



Green River Preserve's

# PARENT HANDBOOK

A COED SUMMER CAMP  
**CONNECTING**  
CHILDREN with  
**nature**

# TABLE OF CONTENTS

Mission & Values	4	Camp Store, Backpacks	18
GRP Goals	5	Air Travel	19
Woodcraft Laws	6	Tips for Preparing Your Camper	20-21
Payment Schedule	7	Homesickness	22-23
Cabins	8	Medical Care	24-25
Map	9	Medical Fees	26
A Day at GRP Base Camp	10	No Lice/Nits Policy	27
Campout & GLP's	11	How to Pack for Camp Packing	28-32
Opening Day	12	Tips for Expeditions Packing	33-34
Closing Day	13	Shopping for Camp	35
Mail, Email, & Packages	14-15	Shipping Luggage or Trunks	36-37
No Package Policy	16	Local Accommodations	38-40
Blogs, Birthdays, Visitation Policy	17	Pick up & Drop Off, Directions	41
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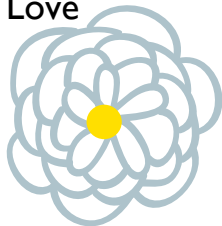
*Our [YouTube page](#) has plenty of helpful videos that go more in-depth on many of these topics!*

# Green River Preserve's Mission

To inspire environmental stewards through a joyful connection to nature.

## Our Values

- Being consistent and safety minded; mentally, physically, emotionally
- Conservation and Stewardship
- Community
- Growth and Personal Development
- Respect & The Woodcraft Laws: Beauty, Truth, Fortitude, and Love



# Goals of Green River Preserve

## **Intellectual Growth:**

To mentor campers in their quest as future leaders and stewards of the land. To expose children to a wide variety of the natural sciences and foster an awareness of the wonder and complexity of the natural world.

To offer experiences for children to learn from a community where ideas, creativity and discovery are celebrated.

## **Physical Growth:**

To provide a safe, non-competitive and healthy outdoor living experience for children. To introduce children to a wide variety of life time learning skills and activities such as hiking, camping, cycling, canoeing, creative arts, and fly-fishing.

## **Social Growth:**

To offer campers a safe, supportive community based on respect where individuals are allowed to “Be their Best Me.” To provide an atmosphere free of materialism and cliques where the quality of one’s character is what really matters.

## **Spiritual Growth:**

To inspire discovery of the interconnectedness of the natural world and the growth of personal virtues and morality. To encourage campers to have a greater respect and understanding of themselves, their environment and their fellow human.

# Woodcraft Laws

The Woodcraft Laws are important values to Green River Preserve. During camp, we live by these "laws," which were inspired by those originally written by Ernest Seton, one of the founders of the Boy Scouts of America. We have adapted these laws to reflect our values as a community.

## BEAUTY

Celebrate wonder. Appreciate all that exists in yourself and everything around you.

Nurture yourself. Extend compassion for self and others.

Protect all living things. Share in our collective responsibility to conserve the natural world.

## FORTITUDE

Be brave. Support others when you are strong, and ask for support when you are challenged.

Live respectfully. Show deference to those with life experiences unlike your own.

## TRUTH

Be honest. Build trust in yourself and the world around you.

Play fair. Let integrity be your compass.

Stay curious. Seek the truth about the universe and its inhabitants.

## LOVE

Be Kind. Show generosity to yourself and others.

Be helpful. Do your share of the work.

Be joyful. Seek the joy of being alive.



## Payment Schedule

A deposit of \$1000 for Sessions 2, 3, & 4 and all expeditions is due once your child is accepted and enrolled. The deposit is \$500 for Sessions 1 & 5. 50% of the total invoice is due February 1st. The remainder of the balance is due by April 1st. Tuition, less \$500 administrative processing fee, are refundable until February 1st. After February 1, there are no refunds offered. [Please see the information](#) on the website for more details.

After February 1st, in the case of documented serious illness of the camper, a 50% refund of unused tuition may be issued.

To register after February 1st, please pay 50% within two weeks of acceptance with the remainder to be paid by April 1st.

The easiest and quickest way to pay is with an **eCheck** through your CamplnTouch account by adding your bank routing number and account number under the Financial Management tab. We will then charge your account accordingly. You may e-mail us with the amount you want to pay towards tuition. All tuition payments made by credit card will be subject to an additional 3% service charge.

### DATES TO REMEMBER

**February 1** → 50% of tuition  
**April 1** → balance of tuition

*\* no refunds after February 1 \**

Pay using **eChecks** in your CamplnTouch account to avoid the 3% service charge!



## What will my cabin be like?

Camper cabins are nestled in a wooded area. Campers live in cabin groups of six or seven campers with two counselors. Each cabin is a duplex adjoined by a central bathroom. Campers sleep on double decker bunks.

It is recommended that campers pack belongings in **trunks or plastic bins** that are no more than 13.5" tall. Please see the packing lists [on our website](#).



