

# CAMP GREYSTONE PARENT HANDBOOK

SUMMER 2023



## 2023 DATES:

Junior: **Sat.** May 27 - Fri. June 2  
June: Mon. June 5 - Fri. June 23  
Main: Mon. June 26 - **Thurs.** July 27  
August: Mon. July 31 - Fri. August 11

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Thank you to all of our parents for trusting  
and supporting us this summer.

We know that camp preparations often  
require a lot from you. Parents, know that  
we are cheering you on from Tuxedo, NC!

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## GREYSTONE'S MISSION & VISION:

Camp Greystone is a Christian summer camp dedicated to the Glory of God. We strive for each camper to feel loved, accepted, cherished, beautiful, and delighted in because we see each girl as God's precious daughter with whom He is well pleased. We accomplish this purpose by forming a loving community that strives to show kindness, see the good, and take ownership of our actions, all while focusing on developing a personal relationship with Christ.

# TABLE OF CONTENTS

## PREPARE FOR CAMP

Tour Camp: pg. 6  
Preparing for Camp: pg. 6  
Cabin Assignments: pg. 7  
Bunks & Decorating: pg. 8  
Packing for Camp: pg. 9  
Packing Lists: pgs. 12-13  
Riding (Pre-Register): pg. 14  
Tubing (Pre-Register): pg. 16  
Table Girls: pg. 17  
Five Year: pg. 17  
Penpals: pg. 17  
Camper Conduct: pg. 18  
The Honor Code: pg. 18

## HEALTH AND SAFETY

Health Prior to Camp: pg. 19  
Health During Camp: pg. 20  
Medications: pg. 21  
Mental Health: pg. 26

## OPENING DAY

Details: pg. 27  
Arrival Times: pgs. 29-30  
Airplane Arrival: pg. 31  
Shipping Luggage: pg. 32

## DURING CAMP

Junior Activities: pg. 33  
June, Main, & August Activities: 34  
Birthdays: pg. 36  
Letters: pg. 36  
Package-Free: pg. 36  
Scanned Letters: pg. 37  
Emails: pg. 37  
Photos & Videos: pgs. 38-39  
Texting: pg. 39  
Laundry: pg. 39  
Visitor-Free: pg. 40  
Mid-Camp Travel: pg. 40  
The Greystone Store: pg. 40  
Personal Allowance: pg. 42  
Food and Allergies: pg. 43

## CLOSING DAY

Details: pg. 45  
Airplane Departure: pg. 47  
Shipping Luggage: pg. 48

## AFTER CAMP

Early Bird for 2024: pg. 50

**PRE-SUMMER CHECKLIST:** pg. 51

# DON'T MISS IN 2023

- **Campanion:** Download our new app to fill out forms and email your camper during the summer (pg. 5).
- **Riding:** Pre-register for all Riding options; registration is first come, first served (pg. 14).
- **Medications:** PLAN AHEAD! Read our NEW Medication Policy. ALL daily medications must be pre-packaged by a pharmacy (pg. 21).
- **Opening Day Arrival:** Find your Opening Day arrival time for this summer (pgs. 29-30).
- **Activities:** Find activity details for all sessions (pgs. 33-35).
- **Photo Facial Recognition:** Read about our two photo facial recognition options for this summer (pg. 38).

# WELCOME TO GREYSTONE!

We are so excited to welcome your daughter to Greystone this summer! We hope this Parent Handbook will serve as a guide to help prepare you and your camper for a summer of fun.

This year, we have simplified our Parent Handbook for quick browsing, making it easier than ever to find what you need. If you still have questions after reading through the Handbook, please let us know.

**WE CAN'T WAIT TO SEE YOU THIS SUMMER!**

## CONTACT US

We are here to help! Please reach out to any of our Directors if you have questions before the summer.

**Jimboy and Margaret Miller**  
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# CAMPANION APP

## DOWNLOAD TODAY!

We are simplifying every part of the parent experience with Campanion, a new mobile app connected to our Online Account system.

### USING THE APP MAKES BEING A CAMP PARENT EASIER THAN EVER!

- **Forms:** Use the app to complete all of your camp forms. Take pictures of any printed forms to upload them into your account.
- **Email your camper:** During the summer, email your daughter (for free!) straight from the app. It's simple and easy (see pg. 37).
- **Photo facial recognition:** Receive tagged photos of your camper for FREE! You can view tagged photos in the app (see pg. 38).

## DOWNLOAD THE APP:

Visit the app store on your phone to download the Campanion app!



**Campanion**   
Connecting Parents with Camp  
CampMinder, LLC  
★★★★☆ 4.9 • 136 Ratings  
Free

### Once downloaded:

- **Log in** to the app using your Greystone Account login and password.
- **Fill out** your summer forms (due May 1).
- **Upload** a reference photo of your camper to be ready for photo facial recognition.

While the app makes most things simpler and easier, it is not required. **You can still complete all forms (and email your camper) through your Online Account on your computer.** You will still need to use your Online Account for updating addresses and financial information, viewing Greystone Store spending, and setting up Guest Accounts. However, the free photo facial recognition is only available on the Campanion app.

**ALL FORMS DUE MAY 1.**



# PREPARE FOR CAMP

## NEW CAMPERS: TOUR CAMP THIS SPRING

While most new campers attend without seeing camp firsthand, you can tour camp before the summer. We will walk you around camp, show you what a cabin looks like, and answer any questions that you may have. It is a wonderful way to explore camp with your family!

- **To schedule a tour:** Follow the Tour link on our homepage.
- **Tour times:** Monday – Thursday: 9 a.m. – 4 p.m.; Friday: 9 a.m. - 12 p.m. (Tours take about 1 - 2 hours.)
- **Tour by May 12:** Tours may be scheduled throughout the spring up until May 12, 2023.

## PREPARING FOR CAMP

You can prepare for camp even now!

- Talk about camp, watch videos, look through pictures, and show her your excitement (as the parent).
- Look over our list of recommendations by following this QR code. We offer many suggestions on skills to practice before arrival, so if this is your first year, we recommend working on these skills now!



Check out our list of skills that your daughter can work on prior to the summer.

## CONCERNED ABOUT CAMP? DOES YOUR DAUGHTER HAVE MISGIVINGS?

Feel free to email for advice before your daughter arrives:

- Junior Camp: Katie Grant, [katie@campgreystone.com](mailto:katie@campgreystone.com)
- June, Main, and August Camps: Laura Hollowell, [laura@campgreystone.com](mailto:laura@campgreystone.com)

**Do NOT attempt to calm her fears by implying that she can come home if she doesn't like camp.** This is the #1 reason that many campers feel sad during their first days at camp. Do not put the burden of this decision on your daughter!

## CABIN ASSIGNMENTS:

Being in a cabin is one of the best parts of camp! We work hard to make each cabin the perfect balance of campers and personalities. We want your daughter to love her cabin, cabinmates, and counselor.

### CABIN ASSIGNMENT DETAILS:

- You do not need to submit a request; many girls come without one.
- To make a request, **you must fill out the Cabin Request form by May 1** (see pg. 5 for details on completing forms).
- We place girls in a cabin with other campers in the same grade.
- **We make every effort to place your daughter with ONE special requested friend IF that friend also requests her.**
- If you do not want to be with a specific friend that is requesting your daughter, **talk to her before camp and be honest.** We do not keep cabin requests confidential.
- You may enter up to 2 requests for us to consider (such as a hometown friend and a camp friend, a hometown friend and your Penpal, or even 2 camp friends).
- If you'd like to be with your Penpal, make sure to request her.
- If we have a cabin with mixed grades, we will consider double requests from girls who are one grade apart.
- If your girls are twins, let us know if they would like to be together.
- You will find out your cabin assignment on Opening Day.
- You cannot make bunk requests (top or bottom bunk; see pg. 8).

### Cabin request questions? Contact:

- Junior: Katie Grant, [katie@campgreystone.com](mailto:katie@campgreystone.com)
- June, Main, & August: Laura Hollowell, [laura@campgreystone.com](mailto:laura@campgreystone.com)

# BUNKS AND DECORATIONS:

On Opening Day, your daughter's counselor will help make her bed and set up her bunk so that her space feels like her home away from home.

## CAMP BEDDING:

- Greystone provides one jersey-style blanket.
- All campers need to bring normal-length twin sheets.
- Junior and August campers: bring one set of sheets.
- June and Main campers: bring two sets of sheets.
- Pack a comforter or warm blanket, as well as a pillow and pillowcases.
- Mattresses are waterproof.
- Mattress pads are optional; however, if you would like extra padding, we recommend one like this: <https://amzn.to/3kHCc78>. No egg crates, please!

## BUNK SET-UP:

- **All bunks will be assigned**, and your daughter will find out her bunk assignment when she arrives on Opening Day.
- Campers cannot switch bunks, and we cannot accommodate bunk requests.



