



Dear Parents,

We would like to welcome you and your child to SOAR! You are about to embark on a significant adventure with your child, and it is important for you to prepare ahead of time to ensure this is a successful experience for all. You are giving your child a wonderful gift by enrolling them in one of SOAR's programs.

SOAR is accredited by the American Camp Association (ACA). ACA is a group comprised of community and camp professionals who are dedicated to enriching the lives of children and adults through the camp experience. ACA defines "camp" as "a sustained experience that provides a creative, recreational, and educational opportunity in group living in the out-of-doors. It utilizes trained leadership and the resources of the natural surroundings to contribute to each camper's mental, physical, and social growth."

More specifically, we believe camp is one of the best ways to teach pre-teens and teens to be successful, independent, and self-sufficient in a close cooperative learning community that is supportive of their individual gifts and differences. Our goal is to give campers a wide range of activities, skills, and experiences that will not only challenge them while they are here at SOAR, but will also relate to their experiences at home and in the classroom. After campers return home, parents frequently comment to us about how much their children have grown, not only physically, but in their attitudes and self-esteem. These are important and positive changes we strive to instill in our campers while on their SOAR adventures.

We look forward to providing your camper with a summer of fun, friends, and many unforgettable memories!

Sincerely,

Jonathan Jones  
Executive Director

John Willson  
Director of AD/HD & LD Programs

## ACA Camps Set the Standard

SOAR is Accredited By the American Camp Association (ACA)

### ACA Accreditation Means...

- We cared enough to undergo a thorough (over 300 standards) review of our operation.
- Our camp complies with industry-established health and safety standards, recognized by courts of law and government regulators.
- We have a commitment to best practices in the industry.
- We go a step beyond a state's basic licensing requirements.
- We value expert collaboration. ACA collaborates with the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices reflect the most up-to-date, research-based standards in camp operation.

"ACA Accreditation means that this camp submitted to a thorough (over 300 standards) review of its operation by the American Camp Association and complied with the highest standards in the industry," Cindy Moore, ACA National Standards Commission.



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## CHECKLIST FOR PARENTS:

- Carefully Read ENTIRE Parent Handbook
  - Fax Completed Student Forms Packet to 801-820-3050.
    - Instructions for completing these forms:**
      - **Complete pages 1 – 5, which includes the following sections:**
        - Emergency Contact Information
        - Student Medical History
        - Parent Permission to Treat
        - Student Goals Worksheet
        - Picture Release
        - Acknowledgement of Risk
      - **Have the Parent Permission to Treat section (page 2) notarized.**  
Note: A notary will be available during registration of NC & WY courses ONLY.
      - **Have the Student Physical Form completed (page 6) by your child's physician.**  
Note: This form should be signed by your doctor, to indicate a physical has been completed in the past 24 months. Please check with your physician to determine the date of your child's last exam, as your child may not need a new physical.
      - **Submit Course specific Transportation form**
      - **Attach a copy of your child's immunization records**
      - **Attach a copy of your child's insurance card**
      - **Attach a photograph of your child (if applicable)**
      - **Attach copy of flight itinerary (if applicable)**
  - Call SOAR to schedule inbrief/debrief times & confirm travel arrangements.  
(see Location & Course Specific Information in Parent Handbook for details)
    - NC/FL/International courses call (828) 456-3435 (Eastern Standard Time)
    - WY/CA courses call (307) 455-3084 (Mountain Standard Time)

MY INBRIEF TIME: \_\_\_\_\_

MY DEBRIEF TIME: \_\_\_\_\_
  - Submit Final Payment (Final payment is due no later than June 1<sup>st</sup>, 2010)
- 

### COURSE SPECIFIC ITEMS:

#### For students doing multiple courses:

- Schedule layover days

#### For Costa Rica Course:

- Send Student's passport number, and bring passport with you upon arrival

#### For SCUBA Courses:

- Send SCUBA PADI forms (may REQUIRE DOCTOR SIGNATURE)

#### For Academic Discovery Courses: (NC & WY)

- Send Academic Discovery Questionnaire

#### For NC Standard Course:

- Send Student Elective Activity Choice

## Time to start gearing up for camp!

This handbook contains information that you will need to be ready for camp. Please take a few minutes to read through everything. It's all-important, and if you are familiar with the information you can save time and questions later on. Keep this information handy so you can refer to it later.

