



## 2021 PARENT HANDBOOK

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**JUNIOR CAMP**  
**June 1 – June 9**

**FIRST TERM**  
**June 11 – July 6**

**SECOND TERM**  
**July 9 – August 3**

Dear Alpine Family:

We are so pleased to email you this Parent Packet and officially welcome you to Alpine 2021. Camp is right around the corner and we can't wait!

We want your boys to make lifelong friends, have the time of their life, and grow in wisdom and in stature and in favor with God and man.

Carter and I are grateful for the trust you have placed in Alpine. We want you to know that our most important responsibility for the summer is the health and safety of your son. We do not take this privilege lightly.

In addition to this email, we will continue to add updates and plans to our Covid-19 Health Guidelines. Included with this packet you will find:

1. A Parent Handbook with helpful information and important policies for camp
2. A What to Bring list
3. A Camper Forms checklist detailing due dates and explanations for all forms necessary for your camper. NOTE: All forms must be uploaded via your CampInTouch Account.

For all forms, [log in](#) to your CampInTouch Account (the same account you will use to view photos and news and email your camper this summer!). Most forms are to be filled out online (Waivers, Health History, Transportation, Bunk Request, etc.) Others will need to be downloaded, completed by hand (Physician's Form, Medication Record, & Insurance Cards) and uploaded directly to your son's account. Instructions to download and upload are next to each form on the Forms and Documents page of your CampInTouch Account.

**Remember to schedule a physical soon with your son's doctor, as required by the American Camp Association. The necessary [Physician's Form](#) for this visit can be found in the Applications and Forms section of our website or your CampInTouch account. This form must be uploaded to your CampInTouch Account once complete.**

Visit our [website](#) for more information. Visit our [Covid-19 Updates page](#) for our Health Guidelines. Please call on us at any time with your questions or comments. We can't wait to see all of you for Alpine 2021!

Warmest regards,

Glenn and Carter Breazeale  
Directors



### BEFORE CAMP

- **Your camper will be required to submit a negative molecular PCR Covid-19 test for entrance to camp.** A rapid test will not be accepted. We recommend Vault Health's PCR test (**though you may choose any physician's office or company's PCR test**). It is a saliva test, costs \$119, and is covered by most insurance companies. Click [here](#) and follow the instructions to order your test. You will need to order the test at least 14 days prior to your Opening Day.
- The only exception to our testing requirement will be if your son has Covid within 90 days of his Opening Day (because the PCR test may still pick up positive traces of virus from that recent illness). In this case, we will require a copy of his positive test with the date on it. The positive test cannot be within 14 days of Opening Day for him to come to camp.
- We are asking your camper to quarantine for 7 days prior to his arrival at camp. He would take the test on Day 3 or 4 and then continue to quarantine until Opening Day.
- What do we mean by quarantine? Campers should not be with friends or in public settings such as restaurants, sporting events, etc. The only exception will be if school is still taking place within the 7 day window. We are also asking family members to avoid these settings unless absolutely necessary, such as work and grocery shopping. Even then please use extra care and wear a mask and physical distance. Also, note that the Junior Camp quarantine period takes place over a holiday weekend so you will need to make arrangements to ensure you can receive the results of the Covid test in time to travel to Alpine.
- To be admitted to camp, the camper must present his negative PCR test upon arrival.
- We also ask you to take your child's temperature every day during the 7 day quarantine. And ask your child if he is experiencing any other symptoms of Covid-19.

