



SKYLAND GIRLS CAMP PARENT HANDBOOK



TABLE OF CONTENTS

■ A Letter from the Skyland Team	3
■ Forms & Payment	4
Ultracamp Account	
Pre-Camp Forms and Payment	
Camper Spending Account	
Refund Policy	
■ Preparing for Camp	6
Arrival	
Departure	
Directions	
Transportation to/from Asheville Regional Airport	
Shipping Luggage	
Hotel Recommendations	
What to Pack, Packing List, Prohibited Items	
Mental Preparations	
■ Life at Camp	13
Skyland's Mission & Values	
Daily Schedule	
Camper Living (Cabins and Lodge Rooms)	
Activities	
Outings and Special Activities	
Traditions and Lingo	
Camp Store	
Food	
Laundry	
Health Services	
Camper Medications	
■ While Your Child is at Camp	20
Mail Call	
Email for Campers	
Packages	
Photos	
Visitors	
Social Media	
Homesickness and Other Opportunities for Growth	
■ Contact Us	22

"Somewhere I can be my authentic self"

"A magical place where I discovered confidence and found forever friends"

"A place that changes lives"

"Home"

These are just some of the ways our campers and alumni have described Skyland Camp. From the moment you step foot on Skyland Hill, you are welcome and you belong.

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 inspire wonder, joy, connection, and growth - guides us in all we do at camp. As has been true since Susan Courtney Harris (aka Granny Harris) founded Skyland more than one 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!

**with love from camp,
The Skyland Team**

FORMS & PAYMENT

→ ULTRACAMP ACCOUNT

Skyland's online account management platform is called Ultracamp. You created an account and used Ultracamp when you registered for camp. You will complete your pre-camp forms, make payments, upload documents, and add money to your camper's spending account through Ultracamp.

To sign into Ultracamp, click [HERE](#).

→ PRE-CAMP FORMS AND PAYMENT

Pre-camp forms and payments must be completed by May 1st.

To make a payment, log in to your Ultracamp account and click "Make a Payment" in the top menu bar.

Forms to read and sign:

- Participant Agreement
- Camper Code of Conduct
- Communicable Disease Waiver

Forms to fill out and sign:

- Arrival Information and Travel Plans
- Health History Form 1

Documents to upload:

- Health History Form 2 (this is a downloadable document for physician to complete)
- Upload a copy of your child's health insurance
- Upload a recent photo of your camper for our Health Center files (go to your camper's name in your account > Upload Photo)

Forms are accessible by logging into your Ultracamp account and going to the Document Center.



→ CAMPER SPENDING ACCOUNT

Spending account money is used for weekly laundry service, special trips and events, camp store purchases, providing forgotten items, and additional snacks for purchase. Any unused funds will be provided to you at the end of the session, or you can choose to donate them to our Campership program. We recommend the following amounts:

Starter Camp: \$100-150

Main Camp, rising 1st-6th grade: \$150-250

Main Camp, rising 7th-10th grade: \$350-400

To fund your camper's spending account, log into your Ultracamp account and go to My Reservations > select your camper's reservation > scroll down until you see "Store Deposit" > click "Edit" next to Store Deposit > add your desired amount.

→ REFUND POLICY

The required deposit is due at the time of registration.

- Prior to February 1st, the deposit, less a \$200 processing fee, is refundable
- After February 1st, the deposit is non-refundable
- The balance of camp tuition is due on or before May 1st
- After May 1st, no refunds will be issued
- Should you need to cancel after May 1st for a family emergency or a medical emergency, we will give full credit toward the following year's registration, minus the \$200 processing fee. *Medical emergencies must be confirmed in writing by a physician.*



PREPARING FOR CAMP

→ ARRIVAL

Main Camp and Starter Camp Session 1

Check-in will take place on **Saturday between 10am - 12pm**. Please note that we are not able to accept families before 10am. When you approach camp, Skyland staff will give you directions based on your camper's age group. Younger ages will be directed to park at Skyland's Lodge, older ages will be directed to park near their cabins.

Upon arrival, you will go to the Lodge to check in with the administrative team, meet with Health Services, and then unload your camper's luggage to their Lodge room or cabin with the assistance of Skyland staff members.

