

# FALLING CREEK CAMP



Tuxedo, North Carolina

## Parent Handbook 2026

June, Main, 2-Week, and Junior Camp Sessions

*Falling Creek Camp's mission is to provide  
a setting, a program, and dedicated leadership  
to allow our boys the maximum opportunity  
for personal growth and fun  
as they develop an understanding of  
their relationships with nature,  
their fellow man, and God.*



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## Pre-Camp Checklist

- Watch the *Pre-Camp Checklist* and other videos accessible from the Videos section of our website.
- Read this handbook carefully.
- Familiarize yourself with your family CampInTouch account and the Companion app. Download the Companion app from the app store.
- Complete the following required **online forms** in your CampInTouch account or using the Companion app, by the due dates:
  - Online Health Form (includes allergy, medication, and dietary information).
  - Online Travel Form (required for all campers, includes information about trunk shipping).
- DOWNLOAD and PRINT** the following **barcoded/faxback** forms from your CampInTouch account, or using the Companion app. Scan and email, upload (to CampInTouch or Companion app), or fax completed forms to **828-333-5507**, by the due date (***no cover pages needed — for multiple sons, forms include a barcode unique to each camper***).
  - Physician's Examination Form-**1 page** (Please use our form as it meets our accreditation standards-to be completed by physician-must be current within 1 year-immunization records not required).
  - Insurance & Authorization Form-**1 page** (parent signature required authorizing medical treatment if necessary; copy insurance cards onto form, not separately—should only be 1 page).
- If your son will take **medication(s)** at camp, please read and follow the instructions in the **Medical Information** section regarding packaging and bringing medications to camp. Compliance with our medication policy and process is required for all medications taken on a daily basis, whether prescription or over-the-counter. “As needed” medications are also discussed in the Medical Information section. We appreciate your mandatory compliance with our policy.
- Review the packing list.
- Label all personal items with the camper's first and last name, including clothes, shoes, towels, pillows, pillowcases, trunks, backpacks, and gear.
- Please review this Parent Handbook and the Parent Information topics within the Parents section of the website, [www.fallingcreek.com/parents](http://www.fallingcreek.com/parents) for answers to questions you or your son may have about camp.
- Cell phones, smart watches, iPods/other music players, and any other electronics are not allowed to be brought to camp. Non-internet accessible cameras and GoPros may be brought to camp. Label everything. Falling Creek Camp is not responsible for lost items including cameras, GoPros, or watches.
- Inform family and friends of our **Mail, Package, and Visitation policies**.
- Follow us on **Instagram** (@fallingcreek), **Facebook** (Falling Creek Camp), **Tik Tok** (@fallingcreekcamp), and **LinkedIn** (Falling Creek Camp). Subscribe to the **Blog** ([www.fallingcreek.com/blog](http://www.fallingcreek.com/blog)) for daily updates from camp during your son's session.
- Please call (828-692-0262) or email ([mail@fallingcreek.com](mailto:mail@fallingcreek.com)) us regarding any concerns or questions.

## **2026 Traditional Summer Sessions**

June Camp – Sunday, June 7 to Friday, June 26

Main Camp – Sunday, June 28 to Friday, July 24

2-Week Camp – Sunday, July 26 to Friday, August 7

Junior Camp – Sunday, August 9 to Friday, August 14

## **Falling Creek’s Leadership Team**

*“Behold, how good and how pleasant it is for brothers  
to dwell together in unity.” Psalm 133:1*

For over five decades, this verse has been recited to open each Sunday night campfire. Long-standing traditions and a commitment to character development are hallmarks of the Falling Creek program.

We are grateful to be stewards of this place where generations of boys have developed skills and the self-reliance to become fine young men.

It is an honor to continue this tradition. We work hard throughout the year and eagerly await the summers—with the promise of all that camp offers and the possibilities within each Falling Creek camper.

### **Yates and Marisa Pharr – Directors/Owners**

John Burton – “Greybeard”

Eleanor Donohue – Assistant Program & Staff Director

Johnny “Beans” Ervin – Assistant Program & Staff Director

Whit Flickinger – Assistant Program & Staff Director

Paige Hafner – Communications Director

Carol Jones – Assistant Communications Director

Alli Kilby – Food Services Director

Jeff Killebrew – Staff Recruitment & Development Director

Nathan Newquist – Operations Director

Mike Nuckles – Camper Development Director

Annie Pharr Ramsbotham – Media Manager

Matt Sloan – Program Director

Frank Tindall – Associate Director

Jasmine Westbrook – Administrative Assistant/Store Manager

Will Wilson – Outdoor Adventure Director

Facilities: David Echeverria, Nathan Hall, Casey Pullen, Doug Smathers, TJ Westbrook (Director), Simon Wilson

Detailed bios for each member of our year-round team may be found on our website, [www.fallingcreek.com](http://www.fallingcreek.com). Select ‘About Us’ from the Camp Leadership from the Menu.

## **High Expectations of Campers**

We expect all Falling Creek boys to be positive members of our camp community and abide by the Falling Creek Honor Creed and the Falling Creek Code (listed below).

## **Bullying and Harassment**

Falling Creek's Harassment Policy prohibits intentional and unintentional harassment of any individual by another person on the basis of any protected classification including, but not limited to, race, color, sex, national origin, disability, religion, marital status, veteran status, sexual orientation, or age.

Falling Creek Camp has a firm stance against all types of bullying. Bullying is repeated inappropriate behavior, either direct or indirect, whether verbal, physical or otherwise, conducted by one or more persons against another or others with the intent to cause physical or emotional injury.

Bullying may sometimes rise to the level of harassment and will be governed by our harassment policies and corresponding corrective actions. Bullying is also a direct violation of the Falling Creek Camp Code. Examples of bullying may include; when one or more persons are excluded, teased, taunted, or put down by others with the intent to cause emotional injury; slandering, racist remarks, ridiculing or maligning a person or his or her family; non-verbal threatening gestures, insults or name-calling, constant criticisms, public reprimands, spreading rumors or gossiping, and other humiliating behavior or conduct with the intention of causing emotional injury.

Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Falling Creek Camp.

## **Out of Camp Behavior**

Bullying may also occur electronically through emails, text messaging, instant messaging, or other communication through social networking sites such as Facebook, Instagram, or Twitter. If a camper feels that he (or another camper/staff member) has been subject to bullying, whether during camp season or during the off-season, report the incident in the same manner as harassment or sexual harassment. Camp Leadership will address all incidents of bullying with a full investigation and appropriate corrective action will be taken where necessary.

## **Respect at Falling Creek Camp**

Falling Creek strives to provide an open and supportive community for boys and staff from all backgrounds, where they feel welcomed, included, and celebrated for who they are, without the pressure to be something or someone else. As a boys' camp, Falling Creek is for campers who are biologically male and live and identify as such. We believe it is our responsibility to shepherd the journey of personal growth through love and adventure, helping each member of the Falling Creek community find their best self and celebrate their unique qualities, both at camp and beyond.

## Falling Creek Honor Creed

Believing that leadership, unselfishness, courage, honor, hope, loyalty, honesty, and fair play manifest themselves in the spirit of Falling Creek, we pledge our spirits, minds, and bodies to achieving these ideals.

### Falling Creek Code



#### Warrior Spirit

Live with courage  
Always do your best  
Strengthen your body, mind, & spirit  
Persevere



#### Positive Attitude

Be fun to be around  
Live with enthusiasm  
Focus on the positive  
Be grateful for God's blessings



#### Servant's Heart

Follow the Golden Rule  
Treat everyone with respect  
Make friendship a fine art  
Take initiative to help others



#### Moral Compass

Do the right thing  
Act with integrity  
Take responsibility for your actions  
Tell the truth

## **Trip Insurance**

If you wish to protect your investment in the camp tuition, we suggest looking into trip insurance. One option is coverage through Travmark's Activity Coverage plan. This is a third-party provider, and the travel protection benefits can include trip cancellation, trip interruption, travel medical expense, emergency dental, and more. If interested in "Cancel For Any Reason" coverage, it must be purchased before your final tuition payment. To learn more or to get a quote, visit <https://quote.activityinsurance.com/quickquote/?agentCode=TRA18&campaignId=17>. Be sure to review the coverage details and answers to commonly asked questions before you make a purchase.

If this insurance plan is not available in your state (CA, CT, NY, WA residents), or if you want more options, these are two other resources: American Camp Association or Everything Summer Camp.

## **Places to Stay**

There are many options for accommodation in and around Flat Rock, Hendersonville, and Asheville. The Hendersonville Visitor's Center is a great resource for activities and accommodations in the area: [www.historichendersonville.org](http://www.historichendersonville.org). The Lodge at Flat Rock, Holiday Inn and Suites, and Fairfield Inn, off I-26 in Flat Rock, are closest to camp. Visit the Parents/Travel/Places to Stay and Attractions section of our website for a list of places to stay.

