Green River Preserve's  Parent Handbook
Welcome to Green River Preserve

A COED SUMMER CAMP CONNECTING CHILDREN WITH NATURE
TABLE OF CONTENTS

Session Dates                          4-5
Camper Fees                            8, 18-19
Cabins              9
Map        10
A Day at GRP Base Camp     11
Campout                                          12
Group Learning Projects     12
Opening Day                                           13
Closing Day                                            14
Mail, Email, & Packages          15-16
Phone Calls & Visitation Policy    17
Blog & Photos                                         17
Birthdays at Camp                       17
Camp Store, Backpacks                    18
Air Travel                                              19
Tips for Preparing Your Camper  20-21
Homesickness                                  22-23
Medical Care                                     24
Medical Fees                                    25

How to Pack for Camp                          26-30
please do not bring   27
please do bring      27
hiking boots         28
laundry             28
lost & found        29
contact lenses & glasses  29
spending money       29

Packing Tips for Expeditions            31-32
Shopping for Camp                         33
Shipping Luggage or Trunks                 33
Packing List for Base Camp                34-35
Packing List for Expeditions              36-46
Lodges and Motels                         47-49

Pick up & Drop Off, Directions            50-52
GRP Base Camp                               50-51
BRX                                          52
OBX                                          52
TBX                                          52
WBX                                          52
Green River Preserve Summer Camp 2019

<table>
<thead>
<tr>
<th>session</th>
<th>dates</th>
<th>cost</th>
<th>rising grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Sunday, June 9 - Friday, June 14</td>
<td>$1,475</td>
<td>2-6</td>
</tr>
<tr>
<td>Session 2</td>
<td>Sunday, June 16 - Friday, June 28</td>
<td>$3,075</td>
<td>3-8</td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, June 30 - Thursday, July 18</td>
<td>$4,200</td>
<td>4-9</td>
</tr>
<tr>
<td>Session 4</td>
<td>Sunday, July 21 - Friday, August 2</td>
<td>$3,075</td>
<td>3-8</td>
</tr>
<tr>
<td>Session 5</td>
<td>Sunday, August 4 - Friday, August 9</td>
<td>$1,475</td>
<td>2-6</td>
</tr>
</tbody>
</table>
# Green River Preserve Expeditions 2019

<table>
<thead>
<tr>
<th>session</th>
<th>dates</th>
<th>cost</th>
<th>rising grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Ridge 1</td>
<td>Sunday, June 16 - Friday, June 28</td>
<td>$3,200</td>
<td>9-12</td>
</tr>
<tr>
<td>Blue Ridge 2</td>
<td>Wednesday, July 3 - Thursday, July 18</td>
<td>$3,400</td>
<td>9-12</td>
</tr>
<tr>
<td>Blue Ridge 3</td>
<td>Sunday, July 21 - Friday, August 2</td>
<td>$3,200</td>
<td>9-12</td>
</tr>
<tr>
<td>Outer Banks 1</td>
<td>Sunday, June 16 - Saturday, June 29</td>
<td>$3,300</td>
<td>9-12</td>
</tr>
<tr>
<td>Outer Banks 2</td>
<td>Sunday, July 7 - Saturday, July 20</td>
<td>$3,300</td>
<td>9-12</td>
</tr>
<tr>
<td>Trail Blazer Leadership Training</td>
<td>Sunday, June 23 - Thursday, July 18</td>
<td>$3,100</td>
<td>12 - college freshman</td>
</tr>
</tbody>
</table>
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 man.
Woodcraft Laws

The Woodcraft Laws are important values to Green River Preserve. During camp, we live by these "laws." Ernest Seaton, one of the founders of the Boy Scouts of America, wrote these laws at the turn of the century and claimed they were rooted in Native American philosophy. All campers and staff members are expected to abide by these guidelines.

**BEAUTY**

Be clean, both yourself and the place you live in. Understand and respect your body, for it is the temple of the spirit. Be a friend to all wildlife. Conserve land, forest and flowers.

**TRUTH**

Word of honor is sacred. Play fair. Foul play is treachery. Be reverent, worship the Great Spirit and respect all worship of him by others.

**FORTITUDE**

Be brave. Courage is the noblest of all attainments. Be silent while your elders are speaking or otherwise show them deference. Obey. Obedience is the first duty of the Woodcrafter.

**LOVE**

Be kind, do at least one act of unbargaining service each day. Be helpful, do your share of the work. Be joyful, seek the joy of being alive.
Payment Schedule

A deposit of **25%** of tuition is to be paid within two weeks of receiving a letter of acceptance. **50%** of the tuition is due **February 1**. The remainder of the tuition balance is due **April 1**. Tuition fees, less $200 processing fee, are refundable until April 1. There is no refund for early withdrawals, or no show campers after April 1.

After April 1, in the case of documented serious illness of the camper, a 50% refund of unused tuition may be issued. To register less than two months before the session begins, please pay the full amount. Please make checks payable to: **Green River Preserve**. **All camper tuition payments made by credit card will be subject to an additional 3.5% service fee. This fee can be avoided by paying by check.**

**DATES TO REMEMBER**

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

* no refunds after April 1 *

make checks payable to **GREEN RIVER PRESERVE**
What will my cabin be like?

Camper cabins are nestled in a wooded area and divided into Girlsville and Boysville. 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 pages 34-35.

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.
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. To maximize their chance to experience new things, one-week campers take three activity periods, while two- and three-week campers take only two, getting to spend a little more time in each. Campouts and Group Learning Projects highlight each multi-week session.
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 (Base Camp)

Camper drop off is from **1:00 - 3:00 pm** in the Back Field or "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.
- get fitted for a Campout backpack (Sessions 2, 3, 4, only).
- visit the Camp Store (optional).

