

Welcome to Camp Broadstone

We are looking forward to having your child with us this summer at Camp Broadstone. As you and your child prepare for camp please take time to read through the following information and you may want to print this booklet for future reference. It will answer many common questions we receive about your child's stay at camp. If you have any questions or concerns please feel free to contact us at 828-963-4640. John Paul, Nancy, and I are busy preparing for the unique experience that is camp - we look forward to welcoming you and your child on opening day.

Jude

Judith Bevan
Director

John Paul

John Paul McNeal
Assistant Director

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Opening Day

Camper registration will take place between 2:30 p.m. and 4:30 p.m. on the first Sunday of each session. You have been assigned a specific arrival time for your child's registration into camp. (See your invoice/receipt.) Please make every effort to arrive within your assigned time block. Please notify us in advance if you need to change your time by email to rogersnm@appstate.edu.

Please do not plan to arrive at camp before 2:30 p.m. as we will be organizing final details of opening day and will not be able to receive and care for campers before 2:30 p.m.

Upon arrival at camp our friendly staff will guide campers and their parents/guardians to the camp lodge for group and cabin assignments, petty cash deposit into the camp bank, and to check that older campers have necessary clothing and equipment for the 4 day trip. You will then be directed to the health care staff for our camp health screening. (More information on health care at camp is later in this handbook.) Staff will be in the parking lot to assist you and your child in taking luggage down to their assigned cabin. Campers and their parents/guardians are required to go through camp registration before they go to their cabins.

Closing Days

CAMPERS ARE TO BE PICKED UP AT CAMP ON THE LAST FRIDAY OF THEIR SESSION.

Explorer 1 week sessions: pick up time between 3:00 and 4:00 pm.

Explorer Session 1	Friday, June 18
Explorer Session 2	Friday, July 9
Explorer Session 3	Friday, July 23

2 week sessions: pick up time between 8:30 - 11:00 am.

Session 1	Friday, June 25
Session 2	Friday, July 16
Session 3	Friday, July 30

Please, no exceptions to the pick up times! Campers and parents are required to check out at the camp lodge before leaving camp. Spending money remaining in the camper's account and any medication remaining with the camp health care staff will be returned to parents at that time. Campers will not be allowed to ride home with other campers or adults without a signed release form from their own parent or guardian. This release form will be available on opening day.

Cabin, Bunk and Group Assignments

Campers are assigned to a morning group with whom they will attend the enrichment classes and an afternoon learning group for their adventure activities. Each group is composed of 12 campers of the same age range and is coed. Your child will receive a name tag with their group and cabin assignment on opening day.

Campers live in age and gender specific cabins, e.g. all younger female campers live in their own cabin. Three staff and eighteen campers live in each cabin. Bunks and storage space in the cabins will be pre-assigned for the campers. Our staff will be located at various sites around the camp on opening day to assist you with luggage, questions, and settling into the correct cabins and bunks.

Camp Tour

For new parents and campers we will be offering welcome tours during the opening day registration. There will be a poster on the camp lodge porch announcing times for the tours.

Deadlines

Payments

Full payment for camp is due by May 1. There will be no refunds for any cancellations made after April 15. Please contact Nancy Rogers at 828-963-4640 or rogersnm@appstate.edu for questions regarding your tuition costs or rafting fees.

Code of Conduct Form

Please take time to review the camp's code of conduct with your child. We want to provide a wholesome and safe camp environment for all campers and will need everyone (campers and staff) working together to create that place. The code of conduct has a place for both you and your child to sign, stating that you have read and understand the material in it. This form must be submitted along with the camper's health form with the final payment by May 1st.

Health History and Medical Exam Form

The health history and medical exam forms provide our health care staff with information about your child's health history and most current health condition. **All** campers, first timers or returning, must complete the Health History Form 1. If your child has had a medical exam by a physician within 24 months of attendance at Camp Broadstone and the exam is recorded on a previous Health Form, a new medical exam is not required. Please call the camp office to verify the exam date! Campers whose medical exam is older than 24 months are required to have a licensed medical person complete the Health History Form 2. All campers must return these forms with the final payment by May 1st. Please make every effort to return your child's medical forms to us by that date. Our camp health care staff needs time to become familiar with the medical and health history of every camper and the office staff needs time to make numerous copies of the forms to accompany the campers on all their activities during camp.

