



2026 PARENT HANDBOOK

P.O. BOX 297

MENTONE, ALABAMA 35984-0297

PHONE: 256-634-4404

FAX: 256-634-4405

www.alpynecamp.com

JUNIOR CAMP

May 30 – 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 2026. 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 us at any time with your questions or comments. We can't wait to see all of you for Alpine 2026!

Warmest regards,

GLENN AND CARTER BREAZEALE

Directors



ALPINE'S MISSION:

That they may increase in wisdom and in stature and in favor with God and man.

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HIGHLIGHTS FOR 2026!

- **Opening Day:** Staggered arrivals beginning at 8:00 AM CDT for safety and convenience.
 - H – P: 8:00 AM – 8:45 AM CDT
 - A – G: 8:45 AM – 9:30 AM CDT
 - Q – Z: 9:30 AM – 10:15 AM CDT
- **Shipping Luggage:** We use [ShipCamps](#). See pg 4 for details.
- **DO NOT PACK:**
 - Cell phones/music/electronics/smart watches/Kindles/smart glasses/cameras
 - Food/candy/mints/sunflower seeds/powdered drink mixes
 - Valuables/money
 - Products with an aerosol spray
- **Hammocks:** are allowed for rising 7th graders and above
- **Mail:** Include NAME & CABIN on all letters. Please share with friends and family.
- **Packages:** are NOT ALLOWED and will NOT be given to campers. Please share with friends and family.
- **Camp Gear:** Items ordered from the online Alpine Store WILL be shipped before camp if ordered by: Junior Camp – May 11; First Term – May 26; Second Term – June 22. See pg 5 for details.
- **Tribe Gear** ordered on the Tribe Gear Order form WILL NOT be shipped and are given out during camp. See pg 5 for details.
- **Cabin Requests:** Must be made by May 1 either by completing the Bunk Request Form in your camper's Forms & Documents or by emailing Monique at summer@alpinecamp.com. See pg 5 for details.
- **Forms:** All camp forms are due by May 1 for all sessions.



GETTING READY!

PACKING & PREPARING

The best place to start is by looking over our camp packing lists.

- [Junior Camp Packing List](#)
- [First and Second Term Packing List](#)

TRUNKS OR DUFFELS

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 (measurements approx. 22.5"W x 11.25" H x 14.75" D) 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 your camper pack for camp that if you are shipping his luggage home, he will need to be able to easily repack all his things in just the trunk or duffel he came with.

HAMMOCKS

- Campers who have completed grades 6 - 9 (Warrior, Brave, and Chief age groups) are allowed to bring hammocks to camp.
- Campers 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. It is our experience that younger boys use hammocks for unsafe horseplay.

PLEASE LEAVE THESE ITEMS AT HOME:

CELL PHONES

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.

FOOD

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.

MUSIC & ELECTRONICS

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, Garmins, smart glasses, etc.**



TOBACCO, ALCOHOL, DRUGS

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.

WEAPONS

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

VALUABLES/PETS

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

CAMERAS

Cameras are not allowed at camp, including digital cameras, digital disposable cameras (i.e. CampSnap), or disposable film cameras.

VEHICLES

Campers are not allowed to bring personal vehicles to camp.

PIERCINGS

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

AEROSOL SPRAYS

Aerosol spray cans are not allowed. In our experience these cans are used for horseplay and vandalism. For sunscreen or bug repellent please send alternative protection.

CAN I SHIP MY SON'S LUGGAGE?

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

ShipCamps services are available for both one-way and round-trip shipping of camper luggage. ShipCamps 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? ShipCamps returns directly to Alpine at the end of the term to collect your camper's items and delivers them safely to you.

Had a change of plans short notice? That's okay! ShipCamps 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 ShipCamps [here](#). If you have any questions, please contact Monique (summer@alpinecamp.com) and she will be happy to help!

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.

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).

Campers who prefer to wear Pull Ups, may keep them in their cabin or they can be dropped off at the Medication Tent on opening day. There are trash cans in each stall in the bath houses.

Wet sheets and clothes will be cleaned by our housekeeping staff. If you have any questions regarding bedwetting, please contact Carter, carter@alpinecamp.com or Sarah, sarah@alpinecamp.com.

CABIN PLACEMENT

- 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 Bunk Request Form in your son's Forms & Documents section or in an email to summer@alpinecamp.com **no later than May 1, 2026**.
- 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 Monique, summer@alpinecamp.com.

CAMP & TRIBE GEAR

- **First**, go to our [Alpine Online Store](#) and place an order for your son's summer camp 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.

Deadlines for ordering are:

– Junior Camp: May 11 – First Term: May 26 – Second Term: June 22

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. Email Sarah Lehn, sarah@alpinecamp.com, with any questions about camp or tribe gear.

BUS & AIR TRAVEL

Most parents will drive their child to camp on opening and closing days. However, if your son will be flying to camp, we have several options for you.

BUS TRAVEL

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 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 \$200.00 round trip or \$100.00 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 will be taken to meet the other boys in his cabin.