## **Opening Day**

Opening Day includes being able to park and enjoy a brief visit to camp when you drop-off your son(s). If your family is traveling in more than one car, please carpool from a nearby gas station (Hwy 25, Exit 3) as parking is limited. Carpooling is encouraged.

**Please arrive between 8:30am and 11:30am.**

## **Arrival and Greeting**

Plan to arrive at camp via our main entrance off Green River Road (exit 3 off highway 25). Upon arrival you will be greeted by Falling Creek Camp staff who will ask the name of your camper(s) and provide you with:

- Nametag(s) for your camper(s),
- Trunk tags for a piece of luggage such as a trunk and duffel bag or frame backpack (keep these tags ready for luggage drop-off),
- Opening Day checklist of the stops to make before parking and things to know once you leave camp.

You will be directed to proceed up the mountain. We recommend placing your car in low gear and keeping a slow-steady pace during the climb. Be sure to catch the view of Falling Creek Falls along the way.

## **Trunks/Luggage**

Trunks/large luggage will be removed from your car at the trunk drop-off stop. Please have the trunk/luggage nametag stickers ready for the staff. Trunks/Luggage will be delivered to the cabins

later in the morning so don't plan to wait. Please pack your car so the trunk/luggage is easily accessible. Also, please remove removable wheels from trunks before arrival as they often get lost.

We ask that all camper belongings that we are transporting be contained in a trunk or duffel. Any additional items the family/camper should be able to carry to the cabin themselves such as a pillow, frame backpack, a sports gear bag, or day pack.

If trunks are shipped to camp and your camper has no additional luggage, you will be directed to park.

## Medications

Prior to parking, there will be a stop for dropping off medications for camp and/or for speaking with a nurse. More detail will be provided in the Opening Day checklist.

After you park, you will be directed to your son's cabin to meet his cabin counselor.

## Do not linger!

A common question we hear from parents is: "How long should we stay?" It is recommended that parents not linger so the boys may quickly integrate into Opening Day activities and begin settling into camp and getting to know their counselors and cabinmates as soon as possible. We will assist you in the case of a difficult separation.

Immediately after you meet the counselor(s), your son will be able to join organized games and activities. This is your cue to say your goodbyes.

**We have limited parking on the mountain so please help us to keep cars moving from parking areas to accommodate everyone's timely arrival.**

## Get to Know Your Son's Counselors

Campers find out who their counselors are once they arrive at camp. Visit "Meet Our Staff" in the "My FCC" section of the website for introductions of our amazing staff. For all sessions except Junior Camp, counselors will write a Parent Letter at the beginning of week 2 of camp. We will post the letter to the Forms and Documents section of your CampInTouch account and we will communicate via email when it is available.

While it is true that the staff members and campers in the cabin group will share in daily activities together, the campers will interact and engage with many more influential counselors in the camp community throughout each day, who are here to help him succeed. We are proud of all the members of our team, and each has been hand-picked for this summer. We stand behind the training they receive, their character, and their skills. We have thoughtfully placed them with certain cabin groups.

## Opening Day Health Concerns

In the interest of a healthy camp community, if your son has a fever or is sick within 24-hours of Opening Day, please contact camp to discuss next steps.

## Lice

If it is suspected that your son may have been exposed to head lice prior to camp, please perform a lice treatment before arrival and notify the medical staff about your concern. A head check for lice may be obtained from your local doctor or a treatment center such as Lice Clinics of America. All campers will have their heads checked for lice on Opening Day. If a camper comes to camp with lice, we will arrange for professional care. The cost of this treatment is \$275 (subject to change), payable to the third-party provider. Falling Creek Camp will pay for the treatment and invoice you. Parents will be responsible for the cost of treatment. We will contact you to notify you of the treatment.

## Closing Day

Closing Day is a busy and bustling time. **Please plan to pick up your son between 8:30am and 11:30am.** We cannot accommodate earlier pickups on Closing Day as campers and counselors are enjoying one last hearty breakfast and time together before departure. We will then be ready to welcome you.

Campers and counselors will return to their cabin after breakfast and wait there for you to arrive.

Except for charges pre-authorized by you, families will be billed after the end of the camp session for travel expenses, prescriptions, or medical expenses that exceed the store deposit.

If your son is missing an item once you return home, please alert the Camp Office 828-692-0262.

## Shipping Luggage

**To Camp:** Luggage may be shipped to camp via UPS (1<sup>st</sup> choice) or FedEx. Additionally, Ship Camps is a company specializing in shipping of camp belongings **(to camp only)** and may be accessed via their website: <https://www.shipcamps.com/fallingcreekcamp>. Please send luggage a week prior to your son's arrival so that it will be at camp on time. **Please note:** our shipping address differs from our mailing address.

### Ship to:

Camper Name  
c/o Falling Creek Camp  
816 Falling Creek Camp Road  
Zirconia, NC 28790

**From Camp:** We take luggage to Mail, Box & Pack at the end of a session to be shipped home. To expedite the process, make sure that you note this on the Online Travel Form, with address information. Please indicate which pieces of luggage are to be shipped as we match our records with those of Mail, Box & Pack. **Please note:** We cannot save boxes for items to be shipped.

Contact Mail, Box & Pack online at [www.mailboxandpack.com](http://www.mailboxandpack.com) (select Camp Shipping) to arrange for pre-payment for shipping. **The Ship Camps service is not an option for return shipping and please do not send pre-paid shipping labels to camp.**

## **Arriving Early/Late – Departing Early/Late**

We cannot accommodate campers arriving or departing on days before Opening or after Closing Days for the session. Specifics for campers arriving or departing at times outside of the arrival and departure time periods on Opening and Closing Days need to be discussed and coordinated with a camp director. Parents arriving after 11:30AM on Opening Day will not be able to visit camp as the first activities will be underway.

## **Travel by Air/"Unaccompanied Minor" Travel**

Airline reservations should be made early. Please note the itinerary details, including the airline confirmation number, on the Online Travel Form by the due date. **Also, email a copy of the itinerary and return flight receipts for baggage and "Unaccompanied Minor" fees to [mail@fallingcreek.com](mailto:mail@fallingcreek.com).**

When planning for flights to and from camp, please try to book a direct or non-stop flight. If a connecting flight is necessary, be advised that many airlines do not allow minors flying alone as a designated (paid for) "Unaccompanied Minor" on flights that connect or on the last flight of the day. We would like campers to arrive on Opening Day in time to enjoy activities, so we request that you do your best to reserve flights that arrive before noon.

Due to travel time to the airport, check-in, and security screening, we ask that departures from camp be scheduled between 9:00am and noon if possible—if you have a choice of flights, **earlier is always better, no matter how early.**

**Note:** Please check with your airline or travel agent concerning the policies for designated "Unaccompanied Minors" and other details regarding minors before booking tickets. Most airlines require that all children under the age of 15 fly as a designated "Unaccompanied Minor".

**Parents must pay for airline baggage and "Unaccompanied Minor" fees for both arrival and departure in advance, if possible. Please keep a copy of the receipt for any fees paid and email them to [mail@fallingcreek.com](mailto:mail@fallingcreek.com).** We will ask to have a method of payment on file for unplanned airline charges for boys leaving camp by plane.

**For arrivals:** Our staff will meet your son just outside the security area when he arrives at the airport. If your son is flying as an Unaccompanied Minor, our staff will meet him at the gate.

**For departures:** Our staff will accompany your son to the gate and remain at the airport until his plane is in the air.

**Yates Pharr is the name to put on the Unaccompanied Minor form as the person picking up or dropping off your son at the airport.** Use the camp phone number and physical address, 828-692-0262, 1345 Falling Creek Camp Rd, Zirconia, NC 28790. Staff members wear a dark green polo shirt with a Falling Creek logo. We ask that your son wear a Falling Creek shirt, if possible, to help our staff instantly identify him at the airport.

Our camp staff will assist boys in the airport and provide transportation to and from the Asheville, NC (AVL) and Greenville-Spartanburg, SC (GSP) airports on Opening and Closing Days at no extra charge. We suggest that campers have a carry-on bag with a change of clothes, towel, swimsuit, and

toiletry items in the event of delayed luggage. Please check airline policies on acceptable carry-on items (including liquids).

UPS and FedEx are the most effective means for handling trunks and large baggage. **We urge you to ship trunks to and from camp if your children are flying.** The baggage screening procedures and long check-in times are avoided by the children having only carry-on bags.

If you do send checked luggage (trunk, duffel bag, backpack, etc.) identification tags should be affixed. Please put two name tags on each piece of checked luggage, showing both home and camp addresses and phone numbers. Indicate on the travel form exactly what is being checked and what is a carry-on. Please check with your airline for baggage charges and policies for both arrival and departure.

