



RIDGECREST SUMMER CAMPS



PARENT HANDBOOK 2023



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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.”

Campers will hear these words during Council of Progress and see them around camp. These simple yet powerful words are our prayer for all who come through our gates.



RIDGECREST LEADERSHIP

Phil Berry- Executive Director

Ron Springs- Director Emeritus

Sam Pineda- Director

Matt Stapp- Assistant Director

Karah Brown- Office Manager

CRESTRIDGE LEADERSHIP

Phil Berry- Executive Director

Ron Springs - Director Emeritus

Sharon Silva- Director

Ashley Genoble- Assistant Director

Katie Smith- Assistant Director

Karah Brown- Office Manager

Full bios for our full-time staff can be found at
<http://girls.ridgecrestcamps.com/crestridge-fulltime-staff> (For Girls)
and

2023 SESSION DATES

2 WEEK SESSIONS:

Session 1: June 4th - June 16th

Session 2: June 18th - June 30th

Session 3: July 2nd - July 14th

Session 4: July 16th - July 28th

1 WEEK SESSION:

Starter Camp: July 30th - August 4th

FAMILY CAMPS:

Mother/ Daughter:

August 25th - August 27th

Father/ Son:

August 25th - August 27th

Family Camp:

September 1st - September 4th

**STARTER CAMP SPECIFIC INFO WILL BE HIGHLIGHTED BY A GREEN BOX
WITHIN EACH SECTION.**

PRE-CAMP CHECKLIST

Review the Parent Handbook carefully. Some parts will be interesting for your camper, some are designed for you.

Complete all required forms well before your arrival. Most are critical and must be completed before you arrive. All forms can be found in your CampInTouch account at ridgecrest.campintouch.com after Mid April each year. Forms can also be filled out on your phone, using the Companion app, that can be downloaded from the App store for iPhone, and from Google Play for Android phones.

- **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.
 - **Authorization and Cards Form** - Download, fill out, scan, and upload this form to your account, or fax to (704) 612-0278. This form provides us with copies of your medical and prescription insurance cards, along with a permission to treat authorization.
 - **Health History Form** – No doctor's signature is needed. This is due one month prior to arrival!
 - **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 form already that you can upload, you can do that on the forms page.
 - **Multi-Session Form**– Campers who are staying multiple sessions must have this form filled out.
 - **Parent Page** – 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** – We MUST receive this to sign your child up for their desired skills. Skills will be assigned through a priority system based upon when this form is received. Not Required for Starter Campers. Crestridge Starter Campers will sign up later in the summer
 - **Clothing Order (Optional)**– If you choose to pre-order clothing through the link ridgecrestcamps.com/store, we will have it ready for your child on Opening Day. Pre-orders will be taken until June 15. Clothing will also be available to purchase on Opening and Closing Day without a pre-order form, but sizes cannot be guaranteed. Orders that have selected shipping may be shipped in mid-May once all of the items have arrived at our store. **Because many items will not ship until mid-May, we strongly suggest that campers attending First Session select the Pre-Order option to pick up their items on Opening Day instead of selecting to have their items shipped.**
 - **Start Packing** - Review the packing list found on **page 34 or 35**
 - **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.
 - **Code of Conduct** - Shares our expectations for camper behavior
- If your camper takes medication, please review our medication policies on **Page 15**

Personal Camper Information

There are often months in between registering for camp and opening day. During that time if any of your camper's personal information has changed or a situation has come up that could affect your camper's experience, please let us know at (828) 669-8051 or email us at rscamps@ridgecrestcamps.com

Growth and Expectations

It's hard not to be changed when you spend two weeks at a place like Camp Ridgecrest or Camp Crestridge. Every minute of the day is designed with our campers in mind. Everything from meals, activities, free time, transitions from one location to the next, leadership opportunities, cabin clean up, skills and devotions are all intentional and planned so that your son or daughter will have the chance to try new things, make new friends, and experience what it's like to be loved no matter what. Your camper will not only have the best weeks of their year, but they will return home a changed person. With days packed full of opportunities to grow, your child will be changed by their interactions with others, but more importantly, changed by their interactions with the God who created them.

