

Parent Handbook



CAMP FOR GIRLS
SINCE 1917

Skyland Camp for Girls

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All other camper forms are completed online through your Skyland Account (under additional options > document center).

Welcome to Skyland Camp for Girls!

We are honored that you have chosen to share your daughter with us this summer. In doing so, you have given her a wonderful gift - summer camp - where we will encourage her to be her “best self” and develop the skills and strengths that will carry her forward in life.

Skyland’s mission – to effect change in the world.....one conversation.....one experience.....one camper at a time – guides us in all we do at camp. As has been true since Susan Courtney Harris (aka Granny Harris) founded Skyland more than a hundred years ago, we know our campers will learn more about who they are and who they want to be through the connections they make at Skyland.

A successful camp experience is a team effort, and you, the parents, are such an important part of that. We want your camper to get the most out of her experience at Skyland and build the kind of memories and friendships that last for life. We look forward to working with you answering questions, addressing concerns and joining in the excitement. You are invited to contact us at any point by phone or e-mail.

This Parent Handbook is intended to prepare you and your camper for the summer. In it, you will find all of the basic information and forms you need to help keep your summer preparations stress-free. We ask that you review the Handbook with your camper and use it as a tool to discuss the experience and the expectations each of you have.

As always, please do not hesitate to contact us as you prepare for the summer at Skyland. We look forward to seeing you and your camper soon!

Warm Regards,

The Skyland Team

Preparing for Camp

Arrival and Departure Dates and Times

Please use the Arrival Information and Travel Plans form in your Skyland account to let us know your travel plans to and from Skyland. Special requests for late arrival and/or departure must be approved through the camp director.

Traditional Camp Sessions:

- Session 1 Sunday, June 21 – Friday, July 10, 2020
- Session 2 Sunday, July 12 – Friday, July 31, 2020
- Full Summer Sunday, June 21 – Friday, July 31, 2020

Starter Camp Sessions:

- Starter Camp Session 1a Sunday, June 21 – Monday, June 29
- Starter Camp Session 2a Sunday, July 12 – Monday, July 20

Drop-off and pickup times:

- Opening Day Drop-off (all sessions): 11:00 a.m. – 1:00 p.m.
- Closing Day Pickup (**traditional** sessions): 9:00 a.m. – 11:00 a.m.
- Closing Day Pickup (**starter** sessions): 10:00 a.m. – 11:00 a.m.

Driving Directions

The physical address for Skyland is 317 Spencer Street in Clyde, NC. GPS devices may not direct you all the way to Skyland's property. Camp is easily accessed off of interstate I-40, just 25 miles west of Asheville, NC. From I-40, take Exit 27 following signs to Clyde. This will put you on another highway, Highway 19/23. Take the Clyde exit (#106) and then:

- At the first stoplight, turn left onto Morgan St.
- Continue until the street ends and turn right on to Broad St.
- Take the first left onto Charles Street and cross the river.
- Take the first right on to Thickety, then the first left onto Spencer.

Follow Spencer Street to the "T" and bear right at the A-frame house and continue towards Clyde Park. Stay right on Spencer Street around the back of Clyde Park. This road becomes the gravel driveway to Skyland Camp for Girls. Follow the road to the designated unloading area behind the Skyland Main Lodge. You have arrived!

Tuition Payment

Prior to May 1, the deposit, less a \$200 processing fee, is refundable. After May 1, the deposit is non-refundable. Camper tuition accounts must be paid in full by June 1. After June 1, no refunds will be issued.

As a reminder, you may pay online through your Skyland Account in UltraCamp, or by sending a check to Skyland Camp for Girls at PO Box 128 – Clyde, NC – 28721. Payment plans may be set up through your online Skyland account or by calling the Skyland office at 828.627.2470.

Arriving by Air

Skyland Camp for Girls provides transportation for campers arriving to or departing from the Asheville Regional Airport (AVL). Flights should arrive and depart on the first and last days of camp during the listed pick-up times and drop-off times. Please contact Skyland at the time you book the flight. We may be able to advise certain flights that coincide with others, which may reduce the wait time for your camper.