Cell phones, wallets, electronics, passports, and ticket information will be collected from the camper upon arrival at camp and held securely in the Program Office for the duration of the camp session. Phones will be charged prior to Closing Day if a charger is left with the phone. Please label all items.

**Note:** If your son has any issues while traveling, make certain he knows to get in contact with you immediately. Then we ask that you contact us at camp with the details. Likewise, we will contact you if any issues arise while transporting your son to or from the airport.

## **CampInTouch Online and the Companion Mobile App**

The **CampInTouch** system and **Companion App** allow you to complete your son's online forms, send one-way emails to your camper(s), and view photos from each day at camp.

*To reach the site without using the app, visit [www.fallingcreek.com](http://www.fallingcreek.com) and go to the My FCC section found on the top left side of the home page. Your email address is your username. If you don't know your password, click "Retrieve Password". If you get locked out of your account, call (828-692-0262) or email ([mail@fallingcreek.com](mailto:mail@fallingcreek.com)) the camp office and we will unlock your account and send you a link to reset your password. You may also contact CampMinder Support, 303-444-2267.*

Download the **Companion** (note the spelling) mobile app from the app store for access to many CampInTouch functions from your phone including preparing for camp and getting photos of your camper right to your phone. To get started using the app, follow these simple steps:

- Download the Companion app from the app store,
- Use your CampInTouch account email and password to log in,
- Complete online forms and upload paper forms right in the app (note the Physician's Exam and Insurance and Authorization Forms should only be 1-page each),
- Before camp begins, upload a "training photo" in the Companion App for facial recognition for your campers. This will enable the app to send you photos of your camper during the summer,
- Ensure you have push notifications enabled within your phone settings so you can receive important camp updates.

Please contact CampMinder for technical support for CampInTouch and the Companion App, 303-444-2267.

## **Personal Camper Information**

Often, months pass between the application process and Opening Day of camp. If a situation has occurred that could affect your son's camp experience, please contact camp via phone (828-692-0262) or email ([mail@fallingcreek.com](mailto:mail@fallingcreek.com)).



## Medication and Medical Information

Our Infirmary is staffed by registered nurses and a physician throughout the summer. They screen minor complaints, provide first aid, and administer and dispense medications as needed.

Anything taken to treat or manage a condition, or symptoms is considered medication. **All medications must be kept in the Infirmary.** Except for second inhalers for asthma, second epi-pens, and prescription dermatological creams, **campers, of any age, are not allowed to keep medication in their cabin, including pain relievers, vitamins, and other over-the-counter medications. Medications kept in the cabin may result in dismissal from camp.**

**Any medications, taken daily, prescription and over-the counter, require the following:**

**To improve the efficiency and accuracy of administering medication at camp, Falling Creek has specific guidelines for how medications are handled at camp. We require all your child's prescription(s) and any over-the-counter oral medications, taken on a daily basis, to be packaged and dispensed according to our guidelines.**

Any medications, taken DAILY require the following:

- a prescription from a physician, including non-prescription over-the-counter medications. For example, if your son takes Claritin, melatonin, or supplements/vitamins, every day, your doctor must write a prescription for it, and it must be filled according to our guidelines. Call us well before your camp session begins so we can spend ample time answering your questions and allow time to find solutions.

Please complete the Medication Management section of the online Health Form in your son's CampInTouch account to let us know how your son's prescription(s) will arrive at camp so that we are prepared to follow-up accordingly. Again, compliance with our medication policies is required.

All tablet and capsule medications are to be filled by a pharmacist in a specific type of unit-dose (blister pack) container, based on the time of administration (a separate unit-dose pack based on administration time), and include the prescription label on the package. **This includes prescription and over-the-counter tablet medications taken daily.** Again, if your son takes Claritin, melatonin, or supplements/vitamins, every day, your doctor must write a prescription for it, and it must be filled according to our guidelines. Most doctors understand this requirement and are happy to write a prescription.

**We use unit-dose packaging at camp. If a 30-day supply of medication is sent to camp, unused medication is returned to you. Inhalers, creams and ointments, epi-pens, and liquids can be in their original packaging but daily medications administered by our nurses must be individually labeled with the pharmacy prescription label.**

Medications taken on an "as needed" basis, such as migraine medicine, do not require unit-dose packaging but must be in the original packaging with a prescription label. Common medications such as pain relievers, antihistamines, eardrops, wound ointments and creams, and antacids are stocked in our Infirmary. You do not need to bring such medications to camp. Due to variances in personal preferences, camp staff will not provide or apply insect repellent. Your son may bring his

own insect repellent and apply it himself. Please contact a director should you have any questions or concerns.

Following are flexible options to help you meet camp's medication guidelines. **Plan ahead.** Please indicate this preference in the Medication Management section of the Online Health form:

**Option 1: Use Falling Creek's pharmacy:**

You may mail or have your physician fax/e-scribe your son's prescription(s) for camp medications, including prescriptions for any over-the-counter medications taken on a daily basis, to our local pharmacy, Whitley Drugs in Hendersonville, NC. Whitley Drugs personnel will fill the prescription(s) in unit-dose (blister pack) packaging and have it delivered to camp by Opening Day. Also, please complete the Whitley Drugs Camper Information Form accessible from the Whitley Drugs website; [www.whitleydrugs.com](http://www.whitleydrugs.com) (select "Camps"). Whitley Drugs information, including due dates for the online form and prescriptions, and a letter for your son's doctor may be found in your CampInTouch account. There is a fee per child for this convenient service as described in the Whitley Drugs information. Please be sure to complete this process and your information form for Whitley Drugs **5 weeks prior to the start of camp.** Whitley Drugs will process your insurance.

**Option 2: Use your local pharmacy:**

Ask your local pharmacist to package a supply (enough for the length of the camp session, including Opening/Closing Days) of any prescription and over-the-counter tablet and capsule medications (prescription required), taken daily, in unit-dose (blister pack) containers that meet Falling Creek guidelines (see next section). Some pharmacies do not offer this type of packaging. Pharmacies that cater to nursing homes tend to have the unit-dose packaging available.

**Option 3: Use your local pharmacy, Falling Creek provides packaging:**

If your pharmacist does not have unit-dose packaging available but is agreeable to packaging it in a medically approved container, we will mail you the materials to take to your pharmacist for packaging based on information you provide in the Medication Management section of the online Health Form. Your pharmacist will not package medication that is not being filled by them based on a prescription. Again, even over-the-counter medications, if taken daily, must be prescribed by a physician for camp.

**Vacation Overrides for Medications**

You may need to fill a prescription for camp before your son's next refill is available insurance-wise. Your pharmacy may have to do a "vacation override" to satisfy the insurance company. Whitley Drugs can work with you and your insurance company regarding vacation overrides.

**Packaging Description:**

We use unit-dose packaging at camp. **A separate unit-dose pack (blister pack) is used for each time of day that medication is dispensed.** Blister-packed over-the-counter medications do not meet our requirements. Please do not have medications administered at different times packaged in the same unit-dose package. Administration times are breakfast, lunch, dinner, and bedtime. Call us if medication is required to be administered outside of those times.

For example, if medication A is taken daily at breakfast, we need (1) unit-dose pack for medication A. If medication A is taken at breakfast and dinner, we need 2 unit-dose packs for medication A. If 2 medications are taken at the same time of day, they may be packaged together or in separate unit-dose packs. Here is an example of what unit-dose blister packs look like. It is typically a white 8X10 card. This example shows 30-day supplies of medications for breakfast, lunch, and dinner, packaged separately:



Please note the procedures for medication drop-off/speaking with a nurse on Opening Day of camp if your son takes any medication or has any health concerns. Please do not bring medications that have not been packaged according to our guidelines to camp on Opening Day. The exception would be a new prescription for an illness prescribed right before camp starts, such as an antibiotic. This would need to be in the original bottle, labeled by the pharmacy, and you would need to speak with a nurse at drop-off.

All unused medication will be returned to you on Closing Day. You will need to go through the Infirmary line to pick up the unused medication.

**The nurses regularly dispense medications four times a day: breakfast, lunch, dinner, and prior to bedtime.** When your camper is on a camp trip, his medication will be dispensed by a counselor. Unit-dose packaging helps the staff with efficient and accurate dispensing of medications.

Because some medications take 4-6 weeks to reach a therapeutic level, please speak with a director if your child's medication has been altered within three months of the start of camp. Additionally, ADHD medications can have the same benefits for your son in the camp community as it does in school. Helping him focus on his activities or diminish impulsive behavior in social situations could give the same advantage to succeed at camp.

Incidental treatment and supplies are handled at camp with no charge, but prescriptions or “in-town” doctor or dentist visits will be billed to your insurance company on file and parents will be responsible for payment. Parents will be invoiced for any medical or prescription charges incurred by Falling Creek Camp.

