



2018 PARENT HANDBOOK

P.O. BOX 297
MENTONE, ALABAMA 35984-0297
PHONE: 256-634-4404
FAX: 256-634-4405
www.alpinecamp.com

JUNIOR CAMP
May 29 – June 6

FIRST TERM
June 8 – July 3

SECOND TERM
July 6 – July 31

Dear Alpine Family:

We are so pleased to email you this Parent Packet and officially welcome you to Alpine 2018. 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 relationships that we have with so many of you, and we look forward to meeting others of you soon. 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.

Included with this packet you should find everything you need for your camp preparations:

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.

For all forms, [log in](#) to your family's private account (the same account you will use to view photos and news and email your camper this summer!). Most forms can be filled out online. Others will need to be completed by hand and can now be uploaded directly to your son's record. If you prefer mailed copies of any form or the Parent Handbook, please email summer@alpinecamp.com, and we'll be happy to mail them.

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.

Visit our [website](#) for more information. Please call on us at any time with your questions or comments. We can't wait to see all of you for Alpine 2018!

Warmest regards,

Glenn and Carter Breazeale
Directors

P.S. Please note in the Travel Section that our new drop off and pick up location is the Atlanta Airport.



TRAVEL INFORMATION

OPENING DAY: JUNIOR CAMP

- Camp gates will open at 8:00 AM CDT. Drop off between 8:00 AM - 12:00 PM CDT.
- We want to give you a warm welcome on Opening Day and provide a smooth transition into camp for your son.
- If your son is traveling to camp by bus he will be greeted by a director and his cabin counselor and taken immediately to meet the other boys in his cabin.
- If you are driving your son you will be greeted at your car by one of our administrative staff. They will give you your son's cabin assignment and directions to his cabin. You can drive directly to the cabin where his counselors will be excitedly waiting to meet you and your son. They will help unload his luggage and introduce him to the other boys in his cabin.
- Other detailed check in information will be given to you upon your arrival at camp.

OPENING DAY: FIRST AND SECOND TERMS

- Camp gates will open at 9:30 AM CDT. **Drop off between 9:30 AM – 12:00 PM CDT.**
- We want to give you a warm welcome on Opening Day and provide a smooth transition into camp for your son.
- If your son is traveling to camp by bus he will be greeted by a director and his cabin counselor and taken immediately to meet the other boys in his cabin.
- If you are driving your son you will be greeted at your car by one of our administrative staff. They will give you your son's cabin assignment and directions to his cabin. You can drive directly to the cabin where his counselors will be excitedly waiting to meet you and your son. They will help unload his luggage and introduce him to the other boys in his cabin.
- Other detailed check in information will be given to you upon your arrival at camp.

CLOSING DAY: ALL TERMS

- Camp gates will open at 7:30 AM CDT. 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.
- You may drive directly to the cabin where your son will be waiting on you. The counselors will load his luggage in your car.
- If your time allows, please stop by the Lodge for an informal director's reception with light refreshments.
- Feel free to let your son give you a tour of all his favorite spots in camp.

MEETING THE BUS IN ATLANTA: On Opening and Closing Day, Alpine charts a bus to meet campers and parents at the Atlanta Airport. Due to parking restrictions at the airport, our travel coordinator will contact you prior to opening day to let you know where to meet the bus. *Whether your son is flying to/from or meeting the bus in Atlanta, please be sure to provide us with your cell phone number.*

Alpine counselors will be wearing dark green Alpine Camp shirts and khaki shorts so that you can recognize them easily. Our staff will help parents load luggage on to 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.

Please call the camp office if you have a travel delay or an illness on opening day (256-634-4404). The charge for the bus is \$170.00 roundtrip or \$85.00 one way.

If your son is being met at the Atlanta, GA airport and traveling to camp by camp bus he will be greeted by a director and his cabin counselor once he arrives at camp and be taken immediately to meet the other boys in his cabin.