Unaccompanied Minor

- You may opt to pay an additional fee to have an airline representative accompany your camper during her flight. This is considered an “unaccompanied minor.” You would turn your camper over to the airline’s responsibility at her departing gate, and we will accept your camper from the airline at her arrival gate.
- You will need to provide the Skyland representative’s information to the airline.
- We will know the day before camp opens who will be at the airport and you can provide that information when you drop off your camper the following morning.
- Please contact Skyland (828-627-2470) to obtain that information. If you need it at the time of booking, please list Kay Anderson, Parent Liaison.

Minor flying alone (under 18, but not “accompanied” by an airline attendant.)

- Some parents use this for their more experienced flying campers.
- You (and we) can still go through security and drop/meet them at the gate, but an airline representative will not accompany your camper. If flight changes or diversions are required, your camper will be on her own at the connecting airport.
- When she arrives in Asheville, we will be at the gate (or in the airport) to meet her.
- Your camper should be able to navigate the airport in the unlikely event we are not allowed through security. She should have a cell phone with Skyland numbers programed so she can contact us if her flight is diverted or she finds herself alone in the airport.

Once your camper is with us at the airport, we will contact you to let you know we’re on our way to Skyland!

Please contact us in the event of any change in plans (flight delay, camper illness, etc.). If your child is traveling with a cell phone, please send us that number along with your child’s complete itinerary. We will only use this information to contact your child in the event of an emergency. Please make sure your child has the following contact information:

- Kay Anderson, Parent Liaison: (301) 529-5587
- Skyland Camp for Girls Office: (828) 627-2470

Skyland Transportation and Vehicle Regulations

Several vehicle regulations are enforced for all camper transportation, including airport pick-ups and drop-offs. All staff members who transport campers are at least 21 years of age. Vehicles are equipped with first aid supplies. We require seatbelts for all passengers. Your child will be reminded of this and other relevant policies. Booster seats will be

provided when required by North Carolina law ([G.S 20-137.1](#)). If you would like your child to use her own booster seat, you may bring it to camp on opening day.

Shipping Address for Pre-Camp Luggage

If you are shipping luggage, plan for it to arrive 1-5 days before camp begins. Please mark all luggage clearly with your camper's name. If you choose to lock the luggage, be sure to send the key or combination with your camper. Please use a trunk or suitcase for your camper's personal belongings. **DO NOT SHIP ITEMS IN A CARDBOARD BOX.** Boxes tend to get damaged in delivery and we cannot guarantee they'll hold her belongings at the end of the session.

If you send your camper's items in trunks to Skyland, camp will ship your the trunks home at the end of her session if requested. Your camper's account will be charged the actual shipping fee plus a flat rate of \$20.00 service/transport fee per trunk. Discounts apply for multiple bags or multiple campers in the same family. If your camper leaves something behind that you would like packaged and returned, your account will be charged the actual shipping fee plus a packaging/service fee. If shipping is less than \$50.00, the service fee will be \$10.00. If over \$50.00, a \$20.00 service fee will be added.

For pre-camp luggage via FedEx and UPS, send to:

Skyland Camp for Girls

<CAMPER NAME>

317 Spencer Street

Clyde, NC 28721

For mailing address and mail policies during camp, please **see the Mail and Email for Campers and Packages sections** on pages 12 and 13.

Refund Policy

The required deposit is due at the time of registration.

- Prior to February 1, the deposit, less a \$200 processing fee, is refundable.
- After February 1, the deposit is non-refundable.
- The balance of camp tuition is due on or before May 1. After May 1, no refunds will be issued.
- If you need to cancel May 1 or after, no refund will be issued.
- In cases of homesickness, dismissal or voluntary withdrawal, no refunds will be issued. No refund will be available if you attend a program and are dissatisfied with its presentation or content.
- Should a camper need to withdraw after May 1 for a health condition confirmed in writing by a physician, we will give full credit toward the following year's registration, minus the \$200 processing fee.
- If, for whatever reason, Skyland Camp for Girls does not open for the registered term(s), full refunds will be issued.