## Cabin Assignments

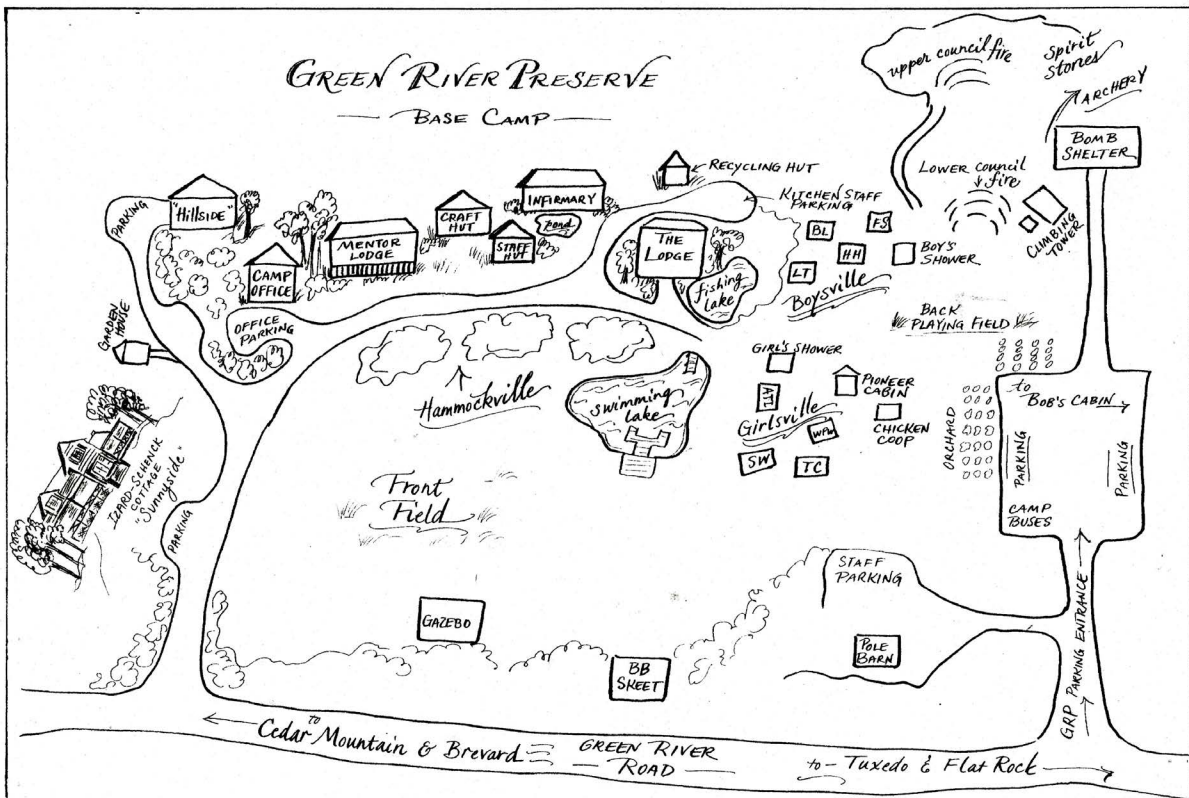
*Base campers only:* Cabin assignments are made according to age and grade level to ensure compatible levels of maturity. We recognize that there may be reasons for exceptions to this policy, such as maturity beyond, or not up to, a camper's chronological age. Where such is the case, parents should inform us prior to the time of enrollment so that proper cabin assignments can be made. The directors reserve the right to make the final decision on cabin assignments. We cannot guarantee placement in any particular cabin or with any particular staff member.

Campers frequently want to be in the same cabin as a friend. We **may** be able to honor such requests when **mutual**, provided the campers are of the same grade and age and the assignment does not result in an excessive number of campers from the same city. The request should be made on the camper's application.



# GREEN RIVER PRESERVE

## — BASE CAMP —





## What will I do each day?

A typical day at camp begins with breakfast and cabin clean up. Following cabin clean up, campers embark on the morning mentor hike. A unique aspect of GRP, our mentor hikes allow campers to explore the forests, streams, and hidden valleys of The Preserve with a naturalist. Campers learn to use all of their senses to experience the outdoors as they play under waterfalls, crawl into caves, explore archeological sites, track wildlife, and taste edible plants. Activities are held in the afternoon. Each camper designs their own activity schedule from a selection of up to 24 activities. Campouts and Group Learning Projects highlight each multi-week session.

## A Day at GRP Base Camp

7:30	Wake Up Bell
7:45	Breakfast
8:30	Cabin Clean Up
9:00	Mentor Hikes
12:30	Lunch
1:30	Rest Hour
	§
2:30	Activity Period
3:50	Activity Period
5:00	Free Time / Free Swim
6:00	Cabin Time / Showers
6:30	Dinner
	§
7:30	Evening Programs
8:45	Cabin Time
9:45	Lights Out



### Campout

Two and three week camp sessions enjoy the excitement of an overnight camping trip under the stars. Campers are actively involved in both planning the trip and selecting activities for the trip. All necessary equipment is provided to ensure their comfort and safety. All campers have access to covered storm shelters in case of inclement weather. GRP has its own "preserve wide" radio system that allows contact with camping groups. Staff report via radio to the summer camp office at pre-arranged times.



### Group Learning Projects

Two and three week campers participate in special, all day activities called Group Learning Projects. Examples of GLP days include hikes into Dupont State Forest, fly fishing on the Green River, Pioneer Cabin Day, and fine arts day.