## DECORATING:

To keep the simple nature of camp, we encourage campers to keep bunk decorations to a minimum.

- **Approved decorations:** bedding (blankets, sheets, pillows, and stuffed animals) and pictures (individual or on a poster board or small bulletin board).
- **Do not bring:** decorative elements (like personalized signs or letters), plug-in or battery-operated string lights, garland of any kind (including pom-poms), hanging poof balls or paper items, or any non-photo items to hang. If brought to camp, these items will be returned to your daughter's trunk for Closing Day.

# PACKING FOR CAMP

Every camper loves packing for camp! Below you'll find general details about packing. Session specific packing lists are on pgs. 12-13.

## PACKING DETAILS:

- **Luggage tags:** We will send luggage tags for your daughter's bags three weeks prior to your session. Please attach these luggage tags to the handles of your bags.
- **Number of bags:** Junior and August campers: please pack in only two large pieces of luggage. June and Main campers: please pack in up to three large pieces of luggage.
- **Types of bags:** Only use trunks or large duffels for your large pieces of luggage (no open bags or totes). First time campers, consider using duffels that you already own; many girls move to trunks after attending camp for a few years.
- **Soap and shampoo:** Camp provides shampoo, conditioner, and body wash in each cabin's shower. If your daughter would like to use a specific kind, please bring that with you.
- **Sleeping bags:** Campers do not need to bring a sleeping bag.
- **Labeling possessions:** Make sure you label everything! Write your daughter's first initial and last name on everything, including clothing, cameras, shoes, socks, underwear, sheets, etc. Don't forget to label her water bottle and Bible! Using a black Sharpie marker is a great way to label items.
- **Purchase labels (optional):** You can purchase name labels through the Greystone Store (<https://www.thegreystonestore.com>), or a company such as Oliver's Labels (log in to your Greystone Account on your computer to find an Oliver's ordering link).
- **Books:** Greystone has a Library that is available for all campers to check out books, and girls can also bring books from home. We ask that you to be thoughtful with the reading material you send, making sure the books are wholesome and suitable for our community.





## UNPACKING ON OPENING DAY:

Counselors will help girls unpack their items on Opening Day.

- **Drawers:** Your daughter will have a large wooden drawer under her bunk to keep her clothes. These drawers are 32 x 32 x 9.5 inches.
- **Shelves:** Each bunk has two small shelves for simple items like a book, flashlight, or Bible. These shelves are 5.5 inches deep and 34 inches wide.
- **Hooks:** Each bed has a hook for girls to hang their laundry bag and backpack. In the bathroom, campers will have hooks to hang bath towels.

## GREYSTONE DRESS CODE:

While we do not require everyday uniforms, we ask that you please remember the following when packing:

- **Modesty:** All shorts need to have a recognizable inseam, and all low-cut tank tops need to be worn with a more modest tank top underneath. Campers need to fully cover their midriffs.
- **Swimsuits:** Swimsuits need to be one-piece, modest, and must fully cover the body (no cut-outs, skimpy bottoms, or tankinis).
- **Types of clothes:** Pack clothes that can get messy/dirty and are good for an active camp lifestyle.
- **Limit expensive brands:** All clothes are tumble-dried with colors and whites mixed together on high heat. We recommend bringing simple clothes; fancier workout brands are not recommended.

## EVENT PACKING:

- **Odds and Evens gear:** Campers will be placed on a camp team based on their cabin number and will find out their team on Opening Day. You have two options for team gear: 1. Pack some green (odd-numbered cabins) and gold/yellow (even-numbered cabins) items and bring these with you to camp (such as a t-shirt, socks, or shorts), 2. Purchase a team t-shirt, as well as other items, from the Greystone Store (see pg. 40). The correct team color items will then be delivered to your daughter once she arrives.

- **Dress-up clothes for ALL sessions:** We recommend packing 1-2 fun dress up clothes or costumes (such as old Halloween costumes, dance outfits, animal costumes or shirts, etc.).
- **Main Camp events:** For Main Camp, pack 4th of July colors (Carnival) and overalls or country western style shirts (Corn Roast).
- **Five Year Ceremony (Main only):** Pack a white dress if your daughter is eligible (see pg. 17 for details).



## RESTRICTED ITEMS:

In order to focus on the relational aspect of camp and to provide a safe and wholesome camp environment, please do not bring:

- Electronic items (cell phones, iPods, DVD players, Wi-Fi Devices, e-readers, iPads, smart watches, Yoto players, etc.)
- Extension cords and/or plug-in or battery-operated string lights
- Hammocks
- Slime
- Offensive clothing or books with inappropriate graphics/themes
- Valuables (including irreplaceable or expensive clothing or sports gear and/or money).

If brought to camp, these items will be placed in our safe on Opening Day. Digital cameras without Internet capabilities are allowed. Food and gum are not allowed and will be collected on Opening Day and donated to our local homeless shelter.

## PROHIBITED ITEMS:

Campers are not allowed to bring:

- Alcohol, drugs, tobacco/nicotine products (including e-cigarettes, vaping products, JUULs, smoking or vaping paraphernalia/devices)
- Lighters, matches, or fireworks
- Pets
- Explosives or weapons

Bringing any of these items to camp will result in dismissal, and no tuition refund will be provided.

# JUNIOR & AUGUST PACKING LIST

## Everyday clothing:

- 10 t-shirts
- 10 pairs of shorts
- 12 pairs of socks, underwear, and sports bras
- 2-4 nightgowns or pajamas

## Water activities:

- 2 one-piece swimsuits (no tankinis)
- 2 beach towels (preferably quick dry)

## Everyday necessities:

- 1 water bottle
- Sunscreen and bug repellent
- Backpack or tote bag

## Shoes:

- 1-2 pairs of tennis shoes
- 1 pair of water sandals/shoes (shoes that can get wet)
- 1 pair of sandals for church (Aug. only)

## Outerwear and warm clothing:

- 1 raincoat
- 2 light jackets or sweatshirts
- 2 long-sleeved shirts
- 2 pairs of pants or leggings

## Tradition and event clothing:

- 2 pairs of solid white shorts and shirts
- Dress-up costume
- 1 green and 1 gold outfit
- 1 simple dress or skirt for Sunday morning (Aug. only; bring hangers to hang)

## Bath and toiletries:

- 4 bath towels and washcloths
- Shower items and toiletries in a plastic bucket

## Bedding:

- 1 pillow
- 1 pillowcase
- 1 set of twin sheets
- Warm blanket for bed
- Stuffed animal

## Cabin and bunk:

- 1 laundry bag
- 1 flashlight or headlamp
- Pre-addressed letters & stamped envelopes (in Ziploc)
- 1 Bible
- Simple items for bunk (see pg. 8 for details)
- Fan (battery-operated or small plug-in fan)
- Rest Hour activities (letter writing supplies, book, noise-free activity or craft kits, etc.)

## Optional items:

- Crazy Creek chair
- Hat and sunglasses
- Goggles
- Camera
- Pair of rain boots
- Tennis racket
- Riding: 1 pair of jeans, closed-toed shoes or cowboy boots
- Flying home? An extra bag to pack items
- Music or other instruments for Talent Show (Aug. only)
- Dance clothes, pants, and shoes (Aug. only)
- Guitar (Aug. only, required for Guitar class)

# JUNE & MAIN PACKING LIST

## Everyday clothing:

- 12-14 t-shirts
- 12 pairs of shorts
- 14 pairs of socks, underwear, and sports bras
- 3-5 nightgowns or pajamas

## Water activities:

- 4 modest, one-piece swimsuits (no tankinis)
- 3 beach towels (preferably quick dry)

## Bedding:

- 1 pillow
- 2 pillowcases
- 2 sets of twin sheets
- Warm blanket/quilt for bed
- Stuffed animal

## Shoes:

- 2 pairs of tennis shoes
- 1 pair of water sandals/shoes (can get wet)
- 1 pair of sandals for church

## Outerwear and warm clothing:

- 1 raincoat
- 2 light jackets or sweatshirts
- 2 long-sleeved shirts
- 3 pairs of pants or leggings

## Tradition & event items:

- 3 pairs of solid white shorts and shirts
- 1-3 simple dresses or skirts for Sunday morning (doesn't have to be white; bring hangers to hang)
- Dress-up costumes
- 1 green and 1 gold outfit
- 1 white dress for 5 Year (if you qualify; see pg. 17 for details)

## Bath and toiletries:

- 4 bath towels and washcloths
- Shower items and toiletries in a plastic bucket

## Everyday necessities:

- 1 water bottle
- Sunscreen and bug repellent
- Backpack or tote bag

## Cabin and bunk:

- 1 laundry bag
- 1 flashlight or headlamp
- 1 box of stationery and stamps
- 1 Ziploc bag for envelopes
- 1 Bible
- Simple items for bunk (see pg. 8 for details)
- Fan (battery-operated or small plug-in fan)
- Rest Hour activities (letter writing supplies, book, noise-free activity or craft kits, etc.)