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 Atlanta, GA Airport. Atlanta is the only city where Alpine Camp staff members will be meeting flights. You will need to book your own reservations for your son(s). We will provide chartered bus transportation to and from the Atlanta airport. The charge for the bus is \$170.00 roundtrip and \$85.00 one way.

Campers flying into Atlanta need to arrive between 9:00 AM EDT and 12:00 AM EDT on opening day and departures should be scheduled between 9:00 AM EDT and 12:00 noon EDT on closing day. We will have staff members at the Atlanta Airport meeting flights on opening day and delivering boys to their flights on closing day. 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 a week before your son(s) comes to camp. If you have an e-ticket for your son(s) please forward a copy to Jennifer McCall (summer@alpinecamp.com). Campers may not arrive prior to opening day.

BUS TO JACKSON, MS SECOND TERM: Depending on the level of interest, we will plan on sending 1 or 2 buses from Alpine to the Smith Wills Stadium parking lot in Jackson, MS on Closing Day of Second Term. The cost of the bus trip is \$190.00 per camper. We need at least 25 boys to have 1 bus and at least 50 boys to provide 2 buses. Spots will be given on a first-come, first-serve basis. Please note that we will cancel the bus if we do not have the minimum number of boys signed up.

LUGGAGE

Please pack your son's belongings in a footlocker or duffel bag. Send blankets, sheets, towels, pillow and sleeping bag in a duffel bag and send clothes in a footlocker 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.

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. Your box will be saved at camp (as long as it's still in good condition) and the duffel bag will be shipped home in the same box. Trunks do not need to be boxed. Please check with FedEx for weight and size limitations. Shipping charges will be added to your camper's final bill.

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
- If your camper's schedule must be changed due to an illness or injury

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

We believe it is crucial for the welfare of your son and the camp community that all immunizations are current. Please consult with your child's physician to ensure that your son is up to date. We want to mention four vaccines in particular that are helpful in protecting your child during summer camp. The majority of children will have already received these vaccines but we believe it is important to bring these to your attention.

1. *Meningococcal vaccine*: protects against a life-threatening disease with a peak incidence at 15- to 19-years of age. This vaccine has been recommended for all 11-year-olds by the CDC since 2005.
2. *Hepatitis A vaccine*: protects against a form of hepatitis spread by contaminated water or food. This vaccine has been recommended for all children since 2006.
3. *Tdap vaccine*: provides a tetanus booster dose but also protects against pertussis (whooping cough). This vaccine has been recommended for all 11-year-olds since 2006.
4. *Influenza vaccine*: usually received as a shot or a nasal spray from August to April. Flu vaccine has been recommended for everyone over 6 months of age since 2009.

Please consult with your child's physician for more information on these vaccines and to determine if your child has received them. With his or her guidance we strongly recommend you consider these important vaccines, at the appropriate age, before your child attends camp. These vaccines have been extensively researched and deemed safe and effective by the Center for Disease Control, the American Academy of Pediatrics, and the American Academy of Family Practice.

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.

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

On Opening Day each camper will receive a health screen from our camp nurses and doctor. Nurses will take each camper's temperature and also 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

Any medication or vitamins for your son should be dropped off with one of our nurses, stationed in the Lodge. Please do not leave it with your son or his counselors. 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. If you do choose to send personal OTC medicines to camp, they will be kept at the Infirmary and need to be checked in at the Lodge on Opening Day.
- Vitamins/Supplements: Should also be brought to the Lodge on Opening Day. These should be brought to camp in original labeled containers.
- 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 check in with a nurse at the Lodge on Opening Day. 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.alpinecamp.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**.

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, or a birthday gift (no food) you may mail the package addressed to:

STORE MANAGER

Alpine Camp for Boys

ATTN: (Your Son's FULL Name)

P.O. Box 297

Mentone, AL 35984

Please make sure that your camper's name is clearly marked. If it is a birthday package, please be sure to add: "Birthday (and the Birthday Date)" to the package and mark "HOLD FOR BIRTHDAY". Please inform family and friends of our **no package policy** and remind them not to send food, candy, gum, mints or sunflower seeds in letters. Campers are not allowed to have food in their cabins.