Starter Camp Session 2

Check-in will be at the Skyland Lodge on **Sunday 4pm - 5pm**. Please note that we are not able to accept families before 4pm. You will check in with the administrative team, meet with Health Services, and then unload your camper's luggage to their Lodge room or cabin with the assistance of Skyland staff members.

While parents/guardians will have the opportunity to see the camper's cabin, meet the cabin's counselors and take a quick tour, we encourage a quick drop-off and goodbye for the benefit of both your camper and her fellow campers.

→ DEPARTURE

Starter Camp Session 1

Pick up is on **Sunday between 9am - 10am**.

Main Camp and Starter Camp Session 2

Check out is on **Monday between 9am - 11am**.

You will make 3 stops during pick up:

- Back porch of Skyland's Lodge - to retrieve spending account information and check out with office personnel
- Health Center - to review any medical attention your camper may have received, and to obtain any medication you left on opening day
- Your camper's cabin or room - to retrieve luggage



→ DIRECTIONS

The physical address for Skyland is **317 Spencer Street in Clyde, NC 28721**. Most GPS apps and devices will direct you all the way to Skyland's property.

However, if your GPS device does not, you can follow these directions:

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. You have arrived!



→ TRANSPORTATION

We offer transportation to and from Asheville Regional Airport (AVL), which is 40-60 minutes away from Skyland. If your camper will need transportation to and/ or from Asheville Regional Airport, please ensure that this is noted on your Arrival Information and Travel Plans form **AND** that you email camp at mailbox@skylandcamp.com to confirm your camper's transportation needs.



sun shines east, sun shines west,
skyland campers shine the best!

SHIPPING 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, duffel bag, or suitcase for your camper's personal belongings. DO NOT SHIP ITEMS IN A CARDBOARD BOX. Boxes tend to get damaged in delivery and then are not usable to ship items home.

If you send your camper's luggage to Skyland, we will ship the luggage 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, duffel bag, or suitcase.

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

Skyland Camp & Retreats
<CAMPER NAME>
317 Spencer Street
Clyde, NC 28721

HOTEL RECOMMENDATIONS WAYNESVILLE/ LAKE JUNALUSKA/ ASHEVILLE, NC

If you would like to spend the night before drop off or pick up, there are lots of hotels, inns, B&B's, and vacation rentals in the area. These are some hotels within a 30 minute radius of Skyland. We also recommend checking [AirBNB](#), [VRBO](#), or [Lake Junaluska Vacation Rentals](#) if you prefer a vacation rental.

Lambuth Inn OR The Terrace Hotel
Lake Junaluska, NC
<https://lakejunaluska.com/accommodations/>

Oak Hill on Love Lane B&B
Waynesville, NC
<https://oakhillonlovelane.com/>

Best Western - Smoky Mountain Inn
Waynesville, NC
<https://www.bestwestern.com/.....>

Days Inn by Wyndham
Waynesville, NC
<https://www.hotels.com/.....>

Hampton Inn & Suites Asheville Airport
Asheville, NC
<https://www.hilton.com/.....>

Holiday Inn & Suites Arden - Asheville Airport
Asheville, NC
<https://ihg.com/.....>

Windgate by Wyndham Fletcher - Asheville Airport
Asheville, NC
<https://www.wyndhamhotels.com/.....>