## Optional items:

- Crazy Creek chair
- Hat(s) and sunglasses
- Pair of rain boots
- Book donation for camp library
- Music or other instruments for the Talent Show
- Goggles
- Camera (required for Photography)
- Guitar (required for Guitar)
- Tennis racket
- Dance: clothes, pants, shoes
- Black swimsuit and nose plug (Main Synchro)
- Riding: cowboy boots or riding boots; hard hat; long pants
- Flying home? Extra bag for packing

# RIDING: PRE-REGISTER

Riding is an activity you can add to your schedule for an extra fee.

- **All Riding options are scheduled on a first come, first served basis.** Register as soon as possible to ensure your spot.
- Pre-register for Riding through your Forms (see pg. 5 for details on completing forms).
- If spots fill, your daughter will be added to a Riding Wait List, and we will fill any spots that become available once the session begins.

## RIDING EQUIPMENT:

- Riders need to wear long pants and cowboy or riding boots.
- Helmets and boots are available to borrow at camp, but if you own riding equipment, please bring it with you.
- Girls cannot wear open-toed shoes or tennis shoes.



## JUNIOR RIDING:

Junior campers can experience a taste of the Ranch life by enjoying time down at the Greystone Barn as they take a scenic ride on our beautiful River Trail.

- Girls will miss two of their pre-scheduled activities on their Riding day. Please know that Riding may interfere with your daughter's favorite classes (like Dog Camp or Cooking). Unfortunately, due to the number of girls riding, we do not have flexibility in which classes the girls will miss.
- Before signing her up, please talk to your daughter to ensure she wants to ride.

**Junior Riding:** One Trail Ride (2 class periods): \$55

## JUNE AND MAIN THUNDERHEAD RANCH RIDING:

June and Main Camp riders of all levels can enjoy our Western trail riding program called Thunderhead Ranch.

- Thunderhead Riding is a half-day Western trail riding program. Girls will miss morning or afternoon classes on their riding day.
- Girls will help tack, groom, and then ride their horse, exploring numerous mountain trails on our Thunderhead property.
- Campers will also play in the creek, cook over a fire, and learn skills like leather-working, lassoing, and more.
- If girls register for multiple days (Main only), each trip will be unique with new trails, meals, and varied activities.

**June Camp Riding:** Thunderhead Ranch Riding (half-day trip): \$150; may ride at the Ranch 1 time

**Main Camp Riding:** Thunderhead Ranch Riding (half-day trip): \$150; may ride at the Ranch up to 3 times

## **AUGUST THUNDERHEAD RANCH RIDING:**

August riders will enjoy a simplified Western trail riding program at our Thunderhead property.

- Campers will experience an hour-long trail ride as well as eating either breakfast or lunch at the Ranch.
- The visit to the Ranch will focus more on the riding portion of the Thunderhead experience instead of the extra activities.

**August Camp Riding:** Thunderhead Ranch Riding (3-hour trip): \$120; may ride at the Ranch 1 time

## **MAIN CAMP ENGLISH HORSEMANSHIP CLINIC:**

*For Advanced Beginner, Intermediate, and Advanced Riders*

Main campers who have experience riding English can register for our English Horsemanship Clinic.

- For the clinic, we have 3 different riding levels: advanced beginner, intermediate, and advanced.
- Girls signing up for the clinic need to have English riding skills; we are not offering a beginner, learn-to-ride option.
- Depending on skill level, riders will groom and tack their horse, work on flat work and rider position, work over poles, and play games on horseback. This clinic will be a fun time to ride while also gaining new skills.
- When registering, you will be prompted to fill out a questionnaire about your daughter's riding level. If you feel like your daughter is

an advanced rider, we will ask you to submit a video.

- We will review your questionnaire, and based on her level, we will let you know before your session begins if your daughter qualifies for our Horsemanship Clinic. We will charge payment at that time.
- Campers will miss either their morning or afternoon classes to ride during both days of their clinic.

**Main Camp Riding:** English Horsemanship Clinic (includes two half-days): \$200; may register for 1 Horsemanship Clinic

## MAIN CAMP TUBING: PRE-REGISTER

**6th grade and up:** Our Main campers love an afternoon tubing adventure on the Green River, starting at Thunderhead Ranch!

- Pre-register for Tubing through your Forms (see pg. 5 for details on completing forms).
- Girls will head to the Ranch property after eating lunch in camp.
- Campers will then enjoy a relaxing float down a mountain stream all the way to camp. The river is refreshing but can be chilly.
- Girls will miss their afternoon classes for this 2-3 hour tubing adventure.

**Main Camp Tubing:** (half-day trip): 6th grade and up: \$50; may tube 1 time



## TABLE GIRLS

**At Main Camp**, girls who have finished 8th grade and up can sign up to be a Table Girl.

- This is a paid position, and girls will receive a \$100 allowance.
- Table Girls set, serve, and clear a specific table during each meal.
- Being a Table Girl is considered a job and does not qualify for service hours. You must show up on time and follow through on expectations and your commitment.
- To apply, fill out the Table Girl Form by May 1 (see pg. 5 for details on completing forms).

**At June and August Camps**, all girls in our oldest age group help with the Table Girl job, showcasing their leadership and servant spirit to the camp community. Each camper receives a t-shirt and other perks throughout the session.

## FIVE YEAR

Main Campers who have attended Greystone for 5 years or more (with at least 3 of those at Main) will participate in our Five Year Ceremony.



- All 5 Year participants need a simple white dress.
- If you were enrolled, Summer 2020 counts towards your total years.
- 5 Year participants are eligible to purchase a Five Year ring or charm. Jewelry must be ordered no later than May 1 through your Forms (see pg. 5 for details on completing forms).
- Questions? Contact Laura Hollowell, [laura@campgreystone.com](mailto:laura@campgreystone.com).

## PENPALS

**For girls in 1st - 8th grades:** In the springtime, your daughter will receive a card with her Penpal, which is a camper in her same grade attending her same session. It is fun to make a friend before camp!

To make your daughter's Penpal experience wonderful, please:

- Encourage your daughter to write her Penpal; it is disappointing when a Penpal does not write.
- Write again! If you have not heard from your Penpal, try writing a second time.

- Request your daughter’s Penpal to be in her cabin (on your Cabin Request Form) if that is important to you. We do not automatically put your daughter’s Penpal in her cabin.

In addition to a Penpal, all 3rd and 4th graders at Main Camp will receive a “Big Sister” in the spring.

## CAMPER CONDUCT

We want our Greystone community to be one of positivity and support where girls gain confidence and feel safe. Campers will review the Honor Code (see below) at the beginning of the summer and will work to carry out its mission while living in the Greystone community. We ask that our campers show respect for others and for the Greystone property, and that they refrain from controversial or divisive talk.

We prioritize maintaining a loving, safe, and supportive environment, and we have zero tolerance for disruptive behavior. Campers who engage in the following may be sent home immediately at the discretion of the Directors, and no refund will be given:

- Stealing
- Bullying
- Physical violence (i.e., hitting)
- Repeated outbursts or disruptive behavior
- Unreasonable lack of participation
- Lying
- Destroying camp property
- Taking pictures of other girls in the shower or while getting dressed
- Bringing prohibited items to camp (see pg. 11)

Please talk through this list with your daughter before camp.

## THE HONOR CODE

Greystone’s Honor Code is woven into all parts of camp life. The Honor Code gives us a standard to strive for as we all grow and show grace to each other.

***Greystone’s Honor Code: “I commit to showing kindness, seeing the good, and taking ownership of what I do. This is how I will have fun, make friends, and glorify God both in this place and in the world.”***

# HEALTH AND SAFETY



## HEALTH MONITORING PRIOR TO CAMP

It is important to start each session with a healthy group of campers, and we will do our very best to keep them that way. Please help us keep contagious illnesses out of camp!

We ask that you monitor your daughter's health and avoid any exposure to illness in the week prior to her session. Please contact us if your daughter is not feeling well, has any signs or symptoms of illness (i.e., fever, rashes, nausea, or vomiting), or is exposed to anything contagious in the days leading up to camp. We will let you know later this spring if anything else will be required prior to Opening Day (i.e., a simple health screening form or rapid at-home test).

### LICE CHECK:

We screen campers for health concerns, including lice, on Opening Day.

- Campers will have their heads checked by a professional service.
- Any cases found will be treated by the professional service that day.
- Parents will be responsible for the cost of the treatment. You will be notified, and your credit card on file will be charged.
- Please have your daughter checked (by an expert) BEFORE she comes to camp to avoid this cost and disruption on Opening Day.
- Please let us know if she or anyone in the family has been treated for lice in the 6 months prior to camp.