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

- Please drive slowly and cautiously on the gravel road.
- Please wait at the yellow gate until it is opened by a staff member.
- Please check in with the staff member at the gate to help us ensure only authorized vehicles are entering camp.
- Please use carts to transport luggage only.
- Please bring an umbrella in case it rains.
- Communicate with any staff member if you need assistance or are experiencing an emergency.
Closing Day (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 unsued 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 commercial packages to your camper. It can lead to unintended competition within the cabin group and sometimes even hurt feelings; therefore we do not permit them at GRP. Please limit packages to basic necessities for camp and reading books.

### Tips for Writing

- **Send a letter** before opening day. *(It ensures your camper has mail on the important first days at camp.)*
- 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 policy on food in packages is simple and clear: NO FOOD OR CANDY. We reserve the right to return, at your expense, any food or candy sent in violation of this rule. Food in the cabin is a health hazard. It attracts critters of all sizes and shapes, particularly rodents and bugs.

Mailing Address for Summer Camp, BRX, & TBX

**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

Mailing Address for WXP

**camper name**
c/o Green River Preserve WXP
General Delivery
Silverton, Colorado 81433

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, TBX for Trail Blazer Leadership Expeditions, and WXP for Western Expeditions. Please put a return address on all mail.
Phone Calls and Visitation Policy

When a camper leaves home, he/she needs space to develop his/her 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.

Expeditioners may have the opportunity to call home on occasion. They must either use a calling card or call collect. 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 of what we are doing at camp. Please log into your CampInTouch account and click on the photos button under "Online Community." We also regularly update our blog, which can be accessed through GRP's website.

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 credit line. Parents may set the credit line amount through their CampInTouch account. The recommended amount is $50 a week. Campers are encouraged not to overdraw! During check out on closing day of each session, parents are requested to settle Camp Store balances. The camp store accepts cash, checks, and bank cards (Visa, MasterCard, and Discover).

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, pages 31-32.
Air Travel

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 email 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.

* 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. Our mission is to provide a challenging and nurturing learning experience that inspires a deep appreciation of interconnectedness, ecological respect, and the joy of living. 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 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, “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 him/her that having a good time at camp is okay and it doesn’t mean that he/she loves you any less. Some campers feel that having a good time means they are not missing home enough. Make sure that he/she knows that you want him/her to be at camp and to have a great time.

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.

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 arrives at camp. This will ensure a letter in the first few days which will make him/her feel special. Write often; campers love mail from home. Please keep letters positive and fun.

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.
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 provide 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 he or she 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.”

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.
Medical Care

Our infirmary is staffed with a registered nurse and medical assistant throughout the summer. They screen minor complaints and provide first aid as well as monitor the safety and cleanliness of the cabins and other facilities. Advanced medical care is available at local physicians’ offices, Pardee Hospital in Hendersonville, and Transylvania Hospital in Brevard.

Campers who take medications will bring them to Opening Day. Parents will package tablets and capsules in customized unit-dose blister packs according to the time of administration. These are individually labeled and secured with the camp healthcare staff. Other medications including liquids, inhalers, creams and ointments must also be turned in to the healthcare staff on Opening Day.

Special Medical Needs

Parents will be notified of illness or injury to a camper if it results in the child needing medical care beyond the care of the camp healthcare staff or if the camper is removed from regular programming for 24 hours or more.

Campers will chronic illnesses, injuries, severe allergies, disabilities, or special medical needs should contact Ruby Compton at 828.698.8828 prior to May 1 to discuss if adequate accommodations are available to achieve a safe experience for your child.
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.

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 (unless specified otherwise).

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 the health form be filled out at least four weeks prior to the camper’s session. The health form requires a signature of a licensed medical person. We like to have our infirmary files and records set up before the campers arrive. Your cooperation is greatly appreciated.
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. 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 decorate their trunks with stickers and camp memories. It becomes a camp treasure for them.

Label It

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

Everything Summer Camp, www.everythingsummercamp.com (use code cabin587GR), is a great source for labels, trunks, and camp clothes. Order early, as it takes several weeks for the labels to be printed and shipped. Clothing may also be labeled with an indelible pen such as a sharpie.
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 Boots

Campers will be hiking extensively each day at GRP. Please do not send brand new hiking boots. We have found that hiking boots 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 boots, 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.

Laundry

A professional cleaner provides laundry service once a week for two and three week campers. Laundry service is not available for one week campers. Please do not send new or valuable clothes, delicate clothes, or clothes 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 TBX 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 BY MAMA MISSY

Layer one shirt, one pair of shorts, one pair of underwear on top of each other; safety pin 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. Use safety pin for socks when taking them off and placing them in the laundry bag. This helps campers keep up with their socks (they always seem to disappear at camp!).

Appropriate Dress for Camp
Campers will feel the most comfortable at camp in appropriate dress. Clothing with inappropriate language, or offensive pictures or artwork is prohibited. Modest swimwear and/or one-piece bathing suits are recommended for female campers. Revealing clothing such as short shorts, low hanging baggy pants, midriff tops, and sheer clothing are not advisable for camp. If your child is dressed inappropriately, he or she 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.
(Use the lists we provide on pages 34-35)
Expedition Packing Tips

Blue Ridge, Western, and Trail Blazers Leadership

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 duffle is easiest for group packing and keeping organized.
Expedition Packing Tips

Clothing & Rainwear

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

Green River Preserve and Everything Summer Camp have partnered in an effort to simplify camp shopping for your family. Visit their web page: www.everythingsummercamp.com, and use code cabin587GR for your camp clothing, bedding, laundry bags, water bottles, and many of your other camp needs featuring the GRP logo.