### OPENING DAY

- Drop off between 8:00 AM - 12:00 PM CDT will be staggered. Closer to Opening Day you will receive an email with your arrival time window.
- We want to give you a warm welcome on Opening Day and provide a smooth transition into camp for your son. We will utilize a drive through drop off system this year. In our attempt to create a Covid free bubble, we are asking all parents and guests to stay in their cars at all times.
- We recommend a rest stop before arrival. Portable toilets will be available at camp along your check in route.
- **First Stop** – Our Head staff will greet you and give your son's cabin assignment to you!
- **Second Stop** – A staff member will greet you. They will take the copy of your negative PCR test. They will also do a temperature check of your son.
- **Third Stop** – The Directors will greet you at your car.
- **Fourth Stop** – Your son's counselor will come to the vehicle to meet you and your son. Staff will be on hand to take all your camper's belongings to the cabin. We ask that parents stay in the car and say your goodbyes. **The counselor will take your son to his cabin to meet up with his cabin mates. Parents will need to stay in their cars the entire time. While we know this is difficult, we firmly believe (based on camps that operated in 2020) that this is the best chance we have at creating a safe, Covid free bubble.** Camps that operated last summer reported that this process actually led to a much smoother transition into camp, with less homesickness, for both new and veteran campers. We recommend talking with your camper about this process beforehand so he can be prepared. Be positive and express your confidence in him.
- **Fifth Stop** – As you exit camp, our medical staff will have a designated pull off to collect medications. Please have the [Medication Form](#) completed prior to arrival.



### **CLOSING DAY: ALL TERMS**

- Pick up between 7:30 AM - 11:00 AM CDT.
- Any camper riding home with someone other than his parent or legal guardian must provide written permission to the camp office.
- We will be in touch closer to time with more details about Closing Day.

### **TRANSPORTATION**

Sam Giffin is our Travel Coordinator for Summer 2021. Sam is a current camp parent and a Birmingham-based travel agent. His family currently resides in Homewood, Alabama, and he will be taking the lead on travel for us this year. Please be sure to contact Sam regarding your son's travel information. He will be able to help you find the appropriate flight for your son(s). His contact information may be found below:

**Sam R. Giffin**  
[samrgiffin@gmail.com](mailto:samrgiffin@gmail.com)  
205-613-1209

**FLYING TO CAMP:** Some parents choose for their son(s) to fly to and from camp; others send their son(s) to camp via plane but then pick them up at the end of the session (and vice versa). We will meet campers at their gate upon arrival and accompany them to their gate for departure at the Birmingham-Shuttlesworth International Airport. We made this change based on parental feedback to help with security concerns as well as arrival/departure conflicts due to the time change. We will only be servicing the Birmingham airport for Summer 2021.

Campers arriving by plane will be met on Opening Day by Sam and an Alpine Camp staff member. Alpine counselors will be wearing dark green Alpine Camp shirts and khaki shorts so that your camper can recognize them easily. Our staff will help load luggage onto the bus. Campers may board the bus upon arrival and a counselor will take care of them from that point forward. Campers are to stay seated on the bus whenever the bus is moving and are to conduct themselves in an orderly manner and follow the rules given to them by the Alpine staff member serving as Bus Captain.

Campers flying into Birmingham need to arrive between 9:00 AM CDT and 12:00 PM CDT on opening day and departures should be scheduled after 11:00 AM CDT on closing day. We will have staff members at the Birmingham Airport meeting flights on opening day and delivering boys to their flights on closing day. We will provide chartered bus transportation to and from the Birmingham airport. The charge for the bus is \$180.00 roundtrip and \$90.00 one way. Please provide your son's complete itinerary including airline, flight number, and time of arrival/departure, including all connecting flight information on the travel form and reconfirm all travel information with Sam a week before your son(s) comes to camp. If you have an e-ticket for your son(s) please forward a copy to Sam Giffin ([samrgiffin@gmail.com](mailto:samrgiffin@gmail.com)). Campers may not arrive prior to opening day.

### **Face coverings should be worn at all times while in public on the trip to or from camp.**

We will not have an option for non-flying campers to ride the bus from the Birmingham airport to camp. Only boys who need to fly in will be transported. We will also not be chartering buses to Jackson, MS at the end of 2nd Term.

### **LUGGAGE**

Please pack your son's belongings in a trunk or duffel bag. Send blankets, sheets, towels, pillow and sleeping bag in a duffel bag and send clothes in a trunk or duffel bag. Our cabins do not have space for large trunks and as a result, wardrobe trunks are not allowed. Each boy will have wooden shelves to arrange all



his belongings and trunks will be safely stored underneath the cabins. All items must be contained. Do not have any loose items.

