

THE  
ROCKBROOK  
PARENT'S GUIDE





We welcome you to Rockbrook Camp,  
We're mighty glad you're here!  
We'll send they 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 daughter's arrival. This summer, just like the past 94 summers, we aim to provide your daughter with a multitude of fun and enriching experiences that she will treasure for many years to come. RBC offers girls an opportunity to grow up a little, develop new social skills, be creative, get silly, "let go" and make her own choices along the way. We hope your daughter will leave camp filled with fond memories of time spent with friends, a heap of new skills and a new level of confidence in their own abilities.

We recognize that although your daughter 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 daughter make the most of her camp experience! You'll find information about the activity sign-up procedures, 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.

In addition to this guide, much of this information is also available on our web site.



### Setting Your Daughter Up for a Successful Camp Experience

Help your daughter have the most fun . . . and the least homesickness . . . while at camp!\*

Your daughter's upcoming summer at Rockbrook will be one of the most fun and rewarding events of her life! Over the years, we have identified a few approaches that will help her get the most out of her camp experience.

- Let your daughter 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.
- Start a new friendship by encouraging your daughter to write to her assigned Pen Pal. Having one person she knows at camp makes the transition much easier (These are given out in the spring). All new campers will be paired up with another camper in their session and age group.
- 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.
- If your daughter 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 everything.
- 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 instead of worrying about how much the family misses her.
- Most importantly, stay away from making early "pick up deals" with your daughter. One of the worst things that you can tell your daughter is, "If you don't like camp, then I'll come get you." This type of decision puts a big weight on a child's 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.

- Listen to and talk about concerns. As the first day of camp nears, some children understandably experience uneasiness about going off to camp. Rather than acting on what you believe her feelings to be, ask good questions such as: "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.
- Have realistic expectations. Camp, like the rest of life, has high points and low ones. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp either. The main purposes of camp are to relax and have fun.
- A special note for your young camper: Remember that your daughter 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, teach her these skills before camp begins.

(\*These ideas were taken from The Summer Camp Handbook written by Christopher A. Thurber, PhD and Jon C. Mailnowski, PhD.)



### Your Camper's Health

**\*\* REMEMBER!** Return completed health forms to camp before May 1<sup>st</sup>. Campers will not be admitted without the signed emergency consent form.

Our Health Hut is staffed 24/7 during camp, by an RN. We have a local pediatrician come to camp once a week, and a Physician's Assistant on call at all times. If needed, the Transylvania Regional Hospital is 15 minutes away.

All of our counselors are required to be First Aid and CPR certified. They also undergo an epi-pen training during their staff orientation. Lifeguards are regularly drilled in lake-safety, and our Archery, Riflery and Gymnastics instructors are required to be safety-certified as well.

The Health Hut is stocked with necessary over-the-counter medications and first aid supplies. All trips out of camp are equipped with a first-aid kit. The nurses organize and dispense all camper medications, including PRNs, over-the-counter and vitamins. If your daughter goes on any trips out of camp, the nurse will send the necessary medications with the trip leader.

Here's a note from the American Camp Association about the use of long-term psychotropic drugs (Ritalin, Adderall, Concerta, etc):

"Children should avoid elective interruption of these medications while in a camp environment. Most children treated with medication for behavioral or emotional problems benefit from continued use of medication at camp. Learning new skills, listening, following directions, building relationships, and having the same opportunity for success is paramount for these campers."

Even though we are always prepared for the worst-case scenario, any camp nurse will tell you that the most common injuries they treat are small scrapes, twisted ankles and mosquito bites. You can help your camper stay healthy at camp by encouraging her to wash her hands regularly, wear bug spray and sunscreen everyday, cough into her elbow, not her hand, and use hand sanitizer throughout the day. Also, encourage her to wear flip flops

only in the shower – camp has a lot of uneven terrain and shoes that stay on the feet are the best prevention against twisted ankles.

The nurse will contact you if your daughter has to spend the night in the Health Hut for any reason or receives medical attention outside of camp. If additional medical care is required, resulting prescriptions, doctor, or hospital bills will be charged to you. The nurses will contact you to discuss payment. You will be responsible for filing medical bills with your insurance company for reimbursement.

