



# Parent Handbook

101 Keystone Camp Road  
Brevard, NC 28712  
(828) 884-9125  
[www.keystonecamp.com](http://www.keystonecamp.com)

# Welcome to Keystone

We are very pleased to have your family as a member of the Keystone family for the upcoming summer. Keystone has been a leader in camping since its founding in 1916. We are glad your family is part of this tradition.

Keystone strives to develop the total girl on an individual basis. In a beautiful mountain setting, a Keystone girl learns the value of developing skills that last her lifetime. She learns the importance of friendships and the special feeling of being part of a group. She is challenged mentally and physically to become accomplished, and through challenges she grows in wisdom and maturity.

Although your daughter is the one who is attending camp; we realize that this may also be a big deal for the family. We hope that this handbook will help you and your daughter feel comfortable and prepared for a great summer at Keystone. Please feel free to contact us if you ever have any questions about what is in this handbook or about camp in general.



Page Ives Lemel  
Camp Director

## Table of Contents

Session Dates .....	1
Daily Schedule .....	1
Activity Sign Up .....	2
Tuck Shop .....	2
Kitchen .....	2
The Inn .....	3
GroupRx .....	4
Camp in Touch .....	5,6,7
Phone .....	8
Faxes .....	8
Mail .....	8
No Package Policy .....	9
Visits .....	9
Trunks .....	10
Shipping Trunks .....	10
Laundry/Linens .....	11
Electronics .....	11
Horeback Riding .....	12
Clothing .....	13
Opening Day .....	15
Closing Day .....	15
Travel For Flyers .....	15,16
Accomodations .....	16
Packing List .....	17
Program Protector .....	18
Directions .....	19,20
Tips for Parents .....	21
Nervousness .....	22
Homesickness .....	22,23
Checklist .....	24

## Session Dates

3 Week June Session	June 10 - June 29, 2018
4 Week July Session	July 1- July 27, 2018
2 Week Mini I	July 1 - July 13, 2018
2 Week Mini II	July 15 - July 27, 2018
2 Week August Session	July 29 - August 10, 2018
6 Day Key Blue	July 29 - August 3, 2018
6 Day Key Yellow	August 5 -August 10, 2018

## Daily Schedule

7:30 Rising Bell/ Cabin Clean-up  
8:15 Flag Raising  
8:20 Breakfast  
9:00 Assembly  
9:35 1st Activity  
10:20 2<sup>nd</sup> Activity  
11:05 3<sup>rd</sup> Activity  
11:50 4<sup>th</sup> Activity  
12:30 Free Time  
12:45 Lunch  
1:30 Rest Hour  
2:30 Tuck Shop (snacks)  
2:50 5<sup>th</sup> Activity  
3:35 6<sup>th</sup> Activity  
4:20 7<sup>th</sup> Activity  
5:05 Free Swim/ Afternoon Tuck  
5:50 Flag Lowering  
6:00 Dinner  
7:15 Evening Program  
8:20 Milk and Cookies/Taps  
9:00 Lights Out Elves  
9:30 Lights Out Pixies  
10:00 Lights Out Dryads

## Activity Sign Up

Here at Keystone we have over 22 different activities for your daughter to choose from. On Opening day, after being dropped off and enjoying some delicious lunch in our dining hall, your daughter will go on an activity tour with her cabin mates. She will get to check out all of the different activities that Keystone has to offer. Once her tour is done she will be brought to the pavilion where she will get to sign up for the 7 activities that she would like to take every day. Your daughter will keep her same schedule every day while she is at camp, but if there is ever anything that she would like to change she can come to the office to do so. Due to our size, and the program that we run, we are able to let every girl take the activities that she desires to take.

## Tuck Shop

The Tuck Shop is our camp store, where campers can get one snack each day. They can also get incidentals such as batteries, stamps, pens or pencils, soap, shampoo, or any other necessity they may need. Parents will specify a spending limit for the Tuck Shop account before arrival at camp. Campers will be allowed to charge against the predetermined limit while they are at camp, so there is no need for any camper to have cash with them. On closing day you will receive an invoice. Within seven days after the session ends, we will charge the credit card on file for camper purchases at the Tuck Shop.