Plan to make camp preparation a joint effort. Spend time as a family discussing camp policies and procedures. Carefully read through all information and forms contained in this packet. **Complete the forms and return them as soon as possible so we can make plans for your camper.** We make staffing, trip and class plans based on the information on these forms, so don't delay in sending them back!

## Packing for Camp

Beginning on **page 12** you will find all course specific information, including gear lists for all courses. **Find the location of the course your child is attending and purchase the gear listed for that course only.** These gear lists can also be found on our website at [www.soarnc.org](http://www.soarnc.org). If you have any questions about gear, please feel free to contact SOAR Admissions at (828) 456-3435 or consult our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>. As you begin your planning and packing for camp, keep in mind that storage space is limited. All items on the gear list are required unless stated otherwise. It is essential you purchase all items on the gear list before your child arrives, as there are not many places to purchase gear near our bases. However, don't over pack! We have carefully selected each item on the gear list to ensure your child will have everything he or she needs while on their course. Campers will have a limited amount of space in the cabins and on the vans to store their belongings. Several courses require campers to carry their belongings while backpacking. You do not want your camper to be weighed down.

All expedition equipment will be furnished with exception of personal clothing, personal gear, and sleeping bag. A limited number of backpacks are available for loan. Please contact SOAR Admissions if you would like to reserve a backpack as soon as possible. Backpacks will be given on a first-come, first-serve basis.

**Be sure to label all of your child's belongings, including clothing, cameras, gear...everything!** An excellent label source is Campbound.com. While we make every effort to help your child keep track of their belongings, we cannot be responsible for items that are lost.

### **Do Not Bring:**

Cigarettes, drugs, alcohol, sparklers/fireworks, weapons (including knives), hair dyes, expensive or valuable jewelry, skateboards, cell phones, computers, pagers, boom boxes, CD players or radios with speakers, walkmans, Discmans, iPods, MP3 players, or hand held video games. If any of the above items are brought to SOAR, they will be gathered & held until the end of the course. However, SOAR will not be responsible for any lost or damaged items.

*Note: SOAR will return labeled items of \$25 value or greater. Items will be mailed C.O.D. SOAR is not responsible for returning items that are not labeled.*

## Laundry

Students will do their own laundry at least two times while on course. We feel this is an essential life skill for students to learn. SOAR will provide your child with the quarters and soap necessary to do their laundry. In addition to your large laundry bag, you are welcome to send a small mesh laundry bag that can help keep track of smaller items (socks, underwear, etc.).

## Appearance Guidelines

SOAR is dedicated to providing students with meaningful summer experiences, which allow them to learn and grow. To that end, we feel an obligation to ensure each person feels comfortable in his or her attire and is not overly distracted by the clothing of those around them. Therefore, we have formalized our dress and personal appearance code. This dress code takes into consideration the need for self-expression, while also eliminating distractions that might undermine our students' experiences.

Staff and students are not permitted to wear provocative clothing. Male staff and students are not permitted to wear pants that expose underwear or clothing with rips and tears in inappropriate places. Additionally, shirts are required unless involved in water activities. Female staff and students are not permitted to wear: short-shorts, tube tops, belly shirts or any garment that exposes an excessive degree of cleavage or the midriff area, pants that expose their underwear, or clothing with rips or tears in inappropriate places. Uncovered bathing suits should be reserved for water activities and must be either a one-piece bathing suit or bikini with ½ inch straps. String bikinis are not permitted. Clothing that depicts violence, drugs, alcohol, or sexualized references is unacceptable. Staff and students are not permitted to wear torn clothing while at base or in public.

Significant appearance changes while at camp are not permitted. These include but are not limited to the following: drastic changes in hair style or color, piercings of any kind, and henna (temporary) tattoos.

## Communication & Phone Policy

Information, our current camp newsletter and brochure can always be found online at [www.soarnc.org](http://www.soarnc.org). Important information will be sent to parents before and after camp through mail and e-mail (if available). If parents need to communicate with a Director during course, they can call the numbers for each course area. These can be found in the site-specific information beginning on page 12 of this handbook.

