

What does my child need to pack?

- There is a packing list included with the confirmation packet, which will be sent after you register your child for a camp session. You can also click into this link in order to download the list! Please pay close attention to the items on the list – especially regarding clothing, for changing weather conditions create the need for multiple layers of clothing!

How does the packing list differ for youth coming to the CIT, Ascender, Work & Adventure, or multiple sessions?

- CIT & ASCENDER** program attendees should plan on packing the same items on the general packing lists. Extra items are not necessary due to the access to laundry facilities (an opportunity not available to other camp sessions), so please remember to have your camper bring laundry detergent! An additional packing list will be included with the welcome letter from the program Mentors.
- Work & Adventure** program attendees have a more detailed packing list that is needed. Please click the link below for a copy of that list!
- Campers that are coming for more than one session and are staying at The Mountain for Stay-Over weekend will have access to washing machines on the Saturday between the sessions. If campers are NOT staying at The Mountain between sessions, dirty clothes will need to be taken elsewhere to launder because they will not have access to the machines.

How many campers live in each cabin?

- There are no more than 6-8 youth per cabin.

Where do the counselors sleep at night?

- The counselors sleep in the cabin with the youth, however they do have their own rooms. Counselors are here for close to 8 weeks and sometimes need their own space!!

What happens if my child gets sick while at camp?

- MountainCamp has medical staff on duty 24 hours a day. A registered nurse or medically trained staff member are always on hand to care for the youth. The youth programs director or the medical staff will contact parents/guardians if any concerns arise.

How will my child maintain their medication schedule?

- When checking into camp, all medications will be turned into the Health Center Staff. A schedule is created for each youth for when medications are to be dispensed, and a log is kept in order to track each medication given to your child.

What if my child needs medications other than prescribed med's while at camp?

- When filling out the confirmation pack you will be asked specific medical questions including what over-the-counter meds can be given. If needed, the youth will be permitted to receive the medication for a

specific condition – however, we will ONLY give that medication if it is checked off on the sheet or is provided for the camper at check-in.

How do you deal with a homesick child?

- Homesickness is a common “ailment” for youth in general – not just at camp! We take homesickness seriously: All camp staff are trained to respond appropriately to homesick youth, and are required to keep the camp leadership informed. If homesickness persists, parents are contacted in order to be kept informed and can often provide staff with ideas about how to make the experience more fulfilling for the child. Having the child call home is NOT the first option for treating homesickness because this has the tendency to make the situation more difficult for the child.

What if there is a family emergency – how do we contact our child?

- In the case of a true emergency, contact The Mountain Guest Services Office during the day (or the emergency on-call number at night). Staff will alert Camp Leadership, and we will make the arrangements for your child to contact you as soon as possible. Please give us as much information as you can so that we can help your child understand the nature of the emergency. We want to support you and your child as you deal with your emergency situation.

Will my child be permitted to call home while at camp?

- Not generally. Due to the number of youth attending camp and the limited number of phones on The Mountain, phone calls are not an option for the youth. However, we do occasionally have youth call home under specific circumstances (family emergencies, etc.). Leadership staff will work directly with your child to make these arrangements if the situation arises.
- We encourage the youth to write letters! Parents/Guardians providing self addressed envelopes for the youth help them to feel like they have the tools to stay connected.

May I come visit my child when s/he is at camp?

- While we understand that you might want to see your child, we do not offer parental visiting days during MountainCamp. This is a wonderful time for your child to be fully immersed in the camp community experience.

Do I have the ability to contact or visit my child participating in the ASCENDER or CIT program?

- While participating in the program, the ASCENDER’s and CIT’s will have access to both email and phone calls.
- Although the CIT’s and ASCENDER’s are here for an extended amount of time, visits from family and friends are not encouraged. The daily schedules for these programs are extremely full and when family/friends come up, the youth generally end up missing parts of their program and time together.

Where do I send letters and care packages to my child?

- The main address for sending letters is:
 - Child’s Name
 - MountainCamp
 - P.O. Box 1299
 - Highlands, NC 28741

- For sending packages, the services that deliver directly to The Mountain are UPS, Fed Ex, and DHL. Please send them to the street address of:

Child's Name
MountainCamp
3872 Dillard Rd.
Highlands, NC 28741

- Please make sure that you include your child's name, and, if possible, cabin number and session. Do not rely on "overnight" delivery options – small town postal services generally end up receiving those delivery's within 2 days time. **It takes approximately 4 days for mail to reach The Mountain so plan ahead when sending mail!!**

How will my child be supervised during daily and evening activities?