# Opening Day at Base Camp

Opening day is between 1-3pm for all base camp sessions & our LIT Expedition program in the back field entrance. The sign says "Opening and Closing Day Entrance".

During this time, your child will:

- Move in to the cabin.
- Verify all paperwork is complete.
- Turn in any medications to healthcare staff.
- Update health history and experience a brief health screening.
- Visit the Camp Store (optional).

## FOR THE SAFETY OF ALL CAMPERS & FAMILIES ON OPENING AND CLOSING DAYS

- Drive slowly and cautiously on the gravel road.
- Wait at the yellow gate until it is opened by a staff member.
- Check in with the staff member at the gate to help us ensure only authorized vehicles are entering camp.
- Use carts to transport luggage *only*.
- Bring an umbrella in case it rains.
- Communicate with any staff member if you need assistance or are experiencing an emergency.

# Closing Day at Base Camp

Camper pick up is from **9:00 - 11:00 am** in the Back Field or "Opening and Closing Day Entrance."

- Your camper's luggage will be in the Back Field. Remember to take all items--including your child's laundry bag! (It's the most forgotten item at camp!)
- Be sure to visit the Pottery Studio to check out, settle your child's Camp Store account, and pick up any artwork your camper may have made.
- You have the option of donating any unused Camp Store funds to the Green River Preserve Annual Fund. Your contribution is greatly appreciated. Any un-used funds \$5.00 or under will be automatically donated to the Annual Fund.
- Finally, be sure to check the Lost & Found outside the Pottery Studio for any familiar items.

# The Art of Correspondence

All campers love to receive mail from family and friends, **so write often!** Campers are encouraged to write home at least once per session. Each session, our counselors send a letter to parents about their camper.

During camp we focus attention of the camp family on the simplicity and beauty of living with nature. We avoid the diversion of television, video games, computers, and cell phones.

We ask you not to send care packages to your camper unless out of medical necessity. It can lead to unintended competition within the cabin group and sometimes even hurt feelings; therefore we do not permit them at GRP. So make sure you send your camper with all the books they'll need!

**We have a NO PACKAGE policy.**

## TIPS FOR WRITING

- Send a letter **before opening day**. *(It ensures your camper has mail on the important first days at camp.)*
- Feel free to leave letters with our Administration team on opening day to be delivered to your camper during the session.
- Keep letters positive and encouraging.
- **Ask about** new friends, skills, hikes, and adventures.
- Avoid sad or bad news until after camp.
- Assure your child of your love but **avoid excess “we miss you”** statements.
- Letters should express **love** and not unintentionally encourage homesickness.

Our email policy is an extension of our effort to slow our campers down. While emails are convenient for parents, too many emails lead to homesickness, so we utilize snail mail as the primary communication between campers and parents. The abbreviation we use for each expedition is: BRX for Blue Ridge Expeditions, OBX for Outer Banks Expeditions, LIT for Leadership In Training Expeditions and BCE for Base Camp Expeditions. Please put a return address on all mail.

#### **Mailing Address for Summer Camp, BRX, LIT, & BCE**



camper name  
session name (optional)

**Green River Preserve  
301 Green River Road  
Cedar Mountain, North Carolina 28718**

#### **Mailing Address for OBX**



camper name  
**c/o Green River Preserve OBX  
General Delivery  
Stella, North Carolina  
28582**

Our policy on packages is simple and clear:  
**STICK TO LETTERS, PLEASE!**

# Understanding our NO Package Policy

While GRP has long held a very relaxed policy on packages, in recent years we have noticed packages causing a growing rate of negative side effects. The subject of packages, including who was receiving them and what was in them, began causing jealousy and unnecessary competition, as well as an influx of excessive and wasted “stuff” that hampered the camp experience. In an effort to celebrate the unique and simple lifestyle that camp creates, and to promote unity within the camp family, in 2022 Green River Preserve became a package-free camp. Please only send letters requiring ONE first class stamp.

Essential forgotten items that must be mailed may be addressed directly to the Camp Office. Please include a note with your camper's name but do not include treats/goodies. Camp staff will open the package and deliver the item to your camper.

If a camper's birthday occurs during camp, they may receive a food-free, candy-free package for their birthday. Please mark "Birthday!" clearly on the package and send it directly to the Office. Camp staff will deliver it to your camper on their birthday.

Any packages sent directly to campers will be held unopened in the office until the end of camp. Please share this information with any family or friends who may plan to send your camper mail. We thank you for supporting this important policy.





## Phone Calls and Visitation Policy

When a camper leaves home, they need space to develop their personality. Our office gladly accepts phone calls from parents interested in their child's progress at camp. We can arrange for a camp director to call you with a "progress report". Children should not be called during a session except in the case of an emergency. Similarly, we discourage visitation by parents or relatives during a camp session. Phone calls and visitations to campers often cause increased homesickness and disrupt the camp program and community.

Expedition leaders will be checking in with the camp office on a regular basis and any message you leave at 828.698.8828 will be forwarded. Our expedition leaders will carry cell phones with them, but are often out of cell phone range. If you have a family emergency, we will leave a message on their phone to contact camp immediately. Every effort will be made to make contact as soon as possible.