SOAR programs are designed to provide students with an opportunity to develop greater independence and self-reliance. With this goal in mind, only students on academic discovery courses or on base between courses will be provided with the opportunity to call home during their course. Upon arrival, parents can request an update during the course. Due to the travel and backcountry nature of our program, staff are limited in terms of the updates they can provide. This opportunity to build student autonomy is an integral part of the SOAR experience.

## The Alternative!



We encourage mail through the U.S. Postal Service or send a personalized fax or email. Our campers love it! It is the most dependable way to communicate with your camper. Mail is collected and sorted daily. Course directors take mail into the field for your camper once every two to three days. Only students on North Carolina or Wyoming courses are able to receive mail, faxes or e-mail. There is no way to get mail to our California, Florida or international course directors. E-mails and faxes are not checked from Fridays at 5 p.m. to Mondays at 8:30 a.m.

While campers are unable to check their own e-mail addresses, you are welcome to send an e-mail for North Carolina courses to [admissions@soarnc.org](mailto:admissions@soarnc.org), and for Wyoming courses to [evr@soarnc.org](mailto:evr@soarnc.org). SOAR office staff print and sort e-mails daily, just like regular mail. **PLEASE make sure to include your child's full name and the course they are participating in on the subject line** (i.e., Chris Smith, Llama Trek V).

**See the course specific information beginning on page 12 for course specific postal addresses, email addresses, and fax numbers.**

## Packages

Packages **should not** be sent to campers while they are on course. There simply is not enough room to store items sent in packages. DO NOT SEND FOOD TO CAMP. Please share with relatives and friends not to send food in the mail. Food in the cabins and in the tents attracts insects and small rodents, creating a health problem. The food served at camp is wholesome and abundant. We will do our best to accommodate your child's eating preferences.

## Birthdays at Camp

If a camper has a birthday during camp, the cook will bake a special cake for the dinner meal, and we'll sing happy birthday. If a camper is out in the field for a birthday, the course director will make arrangements for a birthday surprise for your child.

## Food at Camp

SOAR serves and chooses healthy food options for our students. While students are at base camp, a cook prepares and serves well-balanced meals. In keeping with our philosophy of developing independence and life-skills, students plan their own menus as well as purchase and prepare their own food when they are in the field. We will accommodate vegetarian and non-orthodox kosher diets; however, students are ultimately responsible for their own food choices.

## Health & Personal Well-Being

The number one concern for SOAR is the health and well-being of our community. All SOAR instructors are certified in first aid and CPR, and they receive training in all wilderness and adventure activities. All Florida and California staff members are certified lifeguards. You will be notified if your child is ill or injured and needs to be taken to the hospital. Health checks are completed by a SOAR director at least once a week.

All campers are required to turn in a medical form and physical form signed by a doctor before attending camp. Campers must have a physical exam within 24 months of the start of camp. It is important for you to communicate any physical limitations your child may have with the staff prior to the course.

## Parent Notification of Injury and/or Illness

Parents will be notified of student injuries and illness under the following circumstances:

1. When the injury or illness requires medical care beyond the scope of staff certification.
2. When the student is to be seen by anyone other than SOAR staff for medical care.
3. When an illness or injury results in the student being separated from the group for a significant length of time (i.e., more than one day).
4. When an illness or injury requires a student be removed from the course.
5. To obtain permission for administration of over-the-counter medication not included in SOAR's first aid kit (i.e., cough or cold medication).

## Personal Hygiene

SOAR is a wilderness adventure program, not a traditional residential camp. Students are given a minimum of two bath opportunities during their course. SOAR staff also provide opportunities for daily hygiene needs to be met, such as tooth brushing, hand washing, foot care, sponge baths, wet wipes, etc. We encourage and model proper hygiene. Ultimately, it is the student's choice to take advantage of these opportunities.

## Medication

Proper administration of prescription medication, over-the-counter drugs and vitamins is critical, and we need your assistance. If your child will be on any prescription medication during the course, please send each medication in the **original prescription container** (no pill dispensers please). Include only a two-day surplus. *Note: Each medication should be listed separately on the Medical Information Form.* Please notify SOAR if you will be initiating changes to your child's medication schedule during the four weeks prior to the course. If your child will be flying to SOAR, please **do not** put their medications in checked baggage.