Camper Spending Accounts

Spending account money is used for weekly laundry service, special trips, camp store purchases and emails. Any remaining money, and an itemized list of purchases, will be provided to you at the end of the session. We recommend \$100 for starter camp, \$200 for traditional camp and \$350 for the full summer.

Spending account money must be received before opening day, and can be submitted via check by mail or with a credit card through your Skyland Account.

Packing

A packing list is available in your Skyland account with UltraCamp and at skylandcamp.com/prepare-for-camp/. Please ensure that all of your camper's items are labeled clearly with her name. EverythingSummerCamp.com, Applied Labels, and Mabel's Labels are great camp label options. Use the code **play827sc** at checkout with Everything Summer Camp for discounts on camp supplies and apparel.

Skyland Camp for Girls cannot be responsible for loss or damage to personal possessions, it is suggested that campers do not bring valuable items or equipment to camp. In addition, personal sports equipment other than tennis rackets – which may include archery equipment, softball bats, lacrosse sticks, specialized activity gear, etc. – may need to be stored by the camp in a secured location.

Please remember that campers may NOT bring the following items to camp:

- Animals
- Cash or Credit Cards
- Cell phones
- Certain electronic devices (please see "Electronics" section)
- Drugs and Alcohol
- Food (including candy or snacks)
- Vehicles
- Weapons including firearms and/or ammunition
- Lottery tickets

Please refrain from bringing these items as a camper's belongings may be searched by the camp administration in the event of reasonable suspicion that an individual has violated either the law or camp rules regarding possession of prohibited items and that the search will produce evidence of the violation. Any items found in violation of the law or camp rules will be confiscated and may be discarded or destroyed by the camp.

Mental Preparation

A summer at Skyland ... it's a big deal! Returning campers have been counting down the days since the end of last summer. In the nights before camp begins, many campers stay up late anticipating all of the new and fun experiences they'll have: living in a cabin with best friends, singing through meals, fun activities like horseback riding and splashing in the pool, bonfires and roasting marshmallows under the starry sky, challenging hikes with breathtaking views. What a life!

Packing all of the right gear, having your doctor complete medical forms, and planning transportation to camp are important, but so, too, are your mental preparations. Summers at Skyland are treasured and life-changing experiences, and being in the right mindset when you arrive will help you make the most of your short time here.

One part of that 'mental preparation' is reading this Parent Handbook. We hope it will get you thinking about the camp experience and your preparations for it. Another part is discussing your expectations of camp, both for campers and your family. What do you hope to get out of camp? How might things be different or the same at camp as compared to home? Will you write letters to one another? What will be the most exciting part of your summer at Skyland?

Finally, the days before camp can be so filled with excitement that we forget to fulfill our basic needs. Eat all of your meals and drink lots of water, get plenty of rest, tie up loose ends at home, and take a couple of deep breaths. It's going to be an awesome summer!

Life at Camp

Our Mission

Skyland Camp for Girls' mission is to change the world....one conversation....one experience....one camper at a time. Skyland's mission is at the core of everything we do, from an exciting new off-campus adventure to conversations during the daily rest hour.

So what does this mean for your camper? Expect that she will learn new skills and develop new hobbies. She will work as part of a team and help to set goals and plan activities with others. She will make new friends, learn about their lives, and celebrate their similarities and their differences. She will grow her imagination through story-telling, skits, dance, or dressing up. She will try new things, and try again if she's not successful the first time.

The personal growth that a camper experiences during her time at camp depends on her individual starting point. What is monumental for her in her first year may become a daily occurrence in her second year. When she comes home from camp, the passion and growth she has experienced will come with her, too.

Daily Schedule

During a typical day at camp, the schedule is as follows:

8:00 a.m.	First reveille, wake up
8:25 a.m.	Second reveille, flag raising
8:35 a.m.	Breakfast, then cleaning and preparing for the day
10:00 a.m.	First activity
10:50 a.m.	Second activity
11:40 a.m.	Third activity
12:25 p.m.	Free time
1:00 p.m.	Mail call
1:15 p.m.	Dinner
2:00 p.m.	Rest hour
3:30 p.m.	Fourth activity
4:20 p.m.	Fifth activity
5:10 p.m.	Sixth activity
6:00 p.m.	First supper bell
6:15 p.m.	Supper, then free time
7:30 p.m.	Clubhouse
8:30 p.m.	Free time, ready for bed
9:30 p.m.	Lights out for Lodge campers
10:00 p.m.	Taps, lights out for all