Campers will be challenged through our promotions system and other challenge opportunities at both camps. We encourage you to read further on our websites. At Camp Ridgecrest -> Prospective Families -> Camper Ranks and Torchman, and at Camp Crestridge -> Prospective Families -> Challenges and Valor.

We expect our campers to come ready to play hard. Fun is absolutely one of our highest priorities and almost everything is evaluated through that lens. We also expect our campers to come to camp for the chance to be who they really are. They don't have to put on the same masks that they wear back home. Finally, we ask that all campers let each other be who God made them to be. Campers will be challenged to be slow to judge, slow to make fun of others, slow to pick on others. At the same time, they will be challenged to be quick to find common ground and simply enjoy others for who they are.



ARRIVAL/ DEPARTURE

ARRIVING TO 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. Your child will need to fly into the Asheville/Hendersonville 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. We are unable to do airport arrivals and departures for Starter Camp.

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 fill that out if your child needs transportation to and from the airport by our camp staff. All luggage should be clearly marked on the exterior for easy identification. 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 as well. 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 Phil Berry, 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 should 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.

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.



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 from the airport.

In the event that your child's arrival flight is delayed significantly, please contact us and let us know. If the departure flight from camp is delayed significantly, we will call and let you know as well.

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

Again, we will pick-up and drop-off campers for any flights on any airline on Opening and Closing days from the Asheville/Hendersonville airport. If your child is coming to the Fourth Session, and will be departing on July 28th, please try and choose a flight that leaves by 2 PM on that day.

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

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/campform>

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.



ARRIVAL/ DEPARTURE CONTINUED...

Shipping only TO Camp:

If shipping luggage to camp, but not shipping from camp, (Your luggage will be placed in your car on Closing Day by our staff,) 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.

AREA LODGING

The Asheville and Black Mountain area is a popular destination in the summertime. So, 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.ridgecrestcamps.com/preparing-for-camp> for more details.

OTHER HELPFUL LINKS INCLUDE:

ExploreAsheville.com

GreyBeardRealty.com

BlackMountain.org



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

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, presession 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 during the summer, all on a Sunday: **June 4, June 18, July 2, and July 16.** Check in will be from 9AM until 12PM. Your camper will be able to check in after a staffer completes a temperature check and we unload your luggage for you. No one will be able to access their cabins until 10 AM. Parents who are still here at 12:30PM will be asked to depart, as we will begin our program with lunch for the campers at 1:00 PM. We will not be providing lunch for parents or other family members.

Closing Day - Closing Days all happen on a Friday: **June 16, June 30, July 14, and July 28.** 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. You are free to park and walk around camp, but we are not having Closing Day Ceremonies or providing lunch after you pick up your camper. **Reminder, if your camper is staying for mutiple 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- The camp has four Opening Days during the summer, all on a Sunday: **June 4, June 18, July 2, and July 16.** 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 16, June 30, July 14, and July 28.** 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. There will be no closing program. 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/CLOSING DAY FOR STARTER CAMP

CAMP CRESTRIDGE

Starter Camp Opening Day is Sunday, **July 30.** We will open the gates at 10AM. Check-in will take place from 10AM-12PM. There will be signs directing you to Camp Crestridge once you get off the interstate. We ask that parents depart camp by 12PM. Campers will eat lunch at 12:30PM.



OPENING/CLOSING DAY FOR STARTER CAMP

CAMP RIDGECREST

Starter Camp Opening Day is Sunday, July 30. We will open the gates at 10AM. Check-in will take place from 10AM-12PM. There will be signs directing you to Camp Ridgecrest once you get off the interstate. We ask that parents depart camp by 12PM. Campers will eat lunch at 12:30PM.

