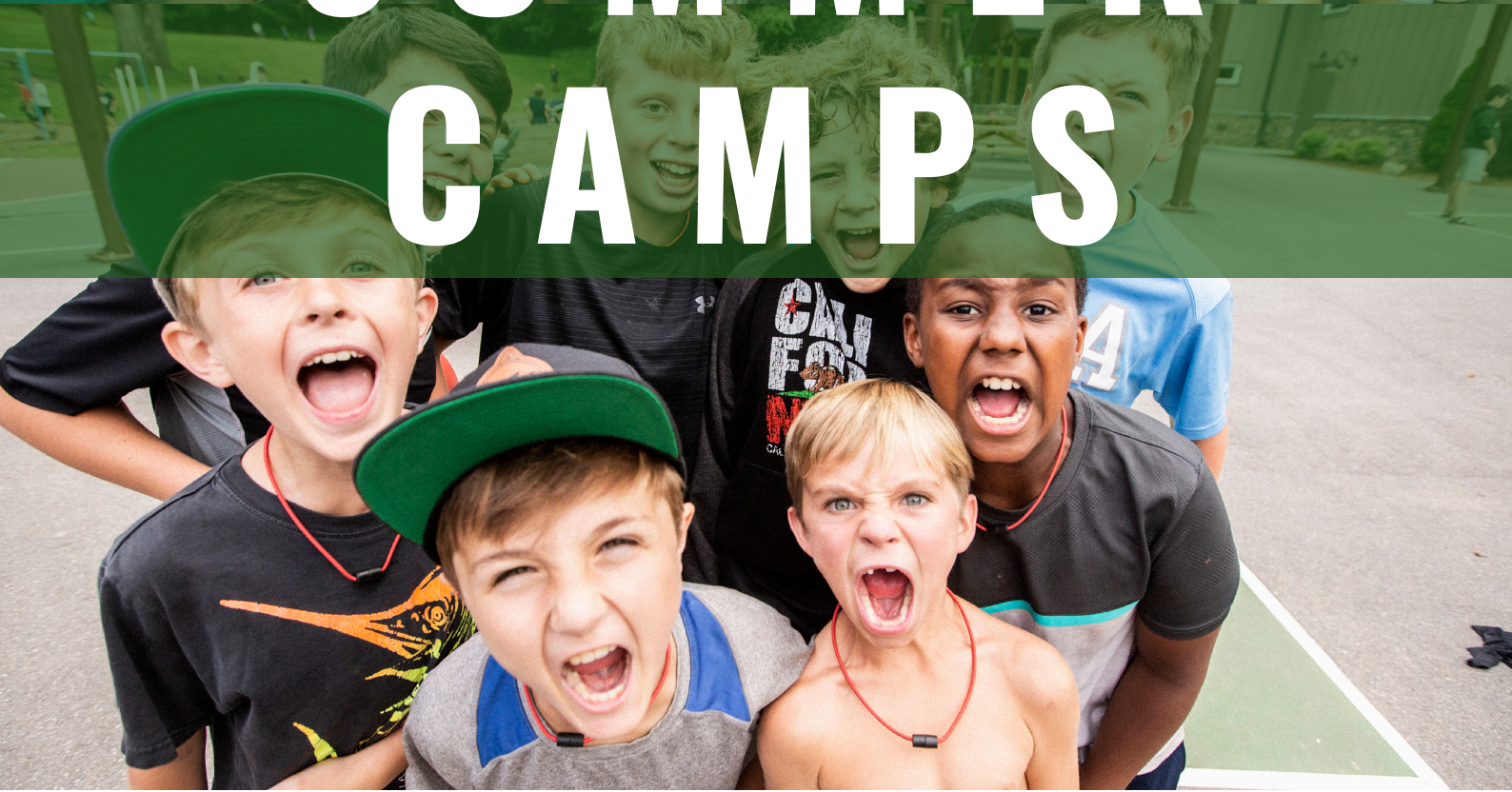
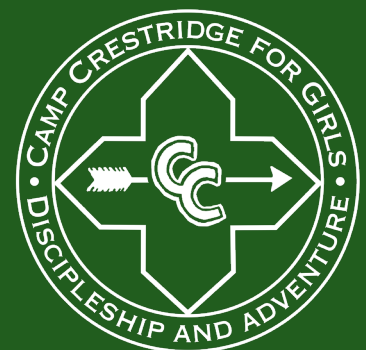




# RIDGECREST SUMMER CAMPS



**PARENT  
HANDBOOK  
2026**



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## **MOTTO:**

### **CAMP RIDGECREST (CR)**

**“God give us hills to climb and strength to climb them.”**

**Campers will hear these words and see this phrase written in multiple locations around camp. They will also notice that we do not teach boys to run from challenges, or hills, here at camp, but rather we invite them to step into things that are new and sometimes hard. Attempting challenges while surrounded by others that love and support you is the way God intended us to live and pursue Him.**

### **CAMP CRESTRIDGE (CC)**

**“God, ground my feet, attune my heart, and guide my steps.”**

**The camp motto is a prayerful expression of dependence on God. It asks God to ground our feet, giving us firm footing in truth and faith; to attune our hearts, helping us be receptive to His presence; and to guide our steps, leading us with purpose and wisdom through life. It reflects a desire to walk closely with God in every aspect of life. Campers are challenged to take this motto home with them, continuing to walk in truth, faith, and purpose beyond their time at camp.**

## **RIDGECREST FULL TIME STAFF**

**Phil Berry**- Executive Director  
**Ron Springs**- Director Emeritus  
**Sam Pineda**- Director  
**Matt Stapp**- Assistant Director  
**Wilson Bullington**- Assistant Director  
**Karah Brown**- Office Manager and Registrar  
**Anne Houston Bell**- Parent Communications and Store Manager

## **CRESTRIDGE FULL TIME STAFF**

**Phil Berry**- Executive Director  
**Ron Springs** - Director Emeritus  
**Sharon Silva**- Director  
**Paige Evans**- Assistant Director  
**Katie Smith**- Assistant Director  
**Karah Brown**- Office Manager and Registrar  
**Anne Houston Bell**- Parent Communications and Store Manager

Full bios for our full-time staff can be found at

[Crestridge Full Time Team](#)

and

[Ridgecrest Full Time Team](#)

## **2026 SESSION DATES**

### **2 WEEK SESSIONS:**

**Session 1:** June 7th - June 19th

**Session 2:** June 21st - July 3rd

**Session 3:** July 5th - July 17th

**Session 4:** July 19th - July 31st

### **FAMILY CAMPS:**

**Mother/ Daughter:**

August 28th - August 30th

**Father/ Son:**

August 28th - August 30th

**Family Camp:**

September 4th- September 7th

# PRE-CAMP CHECKLIST

Review Parent Handbook carefully. Some parts will be interesting for your camper, some are designed for you. **Complete all forms by indicated deadline.** All forms can be found in your CampInTouch account at [ridgecrest.campintouch.com](http://ridgecrest.campintouch.com). Forms can also be filled out on your phone, using the Companion app.