SOAR staff receives training on all aspects of medication administration, including information about the common types taken by LD and AD/HD youth, their purpose and contraindications, and a standard protocol for administering the medication. SOAR instructors will review your child's medication information during the inbrief process.

## Insurance

If an accident or injury does occur, your child will be transported to the nearest medical facility. Any charges for sickness related to doctor or hospital visits or prescription medications will be the sole responsibility of the parent. Family health insurance information must be written on the camper's medical form, and a copy of your insurance and prescription card (if applicable) must be on file with SOAR.

## Visiting Camp

Parents will not be permitted to visit their children while they are on course. We welcome parents and campers to visit base before attending camp. We encourage families to stop by if you are in our area during the fall, winter and spring. SOAR directors give numerous presentations at national and regional conferences throughout the year. Contact SOAR and watch your e-mail for specific dates and locations.

## Participant Discontinuation of the Program

There are occasional instances when students may need to leave or may be asked to leave a SOAR course. These instances include, but are not limited to:

1. Illness or injury.
2. The student's profile and behavior upon arrival are inconsistent with information presented in application materials.
3. The student requires an inordinate amount of one-on-one attention from SOAR staff.
4. The student displays continual aggressive behavior toward other students, self, or staff.
5. The student displays inappropriate sexual behavior.
6. The student uses illegal drugs, alcohol or tobacco products.

SOAR reserves the right to remove students from the program due to these and other issues deemed appropriate to maintain the safety of SOAR students and staff and the integrity of the program. SOAR also recognizes that families may need to remove students from the program due to family emergencies, etc. While we will make all attempts to facilitate a speedy removal of the student from the field (normally 4-6 hours), families should be aware that evacuations may take as long as 24 hours due to distance from the trailhead. Please review the cancellation policy for important information regarding participant discontinuation.

## Transportation Policies and Procedures

To keep families abreast of SOAR's continued commitment to the safety of students during transport, we have posted SOAR transportation policies and procedures online at [www.soarnc.org](http://www.soarnc.org) under the "General Info" page under the "FAQs" tab. If you have any questions regarding protocols, feel free to contact us.

## Financial Information

### Registration Deposit:

Prior to June 1, families will be required to submit a \$250, **non-refundable registration** deposit along with their application for admission. We accept check, money order, MasterCard, Visa and Discover. The registration fee will be refunded only if the camper is not accepted. If a camper must cancel a course, the registration fee may be used for another course during the current season or during the next season. After that, the deposit will become unavailable for use.

### Fee Payment:

When completing your online application, you will be required to submit payment information for all future billing, including tuition balances and additional expenses that may occur. For any registration received prior to June 1, the balance of all tuition fees is due no later than June 1<sup>st</sup>. After June 1<sup>st</sup>, payment must be received *in full* for the student to be confirmed for the course. On June 1<sup>st</sup>, any remaining balances will be automatically charged to the payment selected during the application process. If paying via an alternate source (i.e. check from family member, DSS, or other) payment must be received prior to June 1<sup>st</sup> to prevent your card from being automatically billed. Tuition payments made via credit card or e-check, prior to June 1<sup>st</sup>, may be completed by phone or online by logging into your account at [www.soarnc.org/login.html](http://www.soarnc.org/login.html).

### Additional Expenses:

Your child may incur additional expenses while at camp. This includes prescription medication costs if your child gets sick, damage fees for intentional damage done to SOAR property, or additional airline expenses. Airline expenses may include, but are not limited to, airline baggage fees, airline escort / unaccompanied minor fees, flight change fees due to missed flights, etc. In the event any additional fees occur, SOAR will charge the payment method selected for future billings, and will notify you of the amount charged your credit card on file.

### Cancellations:

Upon cancellation, the tuition balance (excluding the registration deposit) will be refunded on the following schedule:

- |  |             |
|--|-------------|
| ▪ 61 days or more from course start date | Full refund |
| ▪ 31 – 60 days from course start date    | 50% refund  |
| ▪ 16 – 30 days from course start date    | 25% refund  |
| ▪ Within 15 days of course start date    | No Refund   |

SOAR reserves the right to cancel a course due to insufficient enrollment. If a student is removed from course for any reason, there will be no refund. This includes injury, illness, behavior, or any other reason.