Hank and Brecca Powers are our **Travel Coordinators** for Summer 2026. They are current camp parents who reside in Birmingham, AL. They will be taking the lead on travel for us this year. Please be sure to contact Hank or Brecca regarding your son's travel information. They will be able to help you find the appropriate flight for your son(s). Their contact information may be found below:

Hank Powers
hankpowers@gmail.com
205-552-9732

Brecca Powers
brecca.powers@gmail.com
205-540-2088

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). Unaccompanied campers will be met at their gate upon arrival and will be accompanied to their gate for departure at the Birmingham-Shuttlesworth International Airport. We will only be servicing the Birmingham airport for Summer 2026.

Unaccompanied campers arriving by plane will be met on Opening Day by Hank and Brecca 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 \$200.00 round trip and \$100.00 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 Hank and Brecca a week before your son(s) comes to camp. If you have an e-ticket for your son(s) please forward a copy to Hank Powers (hankpowers@gmail.com) and/or Brecca Powers (brecca.powers@gmail.com). Campers may not arrive prior to opening day.

OPENING & CLOSING DAYS

OPENING DAY

- Staggered arrivals will begin at 8:00 AM CDT to allow us to give you and your son a personal and warm welcome, control traffic flows in camp, and comply with municipal requirements to keep public roads clear of non-moving vehicles. Here is the arrival schedule by Last Name:
 - H - P: 8:00 AM - 8:45 AM CDT
 - A - G: 8:45 AM - 9:30 AM CDT
 - Q - Z: 9:30 AM - 10:15 AM CDT

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.

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
Alpine Camp for Boys
P.O. Box 297
Mentone, AL 35984

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. Please be sure to give this information to friends and family who may be writing to your son.

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.*** Campers receive emails Monday – Saturday. 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 emails 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.

VISITORS

Campers are not allowed to have visitors during camp.

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 Sarah Lehn, sarah@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
- Eyeglasses
- A retainer
- Pillow left at home

Do Not Send*

- Magazines
- Costumes/dress-up clothes
- Stickers
- Notepads/gifts
- Food/gum/mints/seeds/nuts
- Games/cards
- Personal sports equipment

*These items will be kept at camp until closing Day and sent home with your camper

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 **ONE** 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.

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.

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.



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 it 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 Sarah Lehn, sarah@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.

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 via email to summer@alpinecamp.com.

CAMP SAFETY

Alpine is a member of the American Camp Association. This is a voluntary membership and affords us access to research and best practices for our industry. As a member, we submit ourselves to compliance and accreditation standards ranging from child safety to facilities management to emergency protocols and much more. Alpine has proudly been accredited now for over 40 years.

Our emergency protocols are reviewed annually (and anytime ACA standards change for new practices). The directors personally train and rehearse these protocols with staff each May during orientation. They also share appropriate portions of these protocols and rules with campers each term in the Opening Day welcome meeting.

These plans cover natural disasters and weather events for our area and include means of communication for each cabin, clear evacuation or sheltering plans, storm refuge areas, and plans to communicate with you as parents.

We also work closely with our local Emergency Management Agency officials in DeKalb County, AL. All directors have access to their app which provides real time notifications for all emergency weather events.

At night we employ a watchman from 9PM to 5AM so that someone is always awake in camp. He serves as a security guard and weather monitor and is also trained in all of our emergency plans.

ACTIVITIES & SPECIAL TRIPS

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, weightlifting, 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.

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.

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 Chief I's (rising 8th and 9th) who participate in the Climbing activity at Alpine will have the option of going on a full day rock climbing adventure at "Rocktown", located just 35 miles from camp where they experience some of the best climbing this area has to offer. 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 the climbing trip, he must take Climbing as an activity in his camp schedule, and his parents must sign and return a waiver.

CHIEF I ADVENTURE DAY

First Year Chiefs (Rising 9th graders) take part in a full-day excursion to Cherokee Rock Village (locally known as "Sandrock"). This trip is a trademark of the Chief 1 experience, providing a transition into more technical outdoor skills just a short distance from Alpine. Under the guidance of Higher Ground USA, boys will spend the day rock climbing, rappelling, and hiking. This adventure is designed to foster resilience and confidence as the boys navigate the bluffs and enjoy time out of camp. It is a day of physical challenge, cabin bonding, and connection with the outdoors that consistently ranks as a highlight of the term. Campers will not be allowed to participate without a signed 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. Rising 5th and 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.

HEALTH & SAFETY

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 always keep a large stock of routine medications on hand 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 them 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.

CONTACT US

Glenn and Carter Breazeale

Directors

glenn@alpinecamp.com

carter@alpinecamp.com

Thomas Gallagher

Associate Director

thomas@alpinecamp.com

Nate McLaughlin

Recruitment & Program
Coordinator

nate@alpinecamp.com

Monique Fielder

Office Manager

monique@alpinecamp.com

Sarah Lehn

Store Manager

sarah@alpinecamp.com

Gail Collins

Kitchen Manager

gail@alpinecamp.com

Lauren Rice

Nurse Manager

laurenwrice@gmail.com

Hank & Brecca Powers

Travel Coordinators

hankpowers@gmail.com

brecca.powers@gmail.com