It is important to note that when you sign the Health History Form 1 for your child/children that you are

giving permission to the medical personnel selected by the Camp Broadstone Director to secure and administer treatment, including hospitalization, for your child/children. You are also acknowledging and understand that by participating in the camp, the possibility exists for physical illness/injury (minimal, serious, catastrophic, death) in connection with this program, and that you indemnify and hold harmless Appalachian State University, its trustees, agents, and employees from any claims for personal illness or injury that may be sustained during camp.

Health Screening

On opening day our health care staff will review the health history and medical exam form with you and your child and collect any medication you will leave for your child. Our goal is to work with you to learn about your child's health so that we can best take care of them in your absence. Please be patient with us as we conduct the health screening.

Medication—Physician Prescribed

& Over-The-Counter Types

The camp's health care center keeps a variety of over-the-counter medicines and health care products on hand for the campers' needs. These include: Tylenol, nasal spray, cough syrup and cough drops, decongestants, Benadryl and Children's Motrin. You do not need to bring these products with you. **All medications (physician prescribed or over-the-counter) that you are leaving for your child must be given to the camp health care staff on opening day.** Physician prescribed medications or over-the-counter medications must be in their original containers. Instructions for its dispersal should be clearly written on the prescription label or in a clearly worded statement by the prescribing physician.

Campers are not allowed to keep medications in their cabins (an exception would be an asthmatic camper with a personal inhaler or a treatment kit for extreme allergic reactions).

This policy is in accordance with the standards set by the American Camp Association and helps maintain a safe cabin environment for all campers.

Health Care Services

Camp Broadstone will have on-site health personnel to handle minor accidents or illnesses. The majority of our staff have current American Red Cross certifications in First Aid and CPR, and many have more advanced health care certifications. The Appalachian State University Health Services facility is available if a doctor is needed. In case of situations that cannot be handled at camp or at the University Health Services the camp has arranged the resources of the Watauga County EMS and emergency room at Watauga County Medical Center. Our policy is to inform parents/guardians in the event of a serious accident or illness. Informing parents/guardians regarding minor accidents or illnesses will be left to the discretion of camp health care personnel or camp director. Campers are covered by a limited accident/illness insurance policy while at camp, the cost of which is included in the camp tuition.

Extreme Allergic Reactions

Campers with extreme allergic reactions (e.g. bee stings, food allergies) must bring their treatment kit to camp and be able to self administer the medication. Campers should also bring a waist pack to carry the medication with them. Label both the medication and the waist pack with the child's name.

Special Dietary Needs

Our food service at Camp Broadstone is designed for preparing meals for large groups. We are not equipped to prepare cook to order meals and will require your assistance to accommodate specific dietary needs (e.g. specific food allergies, vegan diet, celiac, etc.). If you have a child with a specific dietary please contact us as soon as possible so our Food Service Manager can work with you to plan how best to meet your child's needs. In most cases we ask that parents help by providing food substitutes for their child. We do provide a lacto-ovo vegetarian (those willing to consume cheese, butter, yogurt and eggs) option for meals where the main entrée is meat. Only campers with dietary needs verified by a physician are allowed to have food substitutes provided.

Sunscreen Policy

Campers will spend a majority of the day outdoors and are exposed to the sun's rays for much of that time. We ask that you encourage your child to practice the following sunscreen procedures, which we have developed to address the safety of your child's skin.

- Campers need to bring enough sunscreen to last them through their entire session.
- All campers will wear sunscreen with an SPF of 30 or higher on all exposed skin. We also recommend applying sunscreen to lips, which can burn easily.
- Cabin counselors will be responsible for encouraging campers to apply the first layer of sunscreen in the morning before breakfast. Campers also need to take their sunscreen with them, along with water bottles and rain gear, to their all of their activities...morning classes and afternoon activities.
- Morning Instructors, Adventure staff, 4 day trips staff and Learning Group leaders will be responsible for 'sunscreen breaks' during activities and after an activity that has campers in the water.