Diamond Brand Outdoors is located in West Asheville, NC. For years, Diamond Brand has been supplying our camp families with camping equipment such as internal and external frame packs, sleeping bags, water bladders, and more. Diamond Brand offers our camp families superb products, excellent service, and reasonable prices.

Shipping Luggage or Trunks

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.

All Packing Lists are available in your CamplIn Touch account under Forms and Documents.
<table>
<thead>
<tr>
<th><strong>TO CAMP</strong></th>
<th><strong>BACK HOME</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 1 pillow and pillow case</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 twin flat sheet</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 twin fitted sheet</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 warm blanket or quilt</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 twin mattress pad (optional)</td>
<td>□</td>
</tr>
<tr>
<td>□ 2 bath towels / 1 wash cloth</td>
<td>□</td>
</tr>
<tr>
<td>□ 4 pairs of shorts</td>
<td>□</td>
</tr>
<tr>
<td>□ 7 shirts</td>
<td>□</td>
</tr>
<tr>
<td>□ 2 pairs of long pants – jeans or light weight hiking pants</td>
<td>□</td>
</tr>
<tr>
<td>□ 6 pairs of underwear</td>
<td>□</td>
</tr>
<tr>
<td>□ 2 sets of pajamas</td>
<td>□</td>
</tr>
<tr>
<td>□ 7 pairs of socks – at least 1 wool</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 fleece jacket <em>(retains warmth when wet)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ 1 sweatshirt</td>
<td>□</td>
</tr>
<tr>
<td>□ 2 bathing suits <em>(appropriate swimwear)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ 2 pairs of tennis shoes with tread or one tennis and one broken in pair of hiking boots</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 pair of water sandals with heel straps</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 pair of flip flops for shower</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 rain jacket <em>(plastic ponchos are easily torn)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ 1 flashlight or headlamp &amp; batteries</td>
<td>□</td>
</tr>
<tr>
<td>□ 2 one quart reusable water bottles</td>
<td>□</td>
</tr>
<tr>
<td>□ 1 daypack or book bag for day hikes <em>(large enough to hold a water bottle, raincoat, notebook, etc.)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ 2 heavy duty kitchen trash bags for wet clothes</td>
<td>□</td>
</tr>
<tr>
<td>□ Toiletry items: soap, toothbrush, toothpaste, shampoo, etc. &amp; a basket/caddy to transport</td>
<td>□</td>
</tr>
<tr>
<td>□ Sunscreen</td>
<td>□</td>
</tr>
<tr>
<td>□ Hat <em>(one for sun and one for warmth)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ Stationary, stamps, pen</td>
<td>□</td>
</tr>
<tr>
<td>□ Labeled laundry bag <em>(preferably non-mesh)</em></td>
<td>□</td>
</tr>
<tr>
<td>□ GRP Walking Stick <em>(if owns)</em></td>
<td>□</td>
</tr>
</tbody>
</table>

**One Week Campers DO NOT NEED a backpack for overnight camping.**

---

34
**Backpacks may be rented on Opening Day from the Camp Store.**

### Two & Three Week Camp

**TO CAMP**
- 1 pillow and 2 pillow cases
- 2 twin size flat sheets
- 2 twin size fitted sheets
- 1 warm blanket or quilt
- 1 twin mattress pad (optional)
- 4 bath towels/ 2 wash cloths
- 7 pairs of shorts
- 7 shirts
- 3 pairs of long pants – jeans or light weight hiking pants
- 8 pairs of underwear
- 2 sets of pajamas
- 12 pairs of socks – at least 2 wool
- 1 fleece jacket *(retains warmth when wet)*
- 1 sweatshirt
- 2 bathing suits *(appropriate swimwear)*
- 2 pairs of tennis shoes with tread or one tennis and one broken in pair of hiking boots
- 1 pair water sandals with heel straps
- 1 pair of flip flops for shower
- 1 rain jacket *(plastic ponchos are easily torn)*
- 1 sleeping bag with stuff sack *(no cotton or down — it will not dry)*
- 1 sleeping pad for Campout
- 2 bungee cords (to attach sleeping bag to backpack)
- 1 interior or exterior frame backpack *(or rent from camp on opening day)*
- 1 flashlight or headlamp & batteries
- 2 one quart reusable water bottles
- 1 daypack or book bag for day hikes *(large enough to hold a water bottle, raincoat, notebook etc)*
- 4 heavy duty kitchen trash bags for campout and wet clothes
- Toiletry items: soap, toothbrush, toothpaste, shampoo, etc. & a basket/caddy to transport
- Sunscreen
- Hat *(one for sun and one for warmth)*
- Stationary, stamps, pen
- Labeled non-mesh laundry bag
- GRP Walking Stick *(if owns)*