## Blog and Photos

As a service to parents, we post photographs several times each week to our blog and social media of what we are doing at camp. You can also login to your **CampInTouch** account and click on the photos button under "Online Community."

Please keep in mind that Expedition campers are in the field, so updates are less frequent. We will post photos at the conclusion of each Expedition.



## Birthdays at Camp

Birthdays at camp are very special. We all love camp birthdays! Our cooks make a birthday treat just for your child to share with the cabin group. Counselors love to decorate for their campers' birthdays and the entire camp sings and celebrates.

## Camp Store

The Camp Store offers a variety of toiletries and supplies including: Green River Preserve camp clothing, assorted batteries, stationary, stamps, BPA free water bottles, flashlights, laundry bags, and other camp supplies. The store *does not offer* food items. The GRP Camp Store is open on **opening and closing day** of each session and during **free time** each day of camp.

Campers can “charge” purchases against their pre-paid camp store budget. Parents set the pre-paid amount through the camp store authorization form in their CamplnTouch account.

Campers will not be allowed to spend more than is prepaid in their account. However, parents can login to their account and add more funds if needed during the camp session. Items bought on opening and closing day by families can be paid for at that time and not deducted from their camper's camp store balance, if desired.



## Backpacks

Backpacks are used for overnight camping trips to carry sleeping bags, a change of clothes, food, etc. Internal or external frame backpacks are acceptable. Backpacks are sized by the weight and height of each person. The size of the backpack is important to your camper's comfort while hiking. Please make sure that the shoulder and waist straps fit your child. A daypack or a book bag **is not a substitute** for a backpack.

All campers will have their backpacks evaluated and checked for proper fit on opening day. If a backpack brought from home does not properly fit, the camper will be supplied with and charged for a camp rental pack.

The GRP Camp Store has backpacks for rent at a cost of \$20 for the two and three week sessions. Backpacks may be rented on opening day of each session. Reasonably priced backpacks are available at outdoor specialty stores or in outdoor departments of larger retail stores.

*\* One week campers do not need a backpack for overnight camping. They will need a daypack for day hikes. Expedition backpack information can be found in Expedition packing tips.*



Airline reservations should be made well in advance and paid for by parents. Please fill out the **Transportation Form** in your camper's Campln Touch account at least two weeks prior to your child's arrival.

We request that flights arrive and depart between **9 am and 12 pm** on opening and closing days. We suggest that campers have a carry on bag with a change of clothes, towel, swimsuit, and toiletry articles.

We also suggest sending your child with a cell phone as they travel in case of emergency with the camp office number (828.698.8828) programmed into the contacts. Cell phones for campers who travel by air will be kept securely in the office until closing day.

Our camp personnel, wearing Green River Preserve Staff shirts, will assist campers and provide transportation to and from the airport on opening and closing days.

A staff member will call you to let you know your child has arrived and departed safely. Any changes to pick up or drop off location will be communicated to parents via phone or email.

An additional \$50 fee will be charged for pickup and delivery for all campers flying.

### **Base Camp, LIT, & BRX Airport**

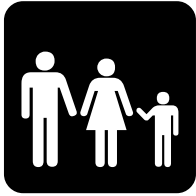
Asheville, NC (AVL)  
Greenville, SC (GSP)

### **OBX Airport**

New Bern, NC (EWN)

**An additional \$50 fee will be charged for pickup and delivery for all campers flying.**

**\* Please note that most airlines require children ages 6 to 12 who are flying without an accompanying adult to fly with the designation of "Unaccompanied Minor." Every airline's rules are unique, and we recommend utilizing this service for the safety of your child.**



## Tips for Preparing Your Camper for Camp

A summer at Green River Preserve should be one of the best experiences in your child's life. By keeping a few things in mind before the summer, you can help ensure that your child has an easy transition into camp and will come home full of fabulous memories of GRP.

1

### CAMP = FUN

Before camp begins, let your child know how excited you are about the fun that he/she/they is going to have at Green River Preserve. Do not dwell on the "I'm going to miss you" thoughts. One of our favorite taglines is: **positiveness breeds positiveness**. This will get your camper excited about camp!

2

### NO DEALS. Pretty please!

Please **do not make a deal** with your child about camp. One of the worst things that you can do is tell her/him/them, "If you don't like it, you can come home." This may cause your child to evaluate every minute of the day to decide whether she/he likes camp or not. The weight of this decision ultimately can overwhelm even a strong camper and keep him/her from having fun at camp.

③

### Good Times

If your camper is anxious about camp, reassure them that having a good time at camp **is okay** and it doesn't mean that he/she/they loves you any less. Some campers feel that having a good time means they are not missing home enough. Make sure that they know you want them to be at camp and to have a great time.

⑤

### Letters are lovely

The arrival of mail each day is **exciting** for campers. Nothing is worse than being the only camper who did not get mail all week. Please try to send your child a letter a few days before he/she/they arrives at camp. This will ensure a letter in the first few days which will make him/her/they feel special. Write often; campers love mail from home. Please keep letters positive and fun.

④

### Short Goodbyes

On opening day, make your good byes short. Long good byes may cause your camper to dwell on the sadness of you leaving, instead of the camp fun that lies ahead.

⑥

### Visit Us Please

We welcome a visit to camp **before** it begins. Just seeing the camp and all of the facilities often puts a camper at ease. Please call the camp office, 828-698-8828, to set up a good time to visit.