Camper to Counselor Ratios

Enrichment Classes	1 teacher per 12 campers
Adventure activities and 4-day trip	1 instructor per 4 campers
Cabin setting	1 counselor per 6 campers

Typical Daily Schedule

8:00 a.m. Breakfast	6:00 p.m. Cabin/Free Time
8:30 a.m. Cabin Clean Up	6:30 p.m. Supper
9:00 a.m. Enrichment Activities	7:00 p.m. Free Time
12:30 p.m. Lunch	8:00 p.m. Evening Activity
1:00 p.m. Rest Hour/Mail Call	9:30 p.m. Cabin Time
2:00 p.m. Adventure Activities	10:30 p.m. Lights Out

Camp Broadstone Program Goals and Outcomes

A. Camp Broadstone teaches children the value of self-discovery.

- Campers participate in an activity they have not done before
- Campers increase problem solving skills, increase ability to make choices and plan activities.
- Campers become more responsible
- Campers progress to higher levels of achievement
- Campers express desire to maintain friendships
- Campers increase self-reliance and ability to manage being on their own
- Campers increase use of consensus building and teamwork
- Campers increase in understanding of and insight about themselves

B. Camp Broadstone teaches children the value of living in community.

- Campers participate in a group project
- Campers participate in team building
- Campers make group decisions
- Campers make new friends
- Campers increase knowledge of team building and decision making skills
- Campers increase problem solving skills, increase ability to make positive choices for the good of the group
- Campers' friendships grow
- Campers increase in understanding of how individuals contribute to the entire community

C. Camp Broadstone teaches children the value of the natural environment.

- Campers participate in outdoor activities
- Campers have increased appreciation, comfort and understanding of nature
- Campers increase knowledge of the outdoor living and nature
- Campers enjoy the natural environment for recreation and leisure, without harming it when away from Camp Broadstone

D. Camp Broadstone inspires academically gifted children to become life-long learners.

- Campers participate in academic enrichment activities
- Campers experience learning in a setting in which they are at an equal level to the other learners.
- Campers apply their learning to excel during the academic year
- Campers find joy in learning throughout their life

Camp Program Description

Enrichment Classes

Campers attend two 90 minute enrichment classes each day during the week. These classes are in diverse areas such as science, history, creative writing, environmental studies, art, music, journalism, dramatic, or cross cultural studies. Campers attend all the classes throughout their session. Some classes can be age specific. The specific classes offered each year and are finalized in late spring. The reason is that we hire our enrichment instructors specifically to teach classes that are in their areas of expertise.

Adventure Activities

These activities are of a more active outdoor nature. These activities include hiking, time on our group problem solving course, climbing on our Alpine tower, climbing wall or high ropes course, canoeing, or swimming at the ASU pool. Campers rotate through the adventure activities and some adventures are age specific. Participation in an adventure based education curriculum has been shown to

- Increase individuals' self esteem
- Foster teamwork and cooperation
- Increase the values of compassion and respect
- Serve as a metaphor for real life experiences
- Give participants the opportunity to think outside the box
- Foster a greater appreciation and tolerance for individual differences

Group Interaction Course - on the GIC campers will try to solve a series of fun and unique problems that require the use of effective communication skills, creativity in decision making, respect for all, and the development of trust. The course helps to cultivate cooperation and improve team building skills. Many of the activities take place at ground level, a few require campers to be a few inches or feet off the ground. Campers above ground level are spotted at all times by staff.

Climbing activities in general - All campers participating in any of our climbing activities wear a seat harness, a chest harness, and a helmet during the activity. Our adventure staff presents a safety orientation in the beginning of every climbing activity. Campers are tied into a belay system before they leave the ground and each camper participates in a belay contract with their staff belayer before their feet leave the ground.

Climbing Wall - The climbing wall has 4 distinct faces, including an overhang and a roof. The wall is 40 feet high and provides numerous climbing routes for beginners and experienced climbers. The climbing wall is the perfect place for campers to learn the art of moving their body and the skill of problem solving as they work out their next move.

High Ropes Course - The ropes course combines the art and skill of climbing with the challenge of attempting a variety of activities 20 to 40 feet above the ground. Campers may be walking on a swinging bridge, balancing on a high balance beam, or leaping for a trapeze.

Alpine Tower - The Alpine Tower is a 50 foot structure that offers the same variety and intensity of challenge as our traditional high ropes course along with increased opportunities for teamwork when there are several campers on the tower simultaneously. The many climbing routes and the spacing of the platforms allow the camper to design just the right amount of challenge for their time on the tower.