- **Arrival/Departure Form**– Please use this form whether your child is coming by plane or car. We must know who is picking up your child from camp! For multi-session campers, please complete this form for all sessions listed. If you are coming by plane, but driving your child to camp, please indicate on the form that you are arriving by car. **Don't put flight information, unless camp is transporting your child to or from the airport.**
- **Code of Conduct**- Shares our expectations for camper behavior.
- **Health History Form**– No doctor's signature is needed. This is due one month prior to arrival! If your camper takes medication, please review our medication policies on **Page 14**.
- **Immunization Form**– We prefer that you fill this out in the health history form, but if you need to fill out separately, or have a document you can upload, you can do that on the forms page.
- **Insurance Card (Front and Back)**- This form provides us with copies of your medical and prescription insurance cards. Please upload pictures of the **front and back**.
- **Important Reminders Form**– This a list of items regarding camp policy, just to refresh your memory. Please sign this form at the bottom after reviewing.
- **Multi-Session Form**– Campers who are staying multiple sessions must fill this form out.
- **Parent Page**– This helps your child's counselors to know more about your child and what you want your child to gain from the camp experience.
- **Skill Summary and Sign-up Sheet**– Skills are assigned through an online system and based off the preferences you list. The system also takes into account the days and times certain skills are offered along with the available capacity. Form submission date and time do **NOT** affect the skill assignment. Please simply complete and submit the skill form by the deadline. We **MUST** receive this to sign your child up for their desired skills. If you do not complete this form, skills will be randomly assigned.
- **Swimming Form**- Please fill out this form to inform the camp of your child's swimming ability. All campers using our lakes will wear a life jacket. In the Crestridge pool, weak swimmers will also wear a life jacket.
- **Visit the Online Clothing Store**– Once our online store is live, you can choose to order clothing through the link [ridgecrestcamps.com/store](http://ridgecrestcamps.com/store). We will ship all orders to the address listed on your order. Clothing will also be available to purchase in-store on Opening and Closing Days. Sizes cannot be guaranteed, so it would be advantageous to order online early and have it shipped to you. We do not offer a pre-order/ pickup option. **Please plan three weeks for your order to be processed and arrive at your destination.**
- **Start Packing**- Review the packing list found on **page 33 or 34. LABEL EVERYTHING.**
- **Label everything!**- Clothes, shoes, trunks, laundry bags, gear, flashlights, etc. Camp is not responsible for any lost items. Please leave phones, smart watches and other expensive items at home.
- **Camper Info Update**- If your camper's personal information changes or a situation arises before your camper's arrival that could affect their experience, please let us know.

# ARRIVAL/DEPARTURE

## ARRIVING TO/DEPARTING CAMP BY PLANE

The camp does not assume responsibility for arranging transportation to camp, but we are eager to assist. Consult your airline agent for schedules. If your child is flying unaccompanied by an adult, he or she will need to fly in and out of the Asheville Regional Airport (AVL). Campers should plan on flying in on the Sunday morning of Opening Day, and flying out on the Friday morning of Closing Day. As a reminder, Opening Day check-in is from 9AM-12PM, and Closing Day pickup is from 9:30AM to 11:30AM. **There is a \$50 transportation fee (each way) if we transport your child to or from the airport. If your child is departing camp by plane, you should schedule their departure by 3 PM at the latest. If you schedule a later flight, we will ask you to change that flight.**

Campers will be met at the airport if we are notified in advance of arrival times. There will be an Arrival/Departure Form to fill out in your CampInTouch account. Please complete this form by the deadline given. **ONLY list flight details on this form if you need camp to transport your camper to and from the airport.** All luggage should be clearly marked on the exterior for easy identification. If an adult is flying in with your camper and renting a car, you can select that your arrival/ departure is “car”. If your child is young, you may need to use an unaccompanied minor form so that they will be helped by airline personnel. If you choose to do this, please make sure that you pay for this service while traveling both to camp and returning home. Check with your particular airline for rules/regulations concerning unaccompanied minors. Some airlines do not allow younger children to fly alone. If they request a name for the camp person picking your child up, please indicate Karah Brown or Anne Houston Bell, PO Box 279, Ridgecrest, NC 28770. You can give them the camp phone number for his number at (828) 669-8051.

Camp representatives will welcome each child right outside security, help gather their luggage, and transport them to camp. The Asheville airport is small enough that there should be no problem with your child finding the camp representative, who will be wearing a Camp Ridgecrest or Camp Crestridge Staff T-shirt. Your child will stay with the camp representative at the airport until departing for camp on the camp shuttle. We will also escort your child back to the gate upon departure. It's a very easy process as long as we get the proper travel information from the parents through the online Arrival/Departure Form located in CampInTouch.

If your child turns in a phone upon arrival to camp because they are flying home unaccompanied, we will return their phone to them once they get on the shuttle to the airport.

**Camp Pro Tip:** In the event your camper's luggage is delayed from reaching camp with your child, we strongly encourage all campers flying to carry a change of clothes or bathing suit with them on the plane to have when arriving at camp.

## 7 ARRIVAL/DEPARTURE CONTINUED...

**IMPORTANT:** Please fill out the Arrival/Departure Form online as soon as transportation arrangements have been completed. We need this information to arrange the proper pickup and transportation of all campers to and from the airport.

In the event that your child's arrival flight is delayed significantly, please contact us and let us know. You will need to monitor your child's departure flight to be aware of delays/cancellations and communicate with camp if there are changes to your camper's travel plans.

Please call the Camp office 828-669-8051 if you have further questions regarding any of this information!

**PS. IF YOU WILL BE TRAVELING WITH YOUR CHILD, YOU WILL NEED TO RENT A CAR TO TRANSPORT YOURSELF TO AND FROM THE AIRPORT WITH YOUR CHILD. WE ARE UNABLE TO PROVIDE TRANSPORTATION TO OR FROM THE AIRPORT FOR PARENTS.**

## SHIPPING LUGGAGE

We often have families that drive up and have little room for camp trunks to come with them. You are encouraged to ship luggage to and from camp if your son or daughter is flying and welcome to do so if you are driving. Please label all luggage with your camper's name, address, and session.

### Shipping TO Camp and FROM Camp:

If shipping luggage both to camp and back home, we ask that you use the Black Mountain UPS store to arrange shipping both ways. This can only be done by clicking on this link:

<https://tupsscamps.formstack.com/forms/campform2026>

We will deliver your trunk to the Black Mountain UPS store after closing day. Please do not make arrangements with UPS in your town or another delivery service to pick up your child's trunk from camp, and please do not bring pre-paid labels with you to camp. Our trunk shipments work best only if you work directly with the Black Mountain UPS store. Even if you have used Ship Camps with another camp in the past, please use the **Black Mountain UPS** store instead for all trunk shipments. We do not track these shipments. **It is your responsibility to track shipment and confirm arrival.**



# DISCIPLESHIP

## ARRIVAL/ DEPARTURE CONTINUED...

### Shipping only TO Camp:

If shipping luggage to camp, but not shipping from camp, then other delivery services are acceptable. If you send the trunk UPS Ground Track, it can be tracked very easily online if the trunk is lost “en route” to camp. When sending trunks by UPS, make sure you indicate 290 Yates Avenue, Black Mtn, NC 28711 for the boys camp’s street address, and 105 Balsam Rd, Black Mtn, NC 28711 for the girls camp’s street address. On closing day, your luggage will be placed in your car by our staff.

### AREA LODGING

The Asheville and Black Mountain area is a popular destination in the summertime. We encourage you to plan ahead and reserve your area lodging early.

Many of the local hotels offer discounts for Ridgecrest Summer Camp parents ranging from 5%-30% off. We encourage you to always ask for your Camp Drop Off Rate.

We also have partnered with Ridgecrest Conference Center, located just between Camp Ridgecrest and Camp Crestridge. Your exclusive rate can only be secured online at the private link below from our website. Please visit: <http://boys.ridgecrestcamps.com/preparing-for-camp> or <http://girls.ridgecrest-camps.com/preparing-for-camp> for more details.

### OTHER HELPFUL LINKS INCLUDE:

[ExploreAsheville.com](http://ExploreAsheville.com)

[GreyBeardRealty.com](http://GreyBeardRealty.com)

[BlackMountain.org](http://BlackMountain.org)

[visitBlackMountainNC.org](http://visitBlackMountainNC.org)



# 9 ARRIVAL/DEPARTURE CONTINUED...

## Directions to Camp

### Directions if Driving to Camp Ridgecrest

From I-40 East, take Exit 66 and turn right. From I-40 West take Exit 66 and turn left. Make your 1st left turn onto Yates Ave. (Follow Signs) Travel .5 miles to find the Camp Ridgecrest Main Gate on your right. If it's Opening Day, then you will see signs directing you as well as a line of cars on the right shoulder. Staff will be waiting to help you with drop off and pick up procedures.