**BACK HOME**

- **END OF DOCUMENT**
WESTERN EXPEDITION

- Backpack - at least 4000 cubic inches*
- Pack cover – optional
- Small day pack - book bag size or a day pack with included water bladder
- Sleeping bag - rated to 15F AND a sheet for sleeping in the high desert
- Sleeping pad – Thermarest is one name brand
- 3, 32 ounce Water Bottles (Nalgene, Klean Kanteen, Camelback)
- Toiletry items: toothbrush, toothpaste, travel size shampoo/conditioner; biodegradable soap, antiperspirant clogs pores and is not advised; deodorant is fine
- Headlamp or small flashlight with extra batteries
- Pocket knife – 2.5 to 3.5 inch high carbon steel, non-serrated, locking blade. **No Swiss army knives.**
- Plastic whistle
- Mess kit including bowl, cup, spoon & fork, or spork
- 2 towels – one of the towels should be a quick drying pack towel
- Sunscreen
- Bug spray – look for natural, non-Deet, non-aerosol
- 1 pair of broken in hiking boots
- 1 pair of tennis shoes – can be old
- 1 pair of water shoes or sandals with straps – no Velcro, please
- 1 swimsuits – one piece or tankini recommended because life vests will chafe bare skin; no bikinis
- 5 pairs of shorts including two pair that are quick dry material
- 2 pairs of long pants – at least one pair that are quick dry; may be zip off
- 2 long sleeve shirts – at least one that is quick dry material
- 5 short sleeve shirts – at least 2 that are quick dry material
- 8-10 pairs of underwear – synthetic material is best
- 2 pairs of cotton socks
- 5 pairs of wool or non-cotton hiking socks
- 2 pairs of synthetic sock liners - **Recommended if prone to blisters**
- 1 set of non-cotton long underwear
- 1 fleece jacket or sweater
- 1 fleece pants
- 1 warm wool or fleece hat
- 1 hat with a brim or visor
- Sunglasses (highly suggested - the sun can be very intense in high alpine areas)
- 2 bandanas
- 1 Rain suit – jacket and pants
- Gaiters (Outdoor Research is one quality brand)
- Extra zip-locks and garbage bags – trash compactor or contractor bags are best
- Camera – optional
- Journal notebook with pen or pencil in zip-lock bag
- Reading book
- Backpacking Fly Rod - optional (We will have 2 group fly rods, permits must be purchased individually)

**BACKPACKS CAN BE RENTED FROM GRP FOR $25 IF RESERVED IN ADVANCE.**

Please email anne@greenriverpreserve.org
Welcome to Green River Preserve Expeditions! We look forward to having you with us this summer on the Outer Banks of North Carolina.

One of the most fun aspects of a Green River Preserve Expedition is assembling your gear and clothing. This list will help you decide what to bring with you on your Expedition. Please remember to stick to the packing list and not bring unnecessary items. We travel in a 15-passenger van and a truck. We recommend using any of these items you might already own or borrowing from a family member. Others you will have to purchase. Your local outdoor shop or REI are great places to start. We also have found success with sale items on the following websites: Sierra Trading Post, Campmor, and The Clymb. If you have any questions, please do not hesitate to call or email.

### Upper Body Clothing

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or GoreTex® which help prevent heat loss by cutting wind, rain. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long sleeve shirt</td>
<td>2-3</td>
<td>One should be quick dry material. This will protect from bugs and sun. A colored shirt is nice as it will protect the back of the neck from sun. GRP fishing shirts are great for this and can be purchased from the camp store</td>
</tr>
<tr>
<td>Short sleeve shirt</td>
<td>5-7</td>
<td>2 should be quick dry. The others can be cotton.</td>
</tr>
<tr>
<td>Rain Coat</td>
<td>1</td>
<td>Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket, that still seems durable, to withstand abrasion. “3-ply” fabric is suggested.</td>
</tr>
</tbody>
</table>
### Lower Body Clothing

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shorts</td>
<td>3</td>
<td>Should be quick dry athletic style shorts. Shorts to the knees can be good for sun protection.</td>
</tr>
<tr>
<td>Pants</td>
<td>1</td>
<td>Light weight quick drying. You will be happy to have these for both protection from sun and bugs. These can be zip off.</td>
</tr>
<tr>
<td>Rain Pants</td>
<td>1</td>
<td>Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight pair, that still seems durable, to withstand abrasion. “3-ply” fabric is suggested.</td>
</tr>
</tbody>
</table>

### Miscellaneous Clothing

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Suit</td>
<td>2-3</td>
<td>One piece or tankini recommended because of PFDs will chafe bare skin, No Bikinis Please.</td>
</tr>
<tr>
<td>Underwear</td>
<td>8-10</td>
<td>Synthetic material is best.</td>
</tr>
<tr>
<td>Sarong/wrap (optional)</td>
<td>1</td>
<td>This is often a favorite with the leaders. It protects against sun and bugs but is not too hot. It can be used as an additional towel or sheet.</td>
</tr>
<tr>
<td>Rain Hat (Optional)</td>
<td>1</td>
<td>Some find they prefer a rain hat to a hood</td>
</tr>
<tr>
<td>Sun Hat</td>
<td>1</td>
<td>A big brim and a chin strap. A straw hat with chin strap may be brought in addition to this.</td>
</tr>
</tbody>
</table>

### Footwear

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Closed Toe Sandals/water shoes</td>
<td>1 pair</td>
<td>These should fit snugly and should Not have Velcro as it will pick up sand and will not function sufficiently when wet. This is to protect from oyster shells. Keens are great examples. Crocs will not count as they are not snug.</td>
</tr>
<tr>
<td>Sandals</td>
<td>1 pair</td>
<td>This would be for around camp. Flip flops and crocs are ok for this purpose.</td>
</tr>
<tr>
<td>Socks</td>
<td>3</td>
<td>One pair quick drying, may be worn in the event of blisters created by sandal straps.</td>
</tr>
<tr>
<td>Tennis shoes or running shoes (optional)</td>
<td>1 pair</td>
<td>These can be old and not in top condition, but think safety, the sole should not be falling off. Can substitute for close-toe sandals.</td>
</tr>
</tbody>
</table>
### Sleeping Gear