WHAT TO PACK

- A trunk, large duffle bag, or suitcase should hold all your camper's belongings. There is an online store called EverythingSummerCamp.com that carries trunks, duffles, blankets, laundry supplies, etc. Use the code `play827sc` at checkout with Everything Summer Camp for discounts on camp supplies and apparel.
- We recommend taping a packing list of items brought to camp inside the top of your trunk. This will help your camper and her counselor ensure that none of her items are left behind.
- 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, or you may use a waterproof, black Sharpie to label her belongings.
- Laundry day occurs once per week. Starter Camp campers will not have a laundry day. **Please pack more than a week's worth of clothes for your camper** in case her clothes get dirty quickly or laundry is delayed.
- **All shoes must have a heel strap.** Flip flops and sandals without a heel strap are a tripping hazard and may only be worn as shower shoes.
- Campers are sorted into one of two teams at Skyland - Tallyho or Trossach. This is their team for life and follows family lines (for example if their mom is a Tallyho, they will be a Tallyho). Each week, campers compete in T&T games and wear their team colors. Tallyhos wear green shirts and Trossachs wear white shirts. Returning campers who know their team should pack green or white shirts to wear on T&T days. New campers can buy green or white Skyland shirts from the Skyland store after being assigned to their team, or you can pack 2 white shirts and 2 green shirts from any brand to wear on T&T days.
- Campers will wear a green Skyland shirt each Sunday, during Banquet, and in group photos. Ensure your camper, whether a Tallyho or Trossach, has at least 2 green Skyland shirts to wear to these events.
- Senior campers (rising 7th-10th graders) will go on a whitewater rafting trip with Nantahala Outdoor Center. They must have sturdy water shoes to participate. Chacos or Tevas **with a heel strap** are a popular choice. Crocs are NOT suitable for whitewater rafting.



PACKING LIST

CLOTHING

- 2 green Skyland shirts*
- 2 white items for tie-dye (100% cotton- synthetic fabrics will not hold dye)
- 1-2 green or white shirts for T&T* (white for Trossach, green for Tallyho)
- 6-10 other shirts
- 8-10 pairs of shorts
- 5 long pants or leggings (at least 1 pair of jeans)
- 3 pairs of lightweight pj's
- 3 pairs of warm pj's
- 1-2 pairs comfy sweatpants
- 1 bathrobe
- 2-3 swim suits
- 4-5 sweatshirts/ fleeces/ sweaters
- 1 rain jacket
- 12 sets of underwear
- 12 pairs of socks (long and short)

SHOES - all shoes, except shower shoes, must have a heel strap

- 2-3 sneakers (for games and exploring)
- 1 rain boots or shoes
- 1 hiking boot or sturdy sneaker (optional)
- 1 water shoes (Chacos, Texas, KEEN, water sock, etc.)
- 1 riding shoe or sturdy shoe with a short heel (for horseback riding)
- 1 shower shoes

BEDDING & TOILETRIES

- | | |
|---|--|
| <input type="checkbox"/> 2 twin sized sheet sets | <input type="checkbox"/> 4 bath towels |
| <input type="checkbox"/> 2 pillow cases | <input type="checkbox"/> 2 pool towels |
| <input type="checkbox"/> 1-2 pillows | <input type="checkbox"/> 2-3 wash cloths or a loofa |
| <input type="checkbox"/> 1 lightweight blanket | <input type="checkbox"/> Personal toiletries |
| <input type="checkbox"/> 1 heavier weight blanket | <input type="checkbox"/> Bath caddy |
| <input type="checkbox"/> Laundry bag (solid nylon are preferred - mesh bags can tear) | <input type="checkbox"/> Stuffed animals, small rug, photos, and other comfort items |

MISC.

- | | |
|---|--|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> 1-2 water bottles* | <input type="checkbox"/> flashlight or headlamp w/ batteries |
| <input type="checkbox"/> wrist watch | <input type="checkbox"/> tennis racket (optional) |
| <input type="checkbox"/> 1-2 hats or visors* | <input type="checkbox"/> swim goggles (optional) |
| <input type="checkbox"/> bug spray and sunscreen | <input type="checkbox"/> journaling or writing materials |
| <input type="checkbox"/> small box of tissues | <input type="checkbox"/> books or magazines |
| <input type="checkbox"/> camera (disposable or digital) | <input type="checkbox"/> stamps and stationary |
| <input type="checkbox"/> backpack or tote bag | |

CLEARLY LABEL OR MARK ALL BELONGINGS

*items are available in the Skyland store

PROHIBITED ITEMS

Skyland Camp cannot be responsible for loss or damage to personal possessions, it is suggested that campers do not bring valuable items or equipment to camp.