## Medical Attention at Camp

If your camper should need medical attention for any reason while at camp, our medical team is available to care for him.

## Parent Communication Regarding Medical Concerns

Advanced emergency care and consultation are available at local physicians' offices and area hospitals. A camp nurse, physician, or director will communicate with parents by phone in the unlikely event of significant illness or injury.

Parents will be notified if their son spends the night in the Infirmary, visits an out-of-camp doctor/dentist, or is prescribed a medication due to illness or injury.

## Health Insurance and the Insurance & Authorization Form

If campers are covered by a health insurance policy provided by their parents, insurance information should be provided on our Insurance & Authorization Form in your CampInTouch account. Please note that the form in your camper's online record is uniquely barcoded for your son. If a family chooses a self-pay option for medical care, complete the Insurance & Authorization Form and indicate "self-pay" where insurance information is requested.

**Copy the front and back of your insurance card onto the Insurance & Authorization Form-- please do not send a separate attachment.** If you have a separate card for prescription coverage, it may be included on the form as well.

The form **requires a signature** as it authorizes medical treatment for your son in the unlikely event that it may be required. The form may be faxed back to us (number on the form), scanned and emailed to mail@fallingcreek.com, or uploaded directly to your son's CampInTouch account.

*The barcode on the lower right of each form is unique to each camper. If you have multiple sons attending camp, be mindful that barcodes match the boy for whom the form is completed. A separate Insurance and Authorization Form is required for each camper.*

**Insurance and Authorization**

Camper: [Name] Date of Birth: [DOB] Policy Holder's Name: [Name] Policy Holder's Address: [Address] Policy Holder's Date of Birth: [DOB] Phone: [Phone]

**Insurance and Authorization**

Place your Prescription card here (RUE SP if applicable) & Photocopy

Place your Prescription card here (RUE SBEM if applicable) & Photocopy

**Authorization Statement**

I hereby authorize the medical treatment of my child, [Camper Name], by the medical staff of Falling Creek Camp, Inc. (the "Camp") for the purpose of providing medical care to my child while he/she is attending camp. I understand that the Camp is not a hospital and that the medical staff is not licensed to provide medical care. I understand that the Camp is not a hospital and that the medical staff is not licensed to provide medical care. I understand that the Camp is not a hospital and that the medical staff is not licensed to provide medical care.

**FALLING CREEK CAMP**

**CAMPION**

Signature: [Signature] Date: [Date]

Note: This form should only be 1 page when completed and must be signed.

## **Dining Hall and Nutrition**

Our camp community is served three well-balanced meals each day and we strive to vary the entrees throughout each session. We offer cereal and a full fruit bar with oatmeal, yogurt, and granola with every breakfast. Our salad bar at lunch and dinner contains a variety of salad toppings, rice or plain pasta, warmed black beans, and soy or sun butter. Apples and/or bananas are available as a snack throughout the day, and most evenings we serve a sugar cookie with milk.

We realize there may be food your son is not as familiar with or made differently than at home, and we hope your son is open to tasting what our cooks have prepared. Our campers are always able to supplement the food served in the Dining Hall with our Fruit and Salad Bars. Cookouts and meals on out-of-camp trips are more limited due to a rotating, set menu. It is Falling Creek's expectation that by sending your son to camp, you are asserting to us that your child has knowledge of their diet, can manage their food choices, and will be able to find enough foods at each meal to sustain their active lifestyle.

Falling Creek Camp cannot guarantee campers will not come in contact with food to which they may have an allergy or intolerance. Please make sure you read through our Allergen Policy below. If your child has a severe allergy or dietary restriction, contact the camp directors to discuss if Falling Creek is properly equipped to manage it.

## **Allergen Policy**

Because we eat family-style, have cookouts with self-serve buffets, cook communally on trips, and offer fruit and salad bars, campers and staff should be aware of the risk of cross-contamination. While we do our best to mitigate cross-contamination, your son may be exposed to an allergen due to the communal setting of our meals.

For those with a food allergy or sensitivity, we offer dietary substitutions for the main course and dessert, at a minimum. Our substitutes will be as close to the original dish as possible (i.e., as an alternative to spaghetti, we will offer gluten-free noodles and a vegetarian sauce).

When it comes to pre-prepared food either served in our Dining Hall or on out-of-camp trips, we consider a food item to contain an allergen if it is listed in the ingredients or the item's packaging states language such as it "may contain" the allergen or is "made on shared equipment". We do not consider a food item to contain an allergen if the precautionary label states "processed in a factory that also processes" the allergen.

Please be aware that we are not a nut-free camp. We limit exposure by not preparing nor serving peanut or tree nut products in the Kitchen, Dining Hall, or on out-of-camp trips. If your son is at risk of a contact reaction, please contact us to ensure we are equipped to take the best care of your son. If your son is allergic to coconut, please enter it in the "Other allergy not listed above?" question on the online Health Form.

## Cabin Mate Requests & Placement

One of the benefits of a camp experience involves meeting and making new friends from different places. Falling Creek Camp encourages campers to attend without concern for hometown buddies. We will carefully consider a mutual request (each boy must request the other) for boys of similar age and grade. No more than two campers from the same geographic area will be placed in the same cabin. We prefer campers to be placed in cabins with other boys in the same grade because of maturity and shared experiences. We will not place campers more than a grade apart in the same cabin. **All cabin requests need to be communicated to camp in writing no later than 30 days prior to the start of a session.** Email requests to mail@fallingcreek.com. We do not make exceptions to our cabin placement policies. We are happy to help with solutions for cabin mates.

## Cabin Lines

Campers' cabins are divided into four different groups by age, known as 'Lines'. From youngest to oldest, the Lines are named Sorrel, Tsuga, Robinia, and Betula. Samara is the fifth Line for counselors who do not live in a cabin with campers. Each of the four camper Lines corresponds with a part of the Falling Creek Code.

The youngest Line, Sorrel, rejoices in the sweetness of life and is known for their Positive Attitude. Sorrel is the nickname for the Sourwood tree, known for the sweet honey made from its flowers. The Tsuga Line is named for the Carolina Hemlock (*Tsuga caroliniana*). Known for their Servant's Hearts, the Tsuga Line is always considerate of the collective. The Robinia Line is named for the Black Locust (*Robinia pseudoacacia*), known for their Moral Compass. This Line is as sturdy, reliable, and dependable as the tree it is named for. The oldest Line, Betula, is named for the Yellow Birch (*Betula alleghaniensis*), a pioneer species in the new growth of a forest, which paves the way for others. Known for their Warrior Spirit, the oldest boys in the Betula Line create new beginnings, share their knowledge with others, and lead by example.

## What do I need to pack—trunk or duffel?

It is important to pack enough clothes for a full week, plus a few extra days. **Laundry** (see more below) is done every Friday for all in-camp sessions, except the Junior Camp session. There will be times that campers get wet or dirty and want to change. Please use the packing checklists to help pack for camp accordingly. We suggest using a durable camp trunk (please remove removable wheels). Some campers bring traditional camp trunks, while others may bring the hard plastic style. Duffel bags work for the shorter sessions, too. Trunks/duffel bags are typically kept under the bottom bunk which has 19-1/2" of clearance, and the campers keep their clothes and belongings in the trunk/duffel bag. Visit **What To Bring to Camp** in the Parents section of the website for reliable trunk vendors and discounts. Check out the *Pre-Camp Checklist* video found in the Videos section of our website.

### Green & Gold Shirts

June, Main, and 2-Week Camp campers are assigned, by cabin, to a green or gold team upon arrival to camp. Team assignments are for all-camp games and some other in-camp activities.

The packing list for the June, Main, and 2-Week sessions includes (1) green and (1) gold t-shirt. Green and gold t-shirts brought from home are fine. The shirts may have writing on them—they

do not have to be plain. If a camper does not have a shirt, it's okay. Often colors are denoted with paint or green/gold flag belts.

### **Overnight Gear (also see Packing Lists)**

The packing list is a suggested list for the June and Main camp sessions. Adjust slightly for the 2-Week session (there is not a dance during 2-Week Camp). There is a separate packing list for the Junior Camp session. Although not all campers choose to go on extended backpacking or other adventure trips, **campers in all sessions will go on an overnight campout with their cabin group** and need to carry a sleeping bag, rain gear, clothes, water bottle, their share of the group's food, etc. A daypack or book bag is not large enough or sturdy enough to hold the necessary gear.

We have resources for camping gear listed on our website in the Parents section, select What to Bring to Camp. If you do not want to purchase a frame backpack, ask a friend or neighbor if they have one your son can borrow.

We recommend local independent outdoor stores or stores like REI for purchasing overnight gear items such as backpack, sleeping bag, and sleeping pad.