## Kitchen

The dining hall is where the girls will eat every meal, and during meal time we are all songs and giggles. We try to provide as many options as possible to account for all types of eaters. We have a fully stocked salad bar at lunch and dinner as well as a cereal bar at breakfast to go along with our main dishes. We also always have fruit available throughout the day if the campers get hungry.

Dietary Needs - Keystone is able to accommodate almost all dietary needs. Please contact the office to discuss your daughter's needs.

## The Inn

Keystone has 2 Registered Nurses who live on the camp property and are available to us 24 hours a day. They are responsible for dispensing any medications your daughter may need while she is at camp. We also have a physician who makes weekly house calls to camp to address any minor problems with our campers. The Transylvania Regional Hospital is only 10 minutes away if an emergency arises. Should your daughter need to be seen by a specialist, we will arrange an appointment for her. You will be responsible for paying all medical bills promptly. (The services of the camp infirmary and weekly visit from physician are furnished without charge).

Absolutely no medications are allowed to be kept in the cabin; they must be turned into the nurse on opening day. This includes vitamins and any over the counter drugs. We also keep almost every over the counter drug in stock, so unless your daughter needs something daily or on a regular basis, please leave it at home. Our nurses will administer all medications at the time they are needed and in the case of an overnight trip the nurse will make arrangements with your daughter's trip leader.

Our nurses will contact you for the following reasons:

- Your camper has fallen from or been stepped on by a horse
- A decision has been made that your camper will be seen by the camp doctor, either here on site, or at a doctor's office
- At the conclusion of the visit with the doctor
- A child has spent or will be spending the night in the camp infirmary
- There is a question with a medication or treatment
- A child has an allergic reaction

During our staff training all of our staff becomes First Aid and CPR certified as well as undergo epi-pen training. The majority of our staff is also Lifeguard certified and are regularly drilled throughout the summer to keep our waterfront activities safe.

Note: The local doctors' offices will not file insurance claims for campers. We will keep copies of all receipts, so you can file any claims yourself.

## Medications at Camp

To ensure each camper's health and safety we ask that all medications arrive at camp in blister packages. This applies to any medication, prescription or over-the-counter, taken by the camper on a daily basis, and not in a liquid, cream, or inhaled form. We are happy to now offer the option of sending blister packages to your home so you can package camper medications yourself before opening day. This helps our opening day process go smoothly and results in less waiting for you.

How to Put Medication in Blister Packs:

Medications are divided by time of day the medication will be taken. If a June camper takes three medicines at breakfast, and two at dinner time, you would need two blister packages. One package would contain all morning medications, and one would have all dinner time medications.

### CAMPER EXAMPLE:

Morning Blister Pack



- 1) Claritin
  - 2) Concerta
  - 3) Multi-Vitamin
- \* All 3 medications go in one blister/bubble together for each day of camp (ex: 21 blisters filled with all 3 medicines for June morning meds)

Dinner Blister Pack



- 1) Probiotic
  - 2) Doxycycline
- \* Both medications go in one blister/bubble for each day of camp (ex: 21 blisters filled with both medicines for June dinner time meds)

## Camp In Touch

Camp In Touch is the web-based program that Keystone Camp uses to keep in touch with you during the summer and off season. You can get to it through our website: [www.keystonecamp.com](http://www.keystonecamp.com). Use your username (email) and password to login. Once you are logged in several sections will appear.

Note: Not all of the sections are listed below and we encourage you to play around to figure out all that Camp In Touch has to offer.

### Forms Dashboard

This section contains the forms that are required for you to fill out either online or print and mail back to camp in order for your camper to attend camp.

### Your Camper

This section contains the camper application for the current season and allows you to submit changes to your camper's information.

### Financial Management

This section allows you to keep tabs on all of the financials of camp, ie. your balance, payments, and which credit card is on file.

#### Billing Information

Here you can make sure that we have the right billing address for your account.

#### Credit Card

Here you can check that the right credit card is on file for your account or you can add a new one. This credit card is used to pay for tuition and the camp store not for purchasing camp stamps or photos. The credit card is entered under the online community section.

#### Season Financials

Here you can see your tuition costs and payments displayed. If you click on the "view statement" link on the bottom left, you can see your statement in a much more detailed and comprehensive manner. You can also click on "make payment" to lower/payoff your balance.

#### Online Community

This is the section with all of the links to our photo, email, and newsletter system.