### SHIPPING LUGGAGE TO CAMP

You are welcome to ship your son's trunk/duffel bag to camp. We recommend FedEx Ground. They deliver directly to camp on a daily basis. Please send luggage to:

Alpine Camp for Boys, Inc.  
HOLD FOR - "Your Son's Name" - "Term He is Attending"  
138 County Road 619  
Mentone, Alabama 35984

FedEx advises that your duffel bag should be packed inside a corrugated box or other heavy duty box. You can purchase heavy duty boxes from The UPS Store, Kinko's, etc. Please check with FedEx for weight and size limitations. *If you choose to have your trunk and/or duffel shipped back home, remember shipping rates can be expensive due to size, shape and weight of your shipment.* Shipping charges will be added to your camper's final bill.

### VISITORS

To facilitate our bubble atmosphere at camp and limit the spread of disease, no visitors will be allowed during the Summer of 2021.

### HEALTH INFORMATION

We feel a keen sense of responsibility for the health and safety of your son and as such we employ the following health procedures during camp. Our medical staff confers with cabin counselors on the daily health habits of the boys in their cabins, and they also advise the administration regarding all health and safety matters.

**It is imperative that you emphasize to your son the importance of going to the Infirmary if he feels bad or has any bites, rashes or an abrasion. Please explain to him that we are there to help him stay healthy and can only do this if we know about his medical needs.**

We hope that your son will never need to experience our Infirmary, but if he needs us we are here to help him get back on his feet! We will contact you if there is ever an issue that affects your son's camp experience. This would include the following circumstances:

- If your camper needs to spend the night at the Infirmary
- If your camper needs prescription medication
- If your camper needs to visit a doctor in town, get x-rays, or lab work

### Medical Care

Our health center operates as a primary care clinic for the camp. Your son's health record is maintained there and should he need medical assistance we are well equipped to help him. Our medical staff consists of one physician and three registered nurses. This allows us to have two nurses on duty 24 hours a day. In addition, 90% of our staff is instructed in American Red Cross First Aid and is CPR certified. The health center is fully stocked with medical supplies to aid with everything from minor abrasions to more serious conditions.

If our medical staff feels a camper needs treatment that we cannot provide, we have excellent medical facilities a short distance away at DeKalb Regional Medical Center in Fort Payne, AL or at T.C. Thompson Children's Hospital in Chattanooga, TN. Every effort will be made to contact parents before treatment is administered.



Prior to Opening Day, please contact us to discuss any health concerns. For your son's sake, as well as the health of other campers, please do not bring him to camp if he has had a fever or other illness within 24 hours of Opening Day. Please call us to discuss this with us.

### **Health History**

**PLEASE ASSIST US IN CARING FOR YOUR SON BY COMPLETING A HEALTH HISTORY.** The Health History is available in your son's Forms and Documents and is available in early spring. Instructions for completing this form are on the Camper Forms Checklist. Alpine Camp for Boys requires that every camper have a physical examination by a licensed physician within twelve months of his arrival at camp. A Physician Form, provided online, is necessary for your physician to complete at the time of the physical. Please know that no camper will be admitted to camp on Opening Day if we do not have his completed Health History and Physician Form.

### **Immunizations**

Because our camp program has a potential for communicable diseases, we recommend that program participants are appropriately immunized for, at minimum, the following diseases: tetanus, mumps, measles, rubella, polio, pertussis (whooping cough), and diphtheria. We do not require an immunization record, but do require that you attest that all your son's immunizations are up to date for their school district. You will do this in the online Health History. Please consult with your child's physician to ensure that your child is current on all of these.

This being said, we recognize that some individuals may not be fully immunized for reasons that are biophysical (e.g., the individual is allergic to a serum component) or of personal choice (e.g., faith belief). If so, we will send you an additional form that must be completed for your son to attend Alpine. This form is intended to capture information about individuals who are not fully immunized.

We also want to mention three other vaccines that are helpful in protecting your child during summer camp. Meningococcal, Hepatitis A, and Influenza vaccines have all been recommended by the CDC for children at various ages. We recommend asking your child's physician about these important vaccines.