# 7

## Homesickness

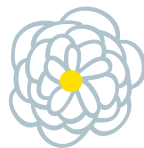
Going to camp and being away from home can be scary for the child and the parent. The caring staff at Green River Preserve are dedicated to helping you and your child through the adjustment period when homesickness is most likely to occur. If your child is feeling homesick, the staff has many solutions for helping your child enjoy camp. Sitting down and talking with the camper about how they are feeling is the first step. The staff focuses on the positive experiences at camp and reassures them about any of their fears. Many campers will ask if they can call home. Phone use is discouraged at camp because it often intensifies the feelings of homesickness. Sending a child home from camp for homesickness is always a last resort; talking through homesickness usually provides the best outcome.

Resources for Summer Camp:

*Homesick and Happy*, by Michael Thompson, PhD.

*The Summer Camp Handbook*, by Christopher A. Thurber, PhD.

## TIPS TO AVOID *homesickness* BEFORE CAMP



Talk with your child about the types of experiences they will be having at camp.



**Tell your child that they can trust the adult leaders at camp because you trust them, too.**

Practice spending the night away from home at a relative's or a friend's house.



**Send letters! Campers love “mail call.” XOXO**

Visit camp with your child before camp starts.  
You will both feel more comfortable with your surroundings.  
*Call the camp office to schedule a time to visit.*

# Basic Medical Care

We have a stocked Camp Health Hut and have 2 medical staff in residence every session who handle minor injuries and illnesses.

Advanced medical care is available approximately 30 minutes away at local physician's offices, Pardee Hospital in Hendersonville and Transylvania Hospital in Brevard.

## Medical Policy

We expect our campers to be healthy when they arrive at camp and to remain healthy throughout their stay. Realistically, living in such close quarters among over one hundred others, we know that there may be mishaps or routine illnesses.

If your camper becomes ill or is injured while at GRP, our staff will be available 24 hours a day to attend to their needs. We will notify you by telephone or email if we feel their injury/illness warrants your concern. Routine ailments (cuts, scrapes, sore muscles, poison ivy, etc) may not warrant notifying parents. We will always notify you if a doctor's visit or x-ray is necessary, if your camper has been in the Health Hut for 24 hours or more, or if a prescription medication is needed.

Campers with chronic illnesses, injuries, severe allergies, disabilities, or special medical needs should contact the camp office at 828.698.8828 prior to May 1st.



# Routine Medications

Essential medications to be administered at camp are checked in during the arrival day process. Parents will need to upload this information to their camper's campintouch account and pre-package and label medications in reusable pill boxes according to morning, lunch, dinner, or bedtime. Place the pill boxes in a ziplock bag and label it with the camper's name, medication, and dosage. Our health hut is stocked with routinely needed non-prescription medications, so please only send medications your camper takes on a daily basis. Campers who use rescue inhalers or EPI pens will be allowed to keep these items with them at all times.

## Instructions for bringing medicines to camp:

- Please package all medicines your child is bringing to camp in reusable pill boxes and label the pill box with their name and date of birth.
- Separate the medication into morning, lunch, dinner, and bedtime for 1 week and place medicines and camper's information in a clearly marked ziplock bag.
- The medical staff will fill the pill boxes for the subsequent week(s) (unless you choose to bring another reusable pill box).
- If a camper takes medications at bedtime, but can take them earlier, please move these meds to breakfast, lunch, or dinner.
- If you are sending as needed medication (e.g. ibuprofen because your child takes this regularly for shin splints when they are active), you do not need to put this into a pill box.

## Medical Fees

Parents are responsible for all camper medical fees. Any medical bills incurred during the camper session at Base Camp or Expeditions will be billed, whenever possible, directly to the parents' insurance carrier. A camp nurse or a director will communicate with parents by phone in the event of a significant illness or injury.

## Health

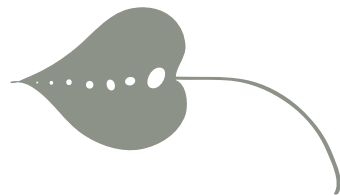
A camp medical form plus proof of health insurance and accident insurance coverage are required for admission along with a copy (*front and back*) of the insurance card. In compliance with American Camp Association accreditation guidelines, these forms must be updated annually.

We request that **all forms be completed by May 1st**. The health form **requires** a signature of a licensed medical person. We like to have our health files and records set up before the campers arrive. Your cooperation is greatly appreciated.

## For Expeditions Only

Send all prescription medications for your expeditioner in the **original container** printed with the name of the pharmacy, physician, drug, and correct dosage. Please send more than the exact amount of medicine as occasionally a pill gets dropped and/or destroyed. Finally, **please label** all inhalers or non-prescription medicines (vitamins) brought to camp.

Medication will be dispensed by an Expedition staff member.



# No Lice/No Nits Policy

Head lice have reappeared over the past few years in schools and camps across the US. Self contained communities like camps are especially vulnerable and must be vigilant to control this problem.

To combat head lice, GRP medical staff will check all incoming campers on opening day. If any positive cases of lice are found, we will treat the camper on-site (pretty immediately) so that campers can stay in their cabin the first night of camp. The camper's parents will be billed \$250 for this service.