#### Email

This is the system you will use to email your camper during her session. Click the "Email" icon to go to the email page.

- 1) You must first purchase CampStamps in order to send emails. Click the "CampStamps" link at the top of the page to manage your CampStamps
- 2) Select the check box next to the camper you wish to receive the email. You may select more than one camper. You will be charged one CampStamp for each camper you select.
- 3) You may also choose an optional stationery for an additional CampStamp. **\*\*We do not print our emails in color\*\***
- 4) Write your message in the text box.
- 5) After composing your email you will find a box that you can check off to receive a response letter from your camper. This service is optional and will cost an additional CampStamp. The response letter will be hand written, but will be faxed to your email for a faster response
- 6) You may preview the email before you send. Hit the "Send Email" button at the end of the page to submit the email.
- 7) We will print emails at 12:00PM each day. You must send the email before this time for it to arrive same-day.

## News

A daily blog will be posted every day during camp to inform you of all the great activities that happened during the day.

## Photos

- 1) Photos will be displayed by date and album. There may be multiple albums for one date, e.g. Day 2 AM and Day 2 PM
- 2) Use the drop-down menus to navigate the photo system.
- 3) Each photo in the gallery will have icons below it.
  - a) Star- use this icon to mark the photo as a favorite. The star will turn yellow when you mark it. These photos will be stored under the “Favorites” section for future viewing.
  - b) Envelope- use this icon to email this photo in low-res to a friend or relative
  - c) Magnifying Glass- view larger version in the slide show
  - d) Down Arrow- download an unlimited number of hi-res versions of this picture for \$1.69
  - e) Shopping Cart- add the photo to your cart for purchase
- 4) Click on “Cart” at the top of page to purchase prints or gifts of your photo

## Guest Accounts

- 1) You may grant access to friends or relatives with this link. The guest must have a valid email address. Guests are able to send emails as well as view camp photos. After adding the guest you must click the “My Email” check box to allow them to email.
- 2) You may purchase CampStamps for your guests or your guests may also purchase them for themselves.

If you have any problems with the Online Community you may contact CampMinder directly by creating a Help Ticket.

## PHONE

Since our phone facilities are very limited, we do not permit campers to use the phone except in the case of an emergency, and then the director must clear the call. If you have concerns about your daughter, please feel free to call the Directors at 828-884-9125.

## FAXES

Faxes will be received from 8:00 a.m. until Noon, Monday through Friday and will be included with the mail after lunch each day. The charge for receiving a fax will be \$1.00 per page and will be taken out of your daughter’s camp store account. The fax number at Keystone is 828-883-8234.

## MAIL

Your daughter’s mailing address while at camp is:

Your daughter’s name (first and last name) Keystone Camp 101 Keystone Camp Road Brevard, NC 28712
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When you write your daughter, it is generally best to ask about her experiences at camp or to comment on what she has already written. Numerous references to home, family, pets or saying “we miss you” excessively can turn a borderline homesickness case into a full-blown case. If you have concerns about the letters you receive, we are happy to help. You can call the camp office, which is open from 9:00 a.m. until 5:00 p.m. There is an example letter on pg. 23. Additionally, you will receive a letter from your daughter’s counselor during the session.



## NO PACKAGE POLICY

Our philosophy is that allowing packages creates a competitive environment with campers trying to receive the best package or the most packages. Therefore, any package we receive **WILL BE RETURNED TO SENDER UNOPENED**. We consider a package to be anything bigger than a standard sized envelope. Envelopes must also be flat, so please no pens, charms or other trinkets, magazines, books, cds, or forgotten articles of clothing. Absolutely no candy or gum please. Unless it is crucial to your daughter's health or hygiene, she will need to do without forgotten items for the short time that she is at camp. We encourage you to be mindful when packing to be sure that you have everything in order. Please help us by letting any appropriate friends and family know about this policy.

## VISITS

Attending camp provides an extraordinary opportunity for campers to gain the self-reliance, self-confidence, and independence important to a young girl's development. Therefore, the camp program should not be interrupted with visits by parents and relatives. We highly recommend parents visit on opening and closing days of the camp session. At this time, parents are encouraged to meet the staff and view the facility. Unfortunately, there are no facilities for housing or feeding guests at camp.

