



2024 PARENT HANDBOOK

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

JUNIOR CAMP
May 28 – June 5

FIRST TERM
June 7 – July 2

SECOND TERM
July 5 – July 30

Dear Alpine Family:

We are so pleased to email you this Parent Packet and officially welcome you to Alpine 2024. 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.

Included with this packet you will find:

1. A Parent Handbook with helpful information and important policies for camp
2. A Packing 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 email your camper this summer!). Most forms are to be filled out online (health history, waivers, transportation, bunk request, etc.) Others will need to be downloaded, completed by hand (physician's form, & 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 and on the camper forms checklist.

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 2024!

Warmest regards,

Glenn and Carter Breazeale
Directors



OPENING DAY

- We want to give you a warm welcome on Opening Day and provide a smooth transition into camp for your son.
- Drop off is between 8:00 AM – 11:00 AM CDT. Closer to Opening Day you will receive an email with details about the check-in process.

CLOSING DAY

- Pick up between 7:30 AM – 10:30 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 email during camp with more details about Closing Day.

TRANSPORTATION

Sam Giffin is our Travel Coordinator for Summer 2024. 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
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 will only be servicing the Birmingham airport for Summer 2024.

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 9:30 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 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). Campers may not arrive prior to opening day.

Meeting the Bus in Birmingham: On Opening and Closing Day, Alpine provides a bus to meet campers and parents at the Birmingham Airport. Due to parking restrictions at the airport, our travel coordinator will contact you prior to opening/closing day to let you know where to meet the bus. *Whether your son is flying to/from or meeting the bus in Birmingham, 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 \$180.00 roundtrip or \$90.00 one way.

If your son is being met at the Birmingham, AL 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.

LUGGAGE

Please pack your son's belongings in a trunk or duffel bag. Luggage tags will be sent closer to the summer. Please attach tags to all large items. Send blankets, sheets, towels, pillow and sleeping bag in a duffel bag and send clothes in a trunk or duffel bag. 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.

Please be mindful as you and camper pack for camp that if you are shipping his luggage home, he will need to be able to easily repack all of his things in just the trunk or duffel he came with.

SHIPPING LUGGAGE

If you are planning to ship your camper's trunk or duffel bag **to or from** camp, we ask that you use [Ship Camps](#) to schedule a shipment online.

Ship Camps services are available for both one-way or round-trip shipping of camper luggage. Ship Camps allows you to print labels at home, and have your camper's luggage picked up at your front door. Want to have your items shipped back home after the term? Ship Camps returns directly to Alpine at the end of the term to collect your camper's items, and delivers it safely to you.

Had a change of plans short notice? That's okay! Ship Camps opens for booking 60 days prior to shipment date, and Next Day services are also available.

We would appreciate your consideration of this service, as it makes our handling of trunks and duffels much more efficient before and after Camp terms. You can learn more about Ship Camps [here](#). If you have any questions, please contact Monique (summer@alpinecamp.com) and she will be happy to help!

VISITORS

Campers are not allowed to have visitors during camp.

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 sick 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, our staff are instructed in American Red Cross First Aid and are 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.

Camper Physical

Alpine Camp for Boys requires that every camper have a physical examination by a licensed physician within 2 years (24 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 stay in our camp infirmary. This is a very difficult 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 will arrange with a professional lice service 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 be sure to complete your camper's medication information in the Health History if he will be taking any medication while at camp. During check-in our medical staff will give you a printout of the medication information you provided in the Health History to review and revise, if necessary, when they collect your son's medications. 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. **Please leave gummy type supplements and vitamins at home, including melatonin.** Boys tend to sleep more soundly at camp due to all the physical activity.
- 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.

CAMPER WELL-BEING CHECKS

Parents are welcome to check in with our office with a concern or question about your camper. We ask that you either call the office (256-634-4404) or email summer@alpinecamp.com or one of our directors (emails found on website). Please do not text or call other Alpine staff members (including nurses or doctors) for routine check-ins or concerns.

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 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

We have a **NO PACKAGE POLICY** for campers. 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 before mailing an item. Any packages mistakenly mailed to campers by friends or family will be held in the office until the end of the term.

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 your camper.

ALPINE STORE ALLOWANCE

The Alpine Camp Store provides stamps, stationery, soap, toothpaste, shampoo and other basic necessities. Your son’s account has been charged for the recommended store allowance of \$50. This covers incidentals from the store he might need during the term as well as prescription drug costs or lost & found shipping. Any unused allowance will be refunded after camp. **You do not need to add extra money to your son’s store account.** If he goes over the \$50 allowance, it will be added to your final invoice.



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 Sunday white 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 **Tribe Gear Form**. Access this form 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!** We are planning to have our Alpine store open on closing day of each session.

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.

If your son has a food allergy, please be sure to include on his medical form. Due to a large volume of dietary needs, our kitchen is only able to accommodate medical allergies. If your son is a picky eater, we have lots of options and many children start to try new foods at camp. If you have food allergy questions, you can email head cook, Gail Collins, gail@alpinecamp.com or director, Carter Breazeale, carter@alpinecamp.com.

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.

SUBSTANCE MISUSE

THE USE OF TOBACCO, ALCOHOL, VAPES, DELTA 8'S OR OTHER EDIBLE GUMMIES, ILLEGAL DRUGS, OR MISUSING PRESCRIPTION OR OVER THE COUNTER DRUGS IN ANY FORM will result in immediate dismissal from camp.

CABIN PLACEMENT POLICY

ALL CABIN REQUESTS MUST BE SUBMITTED BY MAY 1ST 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 **no later than May 1, 2024.**
- 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 CHURCH SERVICES

Our campers of the Catholic faith have the option to attend mass at Our Lady of the Valley 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, or Thomas, thomas@alpinecamp.com, and they 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, Game Boys, Kindles, tablets, smart watches, Fitbits, Gizmos, 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 (cables for each device must be 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 in First and Second terms. 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. There is no laundry service in Junior 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 6th 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. Campers must have completed

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.

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.



TRIP DAY:

During First and Second Terms every age group at camp takes a trip on a chartered bus. Rising 3rd and 4th graders enjoy a day out in Chattanooga at Rock City, High Point Climbing Gym and an IMAX movie. Our rising 5th graders travel to Atlanta for an adventurous day at the College Football Hall of Fame, World of Coke and the Georgia Aquarium. Rising 6th graders spend the day at Dollywood amusement park. Rising 7th graders will raft the Nantahala River guided by the Nantahala Outdoor Center. Rising 8th and 9th graders will raft the Ocoee River, also guided by the Nantahala Outdoor Center. We will notify you prior to Opening Day if your son's trip requires special permission or waivers. All Campers will go on a trip unless a parent informs camp they are not allowed to participate.

Before boarding buses boys are offered non-drowsy Bonine (meclizine) in age appropriate doses, for motion sickness. No boy is required to take Bonine.