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

- Electronics
 - When we unplug, we find an even better connection- with each other! Campers may not bring any electronics that can connect to WiFi or cellular data. This includes cell phones, smart watches, most iPods, tablets, video games, laptops, and Kindles.
 - For listening to music, campers may bring age-appropriate CD's to play on the cabin boombox and/ or can bring an mp3 player that does not connect to the internet. We recommend Campfire Players, which were designed by camper parents for use at summer camp.
 - If your camper is traveling alone and needs a cell phone for the trip, she will turn it in on check-in day and we will keep it secure during camp. Please remind your daughter to completely turn OFF the phone prior to handing it in. Your camper's phone will be returned on the last day of camp.
- Cash or Credit Cards
 - Please add any necessary funds to your daughter's spending account. She will use her spending account for shopping in the Skyland store, laundry, any forgotten items that we need to buy for her, and for any off-camp trips.
- Food (including candy, gum, and snacks)
 - No one wants to share their cabin with bugs or woodland creatures! Please leave all food items at home.
- Pets or Animals (no matter how small)
- Drugs and Alcohol
- 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. Any items found in violation of the law or camp rules will be confiscated and may be discarded by the camp.



→ MENTAL PREPARATIONS

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, participating in fun activities like horseback riding and archery, bonfires and roasting marshmallows under the starry sky, chasing fireflies in the summer evenings. 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. Drink lots of water, get plenty of rest, and take a couple of deep breaths. It's going to be an awesome summer!



we are from Skyland, we are the best in the land. Hoorah for Skyland! everyone thinks we are grand!



LIFE AT CAMP

→ SKYLAND'S MISSION

Skyland Camp's mission is to inspire wonder, joy, connection, and growth. Our 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.

→ SKYLAND'S VALUES



Loving Kindness

- We show consideration towards others. We listen, value the voices of others, lend a helping hand, and stay connected.



Collaboration

- We value working together towards a common goal. We acknowledge the skills, contributions, creativity, and experience that we all bring with us. We listen to each other's feelings, opinions, and ideas.



Curiosity

- We embrace saying "I don't know"! We ask questions, stay in the moment, and we never grow bored of learning new things.



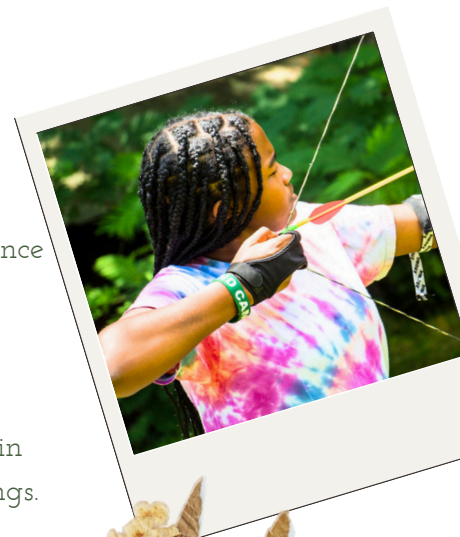
Service

- We are attuned to and care about each other's experience, needs, and expectations. We invite people to relax and feel at home. We treat each other with respect and grace. We value what the practice of service teaches us about ourselves and our relation to others.



Integrity

- We conduct ourselves with honesty, fairness, truth, candor, and respect. We treat others as they want to be treated. We focus on the collective good.



DAILY SCHEDULE

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

	8:00am	Reveille/ Wake Up		1:15pm	Dinner
	8:20am	Flag Pole		2:00pm	Rest Hour
	8:30am	Breakfast		3:30pm	Fourth Activity
	9:15am	Cabin Cleaning		4:20pm	Fifth Activity
	10:00am	First Activity		5:10pm	Sixth Activity
	10:50am	Second Activity		6:15pm	Supper
	11:40am	Third Activity		7:30pm	Clubhouse / Evening Activity
	12:25pm	Free Time		9:30pm	Taps for Lodge
	1:00pm	Mail Call		10:00pm	Taps for All

CAMPER LIVING

Campers are housed together based on their grade in school. Skyland's youngest campers, (rising 1st - 5th graders), along with their counselors, live in The Lodge. Each Lodge room is home to up to six campers. Skyland's older campers (rising 6th - 10th graders) live in cabins that are assigned by age group. Each cabin houses up to 10 campers with two or three counselors.