Canoeing - Our flat water canoeing program seeks to teach participants paddling and boating skills while developing their ability to work with a partner in areas of communication, decision making, coordinated team effort in paddling, and respect for their fellow paddler. Our adventure staff includes lifeguards that accompany the campers on all canoe activities. Campers and staff are required to

wear life jackets (PFDs) at all times on the water. We use stretches of the New River that are in the Boone or West Jefferson area. The majority of the river on these stretches is flat water. As canoe activities depend on water levels, during drought summers we are not able to offer river canoeing due to lack of water in the river.

Hiking - The Blue Ridge area offers an outstanding assortment of hiking trails. Campers may participate in hikes that last a few hours to hikes that take most of the day. Hiking trails are always on trails open to the general public such as those available on the Blue Ridge Parkway, Grandfather Mountain, or in state parks. Campers do not need hiking boots to be on these trails. A sturdy shoe with good tread will be sufficient. While they are included on our clothing list and we encourage campers to bring hiking boots or shoes if they already own some, we do not recommend that parents make a special purchase.

Swimming at the ASU pool - Campers will attend a free swim time once during their session. Younger campers go to the pool at a separate day from the older campers. ASU has an indoor Olympic sized pool and provides the lifeguards for the swim period.

Bunk1 – Experience camp.....through the Internet! See pictures of your children at Camp Broadstone, read about your child's daily experiences, and send email through Bunk1.com. Please note that there is no cost to log on to Bunk1; there is a fee for services associated with their site (e.g. e-mail, ordering prints, etc. See the Bink1 flyer in your confirmation packet or visit our website (www.campbroadstone.com) for details.

4 Day Trip Program for Older Campers (current 7th, 8th, 9th Graders)- This trip for older campers will take place in the Mt. Rogers National Recreation Area. All older campers, their learning group leaders, and three trip leaders will leave Camp Broadstone on the first Wednesday of the session and return late Saturday. On Saturday the campers end their trip with a whitewater rafting experience on the Nolichucky river. The rafting company requires participants to complete a waiver form with original signatures of the parent/guardian and camper. This form therefore can not be faxed to us but must be mailed. Please make every effort to mail us the waiver form **by May 1**. You will find the waiver form on the forms page of our website.

In this camp-within-a-camp program, older campers apply concepts and practical living skills learned during previous summers to a new situation. Camping out together, planning & preparing meals and designing daily programs will draw upon their abilities to cooperate, compromise, trust and support each other while continuing to build self confidence and provide new challenges.

Campers and staff will be camping in a US Forest Service or State Park Campground and taking day trips to the trails and museums. The level of daily activity during the trip is very similar to their regular camp adventure activities. Campers will hike on trails in the Mt. Rogers area. The trails are of medium difficulty and while some campers have brought hiking boots or shoes, sturdy tennis shoes will also be sufficient. We do not recommend that you purchase hiking boots or shoes just for this trip. While they are included on our clothing list and we encourage campers to bring hiking boots or shoes if they already own some, we do not recommend that parents make a special purchase.

Camper Clothing and Personal Gear

Please provide your child with a sufficient amount of clothing for their session at camp. Laundry service is **not** available at camp. Camp clothing should be casual attire that will prepare the camper to be in an out-of-doors environment. Your child will be participating in hiking, climbing, canoeing, and other outdoor activities every day that require clothing that protects their skin and will function with our safety equipment (such as climbing harnesses). Short shorts, spaghetti straps, strapless or bare-midriff tops, extra baggy shorts, and close fitting or revealing clothes are not appropriate camp attire.