# HEALTH AND SAFETY DURING CAMP

While we hope that your daughter will never need to experience our Health Hut, if she needs us, we are here to help! Greystone has 10 registered nurses, a resident visiting physician, and our year-round Health Director (a retired pediatrician) available 24 hours a day to care for your daughter's health needs.

## HEALTH COMMUNICATION:

We understand the importance of thorough communication and are committed to keeping you informed in a thoughtful and transparent manner before, during, and after your daughter's session.



## We will always contact you if your camper:

- Spends the night at the Health Hut for any reason
- Is prescribed a prescription or over-the-counter medication on a scheduled basis
- Needs to visit a doctor in town for evaluation, x-rays, or lab work
- Is unable to participate in scheduled camp activities due to illness or injury

**Please note:** We do not automatically contact you if your daughter visits the Health Hut for a minor reason (headache, bug bite, etc.) or is given over-the-counter medicine to treat a minor complaint. If you have concerns about your daughter receiving a particular medication, please note that on her Health Form.

# HEALTH CONTACT INFORMATION

Please contact us if you have any health-related questions or concerns before or during camp:

- Camp Office: 828-693-3182
- Health Hut (during camp): 828-693-9841, [healthhut@campgreystone.com](mailto:healthhut@campgreystone.com)
- Margaret Miller, MD, Health Director: [margaret@campgreystone.com](mailto:margaret@campgreystone.com)
- Jamie Hutchinson, RN, Head Nurse: [jamie@campgreystone.com](mailto:jamie@campgreystone.com)

## MAILING OR SHIPPING MEDICATION OR A HEALTH RELATED ITEM TO CAMP:

- Please write ATTN: HEALTH HUT on the package in addition to your daughter's name (see pg. 36 for mailing details).
- Let us know if something is on the way so we can watch for it.

## HEALTH FORMS

All Health Forms must be completed and submitted by May 1 (see pg. 5 for details on completing forms). Please notify us if there are changes after submitting any of these forms.

- **Physical Form:** Downloaded by you and completed by your healthcare provider using ANY physical exam performed in the past 24 months. Please update your daughter's height and weight, as well as any other significant changes, if you are using an exam completed more than 12 months prior to camp.
- **Health History Form:** Completed and/or updated by you. ALL medications MUST be entered on this form. Please make sure the medication section is complete, accurate, and matches any current prescription(s) from your physician. Vitamins, supplements, and melatonin are considered medications at camp and must be entered in this section.
- **Medication Verification Form:** Indicate whether your camper will need medications at camp. If "yes", follow directions on the **Pharmacy Form** and download and complete the **Bring-From-Home Medication Form** if indicated.

## MEDICATIONS

**Campers are not allowed to keep ANY medication in their cabins.**

This includes over-the-counter medications, vitamins, and supplements. Exceptions may be made for emergency medication and/or some lotions or creams. Any possible exception will need to be discussed and approved prior to Opening Day. Please contact us with any questions.

**Regular scheduled medications are dispensed by our nurses at breakfast, lunch, dinner, and bedtime.** If your daughter requires medication at another time in the day, please contact us before camp to discuss her needs.

## MEDICATION POLICY:

**ALL medications (including over-the-counter medications) that are to be given daily or on a regular basis must be prescribed by your provider, filled by a licensed pharmacist, and pre-packaged in a 30 day blister pack according to the following policy.**

In order to comply with strict state health regulations and take the best possible care of our campers, our nurses are not allowed to administer ANY daily medication that has not been prescribed by a medical professional and filled by a pharmacist into camp specific blister packs (see below for more info). This includes over-the-counter (OTC) medicine such as Zyrtec as well as all vitamins and supplements. If these are necessary for your camper to take daily or on a regular basis, they must be prescribed by your physician and filled by a licensed pharmacist according to the specific guidelines below.

**We cannot dispense ANY daily medications, prescription or over-the-counter, that have not been packaged as required in our medication policy.** There are a few medications that are exceptions, and these have been listed in more detail on pg. 24.

**You have two options for having your daily medications packaged to meet these requirements.** Please indicate your preference on the Medication Verification Form (see pg. 5 for details on completing forms) and follow the directions on the form.



### OPTION 1: WHITLEY DRUGS: RECOMMENDED

Use our local pharmacy **Whitley Drugs** ([www.whitleydrugs.com](http://www.whitleydrugs.com), 828-692-4236). This option works best for camp as it allows our nurses to have the medication ready for dispensing before your daughter arrives.

- Choose this option on the Medication Verification Form.
- Detailed instructions can then be found on the Pharmacy Form, including how to register with Whitley Drugs online.
- **Plan Ahead!** Ask your healthcare provider to send your daughter's prescriptions electronically (e-scribe) or by fax to Whitley's 30 days prior to the start of your daughter's session.

- Keep in mind that you will need a prescription for any over-the-counter medications if your daughter needs to take them daily.
- All prescriptions will be filled by Whitley’s in the required blister packs and delivered to camp prior to Opening Day.

Whitley’s will process your insurance and bill you for any co-pay. They also charge a fee for packaging and delivering these medications (a maximum of \$30 for Junior and August Camps and \$60 for June and Main Camps). This charge is per camper, not per prescription.

## OPTION 2: USE YOUR LOCAL PHARMACY

Use your local pharmacy and bring daily medications to camp in approved blister packs.

- Choose this option on the Medication Verification Form.
- **Detailed instructions and photos of approved packaging can then be found on the Pharmacy Form.** You can also find a list of pharmacies across the southeast that will blister pack medications.
- Ask your local pharmacist to package all daily medication in 30 day unit dose blister packs as required.
- Keep in mind that you will also need a prescription for the pharmacist to package any daily over-the-counter medication.
- Download and complete the **Bring-From-Home Medication Form** and send it with your packaged medications on Opening Day.

## SUMMARY FOR MEDICATIONS GIVEN ON A DAILY OR REGULAR BASIS:

- **Fill out the medication section of the Health History Form.** Please make sure the information entered is current, accurate, and matches your physician’s instructions.
- **Complete the Medication Verification Form. Indicate your choice of using our local pharmacy or another pharmacy** to fill all daily prescriptions and OTC medications per our policy.
- **Follow the instructions included on the Pharmacy Form.** If using *Whitley Drugs*, make sure they have everything they need 30 days prior to your daughter’s session. If using *your own pharmacy*, make sure they follow the packaging requirements on the Pharmacy Form. You will also need to download, print, and complete the **Bring-From-Home Medication Form** to include with these medications when bringing them to camp on Opening Day.

If you have questions about how the system will work with your daughter's specific medication, insurance, or situation, please reach out to your pharmacist or to the pharmacist at Whitley Drugs (828-692-4236, Camps@whitleydrugs.com). Please contact us with any issues that cannot be resolved by the pharmacies.

**Prescription medications that are exceptions to the blister pack**

**requirement:** If your daughter has PRESCRIPTION medication that she only takes as needed or in an emergency (i.e., migraine medication or an EpiPen that she has to have WITH her at all times), or if she needs injections such as allergy shots or growth hormone, is on birth control pills, or uses a daily inhaler that has recently been filled, you should follow the directions below:

- Enter these medications and details on her Health History Form. Please make sure all of the details are accurate and up to date.
- Download and complete the Bring-from-Home Medication Form in her camper forms.
- Place this form and any other notes or special instructions with the medicine in a Ziploc bag for your daughter to hand to the nurses on Opening Day. The medication needs to be in its original packaging with labels. You will be contacted if we have any questions.

**EpiPens:** We have both adult and Jr. EpiPens available and strategically placed throughout camp. We also have EpiPens available for any off-site trips (i.e., Thunderhead Riding, Tubing, and Hiking). Our staff are aware of any camper allergies and are trained to recognize symptoms.

**Please do not send your daughter's EpiPen to camp unless she must keep it with her at all times.** If this is the case, check the expiration date and follow the instructions above for prescription medications that are exceptions to our blister packing policy.

**Inhalers:** We have rescue inhalers for asthma at our Health Hut and available for any off-site trips. **Please only send your daughter's rescue inhaler to camp if you feel it is likely she will need to use it or she needs to keep it with her at all times.** Please check the expiration date and follow the instructions above for prescription medications that are exceptions to packaging.

*Please reach out to us prior to the summer if your daughter will need any type of injection or other medical treatments not mentioned above.*

## **OVER-THE-COUNTER MEDICATIONS TAKEN ONLY AS NEEDED:**

**NEW THIS YEAR! Please do not send OTC medications to camp unless your daughter needs to take them daily and you have followed the instructions above for prescribed and packaged medications.**

Our Health Hut is well stocked with medications such as Tylenol, Ibuprofen, Zyrtec, Tums, Miralax, and melatonin. These can be administered to your daughter any time she needs them at no charge to you. Please let your daughter know that she can come to the Health Hut and ask a nurse for these at any time. If your daughter or our Health Staff feel she should be taking them daily, you will receive a call, and a plan will be made for having these prescribed and packaged for your daughter for daily dispensing.