Health Hut Contact: 828-877-4572 or 828-884-6151

The best time to reach the nurses: 10-11:30 am, 2-4pm, 1:30-9pm.



## Homesickness

Imagine this scenario. It's been 5 days since you dropped off Susie at camp. You get a letter from her 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, please understand that we are here to help. 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 feel the most homesick. 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 response (See example on the next page). You are welcome to send this as an email for a speedier reply. Let your daughter 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 recently:

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

Dear Susie,

I just got off the phone with Ms. Sarah 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. Sarah 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 things, 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

Of course, you are welcome to check in with our office if you have any concerns. Our directors are always available by phone, and your camper's counselor can provide you an update if you have concerns. We strongly discourage a phone conversation with your camper, as this can often make the homesickness worse.

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 purchasing a DVD/CD set called "The Secret Ingredients of Summer Camp Success" by Chris Thurber, Ph.D. It's available at [www.campspirit.com/parents/theseingredients-dvd-cd-set.html](http://www.campspirit.com/parents/theseingredients-dvd-cd-set.html).

## What Should I Pack?!

Although you'll find a complete list of items to pack available in your online (Campminder) account, we wanted to give you some tips and ideas so you can start thinking about how to organize your camper's items:

- LABEL EVERYTHING - Permanently write, or better yet, use sewn or ironed-on labels that include the first and last name.
- DON'T 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's - 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 shower during the early afternoon, and usually coincides with rest hour. Still, a rain jacket is a must! Also, because of the dampness, it is common for things to mildew. Pack all stationary in plastic bags to prevent the envelopes from self-sealing!
- **TRUNKS** work best for clothing, and duffel bags for linens. Girls 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 once a week. Therefore your camper really only needs clothes for one week, even if she is coming for 4 weeks.
- **DID WE MENTION TO LABEL EVERYTHING?**

### A Special Note About Cell Phones

Campers are not allowed to have cell phones at camp. This is a strict policy for us because we have found that girls who bring cell phones diminish their experience of camp life and often have more difficulty with homesickness. A large part of camp is learning to be independent and you can help your daughter succeed by making sure she does not bring a cell phone.

However, if your daughter is flying to camp, and you would like her to have a phone for traveling purposes, we will gladly keep it for her in the office until closing day. Please let the office know if we should expect her to have one.

### A Special Note About Electronic Screens

Campers are not allowed to have electronic screens at camp. We ask that campers do not pack tablets (e.g., iPads), e-readers (e.g., Kindles or Nooks), or iPods with touch screens (iPod Touch or iPod Nano). Beyond the practical rationale for not packing these electronic items— there are no electrical outlets in our cabins available for recharging —we strive to make camp a place for slowing down, “unplugging” from our devices, and for being more fully engaged with those around us.

We do allow campers to listen to personal music at rest hour and before bed (i.e., only in the cabin), but we suggest inexpensive, alkaline battery-powered players.

Later in this manual we have a complete packing list.



## A Note from The Kitchen

Meal times in the dining hall are full of singing, clapping and “parle vous” (ask your camper about this when she gets home!). We strive to provide a variety of kid-friendly-yet-healthy food. There is always a vegetarian option at every meal. Also, we have full deluxe salad bar and peanut butter and jelly station available at lunch and dinner.

### Dietary Concerns

Our kitchen staff is knowledgeable of and willing to work with any dietary challenges your daughter may have. Please be sure to communicate your concerns to us prior to her arrival!!

### Staying Hydrated

We encourage campers to drink plenty of water throughout the day. There are coolers, as well as fruit kept on the porch all day. In order to be more environmentally friendly and to cut back on the amount of paper cups we throw away, the “Green Gnome” recommends each camper have her own water bottle. Please pack one or you may purchase one on opening day.