If you are new to Keystone and would like to visit camp before your daughter's summer session, we would be happy to give you a tour. Simply call the camp office to make an appointment. Please be aware that the week before camp, as well as the day between sessions, are busy planning times and are not convenient for visits.

## TRUNKS

Only one footlocker and one duffle bag may be brought to camp (or two comparable bags). Trunks may arrive at camp in your car, on the airplane, or shipped by courier. Trunks will be delivered to your cabin by our maintenance crew upon arrival. When filling out your transportation form, please check off how your daughter's bags will be arriving at camp.

## SHIPPING TRUNKS

Shipping trunks can be quite convenient. We highly recommend shipping your trunk if your daughter is flying due to recent changes in airport security and luggage requirements. It makes airport procedures go much more smoothly to have the camper's major luggage already at camp.

UPS, Federal Express and other couriers deliver to camp. The shipping address is:

Your daughter's name (first and last name) Keystone Camp 101 Keystone Camp Road Brevard, NC 28712
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If you are thinking about shipping your trunk we strongly suggest contacting our local UPS store. If you ship both ways through them they are able to offer a discount. You can reach them at (828) 883-4701 and they will coordinate everything for you. The UPS store is who we use to ship any trunks from camp to your home. The cost for one way shipping will be the shipping cost + \$20 for packaging the trunk. UPS couriers are only held responsible for damage if the trunk is packaged, so we make sure to put all trunks in a box. We will have a form on your forms dashboard for you to complete and return directly to the UPS Brevard store.

## LAUNDRY / LINENS

Laundry is a weekly service, done at camp at no additional charge for campers. We encourage you to send very durable, washable clothes. If an item of clothing should not go into a dryer, it is the camper's responsibility to not send it to the laundry. It is important that all items of clothing and equipment be clearly marked with the camper's full name. Initials are not sufficient. This includes socks, underwear, and any other item that you would like to return home with your camper.

We provide towels for all of our campers. This should help you as you pack and will assure you that your daughter will have a clean, dry towel each morning. You will want to bring your own sheets, blankets, washcloths, and pillows with you. These can be added to your daughter's laundry each week.

## ELECTRONICS/EQUIPMENT

There is no place for expensive items at camp, and there is limited use for technology. Please leave valuable watches and jewelry at home. Cell phones, computers, and digital cameras are NOT permitted. Disposable cameras are permitted and for sale in our camp store. We are trying to keep a layer between taking pictures and having the ability to upload photos onto the internet. iPods and other music devices: any device that has any kind of photographic, video, or internet capability is NOT permitted. We will provide each cabin with speakers and a MP3 player that will be filled with music that the campers requested prior to camp. Make sure that you have completed and turned in the technology form by the deadline so that your daughter's song requests get added to the cabin MP3 player. We want music to be shared and played in a very fun setting in the cabin.

Our weather generally varies in temperature with lows in the 50's and highs in the upper 80's. If you feel the need to send a fan, only battery-operated fans are permitted.

## HORSEBACK RIDING

Horseback riding is one of our most popular activities here at Keystone. We pride ourselves on a program that is appropriate for all levels of riders. Whether you ride every day at home, or have never been on a horse. We also make sure that every girl that wants to take horseback riding as an activity while they are here at camp gets to. If your daughter plans on participating in our horseback riding program, please consider the following:

### Hard-soled shoes for riding

This should be a sturdy shoe, preferably a lace-up that has a square heel and a smooth sole. Saddle oxfords, paddock boots, and cowboy boots are recommended. Sebago shoes are not acceptable due to the fact that the heel is not squared off nor hiking boots because the sole is not smooth. The heel must be such that the foot will catch on the riding stirrup, about 1/4 inch thick.

### Riding Helmet

We provide riding helmets for all campers. Our helmets are ATSM and SEI certified. If your daughter would like to bring her own, please make sure that it has this certification. It must also have a chinstrap, preferably a harness-type chinstrap. If she chooses to use one of our helmets, we ask that she wear a bandana underneath, so make sure to pack one. (This goes for Rock Climbing helmets as well.)

Please note that there is also a Horseback Riding form online through your account that needs to be filled out. This form is received by our horseback riding director which she uses to roughly schedule her classes prior to your daughters arrival.