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queen size flat sheet or sleeping bag liner</td>
<td>1</td>
<td>Sleeping bags are often too warm for comfort, and this is often a great compromise.</td>
</tr>
<tr>
<td>Sleeping bag</td>
<td>1</td>
<td>Lightly rated. Due to our wet/humid environment we recommend synthetic filled bags over down or feather bags. Often campers sleep on top of their bag if at all during the trip.</td>
</tr>
<tr>
<td>Sleeping pad</td>
<td>1</td>
<td>Inflatable pads are more comfortable but are prone to puncture. If bringing an inflatable sleeping pad a repair kit should also be brought. (Example: Therma-rest) You may also rent one from GRP for $10.</td>
</tr>
<tr>
<td>Sleeping bag stuff sack</td>
<td>1</td>
<td>A compression stuff sack makes your sleeping smaller to pack (example: OR Ultralight Compression Sack) A no-compression stuff sack is fine too and weighs less (example: Granite Gear Air Compressor Stuff Sack).</td>
</tr>
</tbody>
</table>

### Miscellaneous Items

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun Screen</td>
<td>2-3 bottles</td>
<td>Unscented Non-oil 45+ spf 3 for those with fair skin</td>
</tr>
<tr>
<td>Lip Balm with SPF</td>
<td>1-2 tubes</td>
<td>No Lip Gloss it will burn your lips</td>
</tr>
<tr>
<td>Sun Glasses with strap</td>
<td>1</td>
<td>Think of what the sun does to your skin. A good pair is worth it and you will be grateful.</td>
</tr>
<tr>
<td>Towel</td>
<td>2</td>
<td>One should be a quick dry pack towel.</td>
</tr>
<tr>
<td>Bug Spray</td>
<td>2-3 bottles</td>
<td>Non-Aerosol non-Deet. Bug Off is an example.</td>
</tr>
<tr>
<td>Pocket knife</td>
<td>1</td>
<td>2.5 to 3.5 inch, non-serrated, Locking Blade NO Swiss Army Knives</td>
</tr>
<tr>
<td>A bug proof head net</td>
<td>1</td>
<td>This is a favorite piece of equipment. Coleman army surplus or Outdoor research are good options.</td>
</tr>
<tr>
<td>Headlamp WITH new batteries and an extra set</td>
<td>1</td>
<td>A flashlight is OK in addition to this but headlamp is necessary.</td>
</tr>
<tr>
<td>Mess Kit</td>
<td>1</td>
<td>A cup, bowl, and spoon</td>
</tr>
<tr>
<td>Water bottle</td>
<td>2 -3</td>
<td>32 ounce bottles. Nalgene, Kleen Canteen, and</td>
</tr>
<tr>
<td>Equipment</td>
<td>Quantity</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Water bottle</td>
<td>2-3</td>
<td>32 once bottles. Nalgene, Kleen Canteen, and Camelback are some brands. A bladder can serve as one of these bottles, but not both.</td>
</tr>
<tr>
<td>Plastic whistle</td>
<td>1</td>
<td>This is a safety measure we take and we encourage all participants going in the backcountry to have a whistle.</td>
</tr>
<tr>
<td>Bandana</td>
<td>2-3</td>
<td>These are found to serve many purposes</td>
</tr>
<tr>
<td>Camera (Optional)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Journal, and reading book (Optional)</td>
<td>1</td>
<td>You will have down time each day, and Expeditioners are often thankful they have one or both of these items.</td>
</tr>
<tr>
<td>Camp Chair (Optional)</td>
<td>1</td>
<td>Folks are glad when they have these. They can be purchased at the camp store Crazy Creek is one brand.</td>
</tr>
<tr>
<td>Toilet Articles</td>
<td></td>
<td>Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable. No deodorant or excessive items.</td>
</tr>
<tr>
<td>Extra hair ties (optional)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic whistle</td>
<td>1</td>
<td>This is a safety measure we take and we encourage all participants going in the backcountry to have a whistle.</td>
</tr>
</tbody>
</table>

### Packs & Bags

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duffle Bag</td>
<td>1</td>
<td>Medium size to pack all your items in. Once you arrive we will give you dry bags to pack your items in for the kayaking trips.</td>
</tr>
<tr>
<td>Small Stuff Sacks Or Zip lock bags</td>
<td>Several</td>
<td>Used to organize items in your duffle bag and dry bags. (example: Outdoor Research Ultralight Stuff Sack).</td>
</tr>
<tr>
<td>Waterproof Bag Liners</td>
<td>2-3</td>
<td>Durable, sturdy, plastic trash compactor bags. These can be found in most grocery stores.</td>
</tr>
</tbody>
</table>
Blue Ridge Expedition Packing List

**WELCOME to Green River Preserve Expeditions!** We look forward to having you with us this summer in the Blue Ridge Mountains of Western North Carolina.

One of the most fun aspects of a Green River Preserve Expedition is assembling your gear and clothing. This list will help you decide what to bring with you on your Expedition. We recommend using any of these items you might already own or borrowing from a family member. Some of the bigger items like a backpack and sleeping pad can be rented from GRP for a small fee. Others you will have to purchase. Your local outdoor shop or REI are great places to start. We also have found success with sale items on the following websites: Sierra Trading Post, Campmor, and The Clymb. If you have any questions, please do not hesitate to call or email.