CAMP CRESTRIDGE AND RIDGECREST CLOSING DAY

Starter Camp Closing Day is Friday, August 4. The gates will open at 9AM. Please plan to pick your child up no later than 11AM. There will be no program or meal for parents that 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. Mandatory lice checks will no longer be a part of the check-in process on Opening Day due to limited resources with the local lice professionals. **If lice is suspected and then found on your child during the session, we will provide a complimentary initial soak treatment for campers still in our care. 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, 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 call 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 from camp early within 24 hours notice.**

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 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 speak to the pharmacy for all routine medications.

This process serves two purposes. 1) Improves the safety of campers and staff and 2) Provides our nurses a manageable and documentable way to give out medication.

STARTER CAMP MEDICAL AND HEALTHCARE

We have two medical staff on property during Starter Camp who 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, 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 call 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.

STARTER CAMP

If your child will need to take any medication during the session, please bring the medication in the original container so our medical team can record the proper directions for administering the medication. This will be done during the check-in process. Any leftover medication will be returned to you on Closing Day.

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 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.

MEDICATIONS

All Routine Daily Medications will need to be packaged by the pharmacy that we have contracted with ahead of your child's arrival date. Routine daily medications can be prescription or over-the-counter medication. A routine daily medication is ANY medication that needs to be administered to your camper **every single day** whether it is prescription or not. Examples are: ADHD, Diabetic, BC, allergy medications, allergy drops, supplements, every day inhalers. **Keyword: every day.**

“As needed” medications can be brought with you to camp, properly labeled with your child's name written on the bottle, and given to the medical staff in the registration line. These are medications that are **NOT** administered every day, but are here just in case your child should need them. Examples are: Epipen, migraine meds, eczema creams, as needed inhalers. **Keyword: NOT every day.**

The charge for Routine Daily Medication safety packing and administration **will be \$40.00 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 added of \$15.00, or \$50.00 total. If you bring medications on Opening Day, the cost will be \$75.00.** (Antibiotics for acute infections are an exception. 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 7th**

Second Session – **Deadline for Health Form is May 21st**

Third Session – **Deadline for Health Form is June 4th**

Fourth Session – **Deadline for Health Form is June 18th**

Starter Camp - Deadline for the Health Form is July 2nd

Due to the increasing amount of needed medications that we are distributing at camp, we ask you to please consider refraining from sending vitamins or supplements 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. 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.

Step 4: When you arrive at camp, make your way to the nurse's station, and your child's medications will be there at the nurse's station for check in. (*Some exceptions may apply.) You may also drop off any "as needed" medications at this time. A nurse will be available for last-minute changes or to drop off "as needed" medications.

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



DIETARY CONCERNS/ALLERGEN POLICY

Since campers exert lots 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 Store/Canteen.

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.

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.



CAMPER BUNK REQUEST

You have the ability to request another child for your camper to bunk with. Please request only one cabin mate, and they must be in the same grade. The person you request must request your child as well. If there are three campers that all want to be together, they should all list the other two. We will not have 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 snacks at Nibble Nook or to buy any 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.

STARTER CAMP SPENDING MONEY

Because we do not take any trips or open our clothing store (outside of Opening/Closing Day), there is no need to leave spending money during Starter Camp. We will not hold it for you.

LAUNDRY

Camper laundry, with the exception of Starter Camp, 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.

STARTER CAMP LAUNDRY

We will not be doing any camper laundry during Starter Camp. Please pack accordingly. If your child has an accident or needs to have certain items washed, they will need to let their counselor know and we will wash those items for them.



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. 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. 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. If you would like to check on your child, we can have one of our staff who knows them well call you back with an update. If you would still like to talk to your child during their camp stay, you may call and leave a message with our receptionist. The message will be posted for your child's counselor, and the call will be returned when they are not in an activity. We ask that during the first week of the camper's stay that you refrain from calling, to allow them time to adjust.

LETTERS

Campers truly love to receive letters from home! They receive their mail each day after lunch and always look forward to this time. For most campers, receiving a handwritten letter is very special. Since "snail mail" can take three to five 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!

EMAIL

Handwritten letters are wonderful, but when you are unable to get these out, you may choose to email your camper. These will be printed out each day at 7AM and delivered along with regular mail after lunch. Only those registered with our photo and email service (CamplnTouch) can send email communication. Please be aware that anyone you provide with your username and password can send emails from your account. You may set up Guest Accounts for any family or friends who would like to email your camper. This can be done through your CamplnTouch account and the Companion app.