2 Week Sessions

- [] 2 waterbottles, liter size, tight seal lid (REQUIRED – PLEASE LABEL WITH YOUR CHILD'S NAME)
- [] 2 sets of sheets (single), 2 pillowcases, and a pillow
- [] 1 lightweight blanket
- [] 4 towels and 2 washcloths
- [] all personal toilet items (shampoo, soap, toothpaste, deodorant)
- [] sunscreen product of SPF 30 or higher (enough to last the entire session)
- [] 2 pairs pajamas
- [] 9 - 10 pairs of shorts (please no short shorts or extra baggy shorts)
- [] 9 - 10 t-shirts (please no spaghetti strap midriff style)
- [] 3 pairs jeans or other long pants (minimum)
- [] 1 jacket
- [] 1 sweater or sweat shirt top (we have cool mornings and evenings)
- [] 2 lightweight long sleeve shirts
- [] 1 cap with sun visor
- [] 1 swim suit - modest style (girls -one piece or tankini, please no bikinis)
- [] 12 pairs underwear
- [] 14 pairs socks (2 pr. should be a wool blend such as Smart Wool or Thorlo)
- [] 1 waterproof raincoat (essential - a coat or jacket protects better than poncho)
- [] 1 pair hiking boots or shoes (OPTIONAL - see note below regarding footwear)
- [] 3 - 4 pairs of tennis shoes (1 pair should be a sturdy pair for walking on trails)
- [] laundry bag
- [] casual dress-up clothes for camp dance
- [] costumes or props needed for the skit/talent show
- [] extra eyeglasses
- [] sunglasses
- [] day pack (their school book pack should be sufficient)
- [] pencils, notebooks, reading books
- [] stationery, postcards, pre-stamped envelopes, stamps for letters home
- [] camera (include extra memory sticks)
- [] flashlight with batteries

Additional Items Needed by Older Campers for 4 Day Trip

- sleeping bag with stuff sack (two blankets & a sheet could be substituted)
- sleeping pad (such as a closed cell foam camping pad)
- plate, bowl and cup (aluminum or plastic)
- silverware set (knife/fork/spoon)
- a compressible clothing bag (such as a small duffle bag, gym/totebag, stuff sack, or laundry bag) to pack clothes, toiletries, and all other items needed for the trip
- warm fleece type hat and gloves (early mornings and evenings can be chilly at higher elevations)
- bandana

Explorer Sessions (1 week session)

- 2 water bottles, liter size, tight seal lid (REQUIRED - LABEL PLEASE WITH YOUR CHILD'S NAME)
- 1 sets of sheets (single), 1 pillowcase, and a pillow
- 1 lightweight blanket
- 3 towels and washcloth
- all personal toilet items (shampoo, soap, toothpaste, deodorant)
- sunscreen product of SPF 30 or higher (enough to last the entire session)
- 1 pair pajamas
- 4 - 5 pairs of shorts (please no short shorts or extra baggy shorts)
- 5 - 6 t-shirts (please no spaghetti strap midriff style)
- 2 pairs jeans or other long pants (minimum)
- 1 jacket
- 1 sweater or sweat shirt top (we have cool mornings and evenings)
- 2 lightweight long sleeve shirts
- 1 cap with sun visor
- 1 swim suit - modest style (girls -one piece or tankini, please no bikinis)
- 6 pairs underwear
- 7 pairs socks
- 1 waterproof raincoat (essential -coat/jacket protects better than poncho)
- 1 pair hiking boots (see note below regarding footwear)
- 2 - 3 pairs of tennis shoes
- laundry bag
- extra eyeglasses
- sunglasses
- day pack (their school book pack should be sufficient)
- pencils, notebooks, reading books
- stationery, postcards, pre-stamped envelopes, stamps for letters home
- camera (include extra film or memory sticks)
- flashlight with batteries