### **HEALTH INSURANCE**

All of our campers are required to provide proof of health insurance coverage. If a camper receives medical treatment or medication outside the camp health center, the camper's health insurance company will be billed accordingly. Any incidental charges, including medical bills for any accident, illness, or medications will be the responsibility of the parent or guardian. You may now upload a copy of your insurance card directly to your son's record. Please see the camper forms checklist for details.

### **OPENING DAY HEALTH POLICIES**

After drop off on Opening Day each camper will receive a health screen from our camp nurses and doctor. Nurses will do a check for lice. **Please do not bring your child to camp if he has had a fever any time in the previous 24 hours.** Boys must be fever free for 24 hours without medication to enter a cabin. Any boy with a fever is required to be quarantined in our camp infirmary. This is a very hard way to begin camp, thus we recommend he stay with you until fever free. Please call our office and leave a message for the nurse. They will call you and consult about the best time for your son to come to camp.

### **Lice**

Do not bring your son to camp with live lice or nits (lice eggs). Upon discovery of either at the health screen our nurses will consult with the directors and notify the parents. Alpine has arrangements with professional lice services for complete removal. Cost for this service will be the sole responsibility of the parent. In addition, Alpine may bill a processing fee to your account, covering laundry and transportation costs.



Please avoid this by thoroughly checking your son prior to his arrival. A camper must be free of all lice and nits to enter a cabin.

### **Medication Drop-Off**

**Please have your medication form filled out prior to arrival. This, along with the medication, will be collected by our medical team during your drive through check in.** Please do not bring over the counter pain relievers or cough medicines. We keep a large stock of routine medications on hand at all times in our infirmary.

- Rx medications: Must be in original labeled bottles or accompanied by a Dr.'s Rx or Dr.'s order with instructions for administration.
- Over the Counter Medications: There is no need to bring OTC medicines to camp as we have these at the Infirmary and will administer to your camper if he needs them.
- Vitamins/Supplements: Must be turned in also and they must be marked and labeled. Our medical staff cannot administer any unmarked vitamins and supplements.
- Emergency Medications: If your son needs to keep a medication with him such as a rescue inhaler for asthma or an Epi-pen for severe allergic reactions, please let our medical team know at check in. Please check the expiration dates on these before bringing to camp.

Please note: Because we have a very structured schedule, children who are on medication for ADD/ADHD often have a better camp experience if they stay on their medication while at camp.

### **COMMUNICATION WITH CAMPERS**

Parents may communicate with campers in 2 ways: 1) letters; and 2) CampMinder email.

Campers love to receive letters from family and friends. To mail a card or letter to your son during camp, please use the address below:

Example: *"Your Son's Name"*

*"Your Son's Cabin"* (your son will receive his cabin assignment on the first day of camp. It is fine to send the first few letters with just his name.)

**Alpine Camp for Boys**

**P.O. Box 297**

**Mentone, AL 35984**

Please note that only cards and letters will be delivered to your son. Any item larger than a letter envelope is considered a package and will not be delivered. Please do not include anything in a letter like gum, mints, trinkets, etc.

Alpine offers a one-way email service through our website [www.alpynecamp.com](http://www.alpynecamp.com). Camp provides each parent with a login ID and a password. This will be the same log in you will use to complete your son's online forms. Parents can then create guest accounts for extended family and friends. The website allows parents to email campers as well as view daily pictures and read the daily newsletter. Alpine reserves the right not to deliver inappropriate emails. ***Emails received after 7:00 AM CDT will be delivered the following day.*** Due to the large volume of emails that our camp receives, we cannot deliver emails that are sent to our camp office.

Campers will not be able to send email from camp but will be encouraged to write letters home. It is strongly encouraged that you pre-address envelopes for your campers. This will ensure that your camper's letters will arrive safely.

Campers are not allowed to receive phone calls. Any calls made to campers must be cleared through the director.



### PACKAGES

In the past, the large number of packages received by campers promoted a competitive atmosphere at camp and overwhelmed our small camp post office. As a result, we have a **NO PACKAGE POLICY**. Please let family and friends know about our no package policy.