**Vitamins and supplements:** Please do not send vitamins and supplements to camp unless absolutely necessary. If these are necessary, they must be prescribed by your healthcare provider and blister packed by a licensed pharmacist just like other prescribed medications (see pg. 22 for details). Add these to your daughter's Health History Form and follow the instructions for prescription medications.

## **MEDICATION POLICY SUMMARY:**

**Medications that must be blister packaged by Whitley's or your pharmacist:**

- Prescription medications taken daily or on a regular basis
- Over the counter medications, vitamins, or supplements taken daily or on a regular basis

**Medications that do not need to be blister packed** but should be brought to camp in their original packaging and with the completed Bring-From-Home Medication Form:

- Prescription medicine taken only as needed (i.e., migraine medication)
- Emergency medication that must be kept WITH the camper at all times (i.e., EpiPens or inhalers)
- Injections such as allergy shots and growth hormone
- Birth control pills
- Inhalers used daily and recently filled
- An antibiotic or other medication started in the week before camp (Please speak with a nurse before camp or on Opening Day.)

**Medications you may not bring to camp and that we cannot accept:**

- DAILY medications, either prescription or OTC, that have not been packaged by a licensed pharmacist in specific 30 day blister packs
- Vitamins, supplements, melatonin, and other medicines that are given daily and have not been prescribed by a provider and packaged by a pharmacist as required

**Talk with your daughter before camp and discuss the plan for her medications, especially if the schedule or specific medications will be different than what she is used to taking at home.**

**MEDICATION DETAILS AND FAQ:**

Use this QR code to find out more information:

- A Medications FAQ page
- Instructions for using Whitley Drugs
- Instructions and photos of required 30 day blister packaging to share with your pharmacist if using a pharmacy at home
- List of pharmacies across the southeast that will blister pack according to our requirements



Visit our  
**Medications page**  
to see our simplified  
FAQ info.

## MENTAL AND EMOTIONAL HEALTH

Your daughter’s mental, emotional, and social health is just as important to us as her physical health.

- In order for us to support your daughter, **please let us know about any past or current concerns** (i.e., eating issues, anxiety, depression, mood disorders, self-harm). *Our expectation is that camp will be nothing but fun for her, but if something does arise, having this information ahead of time will make all the difference.*
- Please provide details in the Mental Health section of her Health Form and/or contact us to discuss ongoing concerns and how they should be addressed at camp.
- **If you are wondering if something is worth mentioning, please do so.** Mental health concerns are very common, and we want to take the best possible care of your daughter.

**ADHD:** Because we have a very structured schedule, campers who are on medication for ADD/ADHD often have a better experience if they stay on their medication at camp. If you have any questions or concerns, or have made any recent medication changes, please contact us prior to your daughter’s session.



# OPENING DAY

We are counting down the days until we can welcome you to Greystone!

## GPS ADDRESS FOR OPENING DAY ENTRANCE:

21 Camp Greystone Lane, Zirconia, NC 28790  
(This is our back staff entrance.)

## OPENING DAY DETAILS:

- **Arrival times:** We will have staggered drop-off times between 9:00 a.m. - 11:30 a.m. for each age group during your session. You can see the list of drop-off times on pg. 30.
- **How it works:** When you arrive at camp, you will wait in one of our car lanes and stay in your car. When you reach the front of your car lane, we will send a team of staffers to your car to greet you and check you in. We will tell your daughter her cabin number and go over a few medical questions.
- **Fast processing:** Once we reach your car, we will complete the necessary Opening Day check-in procedures in less than 3 minutes. It will be a quick process!
- **Luggage and tags:** We will send luggage tags three weeks prior to your session; we will use these tags to move your daughter's luggage to the cabin on Opening Day. Junior and August campers: only bring 2 large pieces of luggage. June and Main campers: only bring up to 3 large pieces of luggage. Please limit the extras!



- **Medications:** Please read our Medication policies on pg. 21. All daily medication needs to be packaged as required.
- **Questions on Opening Day:** Because we move quickly to process all cars, we will not have time to answer specific questions (about medical issues or other concerns). If you have any questions, please reach out before your daughter's session.

## **EXITING THE CAR:**

Once she is checked in, your camper will exit the car.

- **What to carry:** Your daughter can carry a backpack, a small bag, and/or her pillow. She will need to carry these items herself, if they are not packed in her larger luggage.
- **Giving a quick hug:** Parents, hop out of your car to give your daughter a quick hug. Don't linger - this makes the separation harder!
- **What happens next:** We will take your daughter to meet the Group Leaders, who will then take her to her cabin to meet her counselor(s) and cabinmates.

## **DROPPING OFF LETTERS AND BIRTHDAY PACKAGES:**

On your way out of camp, parents will have one last stop:

- **Pre-written letters:** You can drop pre-written letters (optional) at this final parent stop. Make sure letters have your camper's first and last name clearly written on each envelope. Label each letter with

the day they should be delivered (i.e., Monday, Tuesday, etc.). Put all letters in a Ziploc bag before dropping them off.

- **Birthday gifts:** If you have a birthday girl during the session (see pg. 36), you can leave your daughter's birthday gift at this last parent stop (or you may mail your package). We will send a birthday label for this birthday package three weeks before your session begins.

## THE REST OF OPENING DAY:

- **After she leaves the car:** Once your daughter exits the car and is escorted to her cabin, the fun really begins! Her counselor(s) will be ready to greet her with a big hug and her nametag. Campers will find their bunks and can start getting settled. Luggage will begin arriving right away, and our staff will bring your daughter's trunk and/or duffel to her cabin. Once your daughter has her luggage, the counselor(s) will help her unpack, make her bed, and settle into her space.
- **Cabin details:** We will share cabin details with you after lunch. These cabin details will include information about your daughter's counselor(s) and her fellow cabinmates.



## OPENING DAY ARRIVAL TIMES

We ask that all campers arrive between 9:00 - 11:30 a.m. on Opening Day. **The grades listed are for the grade your daughter just completed before summer 2023.**

You may arrive any time in your daughter's assigned arrival time window for her particular grade (see next page).

- **Flexible arrival:** We have staggered arrival times to spread out our cars and ensure that your daughter's cabinmates arrive around the same time. However, if you need to arrive at a different time due to traveling, feel free to do that. You do not need to let us know.
- **Running late?** If you are running late and will miss your arrival time, you only need to let us know if you will miss our 11:30 a.m. cut-off time; if you will not make it to camp by 11:30 a.m., please call our office (828-693-3182).

- **Sister Arrival:** If you have more than one camper that you are dropping off, you can choose which drop off time suits your family. You can: ***Choose the later drop off time:*** This ensures that one of your girls isn't waiting for her friends to arrive for a long period of time. ***Drop off twice:*** Consider dropping off each camper during her originally assigned drop off time. We plan to process your car very quickly, so coming through the line again will not take long.

## JUNIOR ARRIVAL TIMES

*Saturday, May 27th*

4th grade: 9:00 - 9:30

3rd grade: 9:30 - 10:10

2nd grade: 10:10 - 11:00

1st grade: 11:00 - 11:30

## JUNE ARRIVAL TIMES

*Monday, June 5th*

7th grade: 9:00 - 9:20

6th grade: 9:20 - 10:00

5th grade: 10:00 - 10:30

4th grade: 10:30 - 11:00

1st, 2nd & 3rd grades: 11:00 - 11:30

## MAIN ARRIVAL TIMES

*Monday, June 26th*

10th & 11th grades: 9:00 - 9:20

9th grade: 9:20 - 9:50

8th grade: 9:50 - 10:20

7th grade: 10:20 - 10:50

6th grade: 10:50 - 11:10

3rd, 4th, & 5th grades: 11:10 - 11:30

## AUGUST ARRIVAL TIMES

*Monday, July 31st*

6th grade: 9:00 - 9:30

5th grade: 9:30 - 10:10

4th grade: 10:10 - 10:40

3rd grade: 10:40 - 11:10

1st & 2nd grades: 11:10 - 11:30

# AIRPLANE ARRIVAL

We want to make your daughter's transition as smooth as possible. Campers are considered an airplane arrival if we pick up your daughter from the airport and bring her to camp.

## We service these airports:

- Asheville, NC (AVL) - 30 minutes from camp; arrive prior to 5 p.m.
- Private Jet Port (Asheville, NC) - 30 minutes from camp; arrive prior to 5 p.m.
- Greenville, SC (GSP) - 1 hour from camp; arrive prior to 4 p.m.