### Directions if Driving to Camp Crestridge Parking and Shuttle Pickup

If you follow GPS instructions to Crestridge, you will bypass the check-in line. **Please follow the signs on the roadside once you get off the exit. You MUST go to the Conference Center to check in.** From I-40 East, take Exit 66 and turn right. From I-40 West, take Exit 66 and turn left. Make your 1st left turn onto Yates Ave and follow the signs. Travel .5 miles to pass the Camp Ridgecrest Main Gate on your right. Before passing the gate, you will see signs directing you as well as a line of cars on the right shoulder. The first line will be for Camp Ridgecrest for Boys on the right. A camp director will direct you up the hill to the Camp Crestridge check-in and luggage drop-off (at Ridgecrest Conference Center). You will then be directed to park and load the shuttle up to Crestridge. If your camper is familiar with Crestridge and doesn't need your assistance to move in, you are welcome to drop your camper off at the shuttle and start your drive home. Please follow the signs through the Ridgecrest Conference Center and of course, we will have staff available to assist you.

### Early Arrival/Late Departure

Please do not plan to have your son or daughter arrive early or stay late. We are not prepared to give campers the attention necessary because of staff time off, pre-session meetings, and work assignments prior to the opening of a session.

## GPS ADDRESS



**CAMP RIDGECREST**  
**290 Yates Avenue**  
**Black Mtn, NC 28711**



**CAMP CRESTRIDGE**  
**105 Balsam Road**  
**Black Mtn, NC 28711**

# OPENING AND CLOSING DAY

## CAMP RIDGECREST

**Opening Day** -The camp has four Opening Days, all on a Sunday: **June 7, June 21, July 5, and July 19.** Check in will be from 9am-12pm. First, one of our staff members will come up to your car to take your child's temperature and confirm we have received all necessary forms. Next, we will unload your luggage from your car and you will be directed to park. Then, you will walk into camp to the check-in area where you will visit a few additional stations and hang out or play in the Hangar. Please note, dogs are not allowed into camp even on leashes. The camp clothing store will also be open if you would like to shop and purchase camp gear. Parents who are still here at 12:15pm will be asked to depart, as we will begin our program with lunch for the campers. We will not be providing lunch for parents or other family members..

**Closing Day** - Closing Days all happen on a Friday: **June 19, July 3, July 17, and July 31.** The gates will be open from 9:30AM to 11:30AM. Please follow the same traffic pattern as Opening Day. You will be directed into camp where you'll pick up your son and his luggage. Our staff will load your camper's luggage into your car.

**On Closing Day, we want to give you the chance to connect with your child's counselor, meet some of his buddies and say hello to Camp's leadership before you head home. This drop-in reception will take place just inside the front gate between 9:30 and 11:15. We know the luggage pickup spot can move quickly and it's hard for you to connect with or thank your son's counselor, so this is a chance for you to stop by, chat for a few minutes and grab a snack for the road home! The clothing store will also be open on Closing Day if you decide to park after picking up your camper.**

**Reminder, if your camper is staying for multiple sessions they must be picked up by a designated adult on Closing Day each 2 week session. There will be no adults on property to supervise campers after 12pm on Closing Day.**



## CAMP CRESTRIDGE

**OPENING DAY-** Camp has four Opening Days during the summer, all on a Sunday: **June 7, June 21, July 5, and July 19.** Check-in on Opening Days will be anytime between 9AM and 12PM. The gate to the Conference Center parking area will open at 9AM. After a temperature check, we will unload your luggage for you. Then, you will follow the signs to the location where you can park. After parking, follow the signs to the shuttle area where a bus will take you to Crestridge. The shuttle service does not allow dogs on the buses, so please do not bring your dog on the trip. The shuttle will drop you off at the Dining Hall. You are free to go to your camper's cabin once getting off the bus. Our medical team will be stationed at the Infirmary, just below the Dining Hall. If you need to drop off additional medication or have questions for the medical team, please visit the Infirmary before heading back to your car. The Beehive (our clothing store) will also be open if you would like to purchase camp clothing. We ask that parents depart camp by 12PM. The last shuttle will leave Crestridge at 12PM. Campers will eat lunch soon after check-in closes. We will not be providing lunch for parents or other family members.

**CLOSING DAY -** Closing Days all happen on a Friday: **June 19, July 3, July 17, and July 31.** The gates will be open from 9:30AM - 11:30AM. You will follow the same traffic pattern as Opening Day. You will enter the Ridgecrest Conference Center at the Yates Ave. entrance, pick up your camper's luggage, park and take the shuttle up to Crestridge. Please eat breakfast before arriving. We will not have breakfast available for our parents. Campers will have already eaten. Each village will have a specific pick-up location in camp. You will receive that information on closing morning. Stop by the Chapel before you leave for our Session Send-Off! You can enjoy a snack, chat with the Directors and check out the session video. The Beehive (our clothing store) will also be open for families to purchase camp gear. We ask that all campers be picked up by 11:30AM. **Reminder, if your camper is staying for multiple sessions, they must be picked up by a designated adult on Closing Day. There will be no adults on property to supervise campers after 12PM on Closing Day.**





## OPENING DAY HEALTH CHECK

On opening day, our staff will screen your child by taking their temperature. If your child has a consistent temperature of 100.4 or higher, we cannot allow them to stay with us. Your child may return when the temperature returns to normal for 24 hours without the use of fever reducing medications. If your camper has tested positive for Covid or Flu within 5 days prior to coming to camp, please see our Covid/Flu Guidelines on our [website](#). Please review these Health Guidelines for further information. We encourage your child to have a professional lice check within 72 hours of their arrival on Opening Day. **If lice is suspected and then found on your child during the session, we will then notify you to discuss next steps. You will be responsible to cover a portion of the treatment fees (up to \$300). Camp will not be responsible for any treatments once the child has left our care.**

## MEDICAL AND HEALTHCARE

We have up to four medical staff on property each session that will take good care of your children should they need medical attention while they are at camp. That could include RNs, NPs and/or MDs. For minor cuts, bruises, and scrapes, sore throat, cough, vomit, etc. we will not be contacting you. In the event that your child spends the night in the infirmary, or is taken to the doctor, we will contact you and let you know.

**Camp does not cover any expenses for a camper's illness or injury. In the event that your child has an illness or accident, it will need to be covered under your family's insurance.**

**\*Reminder: All campers must have a designated adult who is able to pick up a camper early from camp within 24 hours notice if deemed necessary by the medical team or camp directors. It is our hope that our medical team can help campers return to normal activity after a minor illness or injury. If a camper is unlikely to return to normal activity at camp, the medical team will work with the parents on the next best steps and arrange for early departure.**

The task of routine medication administration at our camps has become more complicated as more of our campers tend to be on medication than in the past. This summer we will again require that any camper that takes medication or supplements at camp have the medication (for their time at camp) purchased through and packaged by our contracted pharmacy, Sunshine Pharmacy and Health. This process includes not only packaging the medication with the exact time and date stamp, but the medication information is put into a system that is computerized. It will be noted each time your child did or didn't receive their medication. Sunshine Pharmacy will work with you and/or your doctor's office to get the prescription for your child's time at camp. The pharmacy will not bill insurance for medication that costs less than ten dollars. If the contracted pharmacy cannot fill your prescription for any reason, they will problem solve the best solution with you after you fill out the initial online Health Form. The pharmacy will still provide documentation and packaging materials of the medications your child takes, so it is necessary and important to fill out the Health History Form and speak to the pharmacy for all routine medications.

# MEDICATIONS

If your child takes medications or supplements while at camp, please read the important information in this section!

If your child takes a medication or supplement **DAILY**, it will need to be packaged by the pharmacy that we have contracted with ahead of your child's arrival date. No medications or supplements are allowed to be kept in a camper's trunk. **DAILY** medications can be prescriptions, vitamins and supplements, or over the counter medication. A **DAILY** medication is **ANY** medication that needs to be administered to your camper every single day, whether it is a prescription or not. Examples are: antibiotics, **ADHD** meds, Diabetic, anxiety meds, melatonin, vitamins, allergy medications, supplements, every day inhalers. **Keywords: EVERY DAY**

**"AS NEEDED"** medications can be brought with you to camp. These are medications that are not given **DAILY**, but given if a camper comes to us and asks for it. Because of the number of **DAILY** medications our nurses dispense, we discourage you from bringing over the counter or supplements unless they are absolutely necessary. We can supply most over the counter medication if needed (pain relievers and fever reducers, allergy and cold, digestive health, and topical treatments,, etc.) We ask that you do not bring these with you.