DAILY ACTIVITIES

Skyland activities include archery, games, horsemanship, musical theatre, crafts, swimming, and more! Often, counselors with skills in other areas will offer special activities such as yoga, book club, culinary arts, or pickleball.

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

Senior campers (rising 7th -10th graders) have the opportunity to go whitewater rafting with Nantahala Outdoor Center. Fourth of July fireworks, camp carnivals, and theme days are among some of the other activities that campers may enjoy throughout the summer.



SKYLAND TRADITIONS AND VOCABULARY

Camp is its own world! And as such, there is some lingo that your camper will pick up while at Skyland. You can study up here:

Banquet and Bonfire: On the last evening of camp, we hold Banquet and Bonfire, which allows campers and staff to celebrate successes, reflect on the summer, and share laughter and tears as the session comes to an end. Campers also reflect on perhaps the most beautiful thing that comes from a summer at Skyland: their newfound confidence and their many friendships.

Cabin 1, 2, 3, 4, or 5: Many campers will stay in the creekside cabins along the center of camp. Each cabin is named and has a unique layout, but all cabins offer a spacious sleeping porch, living room area, a bathroom and shower, and a counselor room.

Clubhouse: The Clubhouse is a building behind the Lodge that hosts many of our activities, including our nightly all-camp activity, which we have creatively called 'Clubhouse.' The building itself has a large gymnasium-style floor, a stage, a screened-in porch with ping-pong tables and storage closets, and showers and toilets.

The Hill/ Skyland Hill: Camp sits atop a small hill within the beautiful Blue Ridge Mountains, and, accordingly, we refer to the general location of camp as "The Hill" or "Skyland Hill." We may go 'off the Hill' for special occasions, or you may hear that someone 'just arrived back on the Hill,' after some time off.

The Lodge: The Lodge is the first building seen when approaching the camp, and Skyland's central hub. The Lodge is home to seven camper and counselor rooms, the office, health services center, library, mailroom, kitchen, dining room, and a costume-filled attic. During Girl's Camp, the youngest campers are housed in the Lodge.

Mail Call: A daily event (except on days when mail is not delivered) in which campers receive mail and email from friends and family.

Rest Hour: A designated time for rest and relaxation each day from 2:00-3:00 pm where campers and counselors remain in their living areas.

Reveille: A traditional bugle call sounded each morning for the camp to wake up and come down to the Lodge for breakfast.

Song Night: Song Night is where we get loud and rowdy, singing songs from Skyland's songbook, with some songs dating back to the camp's founding! While the piano rings out, girls join in with hand motions and shouted choruses for a rousing evening.

Taps: A traditional bugle call sounded each night signifying lights out and time for bed.

T&T: T&T can refer to any competition between the two teams that the campers are assigned to, Tallyhos and Trossachs. Most commonly, the event 'T&T' refers to court games that take place each week. Teams may also get 'T&T points' when individuals on their teams participate in tournaments or complete special feats.

Tallyho: One of the two teams for campers at camp. Their color is green. Some say that certain kinds of people are Tallyhos, but we'll let you decide for yourself.

Trossach: One of the two teams for campers at camp. Their color is white. Some say that certain kinds of people are Trossachs, but we'll let you decide for yourself.

Vespers: Vespers takes place before Song Night each Sunday. It is a non-religious service where the whole camp comes together to learn values like friendship, gratitude, loyalty, and stewardship.

→ 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 granola.

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, severe nut allergies and/or other known food allergies that are considered to be life threatening. The kitchen can accommodate vegetarian and vegan diets and has been able to support other occasional dietary requests. If you have specific concerns about camper dietary needs, please contact Skyland's Director.

→ LAUNDRY

Laundry service is provided weekly for Main Camp campers. Our local laundry service charges \$12/pound. The total cost depends on the weight of your camper's loaded laundry bag and is deducted from camper spending accounts. On average, one camper's laundry can cost between \$20-30. Laundry bags and each item of clothing (including bedding and towels) must be clearly labeled with your camper's name.



→ CAMP STORE

Skyland's camp store is open during opening day and occasionally during the camp session. The camp store contains general items like Skyland apparel, stamps, stationery, and toiletries.

Campers do not use cash to make purchases at the camp store. Purchases are deducted from each camper's spending account.