Clothing and Personal Gear Notes for All Campers in all sessions

1. Please be sure all clothing, shoes, and camping equipment are clearly labeled with the camper's name.
2. Clothing should be appropriate for outdoor activities. Campers are outside on adventure activities every afternoon. Their clothing should protect their skin from sun, allow freedom of movement, and function with our safety equipment such as climbing harnesses. Short shorts, spaghetti straps, midriff tops, extra baggy shorts, and close fitting clothes are not appropriate camp attire.
3. Every camper is REQUIRED to bring 2 water bottles.
4. Footwear is a very important clothing item. Shoes will get wet from river trips and rainy days. There are no laundry facilities at camp so please send plenty of shoes so some can be sun drying while others are being worn. Campers do not need hiking boots to be on the trails that are part of our program. A sturdy shoe with good tread will be sufficient. While hiking boots and shoes are included on our clothing list and we encourage campers to bring hiking boots or shoes if they already own some, we do not recommend that parents make a special purchase. If you decide to purchase hiking boots or shoes for your campers be sure that you purchase them far enough in advance that the boots or shoes are well broken in before camp starts – new boots cause blisters & sore feet.
5. Activities at camp continue rain or shine. Please send sturdy waterproof rain gear - the thin poncho type is not sturdy enough.
6. Storage space for clothing is limited in the cabins. A foot locker is nice and many campers bring one, but it is not required.
7. One of the evening programs for 2-week campers is a skit/talent night. Your child may want to bring costumes or other clothes/props/instruments for that night.
8. The camp administration and staff at Camp Broadstone are not responsible for any personal property brought to camp by campers. We discourage sending expensive items to camp.
9. Campers are not allowed to bring pets or animals to camp.
10. Weapons are not permitted on Appalachian State University property which includes Camp Broadstone. Persons in possession of weapons will be subject to prosecution by State Law Chapter 558 (H1008) General Section 14-269.2.
11. Drugs, tobacco and alcohol are not allowed at Camp Broadstone. Any participant (staff or camper) suspected of alcohol/drug/tobacco use will be asked to leave the camp property immediately.
12. Please do not send:
 - cell phones
 - electronic games
 - expensive music players
 - expensive jewelry
 - music with explicit lyrics not suitable for community living areas

Spending Money

Each camper should bring between \$25 and \$30 for spending money for the camp store and out of camp trips. **PLEASE BRING ONLY CASH IN SMALL BILLS - \$1'S AND \$5'S.** In accordance with Appalachian State University policies we cannot keep any change at the camp and we are unable to cash any checks. All money will be deposited with the camp upon opening day and locked in the camp safe. We do not recommend that campers keep money with them in their cabins as it has a tendency to be lost or may serve as a temptation to some other child. Money is used by campers to purchase hats, t-shirts, mugs, and other items at the camp store, plus any incidental items they may need while at camp (like toothpaste, soap, stamps, etc.).

Mail and Care Packages

Every camper looks forward to receiving letters or a package at mail call. Letters are a good way to continue communication with your child. We encourage you to write often and you should encourage relatives and your child's friends to do the same. You may be interested in the Bunk1 e-mail option as a way to continue communication with your child. Please refer to the paragraph explaining Bunk1 under the Camp Programs Description or visit our website for details. We also encourage the campers to write home as often as they would like. Sending stationery, pre-addressed and pre-stamped postcards and envelopes with your child could make it easier for him/her to write home. Stamps are also available at the camp office. Mail may be sent to the following address:

Your Child's Name
Camp Broadstone
1431 Broadstone Road
Banner Elk, NC 28604

Care packages from home are anticipated by every camper. Please **do not send food** (candy, gum, cookies, etc.). Food is not allowed in the cabins as it attracts ants, mice, and other unwanted visitors. Our kitchen staff prepares nutritious, well-balanced meals. Campers who fill up on candy and such from care packages are then too full to consume their meals. Our menus include enough sweet desserts and snacks to satisfy a camper's sweet tooth. Alternatives to food in care packages include books, playing cards, posters, small stuffed animals, etc. See some of the enclosed flyers for care package ideas. If a food package does arrive, counselors are instructed to bring it to the office to be held for the child until their parents/guardians come to the office to check out on closing day.

Telephone Calls and Visitors

You may telephone us any time during camp. The camp's number is 828-963-4640. Direct phone calls to campers are strongly discouraged and campers do not have access to the camp phone. Please do not send a cell phone to camp with your child. It is our experience that calls from home do more to perpetuate homesickness than to cure it. Calls from home tend to slow the transition into the camp community, sometimes cause the camper to become upset, and can prevent the camper from getting involved with meeting new friends and fully participating in the activities. If you are worried

about your child, please call the office. The camp administration and/or the appropriate counselor will be happy to consult with you about the best plan to help your child adjust to camp.

To maintain quality programming, reduce the risk of unknown strangers appearing at camp and to avoid possible homesickness, we request that there be no family visitors during the camp session the child is attending. There is also no visitation during the weekend for campers of two-week sessions. If family member need to drop off items for their campers please call the office (828-963-4640) to arrange the most convenient and appropriate time.