All large envelopes, padded envelopes, and regular envelopes containing “anything” (other than your letter) are considered packages (don’t send these!); However, if there is a necessary item left at home email Kingsley Bennett, [kingsley@alpinecamp.com](mailto:kingsley@alpinecamp.com).

### ALPINE STORE ALLOWANCE

The Alpine Camp Store provides stamps, stationery, soap, toothpaste, shampoo and other basic necessities. Your son’s account will be charged for the recommended allowance of \$25 for Junior Camp and \$50 for First and Second Term. This covers incidentals from the store he might need during the term as well as prescription drug costs, lost & found shipping, or individual transportation (opening and closing day bus or shuttles). Any unused allowance will be refunded after camp.

### Camp & Tribe Gear

First, go to our Alpine Online Store and place an order for your son’s summer gear. **All required items MUST be ordered before your camper arrives.** There is also a selection of non-required gear for sale. All orders will be shipped to you prior to camp. Junior Camp required items are: 2 Alpine white Sunday shirts and 1 pair of white shorts (Alpine or other). First and Second Term required items are: 2 Alpine Sunday white shirts and 2 pair of white shorts (Alpine or other).

Second, complete the Camp Gear Form and Tribe Gear Form. Access these forms on the Forms & Documents page by going to our website and logging in to your son’s account. Campers will not join or reaffirm their tribe until arrival at camp. And thus, these are the only items we will not ship. Based on your order form, these items will be given to your son once he joins a tribe. These orders will be added to your camper’s account and billed after camp. Required tribe items for all terms are: 1 Alpine tribe shirt, 1 Alpine tribe neckerchief and 1 slide. (Returning campers will indicate on Tribe Gear Form if no Tribe Gear is needed.)

\*Campers will not be able to purchase or receive required or non-required camp gear during camp. Be sure to order everything he needs before May 1st!

### ACTIVITIES

During the month terms boys will sign up for activities on Opening Day. For Junior Campers, we will email an online activity registration form prior to camp for you to choose his activities. Activity lists for all terms are available on our website in the [Applications and Forms](#) section.

**This summer, due to Covid, our activity program will operate in pods based on age group. Because we cannot mix age groups in activities, some age groups will not have access to some activities that they normally would be able to take.**

Alpine offers a large variety of activities to suit any boy’s interest. We mix in just the right amount of fun and games with appropriate skill and instruction. Boys can sharpen current skills and learn some new skills. As boys get older more advanced activities are made available each year at appropriate age levels (i.e. mountain biking, weight lifting, cross country running). **It is the sole responsibility of the parent to notify Alpine if your son is not allowed to participate in any activity.** Otherwise, boys will automatically be allowed to participate when they reach the appropriate age level.



Personal sports equipment is not required for any activity. Campers may choose to bring their personal equipment, such as a tennis racquet, lacrosse stick, or baseball glove. Each camper is solely responsible for his own gear and we recommend not bringing highly valuable gear.

### **FOOD**

Alpine employs a trained dietitian and buys the best food available. We serve food in abundance in three completely adequate meals each day. The basic camp fee also includes a fresh fruit snack mid-morning and an afternoon treat at the store each day.

This summer, Meals will be eaten with cabin groups and physically distant from other cabins. All Kitchen staff and Work Crew will wear face coverings while serving. We will not have self-service bars - the normal breakfast and lunch bar items will be on the table when possible.

Campers are not allowed to have food in their cabins. This includes sunflower seeds, mints, candy, bubble gum and powdered drink mixes. These items invite unwanted critters into the cabins, create an unnecessarily competitive atmosphere among campers and create litter around camp.

### **HAMMOCKS**

Campers who have completed grades 6 – 9 (Warrior, Brave, and Chief age groups) are allowed to bring hammocks to camp. Boys completing 1st - 5th grade (Hunter, Trapper, and Scout age groups) are not allowed to bring hammocks to camp. Hammocks are not allowed in Junior Camp for any age. This policy is to ensure the safety of all campers. Our older boys enjoy the communal aspect of “hanging out” in the hammocks. It is our experience that younger boys use hammocks for unsafe horseplay.

