Leaving camp boundaries without permission.
9. Violating the community spirit of Rockbrook.

This pledge is a reminder of your responsibility as a member of the Rockbrook Camp community:

*“At Rockbrook,  
I will be a person of integrity who treats others with respect and kindness.  
I will strive to be honest, supportive, and compassionate toward everyone at camp.  
I will not commit acts or use language that demeans others, or that in any way is unsafe, disruptive, or unkind.  
I will follow all the safety rules of our camp community.”*

**Violation of this Code of Conduct can be grounds for disciplinary actions including but not limited to automatic dismissal from camp.**

## Rockbrook Camp Jargon

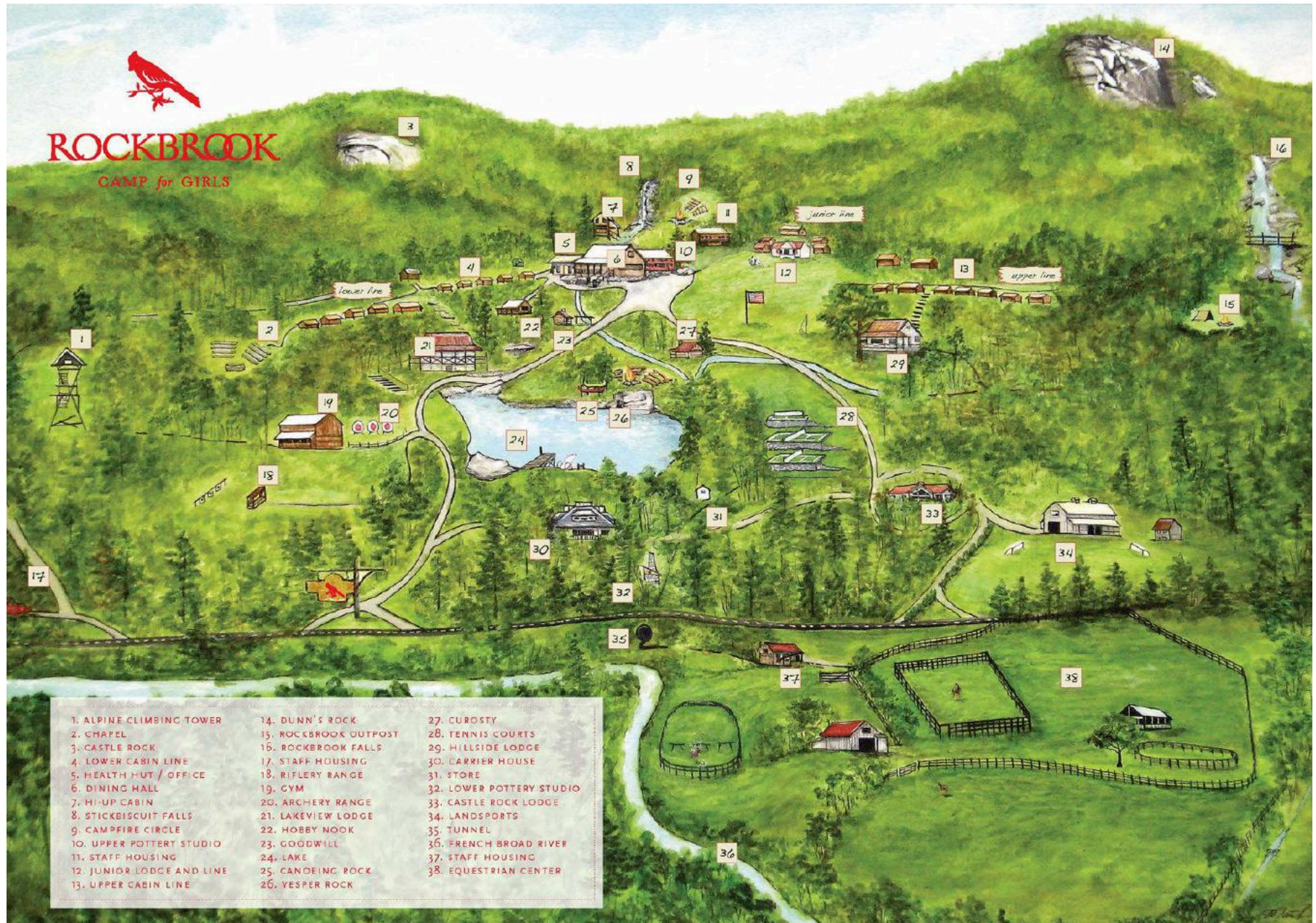
Be-Bop	The little bathhouse between Half Pint and Cabin 1 on the lower line.
Biltmore Train	A surprise treat for campers and staff, an all-you-can-eat ice cream buffet.
Camp Mom/Aunt	A special role at camp typically held by an alum who provides care for the entire camp community and support throughout camp.
The Carriers	The founders of Rockbrook, Nancy and Henry Carrier.
Castle Rock	The rock above camp. Stand on the road near the flagpole, face the dining hall, and look up (way up)- there it is!
C.H.A.P.E.L.	An outdoor gathering site used on Sundays. Located at the end of the lower line. It stands for our Celebration of Happiness, Adventure, Peace, Earth, and Love.
Curosty	The spelling looks odd, but it is right - it's mountain talk! One of the craft cabins and the home of basketry, weaving, rug making, needlework, etc.
Deducky	The bathhouses on each line.
Dogtrot	The center section of each cabin. A place to keep boots, rain clothes, wet swimsuits & towels, and damp laundry.
Dolly's	Local ice cream shop that campers get to visit at least once during camp.
Half-Pint	The first cabin on the lower line.
Hi-Ups	The oldest campers who have completed 10th grade. They have special responsibilities including helping in the dining hall, assisting with an activity, and planning special events.
Hi-Up Cabin/Palace	Home of the Hi-Ups. This cabin is off-limits to other campers. Take the path behind and between the Dining Hall and Health Hut and it is right up the hill.
Hodge Podge	A craft activity where campers tie-dye t-shirts, decorate tote bags, etc.
Line	Rockbrook's word for age groups (Juniors, Middlers, Seniors).
Line Duty	Approximately once a week, each counselor is assigned to be available on the line during free times and after bedtime from lights out until midnight.
Muffin Break	Daily morning break when we enjoy fresh baked muffins!
RBI/RBA	Rockbrook Inappropriate / Rockbrook Appropriate - refers to language and behavior that is, and is not, appropriate for use at Rockbrook.