Camper Conduct

It is the responsibility of all campers to contribute to Skyland's nurturing and respectful community. Within cabins, campers will work together to create a code of conduct specific to their group. We ask all campers to follow certain guidelines to promote the well-being of the Skyland community. These guidelines are listed in the Camper Code of Conduct found in the Forms section of your Skyland Account. Please review the Camper Code of Conduct with your camper and submit a signed copy by May 1st.

Lodging (Cabins and Lodge Rooms)

Campers are housed together based on their grade in school. Skyland's youngest campers, (generally through rising fifth grade), along with their counselors, live in Skyland's Main Lodge where most camp administrators also reside. Each room is home to four to six campers. Skyland's older campers (age 11 – 15) live in cabins that are assigned by age group. Each of the four cabins houses 8-12 campers with two or three counselors.

Activities

Skyland activities include archery, games, horseback riding, musical theatre, recycled arts, swimming, and tennis. Often, counselors with skills in other areas will offer special activities such as yoga, dance troupe, culinary arts, or softball as well. At the beginning of each session, campers will be introduced to the activities available and choose their elective activities for the week. Generally, the core activities for the week are those that will result in a group tournament or performance, such as games, musical theatre, and swimming. All other activities for the week are elective. Campers re-select elective activities each week and may participate in the same activities or select entirely new ones.

Outings and Special Activities

Each session, campers and staff enjoy a two-day campout complete with waterfall visits, hikes, and sleeping in tents. Campers usually participate in at least one hike each session. Older campers can choose to go whitewater rafting, or go with the younger campers tubing down a lazy river. Fourth of July fireworks, camp carnivals, and theme days are among some of the other activities that campers may enjoy throughout the summer.

Camp Store

Skyland's camp store is open at least three days each week after the mid-day meal. The camp store contains general items like Skyland apparel, stamps, stationery, and toiletries. The camp store will also be open on opening day for campers to stock up on special Skyland gear. Campers do not use cash to make purchases at the camp store. Purchases are deducted from each camper's spending account.

Vespers

Vespers is a weekly event, held each Sunday evening, in which the entire camp gathers to celebrate values such as friendship, loyalty, gratitude, and stewardship for mother earth. The service includes participation by campers and staff and often includes stories, songs, and skits. Skyland is not a religiously affiliated camp, so any exploration of cultural or religious values is done in an educational context. Following Vespers, the entire camp

community enjoys singing camp songs and building camaraderie through laughter and fellowship.

Food

Campers enjoy three wholesome, family-style meals each day, as well as healthy snacks made available between meals. During meals, campers are encouraged to try new foods, and to eat servings of fruits and vegetables. Snacks generally include items such as fruit, cheese sticks, crackers, and apples and peanut butter. Any specific dietary needs and food allergies should be reported on the camper's medical form in the appropriate section. Please note that Skyland's general sessions cannot accommodate food allergies such as celiac disease, nut allergies and/or other known food allergies that are considered to be life threatening. The kitchen can accommodate vegetarian diets and has been able to support other occasional dietary requests. *If you have specific concerns about camper dietary needs, please contact Skyland's Parent Liaison.*

Phones and Electronics

One of the greatest gifts we give our campers is the opportunity to unplug from their social media grids and practice the art of being "fully connected" ..: with each other, with nature, with their thoughts, dreams and curiosity.

As a tech-free camp, the following items are NOT permitted: cell phones, smart phones, tablets (iPad, Android, etc.), iWatches, e-readers, laptops, electronic games, and any other devices that have a screen and/or connect to the Internet.

The following items ARE allowed at camp:

- SanDisk Sansa Clip Zip (MP3 player)
- iPod Shuffle, iPod Mini, iPod Nano (1st, 2nd, or 6th generation only), or iPod Classic (1st, 2nd, 3rd or 4th generation only)
- Personal headphones may be used to listen to music. The headphones must plug directly to the unit. Wireless headphones are not permitted.
- Digital cameras that do not connect to the Internet

Each cabin will have speakers for MP3 players, as well as a CD player and CDs for campers to enjoy music together. Campers may bring CDs to share with their cabins. In addition, Skyland's library is always stocked with great books and games.