## CLOTHING

You will find our recommended packing list included in your packet as well as on page 17. Our campers seem to enjoy having a good pair of tennis shoes and a pair of sandals of some sort at camp. For your daughters' safety, all sandals must have a back strap. Teva-type sandals and Chacos have backs and are still cool, comfortable, and waterproof, making them great and safe camp shoe options. (Flip-flops may be worn back and forth to the swim lake and as shower shoes only). We like clothes that like to play and get dirty. If your daughter wears eyeglasses, we recommend that she bring an extra pair with her or a strap for her glasses. A coated nylon poncho or a raincoat are a necessity at camp.

The camp uniform consists of a camp shirt, navy blue shorts and a blue camp tie. We wear uniforms on Sundays and since laundry is done once a week for the girls, only one Uniform is necessary. Your daughter will also be sorted into a team which she will continue to be on all the years that she is at camp. We ask that you also purchase a team shirt for her to wear on team games day and throughout the session. All of these items, including any other Keystone apparel, can be found for sale through our online Tuck Shop store. The easiest way to access this store is through the front page of our website by clicking the link "Start Shopping". You can also access it under the "For Parents" section.

Here at Keystone we love to have fun and dress up! Many girls will bring their old dance outfits, crazy socks, tutus, old Halloween costumes, etc. to have on hand for dress up days or evening programs at camp. Please don't feel like you need to go out and buy any of these things it's really just if you have them around and want to. There is a lot of sharing here at Keystone so no one feels left out. That also means that it is a great idea to label EVERYTHING!



## OPENING DAY

Opening day is very exciting for everyone. To help alleviate traffic, we divide campers by last name to determine their opening day arrival time. We will open the gates at 10am for the first round of campers, then again at 11am. We will inform you of your camper's arrival time as it gets closer to opening day. Key Campers are asked to arrive between 10:30am and 11:30am. As you drive in, we will greet you in front of the Pavilion to take your camper's luggage and have you proceed to the parking lot where you will meet your camper's counselors and receive further instruction.

Opening day is a great time to look around the camp facility and meet other camp families, but we ask parents to limit their stay to one hour or less.

Due to staff time-off and meetings, we are unable to accommodate campers prior to opening day.

## CLOSING DAY

On closing day we ask that all campers be picked up between 9:00am and 11:00am. Key Blue campers can wait to be picked up from 1:45pm to 2:30pm, so that they can still enjoy morning activities.

## TRAVEL FOR FLYERS

**BY AIRPLANE:** For campers who are flying by commercial airline or private plane, we will meet you at Asheville Regional Airport or the Greenville/Spartanburg Airport on Opening Day. A staff member in a uniform shirt will be waiting on the other side of the security gate for your daughter.

Please try to schedule flights so that they arrive and depart Asheville or Greenville between 9:00 am and 2:00 pm. Asheville is approximately 30 minutes away and Greenville is 1.5 hours away. Flights before 9am mean super early wake up times after factoring in travel and security lines at the airport. It is extremely important that we have your daughter's flight itinerary prior to opening day.

If you decide to travel with your daughter and would like to accompany her to Keystone to help her get settled in, you will want to rent a car at the airport. We cannot provide shuttle service to and from the airport for parents, as our schedule is often quite rigid.

The Asheville Regional Airport is currently served by Allegiant, Delta, United, and USAirways. The Greenville/Spartanburg Airport is served by Allegiant Air, American Airlines, Delta, Southwest, United, and USAirways.

## Unaccompanied Minor

Every airline has their own policy for unaccompanied minors(UM). Please make sure to check in with your daughter's airline while booking the flight to find out their policies. If your daughter is flying as a UM make sure that all fees have been paid prior to her flight. Most airlines only let you pay one way, so make sure the flight back UM fee is paid in advance to us bringing your daughter to the airport. When filling out the unaccompanied minor form for your daughter's flight, the airline will require a specific name for the person meeting your daughter at the airport. Please put the Director's name, Page Lemel, down as the name of the responsible party. The Asheville and Greenville Airport officials are used to working with camps and our staff members will be at the airport in uniform with proper identification.

Please be sure to pack a carry-on bag containing a change of clothes, tennis shoes, and a bathing suit.

## AREA ACCOMMODATIONS

If you will be driving to camp, and are planning on staying, you will want to make your hotel reservations well in advance. Hotels and Bed & Breakfasts can be found in Brevard, but you may also choose to stay in Hendersonville (30 minutes from camp), Asheville (45 minutes) or the Cashiers/Highlands area (1 hour). Check out the Local Accommodation page on our website for some more detailed info on places to stay.