### Scholarship Fund:

A limited number of scholarships are available to students based on financial need. Applicants are encouraged to contact SOAR early for necessary forms. SOAR's scholarship fund is raised from donations made by parents of current and former campers. If you are interested in contributing to this worthwhile fund, please speak to us! Your contributions are tax deductible.

### Spending Money:

Spending money for all course and layover days will be added to your invoice. **We have carefully evaluated the amount of spending money appropriate for each course and ask you not to send more money beyond the invoiced amount.** SOAR will not be responsible for any money sent over the recommended amount. Approximately \$15.00 of your child's spending money will be held aside for a celebratory dinner near the end

of their course. Any remaining money may be used by the student for souvenirs or necessary personal items during the course. Unspent money from purchases will be returned during the debrief. If requested, the staff will keep track of student spending through receipts, which may be returned to parents. This may be used to help teach financial accountability.

### **Tipping:**

This practice is NOT permitted at SOAR. Please share your appreciation in person or send a note to those persons you wish to thank. Some parents choose to contribute to the SOAR scholarship fund as a way of expressing extra thanks.

### **Web Site Pictures**

Each course director will carry a digital camera throughout each course and take pictures of the students participating in the various activities. These pictures will then be added to our Web site for you to enjoy and share with others. It usually takes 2 – 3 weeks after the course ends for the pictures to be added to the site.

### **Inbrief & Debrief Process**

The inbrief and debrief meetings are crucial to all SOAR programs. If you are driving your camper to either the Balsam Base or Eagle View Ranch, the times you schedule your inbrief and debrief will serve as your arrival and departure times. Please do not plan on arriving earlier than your scheduled time. **This process typically takes about 30 minutes to one hour, so please take this into consideration when making your travel plans.**

During the inbrief, you will meet with one of your child's counselors to review their medications and goals for the program. During this time, you may also ask any last minute questions. The counselors will use the information gathered during the inbrief to complete a student achievement plan, which will help them facilitate your child's SOAR experience and will be the foundation for the written evaluation you will receive at the end of the course.

During the debrief, you will review your child's experience on the course and will receive a written evaluation (except for specialty courses). If your child will be flying to camp, we will be happy to conduct an inbrief via the telephone. Phone inbriefs are generally conducted earlier in the day so staff will not need to leave the group to conduct an inbrief. Likewise, phone debriefs will be conducted after the students leave the course. While it is crucial for your child to participate in this process, you may call the admissions office to request time alone with your child's counselors.

### **Travel to Camp**

**If your child will be flying to a course site, it is required to clear airline dates and times with SOAR Admissions before purchasing your ticket.** A copy of the itinerary should be sent to SOAR as soon as possible. Most airlines require a photo ID for children 16 years and older.



**NOTE:** Students who are 13 years or younger and flying alone are required to pay an unaccompanied minor fee to the airline to and from their destination. Please make arrangements with your airline to pay these fees as you purchase your tickets, as this is ultimately your responsibility. If the airline escort fee is unpaid for the return flight, you may pay this fee by credit card via telephone. Call your airline for any questions, as escort fees and restrictions vary for each airline. Due to scheduling issues that may arise, SOAR cannot guarantee the name of the person picking up and dropping off your child sooner than one week prior to the flight. We apologize for any inconvenience this may cause.

## When You Arrive at SOAR

A staff member will be waiting to greet when you pull into base or arrive at the airport. If arriving at base, you will be shown where to park and will be led to the registration area. One of the members from our admissions team will sign you in and ensure you have all necessary forms turned in. There will also be a chance for you to grab a quick snack before beginning your inbrief process. Once you are checked in, you will meet with one of your instructors. During the inbrief, you will review your camper's medication (if applicable), discuss goals for the course, and talk about any last minute questions. After the inbrief is completed, you will be led to your child's cabin where they can store their gear. Parents will then say goodbye as their campers meet with their group for some awesome games before dinner.

On the first night, all campers will meet together for dinner, and a first night ceremony. Each student will be presented with a gift that represents the number of SOAR courses they have completed. This will be a great chance to get to know the other people in the group, and review what will take place over the next few days. This will also be the time when each group will form a "Full Value Contract," which details the group guidelines for the duration of the course.