MAIL (BOYS)

Mail should be addressed to: **Boy's Name, Camp Ridgecrest for Boys, PO Box 279, Ridgecrest, NC 28770**. 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.

MAIL (GIRLS)

Mail should be addressed to: **Girl's Name, Camp Crestridge for Girls, PO Box 279, Ridgecrest, NC 28770**. Cheerful letters from home mean a lot to campers, especially if it is their first time away from home. Please do not indicate a sad tone in your letter or tell your daughter that her pet misses her very much! This will only help to bring out any homesick feelings your daughter might have.

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:

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. Because many of our camp families live a long distance from camp, there is no visitation for our two-week campers. Your child will need to be picked up on Closing Day between 9:30AM - 11:30AM. They will not be able to return to camp until Opening Day. Please return your child to camp by 11:30AM.

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 AND CAMPANION PHOTOS:

Go to 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 and have 10 free credits each two-week session that you can use to send your camper emails. You can also see photos of the camp session from 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**@campridgecrest****Camp Ridgecrest****CAMP CRESTRIDGE****@campcrestridge****Camp Crestridge****YouTube****Ridgecrest Summer Camps**

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.

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

We have a “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 as 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 parent 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, and telling them that there is always someone they can reach out to, whether it is their 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. 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, turn it in at the registration line when they arrive, and we will return it on Closing day, so that they will have it with them as they travel.



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 taken back by the counselors when the campers arrive back at camp and given back on closing day.

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

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 another area of camp. If the misbehavior is serious, we will contact the parents.

The use of cigarettes, Juuls, 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 probably send the child home as well. 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.




BUDDY SYSTEM

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.

STARTER CAMP BUDDY SYSTEM

Campers will need to have a buddy each time they swim in the lake as mentioned above, as well as on hikes. However, campers will not be taking trips out of camp during Starter Camp.



CAMPERS MISSING HOME (HOMESICKNESS)

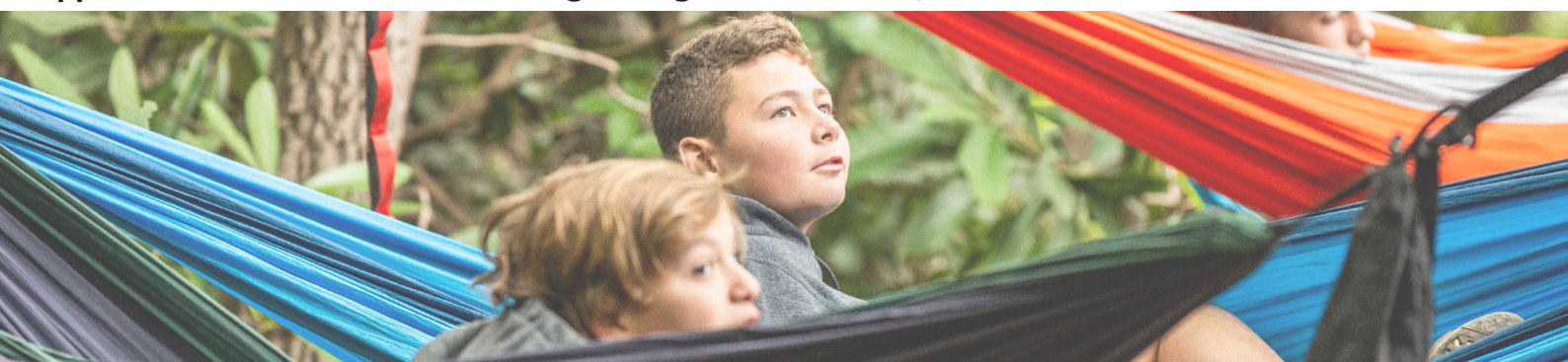
If this is your child's first summer away from home, you will probably have some reservations. Sometimes the first day or two at camp will be difficult for both campers and parents. Actually, we experience very little real homesickness. Most of these problems stem from being in a new environment and 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 the opportunities to do brand new things along with some they are more familiar with.