- MountainCamp is proud to maintain a four-to-one camper-to-counselor ratio for most activities and in the cabins. All activities are supervised by staff and Counselors-In-Training to assure the safety of every camper. When free time options are offered for our Sr. High Campers, they are still required to be in spaces with counselors, or the privilege is revoked.

What kind of activities will my child be involved in and how do they choose them?

- One of the unique aspects of MountainCamp is that each camper has the opportunity to choose some of his/her activities each day. During Jr. High, Elementary and Senior High camps, there are "activity sign-up days" at the beginning of each week. In "lottery" fashion, cabins draw a number for the order for sign-up (the next week the order is flip-flopped). The youth will then sign up for a variety of activities - off-Mountain trips, workshops, arts & crafts, etc., are a part of the multiple options available. Look below for examples of trips and activities offered in the past.

- Rafting (Jr. & Sr. High)
- High Ropes Course (Jr. & Sr. High)
- Beginning Knitting
- Gardening
- X-treme Knitting
- Potholes Rockslide
- Environmental Ethics
- Anti-prejudice
- Cooking Over a Campfire
- International Field Games
- Hiking
- Gender Issues Conversations
- "Gross" Fun
- Edible & Medicinal Plants
- Teambuilding activities
- Service learning
- Fun on the lake
- Dancing

AND SO MUCH MORE!!

What do I need to know about camp check-in and pick-up days?

- CHECK-IN ON ARRIVAL DAY: from 10:00am-3:00pm (except for the CIT and ASCENDER programs which is from 3:00-5:00pm). If you cannot be here between those specified times, please inform The Mountain as soon as possible.
- CHECK-OUT ON DEPARTURE DAY: from 10:00am-Noon. There will be signs directing you to the check-out station. Individuals picking up youth are required to present photo ID and their name must appear on the check-out card that is filled out at check-in in order for the camper to be released from Mountain custody. You will be directed to your camper's cabin from that point. If for any reason you cannot arrive by noon, you must let the Guest Services Office know – otherwise, you may be charged for extra supervision for your child if you arrive late.

- ☑ If you are unable to drop off or pick up your camper on the camp starting or ending date, you must make your own arrangements for your child's supervision. The Mountain can only take responsibility for those staying for more than one session.
- ☑ Lunch is available for parents/guardians and non-campers for \$5.00 a person. MountainCamp campers eat for free!

☐ **Why is the left-over camper bank money not refunded to my child?**

- ☑ Camper Bank money not spent is directly deposited into the Camper Scholarship Fund – it's a great way for your child to make a contribution to the work of The Mountain! (And it's a wonderful way to cut administrative costs). Any gifts or items your child purchases in The Mountain store also support the scholarship fund!
- ☑ If your child is staying for more than one camp, money not spent during the first camp will be rolled over to the next session.
- ☑ If your child is flying out of the Asheville Airport, we will make sure that s/he has some pocket money for food (meaning that they may be refunded camper bank unless additional money was brought specifically for the airport).
- ☑ **Please note:** campers are given the option of *NOT* depositing their money into the camper bank. However, The Mountain cannot take responsibility for lost money.

☐ **How can my child apply for the ASCENDER or CIT program?**

- ☑ The applications for the programs can be downloaded directly from the website (or by clicking below) or you can contact The Mountain directly by calling 828-526-5838 ext. 253 or email at youth.programs@mountaincenters.org.
- ☑ Applications and references **must be received by February 16th** in order to be considered for the program.
- ☑ **IMPORTANT:** In order for an application to be eligible, a registration form and a \$200 deposit must be turned in (reg. form included in the application packet). This deposit will automatically hold a spot in the Sr. High Camp session.
- ☑ If **not accepted** into the program, you will have the choice of keeping that spot in Sr. High, or getting a FULL refund on your deposit.
- ☑ If **accepted** into the program, you will have the choice of rolling the deposit over to the Ascender program or keeping it in Sr. High and paying a separate deposit for the Ascender program. If accepted into the program, all fee and scholarship dues dates apply
- ☑ Further instructions for applying for the programs can be found in the application packets.

☐ **What kinds of discounts are available on payments?**

- ☑ As our way of saying thank you for sending your child/children to MountainCamp 2009, we offer the following discounts:
 - \$50 off if your child attends 2 or more two-week sessions.
 - \$50 discount if child is registered for camp and paid in full prior to December 31, 2008.
 - \$50 discount if two or more children attend camp from the same family (\$50 for each child).
 - \$50 maximum discount per child per camp.

Still not finding answers to your question? Please contact The Mountain if you need further information!!