# ROCKBROOK

CAMP for GIRLS



- |                           |                       |                          |
|---------------------------|-----------------------|--------------------------|
| 1. ALPINE CLIMBING TOWER  | 14. DUNN'S ROCK       | 27. CROSTY               |
| 2. CHAPEL                 | 15. ROCKBROOK OUTPOST | 28. TENNIS COURTS        |
| 3. CASTLE ROCK            | 16. ROCKBROOK FALLS   | 29. HILLSIDE LODGE       |
| 4. LOWER CABIN LINE       | 17. STAFF HOUSING     | 30. CARRIER HOUSE        |
| 5. HEALTH HUT / OFFICE    | 18. RIFLERY RANGE     | 31. STORE                |
| 6. DINING HALL            | 19. GYM               | 32. LOWER POTTERY STUDIO |
| 7. HI-UP CABIN            | 20. ARCHERY RANGE     | 33. CASTLE ROCK LODGE    |
| 8. STICKBISCUIT FALLS     | 21. LAKEVIEW LODGE    | 34. LANDSPORTS           |
| 9. CAMPFIRE CIRCLE        | 22. HOBBY NOOK        | 35. TUNNEL               |
| 10. UPPER POTTERY STUDIO  | 23. GOODWILL          | 36. FRENCH BROAD RIVER   |
| 11. STAFF HOUSING         | 24. LAKE              | 37. STAFF HOUSING        |
| 12. JUNIOR LODGE AND LINE | 25. CANOEING ROCK     | 38. EQUESTRIAN CENTER    |
| 13. UPPER CABIN LINE      | 26. YESPER ROCK       |                          |