### **TOBACCO/ALCOHOL/DRUGS**

THE USE OF TOBACCO, ALCOHOL OR ILLEGAL DRUGS IN ANY FORM will result in immediate dismissal from camp.

### **CABIN PLACEMENT POLICY**

#### **ALL CABIN REQUESTS MUST BE SUBMITTED BY MAY 1<sup>ST</sup> FOR ALL TERMS**

- One of the real benefits of camp is getting to know boys from all over. Cabins are made up of boys from several different hometowns.
- The directors will do their best to honor individual cabin requests. Many factors go into making final cabin assignments and the director's placement is final. Alpine is not able to guarantee cabin requests.
- Your son's cabin request should be made on the application, on the Bunk Request Form in your son's Forms & Documents section or in an email to [summer@alpinecamp.com](mailto:summer@alpinecamp.com) **no later than May 1, 2021.**
- Boys must be in the **same grade** in school to be placed in the same cabin together. Alpine places boys in cabins by the grade the camper has just completed in school.
- If you have any questions or concerns, please contact us.

### **CATHOLIC MASS**

This summer, due to Covid, we will not be able to provide a bus to Catholic Mass in Ft. Payne. All campers will need to attend our non-denominational worship service at camp.

### **HOMESICKNESS**

For many boys, camp is their first experience away from home for an extended period of time. It is only natural that some of these boys will experience a genuine case of homesickness. Everyone misses something about home. This is a healthy feeling! Years of experience have taught us that periods of homesickness are usually brief. With your close cooperation and understanding, we feel that overcoming homesickness can be a valuable step in the emotional development of your son.



Before camp starts, it is normal for boys to be nervous and even express concern about coming to camp. The best thing you can do is highlight all the positive aspects of camp. It is very important that you do not make a “pick up deal”. A “pick up deal” is when the parent promises to come pick up their son if he is not having fun. Studies have proven that once this deal is made a boy will not make the effort to get into camp and overcome his fear, but rather, will only focus on going home.

Once your son is at camp, if you receive one or two homesick letters, please do not be alarmed. Respond quickly with a letter that is cheerful and firm. Parental firmness has proven a near positive cure. If the letters continue you are welcome to call or email Carter, [carter@alpinecamp.com](mailto:carter@alpinecamp.com), and she will be happy to check on the situation.

### **BIRTHDAYS**

At Alpine birthdays are special. We recognize each camper on his birthday and provide a cake for him to share with the boys at his table. Birthdays are also the one exception to the no package policy. If you would like to send a birthday package to your son, please write BIRTHDAY PACKAGE in bold letters on the outside of the package and mark “Hold for Birthday”! Please do not send food in the Birthday Packages. Since we have numerous Birthdays each summer, we ask that you not use the telephone to wish your son Happy Birthday.

### **MUSIC/ELECTRONICS POLICY**

We value recorded music at camp and use it regularly for special events and activities. However, our desire is to provide the most wholesome atmosphere possible for your son during his stay at Alpine. We want campers to enjoy the sights and sounds of Lookout Mountain, Little River, and live musical instruments away from the streaming music and images that dominate our culture. For this reason, **we do not allow MP3 players, radios or any other electronic listening or playing devices at camp. This includes iPods, iPads, PDAs, Game Boys, PSPs, Kindles, tablets, smart watches, etc.**

### **CELL PHONE POLICY**

Campers may not bring a cell phone to camp. If a camper is found having a cell phone or using a cell phone (theirs or someone else’s) 24 hours after arrival, HE WILL BE SENT HOME.

Campers who are traveling to camp by bus or plane may travel with a cell phone or electronic device. Once they arrive at camp, all devices **MUST** be turned in to his counselor. The devices will be stored safely in the office and charged (if cables are provided) prior to departure from camp.

### **CAMERAS**

Digital cameras are not allowed at camp. Campers may bring an inexpensive, non-digital camera to document their experience at camp.

### **PIERCINGS**

For safety reasons, campers may not wear piercings of any kind at camp.

### **VALUABLES/PETS**

Your son should not bring valuable items such as expensive cameras, watches or jewelry to camp. Personal pets or animals are not allowed at camp.