**NEW THIS YEAR:** To continue to dispense medication as safely as possible, "as needed" meds are now included in our medication safety system. If you bring an "as needed" medication or supplement on Opening Day, you will be directed to a medication packaging table where you will bubble pack the "as needed" items in our approved bubble packs. **This "as needed" medication must be brought to camp in the original packaging and should not be bubble packed in advance. If this medication is not brought in the original packaging, our medical team will not be able to dispense the medication.** One of our medical staff will assist you in bubble packing the items you bring, and label them accordingly. If you have gone through our pharmacy for bubble packing **DAILY** meds, there will be no additional charge for the "as needed" meds. **If your child does not take DAILY meds, then there is a \$50 charge for packaging/dispensing the "as needed" meds.** Examples of "as needed" items are migraine meds, eczema creams, as needed allergy meds, as needed melatonin. **Keywords: NOT EVERY DAY.** Exception: Rescue inhalers and EpiPens may be brought to camp and will not incur a \$50 fee.

The charge for **DAILY** Medication safety packaging and admin will be \$50 per camper, not per medication. This fee applies to campers whose online health forms are submitted 4 weeks prior to arrival. If you submit your health form less than 4 weeks prior to the start of your camp session, there will be a late fee adding \$25 to your medication fee. If you bring **DAILY** medications on opening day, the cost will be \$100. (Last minute antibiotics for acute infections are an exception to this late fee. Acne medications are **NOT** an exception.) The medication fee will be charged to your camp account, along with any copay.

First Session – **Deadline for Health Form is May 10th**  
Second Session - **Deadline for Health Form is May 24th**  
Third Session – **Deadline for Health Form is June 7th**  
Fourth Session - **Deadline for Health Form is June 21st**

**Due to the increasing number of DAILY medications that we are distributing at camp, we ask that you please consider refraining from sending vitamins, supplements, and over the counter medications that are not absolutely necessary. If your child can do without these items for two weeks, please do not send them!**

## PHARMACY STEPS

**So, tell me again exactly how does this process work, and what do I do to get started?**

**Step 1:** Fill out the online Health Form at least 30 days prior to arrival at [ridgecrest.campintouch.com](http://ridgecrest.campintouch.com). Go to the Forms and Documents link, and click on the Health History form.

**Step 2:** The contracted Pharmacy will call YOU approximately 2 weeks prior to camp. The pharmacy staff will reconcile your child's routine daily medication/supplement information. If there are any questions or concerns you will discuss them at that time. You will have the opportunity to speak with the pharmacist if necessary about any medication concerns.

**Step 3:** The pharmacy will fill the Routine Daily Medications, package them accordingly, and coordinate with the Camp Nurse for pick up. Charges will be made to your camp account and will be processed to your credit card on file.

If you would like to be proactive, you may contact your child's physician to **E-scribe** the medication for the number of days your child will attend camp. E-scribe is sent to SUNSHINE PHARMACY in BLACK MOUNTAIN, NC. Please ask the doctor to indicate the **camp dates** on the prescription. Also, please ensure this is done at least 2 weeks prior to your child's camp date. The pharmacy will **still** call you to briefly verify your child's prescription.

**If you have not heard from the pharmacy 10 days prior to camp, please contact the pharmacy at 828-669-0090. \*\*Please make sure you have done Step 1, filling out the online Health Form, before initiating a phone call to the pharmacy.**

Our infirmary has the normal over-the-counter (OTC) medications (Tylenol, Tums, etc.) that the nurse will give your child as needed, so please **DON'T SEND** OTC drugs and/or vitamins unless absolutely necessary.

If your child normally takes medication for ADD or ADHD, and you are considering a "drug holiday" for the summer, please reconsider. We have found that a camper usually does best if the medication is continued while at camp. If doing a "drug holiday," please consider beginning the change before camp in order for your camper to adjust.

# DIETARY CONCERNS/ALLERGEN POLICY

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Since campers exert a lot of energy throughout the day, we make sure they are served three well-balanced meals each day. Fruit is often available in the Dining Hall as a snack. Campers will also have the ability to choose a snack and drink option each afternoon during Canteen. At Canteen, we will have a range of options to hopefully accommodate the most common allergies, but we do not monitor campers' selections at Canteen. Campers with allergies or dietary restrictions will need to self-regulate.

Some campers may have special dietary needs during their stay at camp. This will be managed by our Special Diets Specialist in the kitchen. To ensure your child receives the appropriate food, please note any food sensitivity, dietary restriction, or a severe allergy on both the Health Form and the Special Diet Form before your child comes to camp. This Special Diet Form is the primary way to inform our kitchen about your campers special diet or food allergy.

All campers and staff with special diets will see the Special Diets Specialist at the beginning of each meal to receive their meal. If a separate meal is not required, but the camper simply needs to be made aware of a particular food they need to avoid, then the camper can refer to the Allergy Board in the Dining Hall. This board is updated for each meal by the kitchen staff and shows what's being served and any allergies associated with that item. The Special Diets Specialist will be available in the kitchen on Opening Day if you have any last minute dietary needs to discuss.



## CAMPER BUNK REQUEST

You have the ability to request another child to be placed in a cabin with your camper. Please request only 1 to 2 cabinmates that are in the same grade. Requests are easier to accommodate when campers request each other. If there are three campers that all want to be together, they should all list the other two. We will not put more than 2-3 campers together that request each other. Cabin mate requests are considered, but not guaranteed. Part of the benefit of coming to camp is making new friends each year and learning to get along with those you may not know.



## CAMPER SPENDING MONEY

Parents are welcome to send spending money with their child, but no spending money is required. Many campers will have the opportunity to use this cash to buy souvenirs on an off-site trip (Trips are only for Upper Tribes and Villages). Camp does not collect money from campers "for safe keeping" or have a camper bank. All money sent with your camper is "at your own risk." Camp will not be liable for any money that is lost or stolen.

## LAUNDRY

Camper laundry is done at least once during the session by our laundry staff. Laundry bags are washed with the clothing. We suggest you write your camper's first and last name on their belongings to help us with lost and found.



## LOST AND FOUND

We want your camper to return home with all of their belongings and the best way to do that is by making sure all of their items are labeled with their full name. We have different measures in place to help campers keep track of their items while at camp but at the end of the day it is the camper's responsibility to return home with the items they packed. If you return home and notice something is missing, please contact us and we will try to locate it and mail it to you at your expense. Camp is not financially responsible for any lost items that cannot be found. All remaining items will be kept for a short period of time following the summer and then donated to a local charity.



## CONTACTING YOUR CAMPER

### PHONE CALLS

In general, we encourage parents to rely on written communication with their child. If parents refrain from calling to speak with their child, it will help them quickly settle into the camp routine, make new friends, and have a great experience. Try to reserve phone calls with campers for extenuating circumstances.

### CAMPINTOUCH AND CAMPANION E-LETTERS

Handwritten letters are wonderful, but when you are unable to get these out, you may choose to send e-letters through your Companion App or CampInTouch account to your camper. These will be printed out each day at 7AM and delivered along with regular mail after lunch. Only those registered with a parent account through CampInTouch or the Companion App can send e-letters. You may set up Guest Accounts for any family or friends who would like to send e-letters to your camper. This can be done through your CampInTouch account and the Companion app. Campstamps are required to send e-letters to your camper. You will receive 10 free Campstamps per camper per 2-week session. You may purchase more Campstamps if you wish.

## LETTERS

Campers truly love to receive letters from home! They receive their mail each day after lunch and always look forward to this time. However, since “snail mail” can take several days for delivery, preparation (send letters even before camp begins) and patience are necessary, but a hand-written letter is often kept for years, while emails are often thrown away quickly. Take the time to write a letter; we think this is one of the most memorable parts of a camping experience!

Cheerful letters from home mean a lot to campers, especially if it is their first time away from home. Please do not make your letters sound like you are sad or that his dog is missing him greatly, as this can add to homesick feelings your child might have.