The next several days are exciting! Your child will have the chance to try out all kinds of awesome and fun activities. It will be an adventure they will never forget!

The last night of the course, each group will have an ice cream celebration and see a slideshow of pictures taken throughout their course and selected pictures from other courses. This allows each student to preview the variety of courses SOAR offers. These pictures will be available online for you to view. See the Web site pictures section for more details.

## Location and Course Specific Information

The following pages contain information that is specific to courses according to each location or site. You can find your site-specific information according to the following color codes:

**GREEN – North Carolina Courses**

**YELLOW – Wyoming Courses**

**BLUE – Florida Courses**

**PURPLE – California Courses**

**SALMON – International Courses**

As always, if you have any questions about any of the information in any portion of the Parent Handbook, please do not hesitate to contact our base camp at (828)456-3435.

# NORTH CAROLINA

## Scheduling Your Inbrief & Debrief

Please review the available inbrief and debrief times below and contact the admissions office as soon as possible to schedule your meetings. Time slots are on a first-come, first-serve basis, so call early to ensure a convenient time.

### NORTH CAROLINA COURSES (Eastern Standard Time)

Inbrief Times: 12 – 2 p.m. (phone inbriefs only), 2 – 3 p.m., 3 – 4 p.m. and 4 – 5 p.m.

Debrief Times: 9 – 10 a.m., 10 – 11 a.m., 11 a.m. – 12 p.m.

## Communication

During camp, parents may call the following numbers if they need to speak with a director:

- Call the Balsam Base at (828) 456-3435 between the hours of 8:30 a.m. – 5 p.m. (Eastern Standard Time).
- After hours, you may call our emergency pager number at 1-800-333-2337. After the first tone, enter pager number 555-7900. After the second tone, enter your call-back number followed by the "#". A Director will return your call as soon as possible. Due to the backcountry nature of our program, please keep in mind that it may take a little time to get to a phone. **We are happy to provide this paging system, but we do ask that you use it only for emergencies.**

Please address mail to your camper in the following manner for North Carolina courses:

Child's Name / Child's Course (example: North Carolina Standard I)

SOAR, Inc.

PO Box 388

Balsam, NC 28707

You can send an occasional fax to your camper at (828) 456-3449 for North Carolina courses, or you are welcome to send an e-mail for North Carolina courses to [admissions@soarnc.org](mailto:admissions@soarnc.org).

## Updates

We will be providing daily updates on Twitter.com! These will be generic, but will be a way to keep up with daily news from SOAR. Join us at <http://twitter.com/soarnc>! If you wish, the Course Director of your child's course will provide you an update on your child. To receive the phone call update from the field on the pre-determined date(s) below, you must contact our Admissions Team by **Day 4** of the course at 5:00pm. Please email [admissions@soarnc.org](mailto:admissions@soarnc.org) and give the following information:

Child's Name and Course, Your Name and the best number for the Course Director to reach you according to the schedule below

Llama Trek:	Day 6 (Thurs) by 9:00 pm EST and Day 9 (Sun) by 9:00 pm EST
Horsepacking:	Day 6 (Thurs) by 9:00 pm EST
NC Standard:	Day 6 (Fri) by 9:00 pm EST
NC Expedition:	Day 8 by 9 pm EST
Academically Gifted:	Day 8 by 9 pm EST
Academic Discovery:	Students will call home as scheduled on the itinerary.

**\*Please note, due to the field nature of our program WE CANNOT GUARANTEE UPDATES BEFORE THE TIME LISTED ABOVE, NOR CAN WE SCHEDULE UPDATES FOR A SPECIFIC TIME. Office Staff may not have specific information on your child's course.**

## Traveling to Balsam Base

### **If flying to Balsam Base via Asheville Regional Airport (AVL):**

- Arrival flights should be scheduled 11 a.m. – 2 p.m. the first day of the course.
- Departure flights should be scheduled 10 a.m. – 12 p.m. the last day of the course.
- SOAR staff will meet the student at the gate on the first day of the course and will return the student to the gate on the last day of the course. Parents will be called upon arrival and departure of their child.