## PACKING LIST

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>_1 Camp uniform shirt and tie</li> <li>_1 Pair of navy blue shorts (not denim)</li> <li>_1 Team Shirt (call camp if you don't know your team)</li> <li>_9 Pairs of shorts</li> <li>_2 Sweatshirts</li> <li>_1 Jacket</li> <li>_3 or 4 Pairs of jeans</li> <li>_10 Shirts</li> <li>_2 Bathing suits</li> <li>_Pajamas</li> <li>_12 Pairs of underwear</li> <li>_12 Pairs of socks</li> <li>_Bras</li> <li>_Bathrobe</li> <li>_1 Outfit for dances (casual)</li> <li>_Toiletries</li> <li>_Shower Caddy</li> <li>_Raincoat</li> <li>_2 Pairs of tennis shoes</li> <li>_1 Pair of riding shoes (if taking riding)</li> <li>_1 Pair of Teva-type sandals (water shoes)</li> <li>_1 White 100% cotton t-shirt for tie dying (if taking art)</li> <li>_Empty shoebox (if taking art)</li> <li>_1 Tennis racquet (if taking tennis)</li> </ul> | <ul style="list-style-type: none"> <li>_1 Can of unopened tennis balls (if taking tennis)</li> <li>_3 Golf balls (if taking golf)</li> <li>_2 Laundry bags</li> <li>_1 or 2 mesh bags for sending socks and underwear to laundry</li> <li>_1 Water bottle</li> <li>_Flashlight</li> <li>_Sleeping bag</li> <li>_Sun visor or hat</li> <li>_Sunscreen</li> <li>_Insect Repellent</li> <li>_Disposable camera (NO digital cameras are permitted)</li> <li>_2 Bandanas</li> <li>_1 Backpack or Daypack</li> <li>_Writing paper, pen, &amp; envelopes<br/>*having the envelopes stamped and preaddressed helps</li> </ul> <p style="margin-left: 20px;">Linens: Please steer clear of down linens, they are not a great choice because of the moisture we get here in the mountains.</p> <ul style="list-style-type: none"> <li>_2 Sets of sheets (cot or twin size)</li> <li>_3 Wash cloths</li> <li>_1 Comforter or 2 heavy blankets</li> <li>_1 Pillow with 2 pillowcases</li> </ul> |
|--|---|

Note: Please check our website for the revised packing list if your daughter is attending one of our Key Camp sessions.

## PROGRAM PROTECTOR



Program Protector is an optional program specifically designed for camp participants to help ensure a successful program and to protect program costs. The cost of the basic plan is 5% of the total tuition, and the enhanced plan cost is 7.5%. These fees are charged separately at the time your camper is enrolled at camp, and are benefits are administered through MH Ross, a TripMate company. Questions can be directed to 1-800-423-3632.

### PROGRAM PROTECTION BASICS

- Program Cancellation/ Interruption to reimburse you should you have to cancel or interrupt your program for a covered medical or non-medical reason.
- Medical Expense/Emergency Assistance to cover medical expenses and emergency transportation for a sickness or injury that occurs while you are traveling.
- Travel Delay Benefits to cover your out-of-pocket meal and accommodation expenses due to flight delays or cancellations or for other similar covered reasons. You must be delayed for a specified amount of time, such as 12 hours or more.
- Baggage and Baggage Delay to cover loss or damage to your baggage or personal items or the cost of buying toiletries or personal articles if your baggage is delayed for a specified amount of time.

The Enhanced Plan includes all of the benefits of the Standard Plan plus a Cancel For Any Reason benefit that allows you to cancel your Program for any reason up to 2 (two) days before your scheduled departure, and paid your premium with or before the final payment for the Program.