For boys, mail should be addressed to: **Boy’s Name, Camp Ridgecrest for Boys, PO Box 279, Ridgecrest, NC 28770.**

For girls, mail should be addressed to: **Girl’s Name, Camp Crestridge for Girls, PO Box 279, Ridgecrest, NC 28770.**

**Helpful Tip: Help your younger campers address envelopes before camp so it’s easier for them to send mail to family during their time with us!**

## PACKAGES

**We do not allow campers to receive “care packages” while here at camp.** You do not need to let us know if you are sending a trunk. For any other packages being sent, (extra box with sleeping bag, essential items from Amazon, etc.) you will need to call the camp ahead of time, and they will put your package on the authorized list. We will only accept items that are essential for your child’s stay. (sleeping bag, forgotten toiletries, etc.) **Any packages not authorized by camp that are received will be returned unopened to the sender. There will be a charge to the sender for a returned package.** If the package is on our list because you called ahead, we will have the camper open it in the office and take the essential item with them. Please do not send anything else in the package other than the item you told us was coming. If other items are in the package, we will not give them to the camper, and will not return them to the sender either. You should put Att: Receptionist on the package. **PLEASE REMIND FRIENDS AND GRANDPARENTS OF THIS POLICY AS WELL!**

**Also, please do not send your camper to camp with extra food items or candy for their stay. We are unable to keep the food items in the cabin and we will not be able to store it for them elsewhere.**

**VISITS:**

There is no visitation during a camp season. Every effort is made at our camps to meet the needs of each camper. You can help your child by understanding that there may be an adjustment period when they first arrive. This is completely natural, especially if it is the first time away from home.

**CAMP IN ACTION:**

We enjoy posting photos for you to get a glimpse of what is happening at camp! While our goal is to capture pictures of every single camper, we cannot guarantee how often you will see your camper in photos. Here are some ways you can see camp in action!

**CAMPINTOUCH:**

Go to [ridgecrest.campintouch.com](http://ridgecrest.campintouch.com) and use the login information you used to access your forms to view all pictures. You will receive free access to all of the pictures posted at the site. This is also where you will have 10 free credits each two-week session that you can use to send your camper e-letters.

**CAMPANION APP:**

Another helpful tool for viewing photos and filling out forms is the Companion App! If you use Companion, you have the opportunity to use facial recognition that will pull photos of your child into a single folder. No more searching through hundreds of photos each day!

**SOCIAL MEDIA**

**Follow us on Social Media to see photos and videos throughout the summer!**

**CAMP RIDGECREST**

 @cambridgecrest

 Camp Ridgecrest

**CAMP CRESTRIDGE**

 @campcrestridge

 Camp Crestridge

 **YouTube** Ridgecrest Summer Camps

## ELECTRONICS POLICY

Cell phones, iPods, GameBoys, PSP's, Nintendo Switches, iPads, smart watches, tablets, Kindles and Nooks should not be brought to camp. We are trying to preserve a wholesome, rustic, outdoor atmosphere here at camp. These items seem to only detract from this setting. Should the camper come with one of these items, they will be kept in the office and returned when the camper departs.

## CELL PHONE POLICY

Cell phones, iPads, smart watches, tablets, iPods, GameBoys, PSP's, Nintendo Switches, Kindles and Nooks should not be brought to camp. We are trying to preserve a wholesome, rustic, outdoor atmosphere and these items seem to only detract from this setting.

We especially prioritize our "no cell phone" policy at camp for our campers. Cell phones are expensive and can get lost or stolen. When children come to camp, they, and you, are making a leap of faith, transferring their primary care from you and their parents to us and their counselors. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. This is one of the many benefits of a camp experience. It is one important way for your children to learn to become resilient. Contacting you by phone essentially means they have not made this transition. It keeps us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parents haven't truly come to peace with the notion of them being in our care. You can help by talking with your child before they leave for camp, telling them that there is always someone they can reach out to, whether it is a counselor, their group leader, or even the Camp Director. We are all here to help, but if you don't trust us, your children certainly won't trust us.

Another major driver for us as we maintain a device-free environment is protecting campers from dangerous information and images that can be found online. This is a priority for us. The risk of cell phones and other devices that connect to the internet present significant challenges as we work hard to create a safe environment for the children in our care. We rely on parents to ensure that their campers are not sneaking devices into camp.

**To increase parents' assistance with this issue, we have implemented a \$300 fine that will be charged to your account for any cell phones that are found after the first night of camp. Thanks for your understanding of this policy.**

One exception to our cell phone policy is if your child is coming to camp by plane. If so, they can bring a cell phone to camp and turn it in at the Lake Lodge at Ridgecrest or the Bear Trap at Crestridge when they arrive. We will return it on Closing day, so that they will have it with them as they travel.

## BIRTHDAYS AT CAMP

We love when kids get to celebrate their birthday at camp! If your child is having a birthday while at camp, we want to make it special! The whole camp will sing to your child and we will provide a treat for the cabin to enjoy at lunch together. You also have the option to leave a small gift (non-food) and cards in the camp office for us to deliver on their birthday.

## HAMMOCK POLICY

Hammocks are very popular here at camp. As an optional item, we welcome campers to bring their own hammocks and hammock straps to camp at their own risk as campers are responsible for their own hammocks and straps. Lost or ruined hammocks will not be the responsibility of camp. Hammocks may be used for resting around camp or on overnight camp outs when appropriate. We also often have hammocks for sale in our clothing store.

## KNIFE POLICY (RIDGECREST)

Knives are optional, although not recommended, at Ridgecrest. Only knives that can fit in the palm of the camper's hand are acceptable. Knives that are double-edged, spring-loaded, switchblade, or any other bladed objects (such as ninja stars, hatchets, etc.) are not allowed for the campers. On the first night at camp, counselors will take up all knives in the cabin and keep them in a safe and secure place until the overnight campout upon which the knives will be handed back out to their proper owners. The knives will then be collected by the counselors when the campers return to camp and given back on closing day. Knives are sent at your own risk. Lost or stolen knives will not be the responsibility of camp. Do not send expensive or valuable knives.

## KNIFE POLICY (CRESTRIDGE)

We ask that campers do not bring any type of knife with them to camp. If a knife is found, we will take it to keep in the office until the end of camp.

## CAMPER BEHAVIOR

We expect all of our staff and campers to treat one another with dignity and respect, believing that we should treat others as we believe Jesus would treat them. We believe in servant-based leadership, and expect our staff to treat their peers and their campers with equal respect in their communication and interactions with each other. We expect our campers to treat their peers and the staff with respect as well. Genesis 1:27 states that "God created mankind in his own image, in the image of God he created them; male and female he created them." Since each one of our campers and staffers are made in the image of God, they should be treated respectfully and with dignity.

We try to have as few rules as possible at camp, holding fast to the idea that if we accentuate the positive, we will eliminate the negative. However, the absolute safety of each camper must be assured within an environment that is wholesome and Christ honoring.

Our staff are trained to deal with discipline situations. For younger campers, we may give a “time out” or an extra work duty in the cabin. For older campers, there may be a privilege taken away, or extra work in the cabin, or around camp. If the misbehavior is serious, we will contact the parents.

The use of cigarettes, vaping devices, alcohol, nonprescription drugs, or indecent/profane/offensive language is absolutely prohibited. Displaying potentially offensive or controversial material is prohibited. Fireworks are dangerous and illegal in North Carolina, and therefore are not permitted. Harming another camper (hitting, kicking, making derogatory remarks or demeaning comments) will also not be tolerated. The breaking of any of these rules is considered a serious offense, and parents will be notified. There is a distinct possibility that a child will be sent home for committing these offenses. There will be no refund given for remaining time in a session if a child is sent home.


If a child’s behavior affects a cabin such that they are causing a negative experience for the other campers in the cabin, we will send the child home as well. This decision is not taken lightly and will be considered with care and thoroughness by our leadership team. This does not happen often, but it does happen. **Please review and sign the Code of Conduct with your child before coming to camp.** This form can be found in your CamplnTouch account.