## ARRIVAL DETAILS:

- **Flight details:** Enter your daughter's flight information on her Travel & Baggage Form (see pg. 5 for details on completing forms).
- **Arrival times:** Please schedule all flights to arrive prior to 4 p.m. into Greenville, SC and 5 p.m. into Asheville, NC. Campers flying to camp do not need to arrive during their Opening Day arrival time frame.
- **Greeting your daughter:** Our Greystone staff will greet your daughter at the airport, help collect any bags, and then drive her to camp. Because we may have multiple campers with close flight times, your daughter may have to wait with our staff before we shuttle the group to camp.
- **Are you really an airplane arrival?** If you are flying into the area and renting a car to bring your daughter to camp yourself, she is considered a CAR ARRIVAL. Only those girls who need to be picked up at the airport by our Greystone staff are considered campers who are flying.
- **Camper pick-up only:** We can only pick up campers flying alone (without a parent). We cannot pick up you and your daughter together and shuttle you both to camp; please plan to rent a car or take a car service.
- **Luggage:** If your daughter is flying, we recommend sending luggage via UPS ahead of time (see details about Shipping Luggage



below). If your luggage is sent on the airline, please make sure to clearly mark any and all bags as a Camp Greystone item and make sure to include your daughter's first and last name.

## UNACCOMPANIED MINOR:

Many campers will need to fly as Unaccompanied Minors if they are flying by themselves.

- **Check your airline's policies:** Please check your specific airline's Unaccompanied Minor policy (all differ on ages, rates, and policies).
- **Purchase Unaccompanied Minor ahead of time:** If your daughter is considered an Unaccompanied Minor, this must be purchased while booking the ticket. Keep a receipt or email confirmation that this fee has been paid, as our Greystone Travel Director will need a copy of this document from you closer to camp.
- **Who to list on the form:** When asked to provide information on who will be meeting or taking your daughter to the airport, please enter: Jim Miller, 21 Camp Greystone Lane, Zirconia, NC 28790, Phone: 828-693-3182.

## SHIPPING LUGGAGE

We will place all luggage on your daughter's cabin porch, so it is waiting on Opening Day!

- **Ship up to two weeks before:** You may ship up to two weeks in advance, and we will store your luggage until Opening Day.
- **UPS or FedEx for shipping:** Please ship luggage by UPS or FedEx. Please note: both companies will only cover damages to your luggage if it is boxed by them.
- **Packing Luggage:** Please do not pack directly in cardboard boxes or disposable bags (these are thrown away after emptying); please use a duffel or trunk.

**Please mail to:**  
CAMPER'S FULL NAME AND SESSION  
Camp Greystone  
21 Camp Greystone Lane  
Zirconia, NC 28790





## ACTIVITIES:

We are so excited about our camp activities this year! Your daughter will love trying the variety of class options that we have available at Greystone.

### SWIM CHECK:

All campers will complete a swim check at camp.

- **Junior campers:** Girls will swim one length of the pool and tread water for 2 minutes.
- **June, Main, and August campers:** On Opening Day, girls will swim one length of the pool, tread water for 2 minutes, and do a pencil dive off the diving board.
- **If girls don't pass:** We will help your daughter and allow her to retake the swim test. Girls who don't pass can still participate in activities at Waterpark (as all campers wear a life jacket).



See the Daily Schedule for your camper on our Explore page.

## JUNIOR CAMP ACTIVITIES:

Junior campers will attend classes with their cabin group, trying the best classes we offer at Greystone!

- **Class options:** You will receive an email announcing this year's classes three weeks prior to your daughter's session.

- **Starting on Sunday:** As Junior Camp opens on a Saturday, the first class day is a Sunday. We will enjoy a special Morning Assembly for our church service (no dress/skirt needed) and then jump right into activities.
- **Scheduling:** Girls do not need to schedule any classes before the summer; the cabin will enjoy classes together as a cabin group.

## JUNE, MAIN, AND AUGUST ACTIVITIES:

Girls love our camp classes! June, Main, and August campers choose their classes individually and will schedule them on Opening Day.

### CLASS OPTIONS AND SCHEDULE:

- **Class options:** You will receive an email announcing this year's classes three weeks prior to her session. Some classes are only offered at longer sessions, and some are limited by grade-range (see next page), so please review this list with your daughter prior to the summer.
- **Daily schedule:** Campers at our June session will take a total of 14 classes, rotating between a Monday/Wednesday/Friday schedule of 7 classes and a Tuesday/Thursday/Saturday schedule of 7 classes. Girls at our Main session take a total of 12 classes, with an additional Club period each afternoon, rotating between a Monday/Wednesday/Friday schedule of 6 classes and a Tuesday/Thursday/Saturday schedule of 6 classes. August campers will take the same 7 classes every day.
- **Club period (Main only):** At Main Camp, our final 7th period class each day is our Club period. During this period, girls can try a more specialized activity that is offered or enjoy a free period.

### HOW SCHEDULING WORKS:

- On Opening Day, girls will work with their counselor(s) to choose their classes.
- Look over the class options (will be sent in an email 3 weeks before your session) with your daughter to



talk about what is available during her session.

- Send a short list of her favorite classes with your daughter on Opening Day to help her remember what she is excited to take.
- **Changing schedules:** We never “close” a class at camp, but we may help your daughter find a better time to take that class. Campers can change their schedule during the first few days of camp if they do not enjoy a class or would like to try something new.
- **Mid-session switch (Main only):** At Main Camp, girls have the opportunity to switch some of their classes halfway through the session. This switch is not mandatory this year. Classes that can be switched are activities such as Landsports, Eno Summer Reading, etc. Classes that cannot be switched are specialized activities that build on skills like art classes, performance classes, etc.



## ACTIVITY GRADE LIMITS:

Over 90% of our camp classes are open to all campers regardless of their grade. A few of our classes are designed for campers who have completed a specific grade. The grades listed are for the grade your daughter just completed before summer 2023:

### June and August:

Aerial Yoga: 6th and up  
Fitness Classes: 3rd and up  
High Adventure: 4th and up  
High Ropes: 4th and up  
Glass Beads: 6th and up  
Metal Jewelry: 6th and up  
Mtn. Biking: 4th and up  
Printmaking: 4th and up  
Wood Burning: 5th and up

### Main Camp:

Aerial Yoga: 6th and up  
High Adventure: 4th and up  
High Ropes: 4th and up  
Glass Beads: 6th and up  
Metal Jewelry: 7th and up  
Mtn. Biking: 4th and up  
Printmaking: 4th and up  
Wood Burning: 5th and up

## BIRTHDAYS

A camper's birthday is very special! The birthday girl celebrates with a cabin party and a camp-wide birthday celebration.

- On her birthday, your daughter may receive cards, letters, and ONE birthday package (no food) from you (her parents).
- We will send a birthday mailing label prior to camp to use for the ONE birthday package. Please use this label so that the package makes it to your daughter in time for her to celebrate.
- You can also drop off your birthday package on Opening Day (see pg. 29); please make sure your daughter's birthday label is on her package.



## LETTERS

Handwritten letters are the very best way to communicate with your daughter during the summer.

- Please send flat, standard sized envelopes only, and do not put anything in with your letters. (See our Package-Free policy below.)
- “Snail mail” takes time, so send some letters before camp begins.
- You can also drop off pre-written letters on Opening Day. (See pg. 28 for details.)

### ADDRESS FOR SENDING LETTERS:

(If you are sending a letter before camp, we will add the cabin number.)

Camper's Full Name, Cabin Number

Camp Greystone

21 Camp Greystone Lane

Zirconia, NC 28790

## PACKAGE-FREE

Greystone is Package-Free!

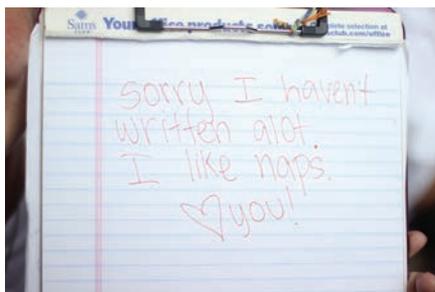
- All large envelopes, padded envelopes, and regular envelopes containing ANYTHING other than a letter are considered packages; please don't send them!

- If there is a necessary item left at home (i.e., toothbrush, Bible, eye glasses, retainer, pillow, books), you may mail the items to: Laura Hollowell, ATTN: (Your Camper's FULL Name), 21 Camp Greystone Lane, Zirconia, NC 28790.
- Any packages NOT addressed to "Laura Hollowell," or any packages containing unnecessary items, will be returned or donated.
- Candy, gum, and other food items are not allowed and are donated to a local ministry.

## SCANNED LETTERS FROM CAMP

Throughout the session, we will scan letters from your daughter for you to enjoy.

- View all scanned letters in the Forms section of your account. If using the Campanion app (see pg. 5 for details), click on Forms, and then click on the name of the letter for that week (once it is live in your account). Finally, click on the Uploaded Document link to view the scanned letter from your daughter.
- We will contact you when your first letter is live (3 days after the start of your session).