### Sample Menu for a Day

**Breakfast:** Scrambled eggs/ tofu, bacon/soy sausage, toast, juice.

**Mid-morning Muffin Break:** Blueberry muffins.

**Lunch:** Grilled cheese, sliced watermelon, tomato soup.

**Snack Break:** Pretzels. On Tuesdays and Thursdays this is “Candy Break.”

**Dinner:** Chicken/tofu Alfredo with broccoli, blackberry cobbler.

**Bedtime:** Milk and Cookies (homemade chocolate chip)!



## Birthdays

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 and everyone will sing in the dining hall to her. She is sure to get lots of birthday wishes throughout the day and maybe even a friendship bracelet! Because this is a special day, she is allowed to receive a package. Be sure to label the package and alert the office so it won't accidentally be returned. Please remember not to send expensive items.

### When The Rising Bell Rings

“When the Rising Bell rings,  
Quick energy it brings -  
But our zest is very soon dispelled.  
So we flop back to rest,  
For that's really what feels best  
And this is what we hear our counselors yell:  
'Get out of bed! You sleepyhead! And do your chores on the run!'  
So we hop out at last - 'Oh, my Gosh! It's 25 past!'  
And it time that the first bell should have rung...”

--- Rockbrook Songbook

## A Day in the Life of a Camper

4 activity periods, 3 meals, 2 snack breaks, 2 free swims, a morning assembly plus a wacky evening program all add up to equal 1 fun day at camp!

8:00	Rising Bell/Chore time
8:30	Breakfast
9:15-9:45	Morning Assembly
9:45-10:45	1 <sup>st</sup> Period
10:45 - 11:00	Snack Break
11:00-12:00	2 <sup>nd</sup> Period
12:00-12:45	Free Time/Free Swim
1:00	Lunch
2:00-3:00	Rest Hour
3:00 - 4:00	3 <sup>rd</sup> Period
4:00 - 4:15	Snack Break
4:15 - 5:15	4 <sup>th</sup> Period
5:15 - 6:00	Free Time/Free Swim
	Camp Store Open (Monday-Friday)
6:15	Dinner
7:00 - 8:00	Twilight Games/Free Time
8:00	Evening Program
9:15	Junior Lights Out
9:30	Middler Lights Out
9:45	Senior Lights Out

## Morning Assembly

Campers and counselors of each line meet within their respective lodges for a morning game to energize and start the day off right.

## Activity Periods

Campers spend an hour in each of their 4 chosen activities for the 3-day cycle. There are snack breaks in between the morning and afternoon activities to help campers re-charge and to have enough 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!

Our goal is to increase self-esteem so that campers feel good about themselves regardless of their ability or previous experience. Each activity is conducted in a non-competitive but challenging environment where we believe all campers can do anything offered at camp if they try. Activity periods are offered for three hours each morning and 2 hours in the afternoon. The girls also have additional free time to swim or work on other craft projects in the afternoons.

### **Skill Based**

Archery  
Riflery  
Gymnastics  
Sports & Games  
Swimming  
Tennis  
Yoga  
Dance  
Horseback Riding

### **Crafts/Creative Outlets**

Curosty (basket weaving, looms)  
Hobby Nook (sewing, leather working)  
Hodge Podge (tie dying)  
Pottery  
Needlecraft (knitting, crossstitch)  
KIT (scrapbooking, paper craft)  
Jewelry Making  
Photo-Journalism  
Drama / Play

### **Outdoor Adventure**

Hiking / Backpacking  
Rock Climbing  
Canoeing  
Kayaking  
Rafting  
Nature  
Alpine Tower  
WHOA  
Zip Line Course

Instruction is given according to age and campers progress as they develop skills in each area. Optional off site trips are announced in assemblies (e.g., at mealtime) and offered according to age and skill levels.

## Free Time

Rockbrook values free, unscheduled time just as much as it's activity periods. Some of your daughter's favorite memories may come from during a free time when she was putting her feet in the creek or playing a game with her cabin mates.

Counselors are trained to know where all their campers are at all times and also to offer special activities during free times. For instance, there are the Rockbrook Runners and Walkbrook Walkers clubs. Campers who complete 26 miles of trail run/walks while at camp get a trip to Dolly's Ice Cream Bar! Campers who swim 100 laps in the lake or reach the 5<sup>th</sup> ring on the toy (challenge course over the lake) also invited to go. We find these free time activities provide challenges while also keeping the 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, and it usually involves some kind of dressing up in costumes.