### **If driving to Balsam Base:**

- Arrivals are scheduled for the first day of the course 2 – 5 p.m.
- Departures are scheduled for the last day of the course 9 a.m. – 12 p.m.
- Please contact the SOAR office at (828) 456-3435 as soon as possible to reserve an arrival time.  
**Please be advised that families arriving more than 30 minutes before their scheduled time will be asked to leave & return at their scheduled time.** We must enforce this policy due to limited parking availability.

## Driving Directions to Balsam Base, North Carolina

NOTE: Due to limited parking, we discourage families from driving motor homes, boats, or long trailers to Balsam Base Camp. *Please use caution and maintain a speed of 15mph or less on the gravel portion of Rosemount Road.*

### From Points North & East/Asheville (approximately one hour):

Take I-40 West. Take Exit 27 (Highway 19/23/74).

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway overpass, you turn right onto Rosemount Road around mile marker 94. Look for a green SOAR sign. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the gravel road, go right. The road dead-ends at SOAR's Balsam Base.

### From Points West (approximately 2 hours from Knoxville):

Take I-40 East. Take Exit #27 (Routes 19/23/74) to Waynesville.

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway overpass, you turn right onto Rosemount Road around mile marker 94. Look for a green SOAR sign. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the gravel road, go right. The road dead-ends at SOAR's Balsam Base.

### From Points South/Atlanta (approximately 3 hours):

Proceed north on I-85 to I-985. Continue north past Gainesville to the Clarksville area. I-985 merges with Highway 441. Stay on 441 through Clayton and Dillard. Just south of Franklin, NC, take the 441 bypass, which directs you around the Franklin area. Continue on 441 through Dillsboro to NC Highway 23/74. Proceed East on 23/74 about 9 miles to Balsam.

Just before crossing under the Blue Ridge Parkway, turn left onto Rosemount Road around mile marker 94. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the road, go right. The road dead-ends at SOAR's Balsam Base.

## North Carolina Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. Wool and synthetic clothes are important because they keep students warm even if they become wet. Cotton clothes are good for comfort and sun protection but do not keep students warm if they become wet. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

**\*\* PLEASE BE SURE TO NOTE ANY COURSE SPECIFIC EQUIPMENT BELOW \*\***

### PACK NECESSITIES

- Backpack with good hip belt\*  
(*Except for NC Horsepacking & NC Llama Trek*)
- Large duffel (for storing gear)
- Day pack (~2,000 cubic inches of volume)
- Sleeping bag with stuff sack  
(Synthetic – No Down!)\*\*
- Sleeping pad (Ensolite/Thermarest type)
- Sunglasses
- Insect repellent (non-aerosol)
- Rain suit (parka and pants)\*\*\*
- 2 Nalgene quart-size water bottles
- Headlamp with extra batteries
- Laundry bag
- Pillow/pillowcase
- Whistle
- 1 box of Ziploc freezer bags (gallon size)
- Sunscreen (non-spray, waterproof, maximum protection)
- Pack cover (optional)
- Camera (optional)

### EATING GEAR

- Eating utensils
- Plastic cup/bowl/plate

### CLOTHING

- Lightweight hiking boots (no steel-toe boots)
- Tennis shoes (1 pair)
- Socks, cotton (5 pair)
- Socks, wool (2 pair)
- Pants/jeans (1 pair)
- 1 pair quick-dry pants
- Shorts (4 pair)
- Shirts, long-sleeve (2)
- T-Shirts (4)
- Underwear (8)
- Hat (synthetic or wool)
- Sweater/sweatshirt (fleece or wool)
- Swimsuit (several for NC Whitewater Intensive)
- Water shoes (closed-toe, no Velcro straps)
- Bandanna
- Sleepwear

### PERSONAL NEEDS

- Prescription medications
- Stamps & envelopes
- Notebook & pens/pencils
- Bath towel (1)
- Wash cloth (1)
- Personal hygiene items
- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soapbox

### NC ACADEMIC DISCOVERY ONLY:

- |   |   |
|---|---|
| <input type="checkbox"/> Alarm clock  | <input type="checkbox"/> Ruler          |
| <input type="checkbox"/> 3-Ring notebook  | <input type="checkbox"/> Notebook paper |
| <input type="checkbox"/> Pencils and pens   |   |
| <input type="checkbox"/> Plastic zipper bag for pencils and pens (attaches to notebook) |   |

### NOTES

#### 1. All clothing and personal items must be labeled!

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

3. Boots must be worn at home for a few days prior to coming to camp in order to break them in.

\* SOAR has a limited number of backpacks to loan if this is a financial burden. Please be sure to reserve one! All items on this gear list will probably not fit in the backpack. You will most likely need a duffel bag for extra gear storage.