We encourage you to check your child for head lice two weeks prior to coming to camp and again immediately before camp begins. If any sign of head lice is found, please call your pediatrician to arrange for appropriate and immediate treatment well before your child leaves for camp and let us know that such treatment has taken place. If your child had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of their arrival to camp, please notify us. We are committed to doing all we can to keep lice out of our community.

**NOTE:** *There is a 3 to 7 day period of gestation during which the nits are invisible. Be diligent about looking prior to bringing your child to camp.*

## How to Pack for Camp

Campers play a lot at Green River Preserve. They will get wet and dirty. Sometimes it is hot; sometimes it gets cool, even *cold*. It is important for campers to be comfortable and equipped to meet Mother Nature head on. Durable, inexpensive clothes are recommended. Green River Preserve is not responsible for items that are lost or damaged while at camp.



### Trunks for Summer Camp

A trunk is the easiest and most accessible packing container for your camper, but a suitcase will also suffice. Trunks or large suitcases should not be higher than **13.5 inches**. Anything taller will not fit under the bunk beds.

Trunks are available from a number of sources including on-line vendors and larger retail department stores. Campers can then decorate their trunks with stickers and camp memories. It becomes a camp treasure for them.

Refer to our [packing list](#) and video packing guide as you make your preparations!



### Label It

It is important to have **all** of your camper's clothing and belongings clearly labeled with their name – including shoes, sleeping bags, backpacks, books, etc. Please include your camper's **first and last name**, no initials, on their belongings.





### Please Do Not Bring

Campers should not bring pocket knives, cash, valuables, hair dryers, radios, iPods, handheld electronic games, cell phones, e-readers, or other electronic devices to camp. The Green River valley **does not get cell service**.

Campers are not permitted to possess or use alcohol or drugs, live animals, or weapons of any kind. Campers may not bring vehicles, skateboards, or bicycles without express director permission and by agreeing to appropriate usage policies.



### Please Do Bring

Feel free to bring reading books, journals, sketch books, musical instruments, or cameras. Occasionally dressing up for dinner or evening programs is part of the fun, so don't forget your favorite outrageous outfit, pirate digs, and foot stompin' attire.

It is preferred that campers utilize GRP's program equipment, rather than bringing their own fly rods, archery equipment, BB guns, or sporting equipment. These items may be brought to camp with explicit director permission and must be stored in appropriate program area storage.



## Hiking Shoes

Campers will be hiking extensively each day at GRP. *Please do not send brand new hiking shoes.* We have found that hiking shoes that are not broken in **cause serious blisters and foot sores.** Preferably, send good walking/running shoes with strong foot support. If your child has broken in hiking shoes, this is fine, too. Good foot care and support is critical for a healthy hiking time for your child. If you have any questions about shoes, please do not hesitate to email or call camp.

## Water Shoes

Campers should bring a sturdy pair of water shoes for water hikes. These shoes must have a heel strap and fit snugly on the foot. An old pair of tennis shoes or Keens work well. **Please do not send Crocs or flip-flops for water shoes.**



## Rain Gear

We celebrate and recreate in the forest rain or shine! Please send your camper with rain gear, such as a raincoat or poncho. A change of shoes can help for when the first get (and stay) wet.



## Laundry

We provide laundry service once a week for two and three week campers. **Laundry service is not available for one week campers.** *Please do not send clothes that are new, valuable, delicate, or those that will bleed in the wash.*

Please send a laundry bag - **preferably non-mesh** - clearly labeled with your camper's first and last name or purchase one at the camp store. A laundry stain stick is a helpful aid for your camper prior to sending out laundry. Laundry fees are included in the camp tuition.



## Lost & Found

Lost and found items are collected in “**The Black Hole**” (a black bin located outside the pottery studio.) During camp, we attempt to reunite campers with their lost and found items. On the final day of each session, lost and found items are displayed by “The Black Hole.” When feasible and upon parent request, camper belongings found after camp will be returned and the family will be billed for shipping and handling. Lost and found items remaining at camp will be **donated to charity within two weeks** after the session ends. *Green River Preserve is not responsible for lost and found items.*

## Contact Lenses & Glasses

Please bring an extra set of contact lenses and a backup pair of eyeglasses.

## Spending Money

**Base Camp** campers **do not need** spending money at camp. If they have permission to purchase items from the Camp Store, please complete the Camp Store Charge Authorization form online.

**Expedition campers will need spending money** for souvenirs and personal items. \$50 to \$75 per trip is recommended. BRX and LIT Expeditioners will have the opportunity to visit the camp store. Parents should complete the Camp Store Charge Authorization form on CampInTouch two weeks prior to arrival day.

# Packing Rolls

## A RECIPE FOR CAMP PACKING

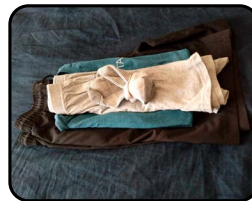
INGREDIENTS

- 1 pair of shorts
- 1 shirt
- 1 pair of underwear
- 1 pair of socks

Layer one shirt, one pair of shorts, one pair of underwear on top of each other; tuck two socks together and place them on top of the underwear. Roll all articles together in a tight roll. Make 7 rolls using the same recipe and place side by side in camper's trunk.