### **Sheets and Blankets**

With the exception of the Father/Son Weekends, Falling Creek provides sheets and blankets for all campers and staff. Therefore, personal sheets should not be brought to camp unless required for medical reasons. Falling Creek is not responsible for personal sheets and blankets. Boys should bring their own pillows, pillowcases, and towels. Please label them. If your son packs an extra blanket or a stuffed animal, **emphasize to him not to send those items to the camp laundry with the camp sheets/blankets.**

### **Camper Laundry**

We use a commercial laundry service and ask that you send clothing of a simple nature that will look neat with a wash-and-tumble-dry process. Laundry is sent out on a weekly basis and is returned the next day. There is no laundry service for the Junior Camp session.

Please pack a laundry bag for your son that is of good quality and that may be securely closed. Laundry bags that cannot be securely closed may lose the contents. Again, label all clothing items. We provide tags for laundry bags.

## Camping Out

Campers at Falling Creek have opportunities for spending a night or more in the great outdoors during each session. Overnight campouts, canoe trips on rivers or lakes, backpacking adventures, mountain biking, and several rock climbs are a big part of our program. These could be some of the most exciting times your son spends with us at camp. **Campers in all sessions will go on an overnight campout with their cabin group.** Your son will need a few basic items for the overnight campout and other camping adventures he may choose. We suggest borrowing this gear if you have a source.

### Frame Backpack

The frame is critical because it lets the pack maintain the proper shape for holding camping gear and helps with weight distribution. Typical school-type day packs or book bags don't have enough room for carrying a sleeping bag, clothes, and other camping gear. The pack needs to be large enough to fit about three soccer balls inside (30-40 liters), plus have outside pockets and places where a sleeping bag can fit. The frame may be external to the pack, but internal-framed packs are popular, easy to manage, and take up less space. Lastly, be sure that the straps fit your son. Some examples of internal frame backpacks that are also adjustable for growing boys are: REI Tarn 40 (liters), Deuter Fox 30 or 40, or the Osprey Ace 38.

### Sleeping Bag

Hollofill, Polarguard, or other synthetic fills are recommended for sleeping bags for summer out-of-camp trips. Be wary of down or cotton as wet down or cotton, in a sleeping bag or on a camper's body, is cold and miserable. The sleeping bag should fit into a stuff sack. When stuffed, it should be about the size of a watermelon or smaller since it will be carried in or attached to the backpack. A temperature rating down to 40 degrees is adequate.

### Rain Gear

A good rain jacket is a must at camp. It goes over fleece to keep the wind and water away. Jackets, sweaters, and hats made of fleece retain their warmth even when wet. Again, please stay away from cotton items. Avoid plastic ponchos which are easily torn when walking in the woods. A good rain jacket should repel water and preferably have a hood.

### Other Camping Items

Except for long trips, where a boy may be carrying 1/4 to 1/3 his body weight in his pack, most boys will not need hiking boots. Trail shoes or light hikers are fine, as are running or other types of comfortable/sturdy sneakers. Flashlights and Head Lamps with LED's are wonderful on trips and around camp at night.

A pad to place under their sleeping bag is essential. Some are made of foam material that is more comfortable than simply sleeping on the ground. Others fill with air when used, and then deflate for packing. Visit [What to Bring to Camp](http://www.fallingcreek.com/parents) in the Parents section of the website [www.fallingcreek.com/parents](http://www.fallingcreek.com/parents) for reliable vendors of outdoor equipment. We recommend local independent outdoor stores or stores like REI for purchasing overnight gear items such as backpack, sleeping bag, and sleeping pad. Please label all gear.

## What Not to Pack—Electronics Policy

Campers should not bring any food, candy, lighters, matches, water guns, weapons (see Knife Policy), or balloons, to camp. Aerosol products are discouraged unless required for sunscreen or insect repellent preferences. **All electronics, including iPods/music players, cell phones, smart watches, and electronic readers such as Kindle and Nook, may not be brought to camp.** If these items are brought to camp, we will collect them and hold them in our office until Closing Day. **Campers may bring cameras/GoPros that do not have internet connectivity with them to camp. Cameras/GoPros are only to be used outside of the cabin setting.** Falling Creek Camp is not responsible for lost cameras or GoPros.

Clothing, sports gear, trading cards, and any other items of sentimental or high monetary value should left at home. Falling Creek Camp is not responsible for lost, missing, damaged, or destroyed personal property.

Campers do not need to bring cash to camp; any incidental purchases from the Camp Store will be deducted from your son's store account balance after the end of the camp session. Incidental purchases may include batteries, a toothbrush, stamps, or an extra water bottle. The exception is for campers who may need spending money for the airport if flying. Cash or credit cards for travel may be checked into the Program Office on Opening Day.

## Knife Policy

A small knife that fits into a pocket can be a useful tool in the backcountry. Boys aged 13 or older are permitted to bring one such knife to camp. The blade must be entirely enclosed by its handle or sheath when not in use, and the blade is not to exceed 3 inches. Lockable blades and non-serrated edges are allowed. Double-edged, spring-loaded blades, switchblade knives, or other bladed objects such as Ninja stars are not allowed.

It is assumed that boys, aged 13 or older, who bring a knife to camp have their parents' approval and have proven to them that they are qualified to handle a knife properly. With the highest concern for safety, boys are obligated to tell their counselor or trip leader prior to using their knife. When not in use, the knife must be stored under the control of its owner. Campers using a knife for purposes other than a beneficial tool will lose this responsibility and privilege. **Dismissal from camp will be immediate if the knife ever represents a weapon or is used irresponsibly.**

## What Not to Bring to Camp/Use of Weapons

Bringing to camp or use of weapons; tobacco products; Juul, vape, and any other e-cigarette products; alcohol; drugs; or drug paraphernalia are grounds for dismissal from camp. The right is reserved by the Directors to dismiss any camper whose behavior is detrimental to the general welfare of the community. In such cases, no refund will be made.

## Hammock Policy

Hammocks have become increasingly popular at camp. As an optional item, we welcome boys to bring their hammocks and straps (also include tarp, stakes, and line for out-of-camp trips) to camp. Hammocks may be used for resting in camp during appropriate times and sleeping on out-of-camp trips, following the guidelines outlined below.

### Hammock Guidelines

1. Hammocks may not be hung on top of each other/stacked.
2. Hammocks are to be hung at a height that allows entry without assistance/climbing.
3. There are areas of camp where hammocks are not allowed.
4. Hang hammocks to sturdy, living trees only.
5. Campers are responsible for their hammocks and accessories. Falling Creek Camp is not responsible for lost or damaged hammocks or accessories. Label hammocks and accessories.
6. Please take hammocks down when not in use.

On out-of-camp adventure trips, hammocks may be used for sleeping, however, it remains essential for campers to **pack both a sleeping bag and sleeping pad** as outlined in the Parent Handbook. This will ensure that, regardless of sleeping arrangement, boys remain warm and dry while camping. If a hammock is to be used for sleeping during an overnight adventure trip the following guidelines are to be observed:

1. A hammock tarp is required for protection from the elements and nighttime dew.
2. A liner, sleeping bag, or blanket should be used with the hammock for warmth and additional protection from the elements.
3. The hammock and tarp must be set-up and secured prior to nightfall.

## Footwear Policy

To prevent injuries to staff and campers, athletic shoes should be worn at all times. Crocs, flip-flops, and sandals without a heel strap are not appropriate for camp. Due to our varied terrain and active culture, closed-toe shoes and socks are recommended.

## Label Everything

It is important to have **all** your son's clothing and belongings clearly labeled with his **full name**, not initials - **including shoes, sleeping bag, tennis racquet, toothbrush, backpack, trunk, etc.** Sharpie markers work well, as do name tapes, and name stamps. Visit What to Bring to Camp in the Parents section of the website for reliable name tape and label vendors.

## Lost and Found

We make a strong effort to return lost and found items while your son is at camp and have greater success if all items are labeled with his full name. With the exception of socks, underwear, water bottles, and towels, Falling Creek will return labeled items to campers once they have left camp. Mailing related costs may be charged to your account.

Unlabeled items will be logged and kept for a short time following camp, and then donated to local charity if not claimed. Falling Creek is not responsible for lost items.