FIRST SWIM (SWIM TEST)

On the first day of camp, every camper will participate in “First Swim.” This is our version of a fully supervised swim test. The test consists of a 25 yard swim in any stroke. Although PFDs (Personal Floatation Devices) will be used any time your camper is in the lake, “First Swim” is used to determine whether your camper will be required to wear a PFD when in the Crestridge Pool.

CAMPOUTS - CAMP RIDGECREST

Overview

While at Camp, your son will go on at least one overnight campout. Younger ages (Turtleback, Leatherwood, and Graybeard) only go on one campout while older campers (Rattlesnake, Thunderhead, and Highland) 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 also 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.**

CAMPOUTS STARTER CAMP

There is no need to pack anything special for campouts during Starter Camp. While we will take a hike to a campsite and cook dinner over a fire, we will be returning to camp and sleeping in our bunks at night. These hikes will be moderate and any close-toed shoe should be fine!

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
- First 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
- Store 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 12 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, 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*
Turtleback Adventure*
Archery*
Axe Throwing*
Baseball
Basketball
Bible Study
Blacksmithing*
Canoeing
Chess
Crafts
Fishing
Fitness*
Flag Football

Floor Hockey
Fly Fishing*
Football
Frisbee Golf
Guitar*
Handball
Indoor Soccer*
LEGO Skill*
Man Skill*
Mountain Biking*
Outdoor Living/Fire Building
Pickleball*
Puppy Skill*
Riflery*

Rock Climbing*
Rocketry
Sequoia Derby*
Soccer
Spikeball*
Swimming
Target Sports*
Trap Shooting*
Trick Shot Challenge
Ultimate Frisbee
Weightlifting*



SKILLS AND ACTIVITIES

CAMP CRESTRIDGE SKILLS

While at Camp, your camper will participate in 9 different skills. She will take each skill for either 2 or 3 days depending on the schedule they receive. Campers will take skills 1, 2, and 3 on the first Monday, Tuesday, Wednesday of the session; skills 4, 5, and 6 will take place on the first Thursday and Friday of the session; and finally, skills 7, 8, and 9 will take place on the second Tuesday, Wednesday, Thursday of the session. Please login to your account and choose the skills your camper wants to do. You will choose 12 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

Archery
American Sign Language
Basketball
Bible Study
Board Games
Ceramics
Bluerock Adventure*
Child & Babysitting Safety*
Bear Paw Adventure*
Cooking
Crafts
Drama
Drawing
Embroidery*
Fire Building*
Fun in the Water*

Gardening*
Grilling*
Guitar
Gymnastics
Hand Lettering*
Health & Fitness*
Homesteading*
Jewelry Making*
Lacrosse*
Life Skills*
Missions*
Mosaics
Mountain Biking*
Musical Performance
Needle Craft
Outdoor Games

Outdoor Living
Pickleball*
Puppy Skill
Riflery*
Rock Climbing*
Running
Sewing*
Science Skill*
Soccer
Strength, Stretch, Flexibility
Swimming
Ukelele
Volleyball
Walk & Talk
Woodworking*
Yoga



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
The Glacier
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>

STARTER CAMP SKILLS:

Due to the number of campers and staff on hand for Starter Camp, we do not offer our full list of skills. Additionally, rather than signing up for specific skills they are interested in, campers go to pre-selected skills with their cabin that the camp leadership team will choose in advance. These skills are not limited to, but most likely include skills like archery, canoeing, swimming, outdoor living, and sports.

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
Octoball
Evening Games
Water Slide
Puppies
4 Square
2 Square
Hiking
High Ropes Course
Corcls
Outdoor Cooking
Zip Line
Ping Pong
Giant Connect 4
Outdoor Fire Pit
Floating Dock
Store
And More!