Camper pulls out a roll of clothing each day for a week. Tucking the socks together before laundry can help prevent one from going missing (they always seem to disappear at camp!). **Remember**

**to label all clothing!**



## Appropriate Dress for Camp

For the comfort of all campers and to ensure they are prepared for all the activities we offer, we ask that campers come with functional and appropriate clothing. For that reason, we ask all campers wear clothing that provides full coverage (including swimwear) and promotes positive and inclusive imagery. If your child is dressed inappropriately or polarizing, they may be asked to change clothing.

### **\*\* PACKING TIP \*\* (THIS HAS SAVED MANY CAMPERS' BELONGINGS)**

Attach an inventory of articles brought to camp on the inside lid of your camper's trunk.  
(Feel free to use the lists we provide on our website)



# Expedition Packing Tips



## Blue Ridge & Base Camp Expeditions

BCE and BRX should pack in a backpack and small duffel (to hold extra items). When packing for these trips, line your backpack with two large trash bags or one large garbage compactor bag (thicker and stronger). Organize all clothing, toiletries, and other items in ziplock bags to insure that they stay dry. These are best for repeated sealing. Your sleeping bag should be packed tightly in a stuff sack. After lining your backpack, put your stuffed sleeping bag in the bottom of your pack. Then put all other core items in your backpack. Try to get all of your gear into your backpack and a small day pack. Pack extra trash bags and ziplocks for wet clothing and to replace torn bags.

## Outer Banks



When packing for OBX, pack exactly as you would for BRX or TBX with the exception of using a backpack. Pack all items in a **duffle style bag**. The leaders will issue dry bags for repacking. A duffel is easiest for group packing and keeping organized.



## Leadership in Training

LIT can pack in a trunk like base campers, bring a backpack (if they have one), and day pack.

# Expedition Packing Tips



## Clothing & Raingear

It is important to remember that clothing will be subject to extreme wear and tear, so it must be durable. **Cotton is heavy**, slow to dry, and will not insulate when wet. Wool, synthetic materials, and fleece carry moisture away from the body and insulate even *when wet*. Please make sure that at least some articles of clothing are of quick drying synthetic material. It rains a lot during the summer in the mountains and at the seashore. Rain or shine, expeditions continue. Good rain gear is important for your child. Plastic ponchos are easily torn, making them useless. Most outfitters have good, light weight rain gear that easily stuffs into small sacks.



## Sleeping Bags & Backpacks

**Hollofill** and **Polarguard** are two recommended fillings for sleeping bags on backpacking trips. *Be wary of down or cotton when considering a filling for sleeping bags.* **Wet cotton, in a sleeping bag or on a body, is cold and miserable.** Insist on a mummy shape bag that will fit into a stuff sack. It is very hot and sandy on the Outer Banks. **OBX campers may substitute their sleeping bag with a fleece sleeping bag liner.**

If you are buying a backpack, make sure that your pack will hold enough food, personal gear, and team equipment for extended backpacking trips. Packs should be at least 4,000 cubic inches. Good outfitters will be glad to help you learn more about backpacks and sizing them for your camper. Find one with either an external or internal frame. The frame is very important because it maintains the proper shape for holding camping gear. Be sure that the shoulder and waist straps fit your child.



## Shopping for Camp

Please call or email the office if you have any questions about the packing list or if you are having a hard time sourcing items.



## Shipping Luggage or Trunks

Packing Lists specific to your camper (e.g. 1-week, 3-week, expeditions) are available in your CampIn Touch account and [on our website](#).

If your child is flying to camp, UPS or FedEx are the most effective ways of shipping luggage. Our shipping address is **Green River Preserve, 301 Green River Road, Cedar Mountain, NC 28718.**

To ensure prompt arrival, please ship your camper's trunk or luggage to camp **a week to ten days prior to your child's arrival at camp**. If requested, trunks will be shipped COD at the close of your camper's session. To expedite this, please send all shipping information to our camp office to the attention of "Office Manager." Please indicate which pieces of luggage are to be shipped. Arrangements may also be made prior to camp to have your trunk returned by the same service used to send it to camp. Preprinted return address labels from the shipper should be left during check-in.

**If you are driving to camp, we prefer that you transport your own luggage.**

# Brevard, Cedar Mountain, and Lake Toxaway

## ACCOMMODATIONS

- [Terra Nova](#) (our immediate neighbors)
- [Sassy Goose](#)
- [The Sunset Motel](#)
- [The Greystone Inn](#)
- [The Red House Inn & Brevard Vacation Houses](#)
- [Pilot Cove Tourist Lodging](#)
- [Hampton Inn](#)

## AREA ATTRACTIONS

- [DuPont Forest](#)
- [Pisgah Forest](#)
- [The Brevard Music Center](#)

## DINING

- [Cedar Mountain Cafe](#)
- [The Square Root](#)
- [Rocky's Grill & Soda Shop](#)
- [Jordan Street Cafe](#)