## EMAILS

Email your daughter (for free!) easily through the Campanion app or your Online Account (see pg. 5 for details).

- If using the Campanion app, click on Letters to write your camper. In your Online Account, click on Email.
- Please only use text in emails, as photos will not print.
- Emails are printed at 11 a.m., 7 days a week.
- Campers will not be able to email you back (or call you) from camp.

## GUEST ACCOUNTS:

You may create Guest Accounts for other family members (to email your daughter) under the Online Community menu in your Online Account (not available in the Campanion app).

- **No Guest Accounts for friends:** Please do not set up Guest Accounts for your daughter's friends; we ask that friends send handwritten letters to your daughter.
- **Guest Account policies:** Our staff scans all emails for inappropriate content, and inappropriate emails will not be delivered. We will send a copy of inappropriate emails to you (the parent), and we will automatically delete the Guest Account.

## PHOTOS

To view photos throughout the summer, use the Campanion app and select Photos (see pg. 5 for details), or log in to your Online Account and click on Photos.

- You can download photos for free!
- Remind your daughter to get in front of the camp camera. We take as many photos as possible; however, we will not necessarily take a picture of your daughter every day.
- We are not able to accommodate parents' personal photo requests.

### PHOTO FACIAL RECOGNITION:

We are offering two different options for facial recognition this year:

**Campanion:** View tagged photos of your daughter for FREE through the Campanion app (see pg. 5 for details). Follow the instructions in the app to set up facial recognition, uploading a test photo for the app to use (only one parent needs to upload this test photo). Make sure to enable Campanion notifications to ensure you receive new tagged photo alerts. Campanion will only work for registered camp families; guest accounts and friends/family will not be able to see tagged photos in Campanion.

**Waldo:** Waldo is a premium facial recognition photo service. We have used Waldo in previous years, so many families have multiple years of saved photos in Waldo. The Waldo service is a paid option that will text you when new tagged photos of your daughter are found. Once registered, parents can invite an unlimited number of friends and/or family to view tagged photos (for free). **To register for this service, text Greystone23 to 735-343 and select the session for your daughter.**

The cost of the Waldo service is: Junior Camp: \$9.99; June Camp: \$19.99; Main Camp: \$24.99; August Camp: \$14.99



## VIDEOS

To view videos throughout the summer, follow us on social media and check our Vimeo page: <https://vimeo.com/campgreystone>. Links to new videos will also be posted in the Companion and Waldo apps. We do not plan to Livestream any events in 2023.

## TEXTING

We are using a new texting system this year and will only use it for emergency communication. You will be registered automatically for this service. **We will no longer send text messages for reminders from camp; we will use email instead.**

## LAUNDRY

Your daughter's laundry will be washed, dried, and folded for her while she is at camp.

- Please send simple clothing that will look neat when tumble-dried with colors and whites mixed together.
- Girls may not send netted bags through the laundry (these items just



never quite dry!). Campers can use safety pins to attach socks to each other.

- **Sheet change:** We will change sheets one time during the June and Main Camp sessions; girls will put their dirty sheets in their trunks for the return home.

Number of times your daughter's clothes will be washed:

Junior Camp: no laundry service due to short session

June Camp: 2 times

Main Camp: 4 times

August Camp: 1 time

## VISITOR-FREE

Greystone is Visitor-Free! Visitors are not allowed during any of our camp sessions, and we do not allow trips out of camp with parents or friends. We do offer tours to prospective families.

## MID-CAMP TRAVEL OR EARLY DEPARTURE

- **Mid-Camp Travel:** Please email Laura (laura@campgreystone.com) to learn about our mid-camp travel policies.
- **Early Departures:** Please email our Travel Director (travel@campgreystone.com) to coordinate. We do not offer discounts or refunds for early departures.

## THE GREYSTONE STORE

The Greystone Store offers camp apparel, necessities, and gifts for purchase before and during the summer.

- **While at camp:** Campers can purchase needed essentials (i.e., toiletries, batteries, stamps, etc.) and nonessential items (i.e., Rest Hour activities, books, stuffed animals, Odd & Even gear, etc.). Your daughter will use her Personal Allowance account to pay for these items (see information on pg. 42).
- **Shop before the summer:** Shop BEFORE your daughter arrives so she is ready on Opening Day ([www.thegreystonestore.com](http://www.thegreystonestore.com)). Not all items on the website will be stocked in the physical store, and quantities are limited (many items sell out!).
- **In-camp delivery:** Choose the “in-camp delivery option” to have



your daughter's items delivered to her cabin on Opening Day.

- **New items:** All of our new summer items are live as of March 1.
- **Shipping:** Shipping will start April 17, 2023, or you can choose in-camp delivery.
- **Shop on Closing Day:** The Greystone Store will be open for in-person shopping on Closing Day (see pg. 45).

## **BEDDING BUNDLES:**

If you'd like to order bedding items from camp, The Store offers bedding bundles.

- Bundles contain a mattress pad, 100% cotton sheets & pillowcases, and a fan. Junior and August Camp bundles: will include one set of sheets. June & Main Camp bundles: will include two sets of sheets.
- You can buy these items as a bundle or individually.
- If you would like the bundle items delivered to your daughter's cabin, we will wash sheets and pillowcases before delivery and label all items with your daughter's name. Items will then be waiting for your daughter on Opening Day.

## **DURING YOUR DAUGHTER'S SESSION:**

If your daughter needs something during her session, you can order items through The Store website for in-camp delivery.

# STORE & PERSONAL ALLOWANCE

The Store and Personal Allowance account is designed to cover any extra expense a camper incurs while at Greystone, including the Sunday offering (if she chooses to participate).

## Suggested amounts:

Junior: \$75, June: \$150, Main: \$175, August: \$125

- **Add money to your account:** Visit The Greystone Store website (<https://www.thegreystonestore.com>) and click on the Piggy Bank, or use this QR code to go to The Store's homepage. You may also send a check to Camp Greystone, ATTN: Greystone Store, 21 Camp Greystone Lane, Zirconia, NC 28790, made out to The Greystone Store.
- **During the summer:** Add additional money to your daughter's Store account at any time by clicking on the Piggy Bank on The Greystone Store website or using this QR code.
- **Summer spending:** We recommend that you follow your daughter's Store spending through your Online Account (not available in the Campanion app). You can view your daughter's balance, see her expenditures, and advise her on spending as necessary.
- **Order before the summer:** Ordering clothing and more expensive items before the summer ensures your daughter does not spend her entire Store Allowance on one item.

## TALK BEFORE THE SUMMER:

We recommend talking to your daughter (especially if she is a new camper) about being fiscally responsible with her Store account. The Store offers a variety of



**Fund your Store account** through the Greystone Store website.



items, including nonessentials, at all price points, and we cannot always monitor what a camper is purchasing.

### **STORE CONTACT INFORMATION:**

If you have questions about your daughter’s account or would like more information about her spending, please feel free to contact Katie Grant (katie@thegreystonestore.com).

## **FOOD AND ALLERGIES**

Camp food is the best, and we know your daughter will love the Greystone food this summer!

### **FOOD OPTIONS OFFERED EACH DAY:**

- 3 well-balanced meals
- Apple Cart during morning classes
- Watermelon table in the afternoon
- Snack Huts available at all times, which include options like cheese sticks, granola bars, bean chips, or something similar
- Shoppe after dinner, which offers one sweet or savory snack



Please do not bring any food or gum with you to camp; it attracts critters to the cabin!

### **FOOD ALLERGIES:**

We can accommodate most major food allergies and strive to provide plenty of options for selective eaters.

- We take great care in preparing allergy-safe food; however, we cannot guarantee that your daughter will not come in contact with foods she may be allergic to.
- We are completely nut-free, and we don’t use any nut products in our kitchens.
- Work with your daughter on reading food labels for when she visits our Ice Huts or Shoppe. Staff are available to help her as well.

If your daughter has a food allergy, please make sure we are aware of it through your Health Forms prior to camp. Also, email our Kitchen Director, Gervais Hollowell (gervais@campgreystone.com), before camp to set up a time to discuss any of your questions or concerns. He would love to talk through your daughter’s particular allergies or food restrictions before you arrive.

## FOOD ALTERNATIVES:

If your daughter has food allergies or needs a food alternative, we work hard to prepare tasty options:

- Alternatives will often be similar to what we are serving the entire camp community. For example, if your daughter cannot eat the Cheesy Chicken, we’ll often serve allergy-free Cheesy Chicken.
- On occasion, we will substitute a different option for a particular food if we feel that it will taste better than the allergy-free alternative. Because of this, allergy options will not always be exactly the same as the food we’re serving to our entire community.
- Fruit and Salad bars always have food alternatives, such as the tofu dish of the day, protein-rich hummus, as well as veggies and more.
- Your daughter’s table counselor can help her find plenty to eat, no matter her restrictions or preferences.