Necessary Items

- Bible
- Rain boots
- Eye glasses
- A retainer
- Pillow left at home

Not Necessary*

- Magazines
- Costumes/dress-up clothes
- Stickers
- Notepads/Gifts
- Etc.

*These items will be kept at camp until Closing Day and sent home with our camper.

STORE ALLOWANCE

Tuition includes all store snacks, professional cabin and individual photos, chartered buses, admission tickets and spending money for trips, guided services for white water rafting, rappelling, rock climbing, and Chief II trips. We ask that you fund a store allowance for your son. This will cover any incidentals (e.g. prescription drug costs) or items he may have forgotten or lost (e.g. toothpaste or stamps). Camp provides a small store with stamps, stationery, soap, toothpaste, shampoo and other basic necessities. Recommended amounts are \$25 for Junior Camp and \$50 for First and Second Term. Any unused allowance will be refunded after camp. Account overruns will be billed to you after camp.



KNITWEAR

Alpine Camp gear and knitwear (T-shirts, sweatshirts, shorts, tribe jerseys, Crazy Creek chairs, laundry bags, etc.) is also available for sale in the store. Before camp begins, we will provide a knitwear order form for you to complete and send back to Camp. You now have the ability to upload a PDF file of your knitwear order directly to your son's record or you can mail or email a copy to our office. Please see the camper forms checklist for details. Your knitwear orders should be sent no later than 4 weeks prior to the start of camp. ***Alpine requires that each camper have a minimum of two camp T-shirts and a tribe neckerchief along with a slide to be used with the neckerchief.*** We do not fill knitwear orders until the campers arrive at camp. All knitwear is labeled when delivered. The staff in the store will double check the sizes you ordered while your son is in the store. If he needs a different size they will gladly swap it out for him.

You may also specify on the order form if you would like your son to be allowed to purchase extra gear from the store and you may put a limit on how much they are allowed to purchase. You may choose to fund this extra amount (any amount not spent will be refunded to you) or we can bill your account at the end of the summer.

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.

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. At breakfast, in addition to a hot meal, a yogurt, granola and fruit bar is available. At lunch a full salad bar complements the hot meal.

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

- 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 or in an email to summer@alpinecamp.com **no later than four (4) weeks prior to his arrival.**
- 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

Our campers of the Catholic faith attend services in Fort Payne, Alabama. If parents of Catholic campers prefer their sons attend the interdenominational service held at camp, please indicate this on the application, or notify camp in writing.

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, 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, 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.

TRIP DAY

During First and Second terms, every age group at camp takes a day trip on a chartered bus (e.g. 4th graders to Atlanta for the day to go to the Georgia Aquarium, College Football Hall of Fame and World of Coke; 8th graders to the Ocoee River for a day of whitewater rafting). We also occasionally take certain age groups on short out-of-camp trips. We will notify you prior to Opening Day if your son's trip(s) requires special permission or waivers. Before boarding buses boys are offered Dramamine in age appropriate doses, for motion sickness. No boy is required to take Dramamine.



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 7th 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 8th, 9th and 10th 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.

WHITEWATER RAFTING:

We offer various trips to our different age groups here at camp; however boys may only participate in the trip that involves their age group. The Warriors are headed to the Nantahala River for a wonderful whitewater rafting trip and the Braves and 1st Year Chiefs will be rafting the challenging Ocoee River in southeastern Tennessee. Please note that a waiver is REQUIRED by the Nantahala Outdoor Center for boys going on both of these trips.

We have chosen the Nantahala Outdoor Center (NOC) for our major river trips because of the tremendous service they provide and wonderful experience that they afford our campers. We feel that the NOC offers the most competent whitewater service in the southeastern United States. NOC will not allow anyone to participate on a whitewater trip unless they have a signed waiver from their parent or guardian.

SECOND YEAR CHIEF BACKPACKING TRIP:

Second Year Chiefs (rising 10th 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.