Homesickness

Homesickness is a natural feeling we've all experienced at one time or another when we've been placed in a new environment, had to make new friends, or long for the "old and familiar". Attending camp is one of those situations that can create moments of homesickness. It does not necessarily mean a child dislikes camp or is unhappy. It is our experience that the symptoms of homesickness will appear in the first few days at camp. Our counselors are trained to help the homesick camper make a smooth adjustment into the camp community.

Preparing your child for camp is the best "medicine" for homesickness. Discuss being away from the family and home, expected activities and situations at camp, and provide a positive family attitude that being away at camp for a short time will be a fun and exciting time. Letting your child know that missing family and home is natural and OK will usually pave the way for your child to make the camp experience one of valuable growth. It also helps to let your child know that you are -confident that he/she is ready for the challenge of being away from home, including trying their best to work through the homesick feeling.

If you receive a letter with signals of homesickness, remember that campers receive mail during rest hour and often use that time to send replies. A camper's thoughts will naturally turn toward family and home at that time, yet those feelings may have already passed by the time the letter reaches you. Try to bring your feelings about being separated from your child into proper perspective, then sit down and write your child an encouraging response. Short cheerful messages are the best type of mail. Ask about camp activities, counselors, new friends, etc. Avoid phrases such as "we miss you" or detailed accounts of what the family has been doing, especially the "family fun" the child is missing while away at camp. Definitely express your confidence in your child's ability to cope and that the camp staff is there to help.

Life Away from Home: Conquering Homesickness

(adapted with permission from the American Camp Association)

Homesickness is a very real and natural emotion that can occur when anyone leaves familiar surroundings. Adults may be surprised to learn that their joy in returning home after a trip is a form of homesickness. How natural then for a child to experience similar feelings!

Especially for first-time campers, being away from home may be a new experience. There is no mom or dad to turn to, no refrigerator handy for midnight raids, no playful, huggable family pet.

Preparing for camp should include becoming conditioned to the idea of separation from home and loved ones. Families should speak openly of the possibility of homesickness. Its effects can be minimized by including children in the camp-selection process from the start so they have a clear concept of what camp is all about.

The key to dealing with homesickness is to try to prevent it by preparing children for the stay. Here are a few suggestions:

- Involve the camper in selecting the camp.
- Visit the camp ahead of time so your child is familiar with cabins, the dining hall and the general surroundings.
- Consider sending your child to a day camp first, so that resident camp isn't a completely new experience.
- Arrange for a first-time camper to attend with a close friend or relative.
- Discuss what camp will be like well before your child leaves home and discuss any concerns.
- Don't tell children up front that you will "rescue" them if they don't like camp right away.
- Assure your child of your love.
- Send letters to children before camp begins so messages from home will be awaiting their arrival.
- Send along a favorite stuffed animal or poster, so your child has a treasured reminder of home.

Sometimes, no matter how well you've prepared, homesickness occurs and children call or write, wanting to come home. Here's a step-by-step guide to deal with this situation.

- Talk with the camp staff or director to get their perception of your child's adjustment.
- Acknowledge your child's feelings by saying, "You seem scared (or lonely, or hurt)."
- Reassure your child of your love.
- Since camp is an opportunity for children to grow, mature, and gain independence, do not rescue them from this experience. Say, "You know that I love you very much, and I want you to stay at camp."
- Another strategy is to say, "If you still feel this way in two days, we'll discuss what we can do." Again, do not make any rescue promises.

According to experts, children overcome homesickness and adjust to camp within a day or two in most cases. At camp, children learn to problem solve, make social adjustments to new and different people, learn responsibility, and gain new skills to increase their self-esteem.

The goal of camp is to provide a fun experience for children, while assisting in their positive growth and development. It would be unfortunate to have a child miss out on developing these life skills because of an early bout of homesickness.

Travel Arrangements to and from Airports

The closest airports to Boone, NC are located in Charlotte, Greensboro, and Asheville. All locations are approximately 2 1/2 hours away. Flight arrival and departure times should be arranged according to camp opening registration and closing day times. Please contact us when scheduling your child's flight. We will be glad to help you work out the appropriate flight times. Camp Broadstone is unable to provide airport shuttles for campers, however we may be able to assist you in finding an adult in the Boone area that will contract with you to pick up and return your child to an airport. Please email Jude at bevanjk@appstate.edu if you are considering flying your child to camp and need further assistance.