## SWIMMING AND WATERFRONT

Campers will need to have a buddy each time they swim in the lake. Each camper will have a buddy chip hanging on the buddy board at the lake. Before they enter the lake for free swim, the camper and their buddy will need to check in at the buddy board together. They will need to swim with their buddies and stay together during free swim. Lifeguards will perform a buddy check periodically throughout free swim to make sure buddies are together. When it’s time to leave, each camper and their buddy will need to check out at the buddy board and leave the lake together.

Campers will also need to have a buddy when they leave camp on trip days. If their buddy is out of sight, they should immediately tell a staff member.



## CAMPERS MISSING HOME (HOMESICKNESS)

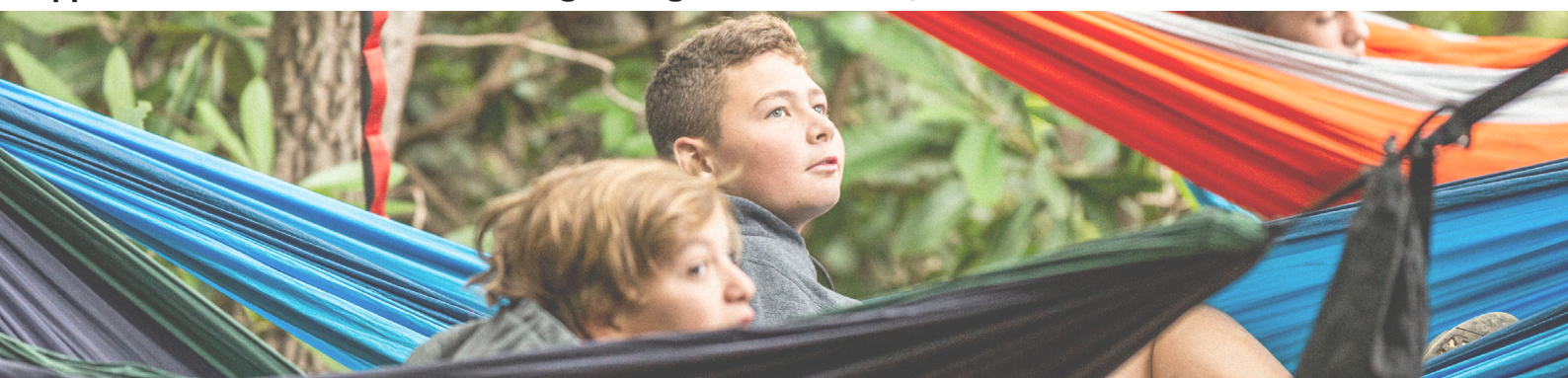
If this is your child's first summer away from home, you will probably have some reservations. Sometimes, the first day or two at camp will be difficult for both campers and parents. However, we experience very little real homesickness at camp. Most struggles stem from being in a new environment and being unsure of what will happen. This is a temporary situation, and clears up as soon as campers discover the excitement of the camp activities. Please help your child and the camp by understanding this early adjustment period and any unfavorable remarks your child makes in the initial letters you receive. Give your campers time to adjust.

If you receive a letter from your child with homesickness signals, remember that letter writing usually takes place during rest hour and the camper's thoughts naturally return to you and home during those quiet times. Try to bring your own separation feelings into proper perspective, and then sit down and write your child an encouraging response. Avoid phrases such as "we miss you" or detailed accounts of what siblings and the family are doing. Ask about camp activities, counselors, etc., and set a positive, encouraging tone. Express your confidence in their ability to cope and that camp is there to assist. The camp administration is always ready to help you if you have concerns. The camp phone number is (828) 669-8051, and the Director will be available for consultations.

The best preparation for homesickness is a positive family attitude about camp, discussions about what to expect at camp, and gentle encouragement that missing home is "ok". This preparation beforehand will usually suffice to give your child the tools needed to make the camp transition a valuable growth experience.

We have a staff training period that is over a week long before our campers arrive, where numerous topics are covered, including homesickness. In addition to our on site training, our staff are required to take a number of online courses to reiterate important topics such as homesickness. Our full time and seasonal staff are well trained and equipped to counsel a camper who may be homesick.

The camp schedule is packed with games and activities designed to keep your child having a fun, safe time. We believe that campers will have the time of their lives at camp, often having opportunities to do brand new things along with some they are more familiar with.



## SWIMMING

All campers are required to have the Swimming Evaluation Form (found in your CampInTouch account) filled out before their arrival. This form will take the place of a swim test while here at camp. All water activities at Ridgecrest and Crestridge will require life jackets, however, any camper who swims in the Crestridge pool will not be required to wear a life jacket unless recommended by the camper's parent on the Swimming Evaluation Form.

## CAMPOUTS

### CAMP RIDGECREST

#### Overview

While at Camp, your son will go on at least one overnight campout. Younger ages (1st-5th) only go on one campout while older campers (6th-10th grade) will go on two. A campout consists of a moderate hike (typically ~1 mile), cooking dinner over the fire, and sleeping in the woods. If camping in the woods is not something your son is used to, don't worry, he will be in the majority!

#### Camping Equipment

So, what type of camping equipment do you need to pack? The truth is, not much. The best thing you can pack is a good sleeping bag. When trying to select a sleeping bag, don't think as much about BRAND as you do about SIZE. The smaller it can be packed into a backpack, the better! Bulky sleeping bags, especially if they have to be folded in a very specific way, can be challenging for campers to pack up. (There are cheap options that come with a "stuff sack" so it doesn't need to be rolled-up a specific way) Don't worry about shoes. If your son has hiking boots and has worn them a lot and they're broken in, feel free to send them. But you do NOT need to go buy a new pair of hiking boots. This will do more harm than good. Our hikes can easily be done in tennis shoes, outdoor sandals like Chacos or Tevas, or boots. If you have a backpack that you, or your son, want to bring, that's great, but also know that we will supply packs for the campouts for campers without them. So again, not something you need to go out and purchase. It is common for campers to bring hammocks (ENO is the most common brand, but we often sell quality hammocks in our camp store). Some campers sleep in the hammock while others just like to take them on the campout and set them up to hang out in before actually sleeping in their sleeping bag on the ground. **PLEASE NOTE: even if you bring a hammock, you will still need a sleeping bag. It's sometimes far too cold at night to rely on a hammock alone.**

## CAMP CRESTRIDGE

Only older ages go on campouts in the summer. This includes 6th-11th grade campers. They typically only go on campouts twice a summer and will alternate sessions from summer to summer. They will need to pack a sleeping bag for their campout. Depending on the location, they may have to hike with their belongings. Each campsite is about a mile from camp.

## DAILY SCHEDULE - CAMP RIDGECREST

Every day at camp is slightly different, so it's a challenge to lay out the "typical day" but, in general, this is what a day at camp looks like:

- 7:30am** - Campers wake up in the cool mountains to the sound of Reveille playing
- At Morning Assembly, we find out the exciting things that lie ahead that day
  - Breakfast is served family-style and eaten with cabin mates and counselors
  - Morning Watch is a devotion time around camp with your age group led by a counselor
  - Quiet Time to reflect on the Morning Watch devotion and pray
  - Cabin Cleanup and Inspection, as campers take responsibility for cleaning their area
  - Skills take place for the majority of the morning time, doing 3 skills each day
  - 1st Free Swim is a camper's chance to choose what he wants to do with his free time
  - Lunch: favorite meals include Chicken Tender Tuesday, Stromboli and Mini Corn Dogs
  - Rest Hour gives campers a chance to rest and read or write letters home
  - Canteen is where campers get a chance to grab a snack before afternoon games
  - Afternoon Games are split up by age group and campers compete as a cabin
  - 2nd Free Swim is longer and, again, gives campers a chance to go enjoy camp
  - Dinner, like all meals, is served in Spilman and served family-style
  - Evening Activities range from Campfire, Sock War, Campouts, to Pool Parties
- 9:00pm** - Cabin Devotions end the day talking about God's love and all that we're learning

To see and read more about the daily schedule and activities, visit:  
<http://boys.ridgecrestcamps.com/information/a-day-at-camp>