Part of the fun of camp is that there are so many surprises. Campers don't know the plan until counselors announce it in the dining hall or in their lodges just before the event.

If it's skits in the lodge, campers, along with their cabin-mates, come up with a creative, usually hilarious, interpretations 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 daily schedule. It's more relaxed – starting with breakfast in pajamas! After breakfast, campers dress in their “whities” for the flag raising and Chapel service. This is an ecumenical service and 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 friendship. Transportation by the camp is provided for Catholic and LDS campers to attend services in Brevard.

After Chapel, campers gather for Assembly on the Hill, when the cabin with the best inspection scores are announced, line songs sung and skits are performed to get campers pumped about activities/events coming up. In the afternoon, there is a camp-wide activity, such as Carnival or Miss RBC (a spoof of a beauty pageant event and a camp classic!). Sunday dinner is a bit “fancier” and then it's evening program, milk & cookies and bedtime.



### Understanding the Activity Sign-up Process

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 3 days, campers get to sign up for 4 activities. That means mini-session campers can try 12 different activities, 3-week session girls can do 20 and 4-week session girls can do 28!

We have found that campers who understand the sign-up process have a greater satisfaction rate, so here are some tips to make sure your camper is “in the know”:

- Here are the activities that fill up that fastest: Archery, Riflery, Climbing, Curosty, Hodge Podge, and Pottery.
- In order to make it fair, cabin groups that had first pick of an activity during one sign-up will not have it first again. Therefore, if Riflery is an activity that your camper really wants to take, she should sign up for it when there are slots available!
- Many campers are pleasantly surprised when they sign up for an activity that wasn't on top of their list - learning new things is fun! 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. Campers meet with the Barn Director, and she assesses their riding level on opening day. They 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.
- When campers are signing up for a set of the activities, they are given cards where they write in their schedule for the next 3 days. If they have horseback riding, this will already be filled in so that they don't “double-book” for that period.
- If a camper wants to leave/sign up late for riding, she needs to let the Barn Director and her counselor know.

## Keeping in Touch While at Camp

### Mail & Packages

Two words: Snail Mail! Campers LOVE to receive mail, especially the good old-fashioned kind. It is important to note that mail can take longer than usual, simply because Brevard's small-town post office gets overwhelmed with mail from the numerous summer camps in the area. Plan on a few days for letters to be received.

You may also send your daughter **emails** while she is at camp. Once per day, we print emails and deliver them to the campers. Please note that campers are unable to respond via email. There is no charge for this service, but we ask parents, friends and relatives to limit their emails to one per day, and to please not send photos or e-cards. Send camper emails to: [camper@rockbrookcamp.com](mailto:camper@rockbrookcamp.com) with your camper's first and last name in the “subject line.”

We have found that competition between campers who receive packages and those that do not can have a negative effect on the camp community. Please note that all packages will be returned unless prior arrangements have been made with the office. If you are sending an approved package (such as sending a forgotten pair of riding boots or birthday present), please know that the office staff will open it and then the contents will be given to the campers. Any candy or food will be confiscated.

### Letters from Her Counselor

You'll receive a letter and a postcard from your camper's counselor. She'll include information about what activities your camper has signed up for, how she getting along in the cabin, and even some exciting upcoming events! You are also welcome to call the office and ask to speak to the counselor or a director personally.

## Photo Gallery

We upload thousands of photos to our website throughout your camper's session. You can view photos daily and even purchase them online. The Photo Gallery is only available to families of registered campers, and is accessed through your online (Campminder) account.

## Twitter and the Camp Blog

Keep up with camp happenings and on our blog: [www.rockbrookcamp.com/blog/](http://www.rockbrookcamp.com/blog/) During the summer we post daily updates. You can subscribe by email here: [www.rockbrookcamp.com/subscribe/](http://www.rockbrookcamp.com/subscribe/)

You can also follow us on Twitter and receive a text message when a new blog has been posted, or even when a special event is about to happen: <http://twitter.com/Rockbrook>

## 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 daughter be your "tour guide" on closing day when she can share her favorite places with you.