# Hendersonville and Flat Rock

## ACCOMMODATIONS

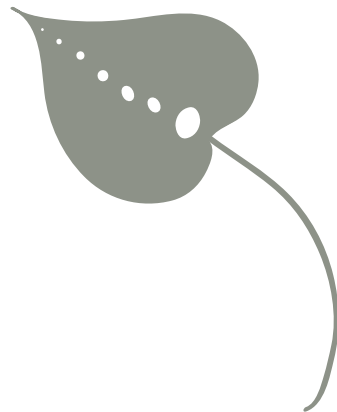
- [Highland Lake Inn](#)
- [Mill House Lodge](#)
- [The Lodge at Flat Rock](#)
- [Mountain Inn & Suites](#)
- [The Charleston Inn](#)
- [Echo Mountain Inn](#)

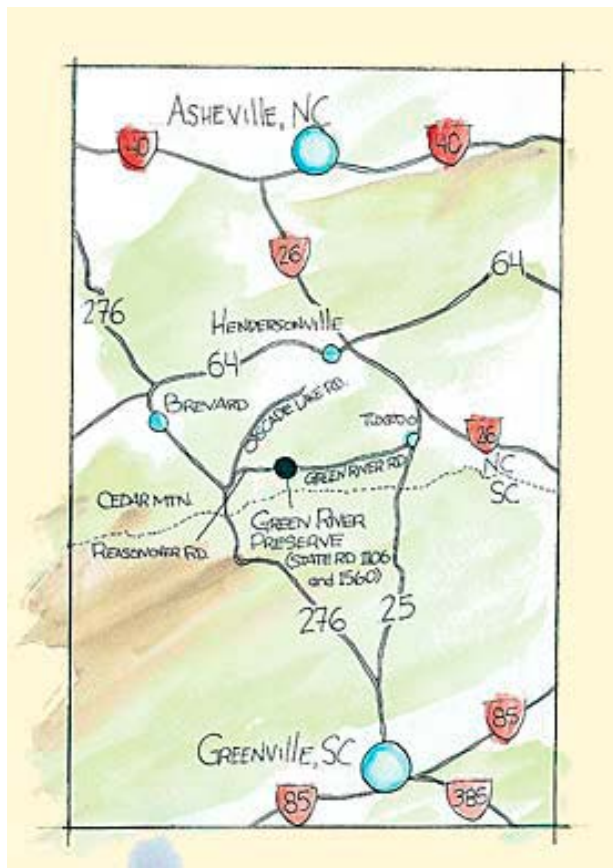
## AREA ATTRACTIONS

- [Flat Rock Play House](#)
- [Carl Sandburg National Historic Site](#)
- [The Curb Market](#)

## DINING

- [Flat Rock Bakery](#)
- [Hubba Hubba](#)
- [Campfire Grill](#)
- [HenDough](#)
- [Never Blue](#)





Cell phone reception is *limited* in the Green River Valley and **not available** at the Preserve.

The closest gas stations are located at the Green River Road exit (exit #3 off of Highway 25) in Tuxedo or Brevard.

Refer to [our directions page](#) for more detailed information.

# Directions to GRP

*Although not required, we strongly recommend one-way traffic from east to west to increase safety and decrease stress along our gravel road (using options 1 or 2).*

## **The true grit route (Tuxedo / Green River Road Entrance)**

Starting point from Hendersonville, North Carolina or Spartanburg, South Carolina.

Travel to Tuxedo via Interstate 26 and Highway 25 (exit 54).

Take the Green River Road exit (exit #3) off of Highway 25.

Turn right (west away from Tuxedo). Go 10 miles.

Caution: The last 4 miles is a bumpy, unpaved road.

Most passenger cars can easily make it, but go slow and watch for potholes and wildlife.

The Preserve's opening day entrance will be on your right.

## **Greenville, South Carolina**

Either travel to the Cedar Mountain Community by way of Hwy 276;

Highway 25 North through Traveler's Rest towards Tuxedo;

or I-85 to I-26 towards Tuxedo.

## **The car lover's route (Cedar Mountain Entrance)**

Starting point from Brevard, North Carolina.

Travel on Highway 276 to the community of Cedar Mountain.

Beside Cedar Mountain Cafe, on the eastern side of 276, turn onto Cascade Lake Road.

Go 50 yards, then turn right onto Reasonover Road. Go 4 miles.

At the end of the pavement, bear right onto Green River Road.

Go 3/10 of a mile to the Preserve entrance on your left.



### BRX Pick Up and Drop Off

pick up and drop off time is between **11:00 - 11:30 AM**

GRP BASE CAMP FRONT FIELD

### LIT Pick Up and Drop Off

pick up is between **9:00 - 11:00 AM**

drop off is between **1:00 - 3:00 PM**

GRP BASE CAMP FRONT FIELD

### OBX Pick Up and Drop Off

pick up and drop off time is between **11:00 - 11:30 AM**

129 Wetherington Landing Road  
Stella, NC 28582

### BCE Pick up and Drop Off

pick up and drop off time is between **11 - 11:30 AM**

GRP BASE CAMP BACK FIELD





We hope that these guidelines will help you and your camper(s) prepare for and experience all that GRP has to offer this summer. We thank you for trusting us to take care of your camper while they are away, and we also thank you for respecting our goals, mission, and policies. We look forward to working with you and your camper(s) as a team to ensure a magical and memorable summer at GRP.

We also hope that you'll visit our website for more information.

We look forward to seeing you all at camp!!!