## DAILY SCHEDULE - CAMP CRESTRIDGE

Every day at camp is slightly different, so it's a challenge to lay out the "typical day" but, in general, this is what a day at camp looks like:

**7:30am** - Campers wake up in the cool mountains to the sound of the bell ringing

- Breakfast is served family-style and eaten with cabin mates and counselors
- Chapel begins the day with songs and a devotion to focus our thoughts on God
- Quiet Time to reflect on the Chapel devotion and pray
- Cabin Cleanup and Inspection, as campers take responsibility for cleaning their area
- Skills take place for the majority of the morning time, doing 3 skills each day
- Lunch: favorite meals include Chicken Tender Tuesday, Taco Day and Mini Corn Dogs
- Rest Hour gives campers a chance to rest and read or write letters home
- Canteen is where campers get a chance to grab a snack before afternoon games
- Afternoon Games are split up by age group and campers bond as a cabin
- Free Swim gives campers a chance to choose how they spend their free time
- Dinner, like most meals, is served in the Dining Hall and served family-style
- Evening Activities range from Campfire to Sock War to Council of Progress

**9:00pm** - Cabin Devotions end the day talking about God's love and all that we're learning

To see and read more about the daily schedule and activities, visit:

<http://girls.ridgecrestcamps.com/information/a-day-at-camp>



# SKILLS AND ACTIVITIES

## CAMP RIDGECREST SKILLS

While at Camp, your camper will participate in 6 different skills. These skills rotate much like a block system in school. Skills 1, 2, and 3 take place one day and skills 4, 5, and 6 take place the next. Please login to your account and choose the skills your camper wants to do. You will choose 10 skills and, unfortunately, we cannot guarantee that you will be able to get those skills.

When choosing skills, our encouragement is that your child signs up for skills where they can try something new, or, do something they have less proficiency in. If your child plays basketball year-round, our encouragement would be to **NOT** choose basketball skill at Camp. Obviously, it's up to you, but we would recommend that your camper choose something like archery, canoeing, or mountain biking to try something new.

**Below are the skills that we offer. Please note that some (noted by \*) are not available to all ages:**

Airsoft*	Fitness*	Puppy Skill*
Archery*	Flag Football*	Riflery*
Axe Throwing*	Floor Hockey	Rock Climbing*
Baseball	Fly Fishing*	Rocketry
Basketball	Football*	Sequoia Derby*
Bible Study	Frisbee Golf	Soccer
Blacksmithing*	Guitar*	Spikeball*
Cardboardology*	Handball*	Swimming
Canoeing	Indoor Soccer*	Trap Shooting*
Chess	Jelly Ball*	Trick Shot Challenge
Cooking and Grilling*	LEGO Skill*	Turtleback Takeover*
Crafts	Man Skill*	Ultimate Frisbee
Drawing	Mountain Biking*	Weightlifting*
Eaglenest Adventure*	Outdoor Living/Fire Building	Wood Splitting
Fishing	Pickleball*	



# SKILLS AND ACTIVITIES

## CAMP CRESTRIDGE SKILLS

While at Camp, your camper will participate in 6 different skills. These skills rotate much like a block system in school. Skills 1, 2, and 3 take place one day and skills 4, 5, and 6 take place the next. Please login to your account and choose the skills your camper wants to do. You will choose 10 skills and, unfortunately, we cannot guarantee that you will be able to get those skills. Skill availability is on a first come, first serve basis.

When choosing skills, our encouragement is that your child signs up for skills where they can try something new, or, do something they have less proficiency in. If your child plays basketball year-round, our encouragement would be to **NOT** choose basketball skill at Camp. Obviously, it's up to you, but we would recommend that your camper choose something like archery, sewing, or mountain biking to try something new.

**Below are the skills that we offer. Please note that some (noted by \*) are not available to all ages:**

Archery

ASL\*

Babysitting\*

Basketball

Bear Creek Adventure\*

Bible Study

Bluerock Adventure\*

Cake Decorating

Cardboard Creations\*

Ceramics\*

Cooking

Crafts

Drama

Embroidery\*

Fire Building\*

Fun in the Water\*

Grilling\*

Guitar

Gymnastics

Indoor Cycling\*

Jewelry Making\*

Lego Skill\*

Mahjong\*

Mat Pilates

Mosaics

Mountain Biking

Musical Performance

Needlecraft\*

Needlepoint

Outdoor Cooking

Outdoor Living

Pep and Step

Pickleball\*

Printmaking\*

Puppy Skill

Riflery\*

Running

Scrapbooking

Science\*

Sewing\*

Slime Making\*

Soccer

Swimming

String Art

Ukulele

Watercolor

Weight Training\*

Woodworking\*

Worship Leading\*



# SKILLS AND ACTIVITIES

## CAMP RIDGECREST ACTIVITIES

There are endless activities for your camper to enjoy while at camp. While it is impossible to list all of the different games and activities they may participate in, here are some of the highlights your camper can look forward to while at Ridgecrest:

**The Blob**  
**Swingshot**  
**Hex Ball (Gaga Ball)**  
**Ping Pong**  
**Puppies**  
**Bouldering**  
**Frisbee Golf**  
**Sock War**  
**Zip Lines**  
**Mountain Biking**  
**Free Swim**  
**Fire Building**  
**9 Square**  
**4 Square**  
**2 Square**  
**Fishing**  
**Canoeing**  
**Campouts**  
**Chess**  
**Indoor Soccer**  
**Canteen**



To see and read more about these activities, check out our website at <http://boys.ridgecrestcamps.com/activities-and-skills>

# SKILLS AND ACTIVITIES

## CAMP CRESTRIDGE ACTIVITIES

There are endless activities for your camper to enjoy while at camp. While it is impossible to list all of the different games and activities they may participate in, here are some of the highlights your camper can look forward to while at Crestridge:

- The Blob**
- Swimming Pool**
- Giant Swing**
- Leap of Faith**
- Gagaball**
- Evening Games**
- Water Slide**
- Puppies**
- 4 Square**
- 2 Square**
- Hiking**
- High Ropes Course**
- Corcls**
- Outdoor Cooking**
- Zip Line**
- Giant Connect 4**
- Outdoor Fire Pit**
- Floating Dock**
- The Courts**
- Carpetball**
- And More!**



To see and read more about these activities, check out our website at <http://girls.ridgecrestcamps.com/activities-and-skills>

# PROMOTIONS AND COUNCIL RING AT RIDGECREST

## PROMOTIONS

As an all boys camp, we believe we have a unique opportunity to speak into the lives of boys who are learning what it is to be young men. The reality of an adult life is far more than completing checklists. In light of this, our promotion system is not a simple checklist of admirable tasks to complete in order to be recognized.

Unfortunately, the number of opportunities that boys have to give and receive feedback on their actions, their leadership, their character and their ability to love and serve others is incredibly small. Camp Ridgecrest facilitates these exact opportunities. We recognize that these conversations are not always easy or straight forward. But we are confident that each time a boy has a trusted man step into his life to speak truth, growth happens. The promotion system is about growth, not simply success.

Campers enter our promotion system automatically during their first session at camp. They progress through different ranks as they grow in our four key areas. Staff evaluate the growth of campers weekly and during each session, campers have the opportunity to be promoted twice. Staff members use a number of different criteria for promotion. Each is geared to help develop individual children, and leadership is essential in both promotions and overall growth. Progress is evaluated on the basis of attitude, cooperation, service, skill progress, sense of responsibility, and character.

## COUNCIL RING

On the second Sunday of each session, we will have Council Ring here at camp. Campers are encouraged to wear brown or khaki “rugged” pants, no shirt, and shoes/sandals. The campers will be sitting on the ground, so be sure to pack pants that are okay getting dirty.



# CHALLENGES AND COUNCIL OF PROGRESS AT CRESTRIDGE

## CHALLENGE SYSTEM

As an all girls camp, we believe we have an opportunity to challenge girls to grow in a unique way. Luke 2:52 says, “And Jesus grew in wisdom and stature, and in favor with God and man.” At Crestridge, we challenge girls to grow in this same way.

We know that growth looks different for each girl. Some girls need specific tasks to complete as they seek to grow while others simply need space to explore growth in their own way. We want girls to have the opportunity to grow in whatever way is best for them.