→ HEALTH SERVICES

Our camp pediatrician oversees care provided by our Health Center staff. Health Center staff attend to campers' daily medical needs. Skyland's Health Center is equipped with first-aid supplies, over-the-counter medications, and campers' prescriptions and vitamins. Campers can visit the Health Center at anytime, day or night, to receive medical attention.

If our camp doctor determines that a camper needs more extensive medical services, the doctor or a member of the Skyland staff will attempt to contact you. 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.

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 Health Center team 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 and a review for other possible communicable diseases. Campers will receive a head lice check on opening day. If lice is found, treatment is required for the camper to remain at camp. On closing day, the nurse will review any health concerns from the summer with the parent or guardian to whom the camper is released.

A note about lice: On opening day, we will have a professional lice screening company check your camper to make sure she is free of lice. There is no charge for this screening, but if lice is found, this company will treat her immediately and we will bill you for that treatment. Please consider checking your camper's hair for lice before arriving to help avoid this costly treatment.



CAMPER MEDICATION

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

To ensure high efficiency, low risk of error, and a reduced wait time for your camper, Skyland has specific guidelines for how medications are handled at camp. **We require all of your child's prescription(s) and any over-the-counter oral medications, taken on a daily basis, to be packaged and dispensed according to our guidelines.**

All tablet and capsule medications are to be filled by a pharmacist in a specific type of unit-dose (blister pack) containers based on the time of administration, and include the prescription label on the package. This includes prescription and over-the-counter medications taken on a daily basis.

Prescription liquids, inhalers, Epi-pens, creams/ointments, and medications requiring refrigeration are exceptions, and may be brought to camp in their original packaging. Every medication coming into camp must be in its original container.

If your child takes a medication as needed (not daily or regularly), that medication does not require blister packaging. Be sure to list these "as needed only" medications (whether prescription or OTC) on your camper's Health History form, and bring them to camp in their original packaging.

All medications, including prescriptions, OTC (e.g., Advil, etc.), and vitamins/supplements (including melatonin), must be dispensed from our Health Center by our staff. **Campers are not allowed to keep any medication in their cabin**, with the exception of emergency inhalers and Epi-pens.

Skyland's Health Center stocks a full array of OTC medications, and our staff are ready to administer these when needed: antihistamines, pain relievers, antacids, topical itch relievers and antibiotic ointments, for example. Please do not send these to camp. If there is a specific OTC medication that you would like us to stock, please let the Health Center know on opening day. If there is a medication that your child cannot take, please make sure you indicate this on the Health History Form and speak with the Health Center staff on opening day.

The Health Center dispenses daily medications at regular times throughout the day: after meals (9am, 2pm, 7pm) and before bedtime (9pm).

If your child does not absolutely require daily vitamins, supplements or any other over-the-counter remedy at home, please do not send such medications (especially gummies) to camp. If these daily OTC medications are absolutely necessary, they must be sent in their original packaging.

CAMPER MEDICATION CONTINUED

We strongly recommend that you *do not make any changes* to your camper's prescription medication regimen within two months of attending camp. Especially for psychotropic drugs, starting a new prescription or interrupting a longterm drug treatment (e.g., ADHD medications) can be detrimental to a child's success at camp. Please make sure your camper's prescribing physician knows that they will be attending camp so you can plan accordingly. We want our campers to be as successful as possible!

You may need to fill a prescription for camp before your camper's next refill is available insurance-wise. Your pharmacy may have to do a "vacation override" to satisfy the insurance company.

All unused medication will be returned to you on closing day.

BLISTER PACK INSTRUCTIONS

We use unit-dose blister packaging at camp. Unit-dose packaging helps the staff with efficient and accurate dispensing of medications. All tablet and capsule medications are to be filled by a pharmacist in blister pack containers based on the time of administration, and include the prescription label on the package.

This includes prescription and over-the-counter medications taken on a daily basis. If your camper takes over-the-counter melatonin or Zyrtec daily, as an example, the doctor must write a prescription and it must be filled and packaged according to our guidelines. Most doctors understand this and are happy to write a prescription.