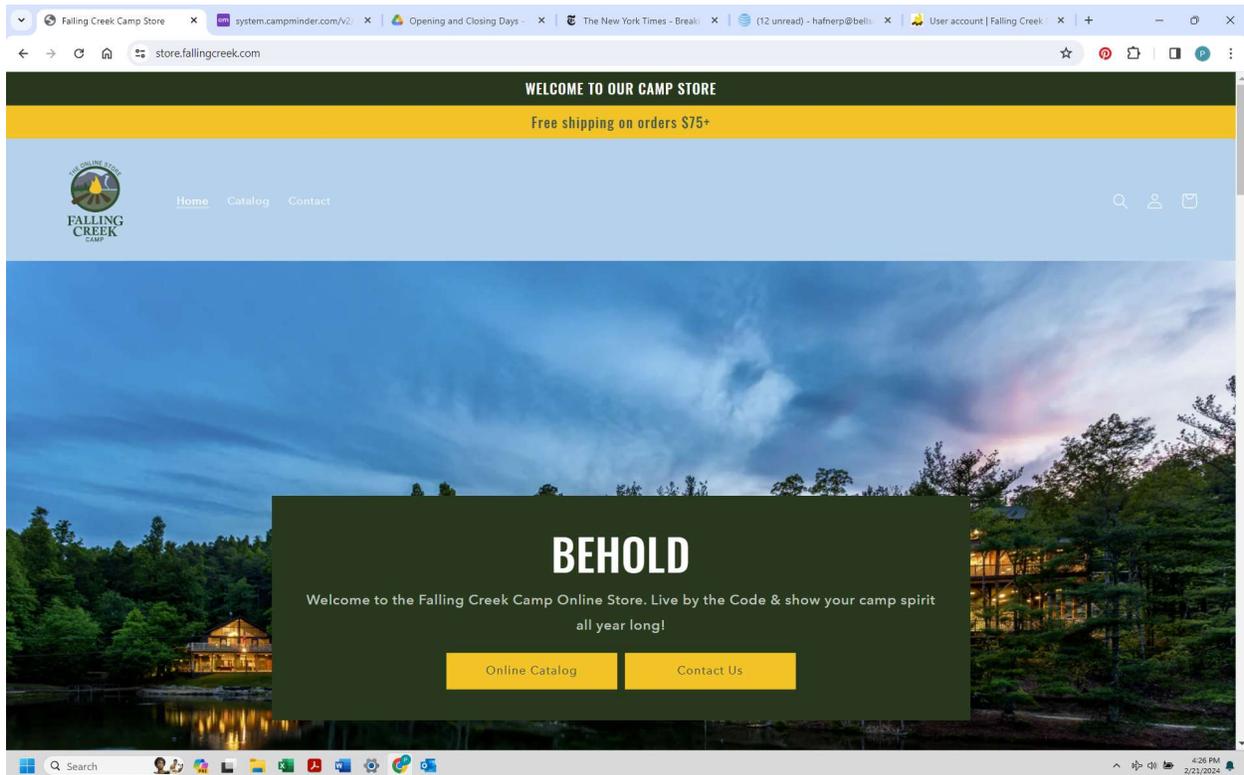
## Camp Store

Falling Creek has an online store for our traditional Falling Creek gear, as well as new merchandise, available throughout the year.

You can access the Falling Creek online store via the website: <https://store.fallingcreek.com/>

In accordance with our **No Package Policy**, please do not request to have items ordered from the store delivered to your camper(s) during camp or have items shipped to camp.

Following is a look at the home screen for the Falling Creek store on the website:



Our on-site camp store will be open on Opening Day. We will also open the store to campers some weekdays during the June, Main, and 2-Week camp sessions for purchases of essential items only, such as an extra water bottle, replacement toothbrush, batteries, etc. On-site camp store expenditures will be charged to your son's store account. If a camper has a need for an essential item outside of the store hours, we will provide it to him.

Visit the Parents/What to Bring to Camp section of the website (<https://fallingcreek.com/parents/what-to-bring-to-camp>) for other resources, such as Everything Summer Camp for camp gear and trunks, and the Trunk Outlet and Kangaroo Trunks for camp trunks.

## Store Deposit

The store deposit is \$45 per camper for the June, Main, and 2-Week sessions and was a part of the tuition payments. The store deposit covers incidental purchases such as water bottles, toothpaste, stamps, batteries, postcards, laundry bags, or flashlights from our camp store while your child is at camp. It may also be used to cover the cost of any prescriptions, medical incidentals, or travel charges for your camper. The unused portion of the deposit will be refunded at the end of the camp session. Clothing and other camp gear is not available for campers to purchase during the camp session but may be purchased on Opening and Closing Days, or ordered and shipped home before camp through our online store: <https://store.fallingcreek.com/>. We do not open the store to campers during the Junior Camp session.

**Main Camp/Ironman note:** Should your son participate in the Ironman event, his store account will be charged for the popular Ironman participant t-shirt.

## No Package Policy (please share with family members)

In the interest of creating a non-materialistic camp community, fairness, allergy concerns, and to the relief of many parents, Falling Creek has a no package policy. **Any packages received that are larger than a standard (letter-size) envelope will be returned to the sender or held in the office until the end of camp. This includes books and magazines.** We encourage families to donate reading materials to our camp library for the benefit of the entire Falling Creek community.

Please inform family and friends and remind them not to send food, candy, or gum in letters. **If your son forgets to pack an essential item, contact the camp office.** We have a grace period of the first few days of camp for receiving forgotten essential items. The package must be pre-approved by the camp office. Your son will open the package in the camp office and only be allowed to keep the essential item. Please adhere to the no package policy. It is very disappointing for a package to arrive for a camper and for him to not be able to keep it if it is a non-essential item.

## Social Media Policy

Campers and staff may not post words, photos, or videos that may reflect negatively on camp, other campers, or staff members. It is each parent's responsibility to monitor his/her son's Facebook page and other social media outlets. We have staff guidelines regarding social media use and interaction with campers outside of camp. We cannot be responsible for staff/camper interaction outside of your camper's camp session.

## Birthdays at Camp

Campers celebrating birthdays at camp enjoy being sung to and sharing birthday cake with their cabinmates. We also take a photo of the camper with his cake on his special day. The photo will be posted with the daily photos for that day. We recommend that families celebrate prior to or after camp. If your son has a birthday while at camp, it is an option to leave a small gift at the camp Program Office on Opening Day for our staff to deliver to him on his birthday. You may also mail a birthday gift ahead of time to the attention of the Program Office. Let us know to expect it at [mail@fallingcreek.com](mailto:mail@fallingcreek.com). Please do not send candy or other food items. In the interest of fairness to all campers, we only celebrate birthdays that occur during the camp session.

## Visitation

Attending camp provides a unique opportunity for boys to gain independence and self-reliance. Therefore, we have a **no visitation policy**.

## Mail and Phone

Mail should be sent to PO Box 98, Tuxedo, NC 28784. Please include your son's cabin name or number on the envelope. You will get your son's cabin assignment on Opening Day. If you send mail prior to Opening Day, your son will receive it on Monday after Opening Day. Please note that our mailing and shipping addresses are different. Please send mail to the post office box.

Cards and letters for your son may be left with us on Opening Day at a designated spot underneath the Dining Hall porch. It is helpful to have them ready and in a sealable plastic bag with your son's name on it. We will distribute them according to your instructions beginning on the Monday following Opening Day.

You may call us at any time during camp at 828-692-0262. If we are not available, please leave a message and we will return your call as soon as possible.

We are happy to speak with you and will work with you to ensure your son has a positive and successful experience at camp. Direct phone calls to campers are not allowed, and campers are not allowed to call home. We have found that phone calls interfere with a camper's adjustment and scheduled activities. We encourage you to communicate with your child through letters and one-way emails which are delivered to campers each day after lunch.

It is recommended you send pre-addressed/stamped envelopes, in a sealable plastic bag (to protect from moisture), to camp with your camper. If requested, our office will scan and email letters home for international campers and for parents who are traveling.

## Email & Online Photos

Falling Creek offers access to daily photos of camp life and allows you the option to send one-way emails to your child. To reach the site, go to the Login area of our home page. Follow the directions on the login page to access your family's information. The nominal charge for "CampStamps" helps offset our costs to provide the email service.

An unlimited number of photos may be downloaded using the **Campanion App, at no charge**. The photos from the session are high-resolution files that can be reproduced. Photo downloads, prints, and photo gifts may also be ordered through the CampInTouch application based on the application's pricing. Again, photos downloaded using the Campanion App are free. Photos downloaded from your CampInTouch account are not free.

## Homesickness

To assist in preparing your son for camp, please watch the *How to Help Homesickness at Camp* video available in the Video Gallery in the News section of our website.

Homesickness may occur during the first few days of camp. Explain to your son that this is normal. Our staff members are alert to boys that are homesick and will work with them. Homesickness routinely disappears after a few days.

You may receive a sad and/or negative letter from your son (or several), especially if he is homesick the first few days of camp. Usually, subsequent letters are more positive and upbeat. If you are worried or concerned, contact the camp office. We will check on your son and give you a full report.

When you write to your son, it is helpful to center your attention on what the child is doing at camp rather than detailed accounts of what is happening at home. In all cases, be sure to set a positive and encouraging tone when sending notes to your son.