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

STARTER CAMP SKILLS:

Due to the number of campers and staff on hand for Starter Camp, we do not offer our full list of skills. Campers will have the opportunity to sign up for their skills once we have determined the skills we are able to offer. These skills are not limited to, but most likely include skills like Chip Adventure, Crafts, Outdoor Living, Archery, Cooking, and more.

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 one way in which girls can grow while at camp. Each village has a challenge that is specific to their village. The challenges become more challenging as girls move through the villages. In order to receive your challenge, all of the tasks must be completed. Tasks are designed to help girls grow mentally, physically, spiritually and socially. Some of these tasks include memorizing scripture, learning all of the names of their cabinmates, walking loops around camp, doing a daily quiet time, writing a note of appreciation, and showing kindness and respect to others.

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. If a girl completes her challenge, she receives a white bar to add to 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.” Returning campers are encouraged to bring their honor bands from summers past, but new campers will be given new honor bands.

STARTER CAMP

While a specific challenge is not presented to campers during Starter Camp, the way our program is designed still gives campers the opportunity to grow physically, mentally, socially and spiritually



CAMP RIDGECREST PACKING LIST

Please label all your camper's belongings with their first and last name.

10 t-shirts
6 pairs of shorts
1 pair of pants
1 pair of old brown/ khaki pants for Council Ring
2 sweatshirts
8-10 underwear
8-10 pairs of socks
2 long tube socks for Sock War!!
Pajamas
2-3 bathing suit
2-3 pair 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 (cot-sized 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.)

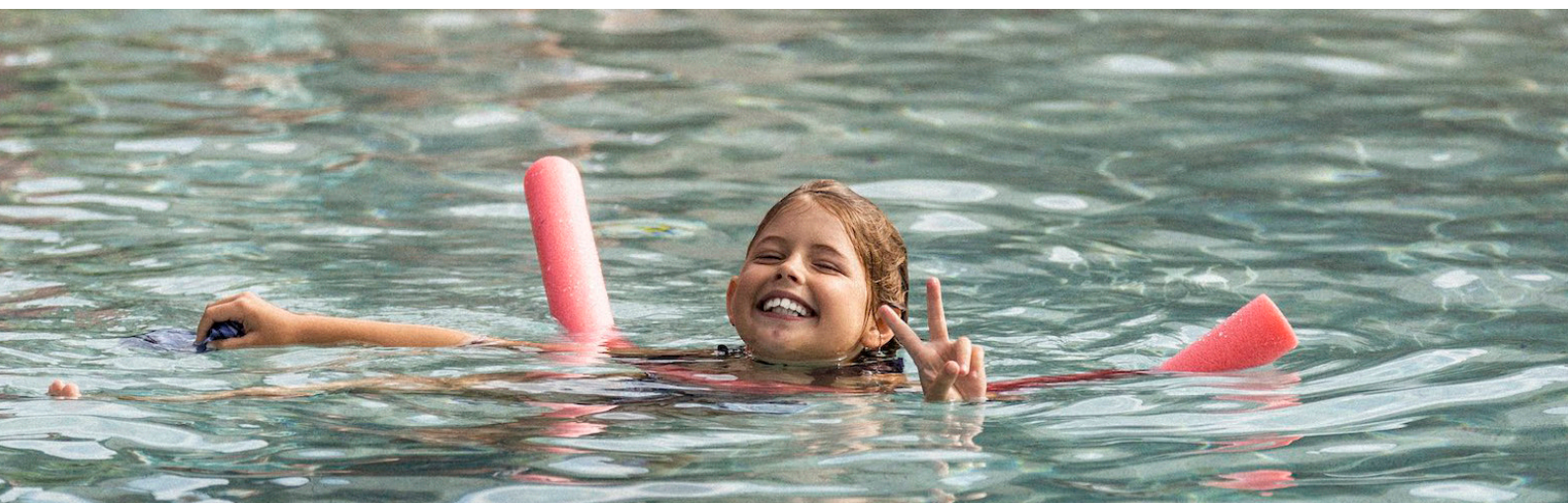
CAMP CRESTRIDGE PACKING LIST

Please label all your camper's belongings with their first and last name.