## CLOSING DAY

While we will be sad to see your daughter leave, we know you will be excited to see her! On Closing Day, you are welcome to walk around camp and enjoy the property. You will park your car, meet your daughter's cabinmates and counselor(s), and can then tour camp with your daughter.

- **Arrival times:** Arrive between 9:00 a.m. - 11:00 a.m. on Closing Day. Most parents arrive by 9:45 a.m.
- **Departure time:** Depart with your daughter by 11:30 a.m.
- **Luggage:** All luggage will be sorted by cabin and then by camper in our Fort. We will have staff available to help you load luggage into your car, as you will not be able to pull in front of our Fort due to exiting traffic.
- **Lost and Found:** Any Lost and Found collected throughout the session will be available to see in the Fort on Closing Day. If labeled items are found after you leave, we will mail those to you and will charge the postage cost to your Personal Allowance account (see pg. 42 for details).



## **EXPRESS PICK-UP:**

**June, Main, and August sessions:** We offer an Express Pick-Up option that allows you to pick up your daughter quickly on Closing Day (without walking to the cabin or touring camp).

**Express Pick-Up will run from 8:00 - 8:30 a.m., and you must arrive during this time period.**

To register for Express Pick-Up, please use this QR code to fill out the registration form. You must register for Express Pick-Up at least one week prior to Closing Day for your session.



**Sign Up for Express Pick-Up;** you must register at least one week prior to Closing Day.

If you have questions or need to change your Express Pick-Up registration, please email Sarah Brown (sarah@campgreystone.com).



## **PACKING FOR CLOSING DAY:**

After many fun-filled days of camp, packing for home is quite the process!

- Staff will help each camper find her things and put them in her bags.
- Each camper is individually responsible for her items and how these items will be packed.

- If you have any special packing instructions for your daughter (for instance, packing certain items in certain bags), please send her an email with these instructions at least 3 days prior to Closing Day.
- It is very helpful for your daughter to participate in the initial packing for camp so she knows which items are hers at the end of camp.

## PICKING UP YOUR DAUGHTER AND THEN FLYING?

Bring an extra bag with you! Your daughter's things will have multiplied, and she will most likely have a large Greystone tote bag full of odds and ends. Bring an extra duffel bag to make your airport check-in a breeze.

## AIRPLANE DEPARTURE

If Greystone is responsible for taking your daughter to the airport, please make sure to enter her flight information on the Travel & Baggage Form (see pg. 5 for details on completing forms).

We service these airports:

- Asheville, NC (AVL) - flight must depart no later than 1 p.m.
- Private Jet Port (Asheville, NC) - flight must depart no later than 1 p.m.
- Greenville, SC (GSP) - flight must depart no later than 12:00 p.m.

## DEPARTURE DETAILS:

- **Flight details:** Enter your daughter's flight information on her Travel & Baggage Form. ALSO, email our Travel Director (travel@campgreystone.com) your most recent flight itinerary once your session begins.
- **Flight scheduling:** All flights must be scheduled to depart from Greenville (GSP) no later than 12:00 p.m. and Asheville (AVL) (or the private Asheville airport) no later than 1:00 p.m.
- **Items for flight:** If your daughter is flying home, you can send items for her return flight. These items may include a cell phone, iPad, charger, headphones, driver's license, spending money, a passport, or other similar items. We will collect these items on Opening Day and have them ready for the return flight home.
- **Unaccompanied Minors:** If your daughter is considered an Unaccompanied Minor on your airline, this must be purchased while booking the ticket (see pg. 32 for details).

- **Are you really an airplane departure?** Only girls flying without their parents, who are taken to the airport with a counselor from Greystone, are considered flying home from camp. If you are flying into the area and renting a car to pick up your daughter from camp yourself, she is considered a CAR DEPARTURE.

## FLIGHT BAGGAGE:

- Greystone can transport only one checked bag to the airport for your daughter.
- We will pay the checked bag fee for you and automatically deduct your Greystone Account after camp for the charges that are incurred for this bag.
- All other bags need to be shipped home via UPS (see below for more information). Please make sure to indicate which bag will be checked and which luggage will be shipped via UPS on your Travel & Baggage Form (see pg. 5 for details on completing forms).
- Please note: an overweight bag could lead to a \$100 charge at the airport, so make sure your daughter knows what to pack and what to ship!
- We are unable to take trunks to the airport.

## SHIPPING LUGGAGE

For shipping luggage home, we contract with a 3rd party vendor (Little River Roasting) to offer the service of sending your luggage home via UPS.

- To ship home, fill out your Travel Form (see pg. 5 for details on completing forms).
- The shipping fee from Little River is a \$40 handling charge per item plus the actual cost of shipping.
- Do not send a return shipping label for your luggage; Little River can ONLY use labels printed at camp.
- All items will be boxed, weighed, and labeled.
- You may ship as many items as needed.
- All shipping costs will be automatically deducted from your Greystone Account.
- All baggage will automatically be shipped to your home address on file. If you want your luggage sent to a different address, indicate this on your Shipping Form.

Questions about our UPS shipping service before camp? Contact Gervais Hollowell at [gervais@campgreystone.com](mailto:gervais@campgreystone.com).

Last minute shipping questions during camp? Contact our Travel Director at [travel@campgreystone.com](mailto:travel@campgreystone.com).

### **SHIPPING HOME: PACKING 2 DAYS BEFORE CLOSING DAY:**

Because we box and process all shipped luggage prior to Closing Day, girls shipping luggage home will pack all items two days prior to the close of camp.

**Bedding when shipping home:** We will not pack your daughter's bedding unless your daughter is flying home (with Greystone) or instructed (by you!) to do so. If she is to pack her bedding, camp will provide sheets, a jersey-style blanket, and anything else needed for those final two nights.

If you are picking up your daughter in person on Closing Day, your daughter will still have her bedding to take in the car, unless you have instructed her to pack it in her shipped luggage. **If you're flying home with your daughter on Closing Day, bring a large duffel for this bedding.**





## AFTER CAMP

### EARLY BIRD: SUMMER 2024

Save a spot for 2024! **Early Bird enrollments for our 2024 sessions will run for ALL 2023 campers from Monday, August 14 - Friday, August 18.** Please do not apply for summer 2024 until Monday, August 14, when a specific re-enrollment application will open for you. Anyone who applies prior to August 14 will be canceled out of the session, and you will need to re-enroll on August 14.



We will send you a series of emails as we enter the Early Bird time frame; we do not want there to be any misunderstandings. You must complete this registration prior to Friday, August 18 in order to be guaranteed a spot in the session of your choice.

It is normal for camp to fill during the Early Bird enrollment, so it is important that you not delay. Your deposit is fully refundable until November 1. We hope to see you in 2024!

## SUMMER 2024 DATES:

Junior: Saturday, May 25 - Friday, May 31

June: Monday, June 3 - Friday, June 21

Main: Monday, June 24 - Thursday, July 25

August: Monday, July 29 - Friday, August 9

**Sibling enrollment:** If you'd like to enroll a sibling in camp, fill out a camper application for the session of your choice as soon as possible to be added to the Wait List for next year. Only 2023 campers may enroll during the Early Bird process.

# PRE-SUMMER CHECKLIST

- Download our new **Companion app** to fill out forms (pg. 5).
- Check out the **Packing Lists** and start collecting items (pgs. 12-13). **Label all items** coming with you to camp (pg. 9).
- New campers, read through our **tips to prepare for camp** (pg. 6).
- Gather pictures** for your camper's bunk (pg. 8).
- Have your daughter **write her Penpal** (17).
- Put **money into your Greystone Store account** to cover summer expenses (pg. 42). Also, **pre-order Store items** before the summer!
- Schedule your Physical** and/or take your Physical Form to your doctor to complete (pg. 21).
- Have Medications?** PLAN AHEAD! Fill out all forms and have ALL daily medications packaged by a pharmacist per our Medication Policy (pg. 21).
- Register for one of our **photo facial recognition options** to have photos of your daughter sent to your phone (pg. 38).
- Gather mailing addresses** to send with your camper or pre-address envelopes. Also, share the camp mailing address with friends/family. Make sure they know we are **Package-Free** (pg. 36).
- Pre-write letters** to drop off on Opening Day (optional; pg. 28).
- Shipping luggage to camp?** Make sure to ship up to 2 weeks before your session (pg. 32).
- Birthday at camp?** Use our birthday label (coming in the mail) to label the one birthday package, or drop off at camp (pg. 36).
- Have food allergies?** Touch base with questions before the summer (pg. 43).
- Have your daughter's **head checked for lice** before camp (pg. 19).

C.A.M.P.  
**GREYSTONE**  
*Since 1920*

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