A separate blister pack is used for each time of day that medication is dispensed. Please use separate blister packs for medications dispensed at multiple times of day. For example, if medication A is taken daily at breakfast, we need (1) blister-pack for medication A. If medication A is taken at breakfast and dinner, we need 2 blister packs for medication A. If 2 medications are taken at the same time of day, they may be packaged together or in separate blister packs.

Please only bring medications that have been packaged according to our guidelines. The exception would be a new prescription for an illness prescribed right before camp starts, such as an antibiotic. This would need to be in the original bottle, labeled by the pharmacy.

Use your preferred pharmacy to blister pack your camper's medication. Then bring the blister packs to camp to give to the Health Center on opening day.

NOTE: Some pharmacies do not offer this type of packaging. Pharmacies that cater to nursing homes tend to have the unit-dose packaging available. **Please begin this process early and contact us well in advance of camp starting so we can spend ample time answering your questions and allow time to find solutions.**

WHILE AT CAMP

→ MAIL CALL

It is always exciting to have mail from friends and family back home. Please send letters often to:

<Camper Name>
Skyland Camp & Retreats
P.O. Box 128
Clyde, NC 28721

You can also pre-write a few letters and give them to us during check in to pass out at Mail Call. Please label the letters with when you would like them to be passed out (Day 1, Day 2, etc.)

→ CAMPER EMAIL

In addition to handwritten letters, you can send your camper emails. Emails are printed each morning to be handed out at Mail Call.

To send your camper emails:

- Log into your Ultracamp account
- In the menu, navigate to "Message Center"
- Select "Email a Camper"
- Purchase email credits. Each email is \$1.
- Select the camper who you wish to send an email. Your email will be printed at 10a.m. in time for Mail Call each day.
- Campers are unable to respond by email but are encouraged to respond with a handwritten letter
- Family and friends can create their own Ultracamp accounts to send emails, or you can share your account info if you feel comfortable doing so.

Please note: this is now the only way to send camper emails. The former email address used for camper email will no longer be used by the Skyland office.

→ PACKAGES

Skyland is proud to maintain a package-free summer. Without packages, we promote unity within the camp family and celebrate the unique, simplistic lifestyle that camp allows. 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.

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

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



PHOTOS

Throughout the camp session, you may view pictures of your camper on a password-protected site called Smugmug. You can access Skyland's photo galleries at skylandcamp.smugmug.com. Passwords will be shared on opening day in person and via email. For the security of all campers, please keep the login and password information private.

VISITORS

We love being able to share Skyland with campers AND their families on opening day. During Girls Camp, we want campers to get the most out of their camp experience, so we do not allow visitors until the end of the session.

Families are welcome to attend the end-of-session all-camp play for the session their daughter(s) are in residence at Skyland. Visitors must contact the camp office to sign up for attendance for the show at least 48 hours prior to arrival. 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.

SOCIAL MEDIA

While we are a camp that cherishes being unplugged and finding real connection during the summer, we also use Facebook and Instagram as methods of communication. Follow @skylandcamp for general updates about camp. For the protection of privacy, we do not post photos of campers on social media sites while they are attending camp.

Connect with fellow Skyland parents by joining the private Facebook group, Skyland Camp Moms and Dads. This is a great place to ask questions, give and receive advice, and get to know members of the Skyland community.

MISSING HOME

Skyland considers missing home 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.

To help your child prepare for Skyland, talk positively about what they will experience. Be honest about the not-so-glamorous parts of camp, like bugs or rainstorms. Speak to your child about homesickness and let them know that many kids miss home the first few days of camp. Once they get involved and get to know their counselors and new friends camp will become an exciting new adventure.

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

CONTACT US

CONTACTING CAMP

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!

Contact Information

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Sherry Brown, Executive Director: sherry@skylandcamp.com

Lisa Sheldon, Creative Direction: lisa@skylandcamp.com

Skyland Office: (828) 627-2470 / mailbox@skylandcamp.com

Skyland Mailing Address (for letters/flat envelopes only)

Skyland Camp & Retreats
P.O. Box 128
Clyde, NC 28721

Skyland's physical street address (for GPS, UPS and FedEx)

Skyland Camp & Retreats
317 Spencer Street
Clyde, NC 28721