10 t-shirts or tops
8 pairs of shorts
2 pairs of pants/ leggings
2 sweatshirts
10 day supply of underwear
8 pairs of socks
2 long tube socks for Sock War
Pajamas
2-3 bathing suit (one-piece only)
1 white shirt (for Council of Progress)
1 pair of green shorts (for Council of Progress)
2 pairs of tennis shoes
1 pair of shoes/sandals that can get wet
1 dress or top and skirt for Sunday Worship
1 pair of dress shoes for Sunday Worship (no flip flops)
1 rain jacket
1 set of bed sheets (cot-sized mattress)
2 pillow cases
Pillow
1-2 blankets

1 sleeping bag (optional)
3 towels (2 bath and 1 swimming)
Cosmetics
1 laundry bag
Bible
Journal
Stationary/Stamps
Flashlight
Water Bottle
Backpack (optional)
Honor Bands (Returning Campers)
Sunscreen and Bug Spray
Small battery-powered clip-on fan (optional)
No spaghetti strap tank tops!
No flip flops outside of cabins
Toiletries

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



STARTER CAMP PACKING LIST FOR RIDGECREST

Please label all your camper's belongings with their first and last name.

10 shirts	1 set of bed sheets (cot-sized mattress)
6 pairs of shorts	2 Pillow Cases
1 pairs of pants	Pillow
1 sweatshirt	1-2 Blankets
7-8 pairs of underwear	Sunscreen
8-10 pairs of socks	Bug Spray
2 long tube socks for Sock War!	3 Towels (2 bath and 1 Swimming)
Pajamas	1 Laundry Bag
1 bathing suit	Bible Journal
2 pairs of tennis shoes	Stationary/Stamps
1 pair of shower shoes/sandals that can get wet	Flashlight
Water Bottle	Small battery-powered clip-on fan (optional)
1 rain jacket or poncho	Toiletries

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

STARTER CAMP PACKING LIST FOR CRESTRIDGE

Please label all your camper's belongings with their first and last name.

Bible	1 wk. supply underwear
Cosmetics	No flip flops (outside)
1 jacket	1-2 blankets
Pillow	1 set of bed sheets (cot size)
Stationery/stamps	Journal (optional)
6 prs. shorts	Battery powered fan (optional)
6 T-shirts or tops-- No spaghetti straps!	2 sweatshirts
2 long tube socks for Sock War	1 pillow case
Pajamas	1 laundry bag
1 white top or T-shirt (for Council of Progress)	Sunscreen and bug spray
1 pr. green shorts (for Council of Progress)	1 bathing suit (1 piece only)
2 pr. pants	2 towels (1 bath/1 lake)
Water bottle!	1 rain jacket/poncho
Flashlight	Backpack (optional)
2 prs. of tennis shoes	1 pr. shoes/sandals the can get wet
	Toiletries

WHAT NOT TO BRING

Expensive items such as costly cameras, cell phones, gaming devices, iPads, tablets, kindles, nooks, apple 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.

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 so that they will have it with them as they travel.

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.



PREPARING FOR CAMP

One of the first steps of growing at camp is the experience of being away from home and family and adjusting to being at camp. In order to help prepare campers before camp begins, consider some of the suggestions below:

- Read through our “About Us” and “How Boys Grow at Camp,” and “How Girls Grow at Camp” pages on our website. See also the “Homeickness” section of this Parent Packet.
- View the FAQ section of our website. If you feel you have a question we have not adequately answered there, please feel free to call us at 828-669-8051 or email us at rscamps@ridgecrestcamps.com
- Talk with other parents or friends whose children have come to camp
- Look through our camp daily schedule found on our website
- Problem-solve with your camper. Try to anticipate problems such as “What if I... lose something? Get hurt? Don’t feel well? Don’t know where to go?” Etc.
- Understand how to send mail and emails to your camper. Make sure to keep letters and responses upbeat and positive as negative or “sad” letters can often cause campers to experience homesickness
- Try to maintain a positive outlook on your camper’s upcoming camp trip. Try to avoid statements like, “I know you will have a great time, but I’m going to miss you so much!”