### **LAUNDRY**

Laundry service is available once a week to all campers. Please make sure that you mark all of your son’s clothes and personal belongings with his name. Do not forget to mark raincoats, tennis shoes, pillows, etc. Please attach a list of contents to the inside of each piece of your son’s luggage. Alpine Camp does not accept responsibility for the campers’ personal belongings. Do not send nice clothes to camp.



### **BEDWETTING**

Bedwetting is a common occurrence with boys, and we believe it should never prohibit a boy from attending camp. Our number one objective is to ensure that no camper is embarrassed or humiliated by this problem he has no control over. Please communicate to your son how important it is for him to tell his counselor when he has wet the bed and that the counselor will hold it in strict confidence.

We recommend that a boy work out a secret signal with his counselor to indicate if he has wet the bed in the morning (i.e. a flashlight left on his pillow). One counselor will take the cabin to morning watch while the other stays behind to change sheets. He will bag the sheets and wet underwear, disinfect the mattress, and put clean sheets on the bed (please send several extra sets of sheets for consistent bedwetters).

Wet sheets and clothes will be cleaned by our housekeeping staff. **Charges for this service will be billed to your son's store allowance and any overage will be invoiced to you after camp.**

### **WEAPONS**

Campers are not allowed to bring firearms, knives or any other item that could be used as a weapon to camp.

### **VEHICLES**

Campers are not allowed to bring personal vehicles to camp.

### **HORSEMANSHIP**

In addition to our traditional horseback riding program, four-week campers who have finished the 5th grade or higher will have the opportunity to participate in our Horsemanship Program. In this program each camper will receive two hours of small group instruction three days a week covering riding skill, grooming, saddling, horse care, and stable management from certified Camp Horsemanship Association instructors. There will be an additional \$90.00 charge for this program. This fee is fully refundable in case of cancellation. This program is limited to 50 campers per session, and campers are accepted into the program on a first come, first serve basis.

If your camper participates in any horseback program, he must bring 1 pair of riding boots – shoes or boots with a hard, smooth sole and a definite heel (not sneakers, duck shoes, hiking boots or boots with a deep ridged tread or sandals). Campers will not be allowed to participate in any horseback program without proper shoes.

### **SPECIAL TRIPS**

#### **RAPPELLING:**

Warriors (rising 7<sup>th</sup> graders) are eligible to go on a rappelling trip. This is a half-day cabin outing set up exclusively for the Warriors. They have a blast; it's one of the highlights of the Warrior year! Higher Ground, a professional guiding outfit based in Rome, GA with a similar mission to Alpine, will provide staff for these trips. One of our staff will also accompany the group. Higher Ground requires a waiver for each camper who participates in the rappelling trips. Campers will not be allowed to participate without a signed waiver.

#### **ROCK CLIMBING:**

All Braves and Chiefs (rising 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> graders) who participate in the Climbing activity at Alpine will have the option of going on a full day rock climbing adventure at Sand Rock, on Lookout Mountain, several miles from camp. This always proves to be a wonderful day for the boys as they receive helpful climbing "hints" from our climbing instructors and a member of Higher Ground USA. Higher Ground is a professional guiding outfit based in Rome, GA with a similar mission to Alpine. For a boy to participate in a



climbing trip, he must take Climbing as an activity in his camp schedule, and his parents must sign and return a waiver.

### **SECOND YEAR CHIEF BACKPACKING TRIP:**

Second Year Chiefs (rising 10<sup>th</sup> graders) participate in a moderate, four-day backpacking trip on the Appalachian Trail in western North Carolina. This is a highlight of the boys' time at Alpine and a culmination experience for their final year as a camper. They are accompanied by their cabin counselors and professional guides from Higher Ground in Rome, Georgia who will lead the trip.

They will complete their trip by paddling "duckies" (inflatable kayaks) on the beautiful Nantahala River in western North Carolina. Please note that waivers are REQUIRED by the Nantahala Outdoor Center and Higher Ground for boys going on this trip.

We will send out a 'What to Bring List' for the backpacking trip in a separate email.