The challenge system is a way in which girls can grow while at camp. Each village has a challenge that requires the completion of a series of tasks. These tasks change and increase in difficulty as girls move through the villages. Tasks are designed to help girls grow mentally, physically, spiritually, and socially. Some of these tasks include memorizing Scripture, learning all the names of their cabinmates, doing a dailey quiet time, writing a note of appreciation, and showing kindness and respect to others. Once all of the tasks are accomplished successfully, the challenge is complete and the camper is able to recieve a white bar on her honor band.

## COUNCIL OF PROGRESS

Council of Progress happens weekly at camp and is designed to challenge the girls socially, mentally, physically, and spiritually. During this time, the campers and staffers dress in white T-shirts and green shorts. The camp clothing store has white shirts for sale for those who would like to purchase them.

Alongside the white shirt and green shorts, the girls will wear their “honor bands.” During Council of Progress, girls receive an honor band in the color of their village. As girls come back summer after summer, their honor band grows to show the different villages they have been a part of. Returning campers are encouraged to bring their honor bands from summers past, but new campers will be given new honor bands.



## CAMP RIDGECREST PACKING LIST

**Please label all your camper's belongings with their first and last name. We do not recommend sending any expensive or irreplaceable items to camp.**

10 t-shirts  
6 pair of shorts  
1 pair of pants  
1 pair of old brown/ khaki pants for Council Ring  
2 sweatshirts  
8-10 underwear  
8-10 pair of socks  
2 long tube socks for Sock War!!  
Pajamas  
2-3 bathing suits  
2-3 pairs of tennis shoes  
1 pair of shower shoes/sandals that can get wet  
1 set of church type clothes  
1 rain jacket or poncho  
1 set of bed sheets (twin-size mattress)  
2 pillow cases  
Pillow  
1-2 blankets  
1 sleeping bag  
3 towels (2 bath and 1 swimming)  
1 laundry bag  
Bible  
Journal  
Stationary/Stamps  
Flashlight  
Water Bottle  
Backpack (optional)  
Sunscreen and Bug Spray  
Small battery-powered clip-on fan (optional)  
Toiletries

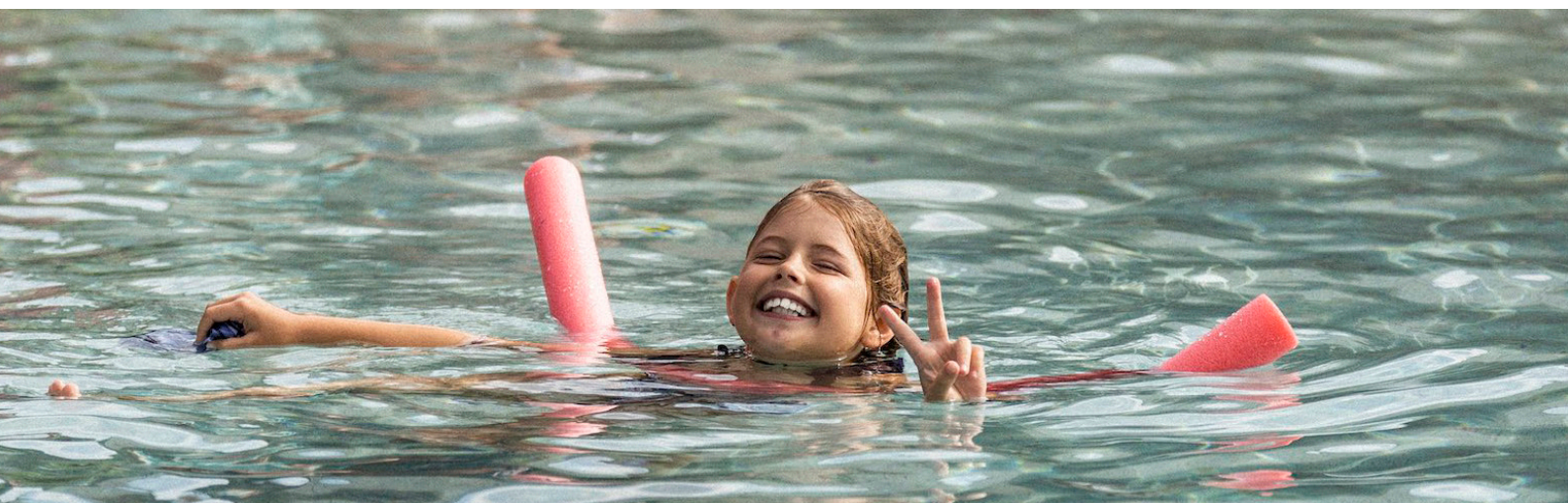
**(Note: Socks for Sock War will most likely be lost. Do not send socks that you expect to come home with your camper.)**

## CAMP CRESTRIDGE PACKING LIST

**Please label all your camper's belongings with their first and last name. We do not recommend sending any expensive or irreplaceable items to camp.**

- |   |  |
|---|--|
| 10 t-shirts or tops                                       | 3 towels (2 bath and 1 swimming)   |
| 8 pairs of shorts   | Cosmetics  |
| 2 pairs of pants/leggings                                 | Toiletries   |
| 2 sweatshirts   | 1 laundry bag  |
| 10 day supply of underwear                                | Bible  |
| 8 pairs of socks  | Journal  |
| 2 long tube socks for Sock War                            | Stationary/Stamps  |
| Pajamas   | Flashlight   |
| 2-3 full-coverage bathing suits (one-piece or tankini)    | Water Bottle   |
| 1 white shirt (for Council of Progress)                   | Backpack (optional)  |
| 1 pair of green shorts (for Council of Progress)          | Honor Bands (Returning Campers)  |
| 2 pairs of tennis shoes                                   | Sunscreen and Bug Spray  |
| 1 pair of shoes/sandals that can get wet                  | Small battery-powered clip-on fan (optional)                                       |
| 1 outfit for Sunday Worship                               | Please make sure all clothing covers<br>camper's stomach, back, bottom, and chest. |
| 1 rain jacket   | No flip flops outside of cabins  |
| 1 set of bed sheets (twin-size mattress)                  |  |
| 2 pillow cases  |  |
| Pillow  |  |
| 1-2 blankets  |  |
| 1 sleeping bag (Hawksbill, Cumberland, Roan and Bluerock) |  |

**(Note: Socks for Sock War will most likely be lost. Do not send socks that you expect to come home with your camper.)**



## WHAT NOT TO BRING

Please do not pack expensive items such as costly cameras, cell phones, gaming devices, iPads, tablets, kindles, nooks, smart watches, expensive jewelry, or any other expensive or valuable items.

We are trying to preserve a wholesome, rustic, outdoor atmosphere here at camp. These items seem to only detract from this setting. Should the camper come with one of these items, they will be kept in the office and returned when the camper departs. There will be a \$300 fine charged to your account for any cell phones that are found after the first night of camp.

One exception to our cell phone policy is if your child is coming to camp by plane. If so, they can bring a cell phone to camp, leave it with us when they arrive, and we will return it on Closing Day when loading the shuttle to the airport.

## OFF-SEASON CONTACT WITH CAMPERS

Any form of communication outside of Camp, including visits, phone calls, texting, messaging, etc., between campers and staff should only happen with permission and under the direction of the camper's parents. This policy is to protect both campers and staff.



Please see the FAQ section of our website for more information. If you feel you have a question we have not adequately answered here or there, please feel free to call us at 828-669-8051 or email us at [rscamps@ridgecrestcamps.com](mailto:rscamps@ridgecrestcamps.com).

A photograph of a man and a young boy sitting on the ground at night, illuminated by the warm glow of a campfire. The man, wearing a green t-shirt, is looking down at something in his hands. The boy, wearing a dark t-shirt with "RUNNING CLUB" visible, is also looking down. The background is dark, suggesting a wooded area. The text "We look forward to seeing God grow your camper through discipleship and adventure this summer!" is overlaid in a bold, green font across the middle of the image.

**We look forward to seeing God grow your camper through discipleship and adventure this summer!**