If a camper is flying and brings a cell phone, we will store it in a secure location and return it to her on closing day. Please contact us if you have questions about your particular devices.

Skyland is not responsible for any loss, theft, or damage of items that campers may bring.

Laundry

Laundry service is provided weekly. Our local laundry service charges \$12/pound and the total cost depends on the weight of your camper's loaded laundry bag, and is deducted from camper spending accounts. Laundry bags and each item of clothing (including

bedding and towels) should be clearly labeled with your camper's name. We have sturdy Skyland laundry bags for sale in the camp store.

Health Services and Insurance

A registered nurse attends to camper medical needs along with several trained nurse assistants who work under her direction. Skyland's Health Services Center is stocked with basic first-aid equipment, over-the-counter medications for common camper health concerns, and all campers' prescriptions, over-the-counter medications and vitamins.

If a camper needs more extensive medical services, a member of the Skyland staff will attempt to contact you before seeking outside medical attention. If we cannot reach you, and you have signed the waiver to administer medical care, we will accompany your camper to a medical services provider in the area of the camp.

Camper medical forms must be submitted by May 1st and should be reviewed and signed by the camper's physician prior to sending. It is recommended that you take these forms with you to a regular check-up for your camper prior to camp. All campers are required to have medical insurance. Should your camper not have medical insurance, please contact us for recommendations for short-term insurance plans.

Please let us know if your camper has been exposed to any contagious illnesses within two weeks of opening day, or if she is running a fever. For the protection of other campers, it may be necessary to postpone her arrival. Upon arrival, campers and parents/guardians will meet with the nurse to review medical forms and discuss any questions concerning the camper's health. The camper will have a brief medical screening, including a temperature check, a head lice check and a review for other possible communicable diseases. On closing day, the nurse will review any health concerns from the summer with the parent or guardian to whom the camper is released.

Camper Medications

If your camper will take ANY regularly-administered medication (including vitamins), this is important.

Plan to bring your camper's CURRENT medication(s) (including vitamins, prescriptions or "over the counter" options), in their original, labeled containers, to the Camp Nurse on opening day. Our Camp Nurse will receive medications from you and will oversee all medication distribution. NOTE: The prescriptions/medications must be current, unexpired and have the quantity necessary for the length of your camp session.

While Your Child is at Camp

Contact Us

- **Mail** (letters/flat envelopes only)
Skyland's general mailing address
Skyland Camp for Girls
P.O. Box 128
Clyde, NC 28721

Skyland's physical street address (for GPS, UPS and FedEx)
Skyland Camp for Girls
317 Spencer Street
Clyde, NC 28721

If you're unsure of which address to use, please include both.

- **Phone**
 - Camp office: (828) 627-2470
 - Kay Anderson, Parent Liaison (cell): (301) 529-5587
- **Email**
 - General and submitting forms: Mailbox@SkylandCamp.com
 - Kay Anderson, Parent Liaison: Kay@SkylandCamp.com
- **Fax**
 - (888) 298-5711

Visitors

We love being able to share Skyland with campers AND their families. We also want campers to get the most out of their camp experience, so we limit visitors so girls can focus on their time at camp. Families are welcome to attend the end-of-session horse show and all-camp play for the session their daughter(s) are in residence at Skyland. Visitors must contact the camp office or our parent liaison to sign up for attendance for those events at least 24 hours prior to arrival. Please provide more advanced notice when possible. Visitors must be pre-approved, and check in with the on-site visit coordinator upon arrival. Visitor badges must be worn for the duration of the visit.

Mail and Email for Campers

Each day before the mid-day meal, campers line up excitedly on the side porch of the Lodge awaiting the sound of the Mail Call bell and receipt of letters and emails from home. We encourage campers to write to friends and family during camp, and they hope for the same from you! The magic of a "real" letter is still the focus of many alumnae stories from their time as campers.