## Driving Directions to Keystone:

### From Atlanta, GA

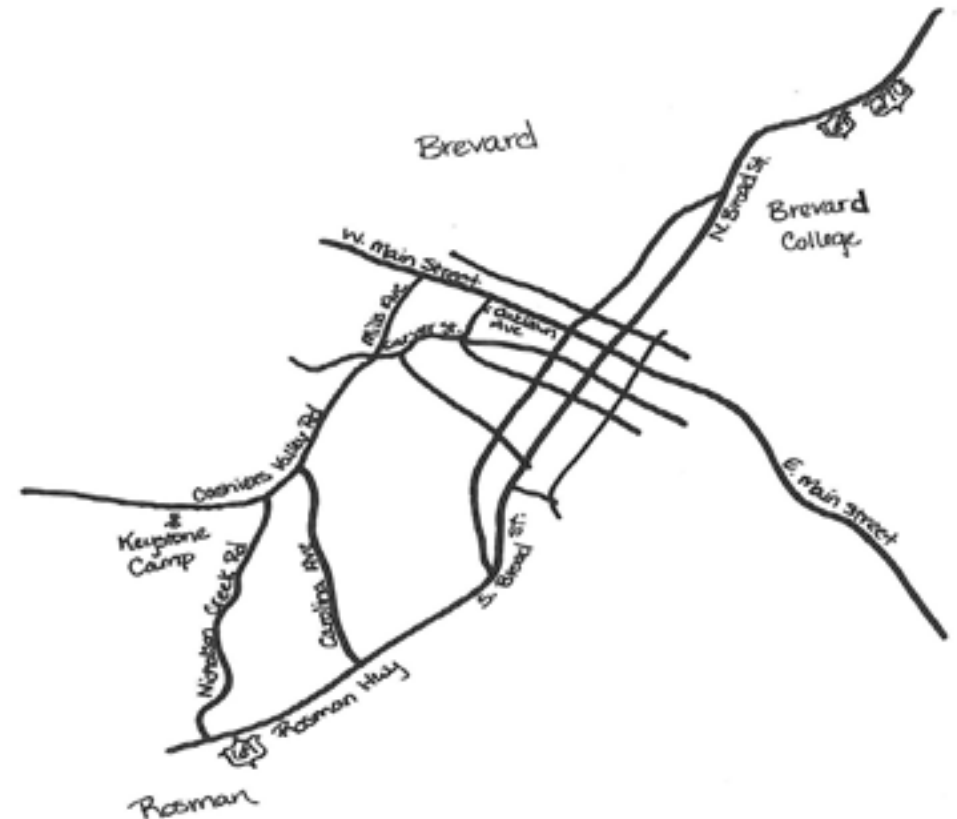
- Take I-85 North to South Carolina State line, and take exit #1 (SC Visitor's Center) and turn left onto Hwy 11.
- Travel on Hwy 11 for approximately 30 miles to the intersection of Hwy 11 and Hwy 130
- Take left onto Hwy 130
- Hwy 130 turns into NC 281 at the state line, and intersects US64 in Sapphire, NC.
- Take right onto US64 East
- In approximately 15 miles you will pass a Sav-Mor grocery store on your right. Get into the left lane and make a left turn at the bottom of the hill onto Nicholson Creek Rd.
- This road dead-ends at a stop sign.
- Take left onto Cashiers Valley Road. Keystone's entrance is 0.3 miles on the left.

### From Asheville, NC

- Take I-240 or I-40 to I-26 East
- From I-26, take Exit # 40 (Brevard/Asheville Regional Airport, Hwy 280)
- In approximately 12 miles, NC280 intersects US64 and US276 at a traffic light.
- Go straight through light at intersection and follow 64 West through Brevard.
- As you leave Brevard, US64 makes a sharp right turn at a traffic light just beyond Brevard Drug Company. Take the right to stay on 64 west.
- About 1 mile ahead, look for an Energy Fuels gas station on the right, where you will take a right onto Carolina Avenue.
- Carolina Avenue dead-ends at a stop sign.
- Take a left onto Cashiers Valley Road. Keystone's entrance is 0.4 miles on the left.

### From Spartanburg, SC

- Take I-26 West to Exit # 40 (Brevard/Asheville Regional Airport, Hwy 280)
- In approximately 12 miles, NC280 intersects US64 and US276 at a traffic light.
- Go straight through light at intersection and follow 64 West through Brevard.
- As you leave Brevard, US64 makes a sharp right turn at a traffic light just beyond Brevard Drug Company. Take the right to stay on 64 west.
- About 1 mile ahead, look for an Energy Fuels gas station on the right, where you will take a right onto Carolina Avenue.
- Carolina Avenue dead-ends at a stop sign.
- Take a left onto Cashiers Valley Road. Keystone's entrance is 0.4 miles on the left.