You, as a parent, need to be ready for your child to go to camp. You will also feel pangs of “homesickness” for your son. **Don’t make “bargains” with your child by telling him if he doesn’t like camp or is homesick, you will come get him.** This sets the child up for failure and a lack of serious effort to give camp a chance. If your son thinks there is a chance you will come get him, that is what he will focus on.

Part of the camp experience is for a child to learn self-sufficiency and self-confidence. A camp experience provides a child the opportunity to learn the give and take of cabin living with a group and to develop interpersonal relationships. Know that your child is in good hands, and we monitor his adjustment and well-being. Help us make this a positive-growth experience by supporting and encouraging him to try new things and take advantage of all Falling Creek has to offer.

## Preparing for Camp

Being away from home/family and adjusting to the camp experience is part of going to camp. There are many ways to help children prepare for camp. Please consider the suggestions listed below:

- ❑ View the Camper Q & A at [www.fallingcreek.com/about-us](http://www.fallingcreek.com/about-us) to answer any questions you or your son may have about camp.
- ❑ Watch the *Pre-Camp Checklist*, and *How to Help Homesickness at Camp* videos available on our YouTube channel. There is also a helpful video of Yates giving an informal tour of camp.
- ❑ Read books or watch videos about going to camp. We recommend visiting the American Camp Association bookstore for resources <https://www.acabookstore.org>, as well as Dr. Chris Thurber's website <https://drchristhurber.com/prep4camp/> for additional tools.
- ❑ Read Jonathan Haidt, [The Anxious Generation](#) about restoring “play-based childhood”.
- ❑ Talk with other parents and friends whose children have gone to camp.
- ❑ Become familiar with camp schedules and procedures.
- ❑ Prepare your son for the Opening Day connection to camp. It should be a quick process to say your goodbyes at drop-off. Your son will be joined with other campers first thing and united with his counselors and cabin mates quickly.
- ❑ Prepare your son to care for himself – problem solve with your son; anticipate problems like, “What if... I lose something, or don't feel well, etc.”
- ❑ Role-play with your son about how to respond to camp situations.
- ❑ Inform the family about writing letters to your son while he's at camp. Keep letters and emails upbeat and positive. Too many letters and emails can sometimes make campers think about home too much and cause homesickness. Keep this in mind.
- ❑ Be positive about your son's upcoming experiences at camp - avoid statements like, “I know you will have a great time at camp, but I will miss you so much” or, “I know you are excited about going to camp, but will you miss me, or the family pet, etc.?”
- ❑ Let your son know there are many people he can speak with at camp if he has any concerns or anything to share about his experience here: his counselor, Line Head, Yates & Marisa, or any other director. Yates & Marisa have a box accessible only to them for notes from campers and staff wanting to share information confidentially. The box is located near the Camp Store.

## FCC Activity Progressions (Scout – Warrior)

Falling Creek’s camp-wide progression system gives campers the opportunity to build confidence as they advance through five levels in each activity. Each level has a set of criteria a camper must complete to advance in an activity. The levels are skill-based with leadership and service components. The names assigned to each level are:

**Scout • Explorer • Challenger • Ranger • Warrior**

Activity counselors chart the campers’ progress. Some levels can be achieved in a few days, while some may take several summers to complete. Campers who reach Ranger and Warrior are recognized on the Hall of Fame board on the side porch of the Dining Hall. Campers do not work on progressions during the Junior Camp session.

## Waypoints



What are Waypoints? In navigation they are a set of coordinates that represent a fixed location, or an objective along a planned course in one’s journey. Falling Creek developed the Waypoints tradition so campers and staff can pursue intentional objectives throughout their journey. Progression is not age restrictive as the boys are able and encouraged to pursue advancement based on their interest.

There are Waypoints for each person’s unique course at Falling Creek, from campers to staff members. Currently, progression Waypoints can be earned in nearly 50 activities and specialty awards. Achievements will be rewarded with Waypoint Markers at the end of each session that can proudly be displayed on a frame-worthy base map of Falling Creek’s campus.

New campers and staff will receive a map after their first summer. These Waypoints are highly sought after by campers and staff alike. We encourage the boys to challenge themselves to progress in the many activities offered at Falling Creek Camp.

## Scouting America (formerly Boy Scouts of America) Merit Badges

Falling Creek does not provide direct support of Scouting America merit badge achievement however, we can help with the following:

- 1) Yates is happy to sign off on overnight campouts since they are a part of regular camp programming. Your son may present Yates with the dates of his overnights and Yates can approve them; 2) Some troops will give credit to boys for demonstrated proficiency in particular badge achievement areas—or if they believe the boys performed the activities at camp—it may vary by area. We are happy to provide the details of progressions for any activities your son may be trying to get sign off on.

## Swim Skill Classification

Boys that demonstrate solid swimming skills are classified as “Gold Swimmers” and those who need to work on their skills are termed “Green Swimmers”.

The swimming ability of each camper who is a “Green Swimmer” is assessed at the beginning of the camp session for the June, Main, and 2-Week Camp sessions. Campers who have previously classified as “Gold Swimmers” do not need to reclassify each year. Junior campers do not participate in a formal swim skill classification event and wear life jackets at all times. Junior campers are given the option to be assessed if they choose, but it is not required and there is no pressure.

To be considered a Gold Swimmer, the following criteria must be demonstrated:

1. Jump feet first into water over the head, level off, and begin swimming.
2. Swim about 100 yards (4 lane lengths) using the freestyle stroke. Turn onto back and swim 25 yards using an easy, resting, elementary backstroke. No stopping or “doggie paddling” is allowed during the Swim Check. Swimming the entire distance does not automatically qualify as showing ability. After swimming the distance, an evaluation will be made whether solid skills have been demonstrated. Several factors are considered in the determining proficiency:
  - consistent stroke throughout the whole length of the swim
  - body level in the water
  - arms consistently clearing the water
  - consistent and continuous kick
  - continuous forward motion
  - exhaustion level by the end of the swim
  - demonstrate ability to rest when exhausted when on back
3. Tread water for 5 minutes.

Green Swimmers in the June, Main, and 2-Week sessions are required to take swimming instruction as one of their six daily activities and are not eligible for out-of-camp sailing, paddling, and other water-related trips. Green Swimmers can participate in lake canoeing and free swim activities in camp, wearing PFDs. Green swimmers may also participate in fly fishing. **Green swimmers may re-classify to become a Gold Swimmer at any time.** Gold Swimmers are welcome to sign up for swimming as an activity period to improve their strokes, work on progressions, and have fun!

Green swimmers in Junior Camp do not miss out on anything as here are not any out-of-camp or water-based trips during the session.

If a camper is worried about the Swim Skill Classification, we recommend practicing at home before coming to camp!

## Daily Scheduled Activities • June, Main, and 2-Week Camp

Boys at Falling Creek choose their activities and set goals for skill progression and mastery.

During the June, Main, and 2-Week Camp sessions your son will choose six activities to make up his daily schedule (see Junior Camp session activities, below). Some activities, such as Horseback Riding, may use multiple activity periods. If a Horseback Riding session is 2 periods (sessions lengths may vary), for example, that leaves 4 periods for other activities. Your son's counselor(s), Line Head, and the Camper Development Director will work with your son to create his customized activity schedule on Opening Day. Campers have an opportunity to adjust their schedules each weekday during the 2<sup>nd</sup> Free Choice period.

### Activities Offered at Camp (not all activities may be listed):

Archery	Fly Fishing <i>(3 period block)</i>	Sailing <i>(3 period block)</i>
Arts and Crafts	Horseback Riding <i>(multiple periods)</i>	Soccer
Backpacking	Mountain Biking	Spin Fishing
Basketball	Music	Swimming
Blacksmithing <i>(ages 10+/3 period block)</i>	Nature	Tennis
Chess	Outdoor Skills	Strength Training <i>(formerly HEAT)</i>
Climbing Wall	Paddling <i>(canoe/kayak)</i>	Theater
Cross Country	Pickleball	Ultimate Frisbee <i>(June/Main Camp)</i>
Disc Golf	Pottery	Woodworking <i>(3 period block)</i>
F.A.R.M.	Riflery	
Flag Football	Rock Climbing	

### Outdoor Adventure Program

Falling Creek's Outdoor Adventure Program offers opportunities for campers to experience activities they may not be able to do at home in the areas of backpacking, mountain biking, kayaking and canoeing, and rock climbing. Campers participate in in-camp preparation ("preps") for an area of interest to qualify them to be able to sign-up for adventures in and out-of-camp. Adventures may be one day or multiple days with camping throughout beautiful western North Carolina and sometimes, neighboring state in close proximity. Campers progress in the adventure activities based on their skill development and trips are designed for different skill levels.

Preps and trips are announced regularly and campers who sign up will opt out of their regularly scheduled activities during the time they are participating in the outdoor adventure. The boys learn about adventure opportunities on the first day of camp and are encouraged to try something new. Many boys discover a lifelong passion for a sport by participating in the Adventure Program!