Daily emails are printed for campers at a cost of \$1/email, which is charged to camper spending accounts. Campers are unable to respond by email but are encouraged to respond in a handwritten letter. Camper emails can be sent to CamperMail@SkylandCamp.com or through the Skyland website at skylandcamp.com/mail-your-camper/. Please include the camper's name in the subject line of the email.

Packages

Skyland is proud to maintain a package-free summer. Without packages, we celebrate the unique, simplistic lifestyle that camp allows and promote unity within the camp family. Instead of packages, we encourage you to use creative ways of interacting with your camper through letters, such as including word puzzles, a comic clipping from the newspaper, riddles, and pictures.

Packages are any items received in the mail other than a regular, flat envelope (up to the size of a flat 9" x 12" envelope). Any other packages or stuffed envelopes sent to campers will be held for the camper until closing day. Please be sure to share this information with family and friends.

Exceptions apply for the following items. These packages must be sent to Skyland's Parent Liaison to avoid confusion with packages that would be considered prohibited.

- An essential item forgotten at home (e.g.: retainers, glasses, spare inhaler)
- One food- and candy-free package for a camper whose birthday occurs during camp. Please mark "Birthday!" clearly on the package.

SmugMug

Throughout the camp session, you may view pictures of our camp experience on a password-protected site called SmugMug. Login and password information for the site will be sent to you within the first two days of each session. For the security of all campers, please keep the login and password information private. The pictures posted on SmugMug are available for purchase through the site during the entire year. Pictures may be purchased as photographs, digital downloads or printed onto apparel and/or memorabilia.

Homesickness and Other Opportunities for Growth

Some campers never experience homesickness while at camp, and others may struggle with it for a few days or nights. Skyland considers homesickness and similar challenges "opportunities for growth." Counselors and staff are well-trained in time-tested techniques to help campers overcome these obstacles and to fully immerse themselves in the camp experience. Many valuable life skills are learned when trying new activities, sleeping away from home, and living with others in a community environment. These activities provide opportunities for campers to exercise independence and gain skills in taking responsibility and working with others.

While staff members support campers as they navigate these new experiences, your camper will gain much confidence as she resolves possible mild homesickness and learns new life skills while at camp.

We also realize that the overnight camp experience is sometimes harder for those “back home” than it is for the camper. (We know how quiet that house is when your camper is away!!) We are committed to ensuring the camp experience is as fulfilling for you back home as it is for your camper on Skyland Hill.

During camp, parents may call, email, and even text with Skyland’s parent liaison. For parents who wish to be pro-active about these potential concerns, we can provide resources and tools to make sure you and your child both have a wonderful Skyland experience. Many parents have loved reading Michael Thompson’s book *Homesick and Happy*. We recommend it to all new parents as it is a great tool for understanding the value of the camp experience for the camper, the parent, and the entire family.

Wrap-Up

While we strive to cover all topics in this handbook, we realize that questions and/or concerns may arise that have not been addressed. Please contact us if you have questions or would like additional information. We are so excited about the coming summer and are thrilled that you will be joining us!

Skyland Camp for Girls

Pre-Camp Checklist

The following items are **due by May 1st** and are required to complete your camper's file.
All forms are available in your online Skyland Account.

Recent (within past six months) school photo/headshot of your camper (upload to your Skyland Account)

Participant Agreement (e-complete via your Skyland account)

Camper Code of Conduct Form (e-complete via your Skyland account)

Rafting Waiver (for rising 6th graders and older, e-signature via your Skyland account)

Health History Form 1 (e-complete via your Skyland account)

Health History Form 2 (print from your Skyland account for physician signature and upload to Skyland account)

Current insurance card – front and back (upload to Skyland account)

For campers who take medication (including vitamins, prescriptions, inhalers or OTC medications) on a regular basis: update medication information on Health History 1 and 2.

Camper's immunization record (upload to Skyland account).

Arrival Information and Travel Plans Form (e-complete via your Skyland Account)

Camper Spending/Store Account paid (via your Skyland Account or personal check)

Tuition paid in full by June 1 (via your Skyland Account or personal check)

Questions?

(828)627-2470 or Mailbox@SkylandCamp.com