## Tips for Parents

- If your daughter isn't used to sleeping away from home, try to set up some practice times. Have her spend the night away at a few friend's homes and/or relatives.
- Make sure that your daughter, especially if she is younger, has experience handling daily hygiene, i.e. brushing her hair, taking a shower, brushing her teeth. Counselors are there to help your daughter out but it is important that she comes to camp with these skills.
- Every morning the girls participate in cabin cleanup. We have found that it is easier for the girls if they have already learned how to make their bed as well as some cleaning skills such as sweeping.
- At camp we eat our meals in a modified family style. It is helpful to your daughter if she practices passing dishes, serving herself, as well as learning to cut her meat before coming to camp.
- When packing your daughter up for camp try to make it something fun that you do together. It is important and helpful to your daughter if she knows what is in her trunk and where to find things. Doing this also makes it easier for her to pack her trunk when she leaves.
- The girls do have some occasional down time in their cabin. You may want to pack some card games, coloring books, mad libs, and/or reading books for you daughter to enjoy by herself or with a buddy during these times.

## Nervousness

- If you daughter is feeling nervous or anxious before camp, it is important that you let her know that those feelings are completely normal. Most campers coming to camp for the first time get nervous and even our returning campers feel some anxiety entering the camp on opening day. Let her know she is not the only one feeling that way.
- Try not to tell your daughter over and over that you are going to miss her because this can bring on some anxiety before and during camp. The best is to continually reassure her how much the family supports her and how everyone wants her to have a great time at camp.
- Do not make deals about early pickups! Offering up the option of coming to camp to pick up you daughter if she is feeling too homesick is not a good idea. It allows your daughter to have a way out and in most cases they dwell on it instead of learning the ability to cope. If your daughter asks if you will come get her if she gets homesick try to respond with something along the lines of "It sounds like you are a little nervous about camp. Feeling this way is very normal and I support you and know that you are going to have a great time at camp and meet lots of new friends."

## Homesickness

Homesickness is very common especially for girls coming to camp for the first time. Most girls get over their homesickness within the first day or two of being at camp but for some girls it takes a little longer. Our staff are all trained in ways of handling homesickness, but there are certainly ways that you can help as well. In the case that you get a sad letter from your daughter explaining how homesick she is, here is an example of a great way to respond.

“Hey Rosie,

I was so excited to get your letter today! I read it over and over again just to make sure I understood exactly where you are coming from and what you were telling me. Of course, I never like it when you are sad or feeling down, and I know you are a strong girl who will keep trying new ways to help yourself overcome missing home. Just like we talked about before camp, I will not be able to come pick you up until closing day of camp, and I trust Page and your counselors to take great care of you.

Life at home is same as always, Dad goes to work every day, Austin is at football camp, and I spend my days cleaning up this house! You are not missing a thing but chores back here in Atlanta!

What is your favorite activity at camp? Have you had the fried chicken yet? I am so jealous you get to play outside and eat delicious homemade fried chicken, lucky duck! What do you like best about your counselors?

You are a positive, kind, young lady. I know you are more than capable of pushing through the feeling of being sad in order to see all the amazing parts of camp. I want you to have so much fun these next two weeks, make new friends, and learn something new! Keep up the hard work of trying new ways of keeping the homesickness away (play with friends, swing on the swing set, laugh a lot!) and go make this the best day ever!

Loving you always,

Mom”

Here are some more references regarding homesickness:

- [The Summer Camp Handbook](#) ,written by Christopher A. Thurber, PhD and Jon C. Mailnowski, PhD.
- [The Secret Ingredients of Summer Camp Success DVD](#) by Christopher Thurber, PhD
- [www.campspirit.com](http://www.campspirit.com)

## Checklist Before Camp

### Complete All Forms:

- Parent Authorization
- Physical Examination
- Health History
- Immunization (Unless filled out in the Health History form)
- Medication Form
- UPS Shipping Form
- Transportation
- Camper Profile
- Horseback Riding (Even if not taking)
- Bunk Request (Optional: List bed preference or cabinmate requests)

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**LABEL EVERYTHING!!**

Note: All forms can be found under “forms and documents” through your Camp in Touch accounts.