## Junior Camp Session Activities

Junior Camp session campers follow a structured schedule with their counselors and cabinmates consisting of over 15 traditional camp activities throughout the week. Activities may include, and are not limited to:

Archery	Field Games	Paddling
Arts and Crafts	Fishing	Pickleball
Blacksmithing	Free Choice Time	Riflery
Climbing Wall	Horseback Riding	Woodworking
Dining Hall Games	Nature Hike	
F.A.R.M.	Outdoor Skills	

## Theme Days

Each session has Theme Day(s) designated for some extra fun! Campers may bring clothing items or small “props” to camp with them for Theme Day dress-up, but it’s optional. Some campers and staff make do with items they find or create at camp. Theme Days for will be announced prior to camp.

## **Traditional Falling Creek Schedule – Monday through Friday**

Wakeup  
Morning Watch  
Breakfast & Morning Assembly  
1<sup>st</sup> Activity  
2<sup>nd</sup> Activity  
3<sup>rd</sup> Activity  
Free Swim/Free Choice  
Lunch/Rest Hour  
4<sup>th</sup> Activity  
5<sup>th</sup> Activity  
6<sup>th</sup> Activity  
Free Swim/Free Choice  
Supper  
Evening Program  
Milk & Cookies  
Call to Quarters  
Evening Embers/Lights Out  
Taps/Camp is Silent

### **Saturday Schedule**

Wakeup  
Morning Watch  
Breakfast & Morning Assembly  
Tournaments & Staff Shakeups  
Lunch/Rest Hour  
Free Swim/Free Choice  
Supper  
Epic Evening Program  
Milk & Cookies  
Call to Quarters  
Evening Embers/Lights Out  
Taps/Camp is Silent

### **Sunday Schedule**

Wakeup  
Breakfast  
Cabin Cleanup  
Cabin Inspection  
Church  
Free Swim/Free Choice  
Lunch & Ice Cream Sundaes  
Rest Hour  
All Camp Game  
Supper (may be a cookout)  
Line Assemblies  
Campfire  
Call to Quarters  
Evening Embers/Lights Out  
Taps/Camp is Silent



## 2026 June, Main & 2-Week Camp Suggested Packing Checklist

*Please adjust slightly for 2-Week Camp*

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> $\geq$ 8 t-shirts*   | <input type="checkbox"/> Water shoes (see Footwear Policy)                     | <input type="checkbox"/> $\geq$ 2 Water Bottles (24oz/durable)  |
| <input type="checkbox"/> Wicking t-shirt  | <input type="checkbox"/> Pillow & (2) pillowcases                              | <input type="checkbox"/> Books & school-assigned summer reading   |
| <input type="checkbox"/> Long-sleeve wicking shirt  | <input type="checkbox"/> Laundry bag (with a secure closure)                   | <input type="checkbox"/> Stationery/stamps in sealed bag  |
| <input type="checkbox"/> White polo shirt for Sunday  | <input type="checkbox"/> 3 towels/3 washcloths (for bathing and swimming)      | <input type="checkbox"/> Daypack or string pack   |
| <input type="checkbox"/> 6-8 shorts (for activities)  | <input type="checkbox"/> 2 PJs or other sleepwear                              | <input type="checkbox"/> Frame backpack (internal or external frame) for overnight/backpacking (required) |
| <input type="checkbox"/> 2-3 jeans or long pants (1 cotton/denim for blacksmithing-age 10+) | <input type="checkbox"/> Toiletry bag/container                                | <input type="checkbox"/> Sleeping bag (in stuff sack) for overnight/backpacking (required)                |
| <input type="checkbox"/> 2 bathing suits  | <input type="checkbox"/> Toothbrush with cover                                 | <input type="checkbox"/> Sleeping pad for overnight/backpacking   |
| <input type="checkbox"/> $\geq$ 8 boxers or underwear                                       | <input type="checkbox"/> Antibacterial body soap                               | <input type="checkbox"/> Sunscreen & bug repellent (non-aerosol preferred)                                |
| <input type="checkbox"/> Fleece jacket or hoodie  | <input type="checkbox"/> Shampoo & other toiletries                            |   |
| <input type="checkbox"/> 8-10 pairs of socks (2 synthetic/wool)                             | <input type="checkbox"/> Rain jacket (not a poncho)                            |   |
| <input type="checkbox"/> 2 pair of athletic shoes   | <input type="checkbox"/> LED flashlight or headlamp (no strobe/laser pointers) |   |

\*Each camper should have **1 green and 1 gold t-shirt** (any style, writing okay) for team activities.

We provide all the equipment your son needs for activities except as indicated above. See the Parent Handbook for information about gear required for overnights and trips. Sheets and blankets for regular sessions are provided by camp. **The following items are OPTIONAL personal preference:**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Fishing equipment                   | <input type="checkbox"/> Hiking boots (broken in)       | <input type="checkbox"/> Biking water bottle            |
| <input type="checkbox"/> Lacrosse stick & gear               | <input type="checkbox"/> Pens, pencils, colored pencils | <input type="checkbox"/> Spare eyeglasses (recommended) |
| <input type="checkbox"/> Climbing shoes                      | <input type="checkbox"/> Tennis racquet                 | <input type="checkbox"/> ENO type Hammock w/straps      |
| <input type="checkbox"/> Camelback for biking/hiking         | <input type="checkbox"/> Soccer shin guards             | <input type="checkbox"/> "Magic" Card Game Cards        |
| <input type="checkbox"/> Stuffed toy ( <b>no keepsakes</b> ) | <input type="checkbox"/> Crazy Creek chair              | <input type="checkbox"/> Theme Day clothes/props*       |

\*Theme day themes will be announced prior to camp.

Visit Falling Creek Camp's online store: [store.fallingcreek.com](http://store.fallingcreek.com), for many packing list items. Other vendors for trunks and overnight camping gear may be found in the **Parents** section of the website. **Label everything.** Please do not pack sentimental belongings. FCC is not responsible for lost or damaged personal items/equipment. No personal archery bows or firearms may be brought to camp.



## 2026 Junior Camp Suggested Packing Checklist

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 5-6 t-shirts                           | <input type="checkbox"/> Laundry bag<br>(with a secure closure)              | <input type="checkbox"/> Stationery/stamps<br>(in sealed bag)   |
| <input type="checkbox"/> 5-6 shorts                             |  |   |
| <input type="checkbox"/> 2 jeans or long pants                  | <input type="checkbox"/> 3 Towels/3 washcloths (for<br>bathing and swimming) | <input type="checkbox"/> Day pack or string pack to<br>carry water bottle                                   |
| <input type="checkbox"/> 2 bathing suits                        |  |   |
| <input type="checkbox"/> 6 boxers or underwear                  | <input type="checkbox"/> 2 PJs or other sleepwear                            | <input type="checkbox"/> Overnight backpack with<br>internal or external frame (30-<br>45 liters, required) |
| <input type="checkbox"/> 6 pairs of socks<br>(1 synthetic/wool) | <input type="checkbox"/> Toiletry bag/container                              | <input type="checkbox"/> Sleeping pad for overnight   |
| <input type="checkbox"/> 2 pair of athletic shoes               | <input type="checkbox"/> Toothbrush with cover                               | <input type="checkbox"/> Sleeping bag for overnight<br>(required)   |
| <input type="checkbox"/> Water shoes<br>(see Footwear Policy)   | <input type="checkbox"/> Antibacterial body soap                             | <input type="checkbox"/> Sunscreen & bug repellent<br>(non-aerosol preferred)                               |
| <input type="checkbox"/> Fleece jacket or hoodie                | <input type="checkbox"/> LED flashlight or headlamp                          |   |
| <input type="checkbox"/> Rain jacket (not a poncho)             | <input type="checkbox"/> Shampoo & other toiletries                          |   |
| <input type="checkbox"/> Pillow & pillowcase                    | <input type="checkbox"/> 2 Water bottles (24-<br>oz/durable)                 |   |
|   | <input type="checkbox"/> Books & school assigned<br>summer reading           |   |

We provide all the equipment your son needs for activities except as indicated above. **See the Parent Handbook for additional details as indicated.** Sheets and blankets are provided by camp for Junior Camp. **The following items are optional:**

- |   |  |
|---|--|
| <input type="checkbox"/> Fishing equipment                      | <input type="checkbox"/> Crazy Creek chair |
| <input type="checkbox"/> Stuffed animal ( <b>no keepsakes</b> ) | <input type="checkbox"/> Spare eyeglasses  |
| <input type="checkbox"/> Hiking shoes (broken in)               | <input type="checkbox"/> Extra blanket     |
| <input type="checkbox"/> Pens, pencils, colored pencils         |  |

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## **Falling Creek Camp**

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