### Upper Body Clothing

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or GoreTex® which help prevent heat loss by cutting wind, rain. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
<th>Check List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base Layer</td>
<td>1</td>
<td>Mid-weight underwear top made of wool, polypropylene, or Capilene®. Zip turtleneck styles are a good choice for comfort and the Thermo regulation.</td>
<td></td>
</tr>
<tr>
<td>Long sleeve shirts</td>
<td>2</td>
<td>One may be cotton the other a synthetic quick drying material. The optional bug shirt below can count as one of these.</td>
<td></td>
</tr>
<tr>
<td>Fleece Jacket or pullover</td>
<td>1</td>
<td>Mid-weight to heavyweight fleece that fits comfortably over your other insulating layers and under your outer shell.</td>
<td></td>
</tr>
<tr>
<td>Fleece Vest (Optional)</td>
<td>1</td>
<td>A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to be cold. It should not be substituted for any of your 3 insulating layers.</td>
<td></td>
</tr>
<tr>
<td>Bug/Sun shirt (Optional)</td>
<td>1</td>
<td>A lightweight, breathable, durable nylon, combined with mesh fabric. A GRP fishing shirt works well.</td>
<td></td>
</tr>
<tr>
<td>Rain Parka</td>
<td>1</td>
<td>Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket, that still seems durable, to withstand abrasion. “3-ply” fabric is suggested.</td>
<td></td>
</tr>
</tbody>
</table>
### Upper Body Clothing (Continued)

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Sleeve Shirt</td>
<td>5</td>
<td>A cotton or lightweight polyester/Capilene T-shirt. A combination of both cotton t-shirts and capilene is highly suggested. Capilene will be perfect for hiking and cotton will be nice for “in camp” time.</td>
</tr>
</tbody>
</table>

### Lower Body Clothing

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base Layer (Long Underwear Bottoms)</td>
<td>1</td>
<td>Mid-weight long underwear made of wool, polypropylene, or Capilene®.</td>
</tr>
<tr>
<td>Long Pants</td>
<td>2</td>
<td>One of which is nylon or a quick drying synthetic material. These are recommended for protection from bugs and dense vegetation.</td>
</tr>
<tr>
<td>Rain Pants</td>
<td>1</td>
<td>Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.</td>
</tr>
<tr>
<td>Shorts</td>
<td>5</td>
<td>Light hiking shorts. Pockets are nice to have. 2 pairs should be quick dry material (i.e. nylon).</td>
</tr>
</tbody>
</table>

### Miscellaneous Clothing

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Suit</td>
<td>1</td>
<td>Ladies, we recommend a one piece or tankini. Life vests can chafe bare skin.</td>
</tr>
<tr>
<td>Underwear</td>
<td>8-10</td>
<td>Synthetic material is best.</td>
</tr>
<tr>
<td>Winter hat/beanie</td>
<td>1</td>
<td>Yes- it can get cold in the Blue Ridge Mountains any month of the year and you will be happy you have it!</td>
</tr>
<tr>
<td>Rain Hat (Optional)</td>
<td>1</td>
<td>It can rain a lot and some find they prefer a rain hat to a hood</td>
</tr>
</tbody>
</table>
### Footwear

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
<th>Check List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking Boots (Good condition and broken in)</td>
<td>1 pair</td>
<td>A quality pair will last a long time and is worth the investment. You will wear these for the majority of your trip and will want to be comfortable. Consider a boot that will support your ankles and feet as well as a loaded pack and will handle crossing rivers, rough terrain, and more. If you are questioning if your boots will last, you should probably get a new pair. It is very sad to have the backpacking portion of an expedition affected by a pair of hiking boots falling apart.</td>
<td></td>
</tr>
<tr>
<td>Tennis shoes or running shoes</td>
<td>1 pair</td>
<td>These can be old and not in top condition, but think safety, the sole should not be falling off.</td>
<td></td>
</tr>
<tr>
<td>Sandels/water shoes</td>
<td>1 pair</td>
<td>Chaco, Keen and Tevas without Velcro are great. Velcro is not reliable when wet.</td>
<td></td>
</tr>
<tr>
<td>Socks</td>
<td>8</td>
<td>5 synthetic pairs of hiking socks and 3 pairs of cotton socks</td>
<td></td>
</tr>
<tr>
<td>Sock Liner (Optional)</td>
<td>2</td>
<td>Thin synthetic socks to be worn under hiking socks. This is recommended for those prone to blisters.</td>
<td></td>
</tr>
<tr>
<td>Gaiters (Optional)</td>
<td>1 pair</td>
<td>Gaiters provided good leg protection while bushwacking and help avoid grit getting into your boots (thus help ward off blisters). Outdoor Research makes gaiters.</td>
<td></td>
</tr>
</tbody>
</table>

### Sleeping Gear

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
<th>Check List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping bag</td>
<td>1</td>
<td>Rated to 40 degrees or lower. Due to our wet/humid environment we recommend synthetic filled bags over down or feather bags.</td>
<td></td>
</tr>
<tr>
<td>Sleeping pad</td>
<td>1</td>
<td>Inflatable pads are more comfortable but are prone to puncture. If bringing an inflatable sleeping pad a repair kit should also be brought. (Example: Therma-rest) You may also rent one from GRP for $10.</td>
<td></td>
</tr>
<tr>
<td>Ground Sheet</td>
<td>1</td>
<td>Participants in the past have found a ground sheet is useful for emptying their backpack contents onto and helping them organize. An affordable ground sheet is a shower liner.</td>
<td></td>
</tr>
</tbody>
</table>
### Packs & Bags

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backpack</td>
<td>1</td>
<td>At least 4,000 cubic inches. Internal or external frame is fine. You can rent an external frame backpack for $25. Durable, sturdy, plastic trash compactor bags. These can be found in most grocery stores.</td>
</tr>
<tr>
<td>Day pack</td>
<td>1</td>
<td>A book bag sized backpack for day hikes.</td>
</tr>
<tr>
<td>Small Stuff Sacks/Zip lock bags</td>
<td>Several</td>
<td>Used to organize items in your pack. (example: Outdoor Research Ultralight Stuff Sack).</td>
</tr>
<tr>
<td>Waterproof Bag Liners</td>
<td>2-3</td>
<td></td>
</tr>
</tbody>
</table>