## Pre-Camp Checklist

Here is a list of things you need to think about at this point. There will be a Final Checklist in The Parent's Guide Part 2:

- Go over all materials provided and discuss them with your daughter. Ask her what she is most excited about and address any concerns she may have. Remember, it's best to not make any "pick-up deals." Instead, reassure a nervous camper that you know she can do it.
- If you have a young camper, work with her to learn how to take care of herself - showering, brushing her hair, keeping up with her belongings etc.
- Discuss any dietary concerns with the office.
- Know these important dates:
  - May 1<sup>st</sup>: Remaining balance due.
- Schedule a physical. Have the doctor use the health form provided. **NO CAMPER WILL BE ADMITTED WITHOUT A COMPLETED MEDICAL FORM.**
- Communicate any cabin requests.



## Driving Directions to Camp

Rockbrook is located four miles south of Brevard, North Carolina, on US Highway 276.

Our physical address is 3460 Greenville Highway, Brevard, NC 28712.

We are approximately one hour by car from Asheville, NC, two hours from Charlotte, NC, and three hours from Atlanta, GA.

From Asheville, follow I-26 east and take exit 40 (Asheville Airport). Turn right and follow Hwy. 280 from the airport to downtown Brevard (about 20 miles). At the courthouse (on the left corner at the top of the hill), turn left onto Main Street (Hwy. 276). After 3 miles, you will pass Carr's Hill Baptist Church on your left. Our camp entrance is on the left, 1/2 mile past the church.

From Atlanta, follow I-85 north and exit onto S.C. 11 (the South Carolina Welcome Station Exit). Stay on Hwy. 11 until you come to Hwy. 8 (about an hour). Turn left onto Hwy. 8; after a short distance, Hwy. 8 will merge into Hwy. 276. Wind up the mountain toward Brevard on Hwy. 276 past Caesar's Head State Park. At the North Carolina state line you are about 9 miles from Rockbrook. The camp entrance is on the right, about two miles past Connetsee Falls.

From Charlotte, follow I-85 south; take exit 10-B, west onto US Hwy. 74. Stay on Hwy. 74, pass through Shelby, NC, and take I-26 west toward Asheville. Take exit 40 (Asheville Airport). Turn left and follow Hwy. 280 from the airport to downtown Brevard (about 20 miles). At the courthouse (on the left corner at the top of the hill), turn left onto Main Street (Hwy. 276). After 3 miles, you will pass Carr's Hill Baptist Church on your left. Our camp entrance is on the left, 1/2 mile past the church.

## Suggested Packing List

Here is a list of things to bring to camp. While the items and quantities are "suggested," we've found things on this list to be important. Please note that camper laundry is washed once a week. For international campers, we provide those items in the list marked with an asterisk (\*).

4 bath towels	1 beach towel
2 bathing suits	3 washcloths
7-10 T-shirts/shorts	1 pillow and 2 pillowcases
Rockbrook T-shirt (mailed to campers)	3-5 bras/ sports bras
2 sets of twin size sheets	2-3 pair long pants/jeans

2 blankets	2 sweatshirts or fleece pullovers
1 sleeping bag	4 sets pajamas/bathrobe
3 pair tennis shoes	raincoat or poncho
1 pair water shoes with straps (i.e. Texas)	lightweight jacket or fleece
1 pair shower shoes or flip-flops	toiletries and shower caddy
1 pair shoes or boots with heel (for riding)	laundry bag
1 pair white shorts	flashlight/batteries
1 white shirt with collar (available at camp)	sunglasses
1 red tie (purchase at camp)	insect repellent
10 pair socks	sunscreen
10 pair underpants	books or other reading material

### Optional Items to Pack:

An extra pair of glasses or contacts	Silly Costumes
Crazy Creek Chair	Riding helmets (provided, but OK to bring)
Day pack or Bookbag	Water Bottle
Small games	Lip balm
Sun block	Tennis racquet
Playing cards	inexpensive camera or disposable camera
Pre-addressed, pre-stamped stationery (in zip lock bags to protect from moisture).	

### Prohibited items (Do not pack these!):

Hair Dryers or Curling Irons	Gum or Candy or Food	Money
Cell Phones	Tablets or Touch-screen devices	Computer
Alcohol or Drugs	Weapons (knives or guns)	Fireworks
Expensive Clothing or Jewelry	Portable Game or DVD players	Pets

### The Camp Store

“Sybil’s Shoppe” is the camp store where campers have the opportunity to purchase necessities during their stay at camp such as flashlights, disposable cameras, soap, stamps and stationery. We recommend discussing with your daughter a set budget of \$10 per week for their camp store account. We collect the final balance (ordinarily by charging your credit card) on the last day of camp.

## Luggage

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

Please remember:

- 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 when labeling.
- Make sure baggage will close completely and latch securely (locked if possible).

### Coming to Camp:

Footlockers and other baggage may be shipped to camp via Fedex, UPS or DHL. We ask that you arrange for your baggage to arrive within one week of your session's opening day. Please do not send it sooner.

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:

RockbrookCamp  
"Camper's First and Last Name" (Visible on the outside!)  
3460 Greenville Highway  
Brevard, NC 28712  
Phone: 828-884-6151

### Leaving Camp:

As a paid service, Rockbrook can make arrangements to ship your baggage home after camp via Fedex.

The following conditions apply:

- We 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 baggage, and 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.
- We require a valid credit card on file in Campminder. Rockbrook will charge this card the total cost of shipping (Fedex shipping charge + Fedex insurance + RBC service fee).

Make luggage shipping arrangements by logging in to your Campminder online account and completing the "Luggage Shipping" form.

## Opening Day Procedures

Plan to arrive between 9:00 a.m. and 12:00 noon.

As you drive into camp, one of our staff members will meet you and place an ID card on your windshield. Follow the road into camp and you will be directed to park for a few moments to unload trunks. (We will label the trunk



and move it to the appropriate cabin.) You will be directed to the parking area where you may catch the shuttle for a ride into camp or walk up the hill to the check in area.

#### CHECK IN: Main Dining Hall

Visit four stations:

1. Nurses— All Campers: Check forms and leave all medications
2. Office— Check registration forms and photos of campers, Leave shipping or travel information, Leave Emergency contact information
3. Accountant— Clear any tuition questions
4. RBC Sybil's Shoppe— Purchase uniform items and other clothing

As soon as you have finished checking in, your counselor will meet you and take you to your cabin. Lunch is served to campers at 1:00 p.m., Tours of camp and activity buildings will begin after lunch. Activity sign-ups with counselors are in the afternoon and the regular activity schedule begins the next day. If your travel plans change or there is an emergency, please contact our office: 828-884-6151.

#### Closing Day Procedures

Plan to pick up your camper between 9:00 a.m. and 12:00 noon.

We cannot release campers to grandparents, friends or neighbors unless we have made prior arrangements with that camper's guardian. Releasing a camper to non-custodial adult requires special permission from Rockbrook's directors.

Follow directions into camp, pick up your daughter and her carry items, and drive down to the check out area to pick up her trunk and other items.

Check Out:

- Office and accounting staff:
- Settle Camp bank account
- Pick up session cabin photo
- Purchase RBC Logo clothing items
- Make reservation for next summer.

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<sup>st</sup>.

#### Questions? Comments? Concerns?

We hope that this guide has been helpful and you now have a greater understanding of "The Heart of the Wooded Mountain." Please feel free to contact us if you have any questions at all!

### RBC Contact Information

Office: 828-884-6151

Fax: 828-884-6459

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

Mailing Address:     Rockbrook Camp  
                          P.O. Box 792  
                          Brevard, NC 28712

Shipping Address:    Rockbrook Camp  
                          3460 Greenville Highway  
                          Brevard, NC 28712

### Useful Resources

- The American Camp Association, through which we are accredited, has many useful tips, online videos and links at: <http://www.acacamps.org/> and <http://www.campparents.org/>.
- The Summer Camp Handbook by Christopher Thurber, PhD and Jon Malinowski, PhD.