### Miscellaneous Items

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun Screen</td>
<td>1</td>
<td>Small pocket size tube. Unscented</td>
</tr>
<tr>
<td>Towel</td>
<td>2</td>
<td>One should be a quick dry pack towel.</td>
</tr>
<tr>
<td>Bug Spray</td>
<td>1</td>
<td>Non-Aerosol non-Deet. Bug Off is a example. 2.5 to 3.5 inch, non-steriled, Locking Blade.</td>
</tr>
<tr>
<td>Pocket knife</td>
<td>1</td>
<td>A flashlight is OK in addition to this but headlamp is necessary.</td>
</tr>
<tr>
<td>Headlamp WITH new batteries and an extra set</td>
<td>1</td>
<td>A cup, bowl, and spoon</td>
</tr>
<tr>
<td>Mess Kit</td>
<td>1</td>
<td>32 ounce bottles. Nalgene, Kleen Canteen, and Camelback are some brands. A bladder can serve as one of these bottles, but not both.</td>
</tr>
<tr>
<td>Water bottle</td>
<td>2-3</td>
<td>This is a safety measure we take and we encourage all participants going in the backcountry to have a whistle.</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Details</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>----------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Bandana</td>
<td>2</td>
<td>These are found to serve many purposes</td>
</tr>
<tr>
<td>Camera (Optional)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Journal, and reading book (Optional)</td>
<td>1</td>
<td>You will have down time each day, and Expeditioners are often thankful they have one or both of these items.</td>
</tr>
<tr>
<td>Camp Chair (Optional)</td>
<td>1</td>
<td>Folks are glad when they have these. They can be purchased at the camp store Crazy Creek is one brand.</td>
</tr>
<tr>
<td>Toilet Articles</td>
<td></td>
<td>Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable. No deodorant or excessive items.</td>
</tr>
</tbody>
</table>
Trail Blazer Expedition Packing List

☐ 1 trunk or duffle bag for transport and storage

☐ 1 backpack – at least 4,000 cubic inches. **Can rent from GRP. See details below.**

☐ 1 small day pack – book bag size or a day pack with included water bladder

☐ 1 sleeping bag with stuff sack – rated to 40°F

☐ 1 sleeping pad – (Thermarest is one name brand)

☐ 2-3 water bottles, 32oz (Nalgene, Klean Kanteen, Camelback)

☐ Toiletry items, including:
  o toothbrush
  o toothpaste
  o travel-size shampoo/conditioner
  o biodegradable soap
  o deodorant – antiperspirant is not advised because it clogs pores.

☐ 1 headlamp or small flashlight with extra batteries

☐ 1 pocketknife – 2.5 to 3.5 inch high-carbon steel, non-serrated, locking blade. **No Swiss Army Knives.**

☐ 1 plastic whistle

☐ Mess kit including bowl, cup, spoon & fork, or spork

☐ 2 towels – one of the towels should be a quick drying pack towel

☐ Sunscreen

☐ Bug spray – look for natural, non-DEET, non-aerosol

☐ 1 pair of broken-in hiking boots

☐ 1 pair of tennis shoes – can be old

☐ 1 pair of water shoes or sandals, with straps. **No Velcro.**

☐ 2 swimsuits – one-piece or tankini recommended because life vests will chafe bare skin. **No bikinis.**

☐ 5 pairs of shorts – at least 2 pairs that are quick dry material
- 2 pairs of long pants – at least one pair that is quick dry; can be zip-off
- 2 long sleeve shirts – at least one that is quick dry material
- 7 short sleeve shirts – at least 2 that are quick dry material
- 8-10 pairs of underwear – synthetic material is best
- 3 pairs of cotton socks
- 5 pairs of wool or non-cotton hiking socks
- 2 pairs of synthetic sock liners – recommended if prone to blisters
- 1 set of non-cotton long underwear
- 1 fleece jacket or sweater
- 1 warm wool or fleece hat
- 2 bandanas
- 1 rain suit – jacket and pants
- Extra zip-locks and garbage bags – trash compactor or contractor bags are best
- Camera – optional
- Journal notebook with pen or pencil in zip-lock bag
- Reading book
- 2 pairs sturdy work pants
- 1 pair leather work gloves
- 1 set of sheets, including pillow and blanket
- 1 labeled laundry bag

**BACKPACKS CAN BE RENTED FROM GRP FOR $25 IF RESERVED IN ADVANCE.**
Please email anne@greenriverpreserve.org
**Brevard, Cedar Mountain, and Lake Toxaway**

**LODGES AND MOTELS**

<table>
<thead>
<tr>
<th>Inn</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hampton Inn</td>
<td>800-426-7866</td>
</tr>
<tr>
<td>Earthshine Mountain Lodge</td>
<td>828-862-4207</td>
</tr>
<tr>
<td>Mt. Toxaway Lodge</td>
<td>828-966-4582</td>
</tr>
<tr>
<td>Greystone Inn</td>
<td>800-824-5766</td>
</tr>
<tr>
<td>Holiday Inn Express</td>
<td>800-465-4329</td>
</tr>
</tbody>
</table>

**BED & BREAKFAST**

<table>
<thead>
<tr>
<th>Inn</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inn at Brevard</td>
<td>828-884-2105</td>
</tr>
<tr>
<td>Keys Falls Inn</td>
<td>828-884-7559</td>
</tr>
<tr>
<td>Pines Country Inn</td>
<td>828-877-3131</td>
</tr>
<tr>
<td>The Red House Inn</td>
<td>828-884-9349</td>
</tr>
<tr>
<td>Sassy Goose B &amp; B</td>
<td>828-966-9493</td>
</tr>
<tr>
<td>Inn on Main Street</td>
<td>828-884-4770</td>
</tr>
<tr>
<td>Down to Earth Cottages</td>
<td>828-884-7572</td>
</tr>
<tr>
<td>Rainbow Lake Resort</td>
<td>828-862-5354</td>
</tr>
</tbody>
</table>
Hendersonville and Flat Rock

**LODGES AND MOTELS**

<table>
<thead>
<tr>
<th>LODGE/MOTEL</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best Western</td>
<td>828-692-0521</td>
</tr>
<tr>
<td>Comfort Inn</td>
<td>828-693-8800</td>
</tr>
<tr>
<td>Days Inn</td>
<td>828-697-5999</td>
</tr>
<tr>
<td>Econo Lodge Motel</td>
<td>828-684-1200</td>
</tr>
<tr>
<td>Fairfield Inn</td>
<td>828-684-1144</td>
</tr>
<tr>
<td>Hampton Inn</td>
<td>828-697-2333</td>
</tr>
<tr>
<td>Holiday Inn Express</td>
<td>828-698-8899</td>
</tr>
<tr>
<td>Mountain Inn &amp; Suites</td>
<td>828-692-7772</td>
</tr>
<tr>
<td>Red Roof Inn</td>
<td>828-697-1223</td>
</tr>
<tr>
<td>Quality Inn &amp; Suites</td>
<td>828-692-7231</td>
</tr>
<tr>
<td>Mill House Lodge</td>
<td>828-693-6077</td>
</tr>
</tbody>
</table>

**BED & BREAKFAST**

<table>
<thead>
<tr>
<th>BED &amp; BREAKFAST</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Claddagh Inn</td>
<td>828-693-6737</td>
</tr>
<tr>
<td>Echo Mountain Inn</td>
<td>828-693-9626</td>
</tr>
<tr>
<td>Elizabeth Leigh Inn</td>
<td>828-808-5305</td>
</tr>
<tr>
<td>Flat Rock Inn</td>
<td>800-266-3996</td>
</tr>
<tr>
<td>Highland Lake Inn</td>
<td>828-693-6812</td>
</tr>
<tr>
<td>Inn on Church Street</td>
<td>828-696-2001</td>
</tr>
<tr>
<td>Killarney House</td>
<td>828-696-9602</td>
</tr>
<tr>
<td>Melange Inn &amp; Gardens</td>
<td>828-697-5253</td>
</tr>
<tr>
<td>Pinebrook Manor</td>
<td>828-698-2707</td>
</tr>
<tr>
<td>Rose Tree B &amp; B</td>
<td>828-698-8912</td>
</tr>
<tr>
<td>Waverly Inn</td>
<td>800-537-8195</td>
</tr>
</tbody>
</table>
### HENDERSONVILLE & FLAT ROCK

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat Rock Playhouse</td>
<td><a href="http://www.flatrockplayhouse.org">www.flatrockplayhouse.org</a></td>
<td>828-693-0731</td>
</tr>
<tr>
<td></td>
<td>Carl Sandburg House</td>
<td>828-693-4178</td>
</tr>
<tr>
<td></td>
<td>The Hendersonville Curb Market</td>
<td>828-692-8012</td>
</tr>
<tr>
<td></td>
<td>The Wrinkled Egg / Flat Rock Bakery / Hubba Hubba Barbecue</td>
<td>828-696-3998</td>
</tr>
<tr>
<td></td>
<td>The Square Root</td>
<td>828-693-7758</td>
</tr>
<tr>
<td></td>
<td>West First Wood-Fired Pizza</td>
<td>828-693-1080</td>
</tr>
<tr>
<td></td>
<td>Never Blue</td>
<td>828-693-4646</td>
</tr>
</tbody>
</table>

### SALUDA

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Purple Onion</td>
<td>828-749-1179</td>
</tr>
<tr>
<td>Green River Barbecue</td>
<td>828-749-9892</td>
</tr>
<tr>
<td>Green River Adventures</td>
<td>828-749-2800</td>
</tr>
<tr>
<td>The Green River Cove Tubing Company</td>
<td>828-749-3781</td>
</tr>
</tbody>
</table>

### BREVARD

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Brevard Music Center</td>
<td>888-384-8682</td>
</tr>
<tr>
<td>Hobnob</td>
<td>828-966-4662</td>
</tr>
<tr>
<td>The Square Root</td>
<td>828-884-6171</td>
</tr>
<tr>
<td>Pisgah National Forest</td>
<td>828-877-6527</td>
</tr>
<tr>
<td>Dupont State Forest</td>
<td></td>
</tr>
</tbody>
</table>

### ASHEVILLE

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Biltmore House</td>
<td>828-411-3812</td>
</tr>
<tr>
<td>French Broad River Rafting Company</td>
<td>800-570-7238</td>
</tr>
<tr>
<td>North Carolina Arboretum</td>
<td>828-665-2492</td>
</tr>
</tbody>
</table>

The Hendersonville Curb Market is an area treasure. It features local artisans, baked goods, jams, jellies, fresh flowers, plants, hand woven rugs, pottery, hand knit sweaters, produce, and more. Be sure to visit our State Theatre, The Flat Rock Playhouse. It’s fabulous!
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 The Quick Stop in Cedar Mountain.
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.

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.
BRX Pick Up and Drop Off
pick up and drop off time is between **11:00 - 11:30 AM**
GRP BASE CAMP FRONT FIELD

TBX Pick Up and Drop Off
pick up and drop off time is between **11:00 - 11:30 AM**
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

WBX Pick Up and Drop Off
* Please see page 19 for airport information and times.*