\*\* Rated for 40 degrees +/- 10 degrees (no cotton or down).

\*\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

# WYOMING

## Scheduling Your Inbrief & Debrief

Please review the available inbrief and debrief times below and contact the admissions office as soon as possible to schedule your meetings. Time slots are on a first-come, first-serve basis, so call early to ensure a convenient time.

### WYOMING COURSES (Mountain Standard Time)

Inbrief Times: 1 – 2 p.m., 2 – 3 p.m., 3 – 4 p.m. and 4 – 5 p.m.

Debrief Times: 10 – 11 a.m., 11 a.m. – 12 p.m., 12 – 1 p.m. and 1 – 2 p.m.

## Communication

**During camp, parents may call the following numbers if they need to speak with a director:**

- Call Eagle View Ranch at (307) 455-3084 between the hours of 9 a.m. – 5 p.m. (Mountain Standard Time).
- After hours, you may call our emergency number indicated on our answering machine.
- To receive an update on your child from the Course Director, please call our office. Our secretary will contact the Course Director and have them return your call within 24 hours (unless they are in a back country portion of the program).

**Please address mail to your camper in the following manner for Wyoming courses:**

Child's Name / Child's Course (example: Wyoming Standard I)  
SOAR, Inc.  
PO Box 584  
Dubois, WY 82513

You can send an occasional fax to your camper at (307) 455-3094 for Wyoming courses, or you are welcome to send an e-mail for Wyoming courses to [evr@soarnc.org](mailto:evr@soarnc.org).

## Traveling to Eagle View Ranch, Wyoming

**If flying to Eagle View Ranch via Jackson Hole Airport (JAC) or Riverton Regional Airport (RIW):**

- Arrival flights should be scheduled 10 a.m. – 2 p.m. the first day of the course.
- Departure flights should be scheduled 10 a.m. – 2 p.m. the last day of the course.
- **NOTE: ALL FLIGHTS INTO WYOMING SHOULD BE RESERVED AS EARLY AS POSSIBLE TO AVOID EXCESSIVE FLIGHT COSTS.** SOAR staff will meet the student at the gate on the first day of the course and will return the student to the gate on the last day of the course. Parents will be called upon arrival and departure of their child.

**If driving to Eagle View Ranch:**

- Arrivals are scheduled for the first day of the course 2 – 4 p.m.
- Departures are scheduled for the last day of the course 10 a.m. – 12 p.m.
- Please contact Eagle View Ranch at (307) 455-3084 as soon as possible in order to reserve an arrival time. **Please be advised that families arriving more than 30 minutes before their scheduled time will be asked to leave & return for their scheduled time.** We must enforce this policy due to limited parking.

## Driving Directions to Eagle View Ranch, Wyoming

### From Jackson Hole/Jackson Hole Airport (from the West)

Take 287/26 north out of Jackson or turn left out of the airport. The airport is about 10 miles north of Jackson. Proceed 20 miles to Moran Junction. At Moran Junction you will proceed straight ahead on Highway 287/26 towards Dubois (the road to Yellowstone turns off to the left.) It is about 53 miles between Moran Junction and Dubois.

You will cross Togwotee Pass and then begin descending towards Dubois. About 10 miles east of Togwotee, you will pass the Tie Hack Memorial (right side of road). Dunoir Station and the road to Union Pass are next along your route (also on the right side of the road). About 3 miles past the Union Pass cut-off, the road to Stoney Point will turn off to the right. This is just past mile marker 49. Turn right on that road and proceed about ½ mile to a T-intersection. Turn right onto Uphill Road at the T-intersection. At the end of the flat section of the road continue right uphill. Proceed about 1.5 miles on Uphill Road to a left hand fork. Bear left and drive another ½ mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right side of the road just past the entrance to our lower base camp (Eagle View Ranch arena is on the right). Drive through the gate and proceed up the drive to our upper base camp.

### From Riverton/Riverton Regional Airport (from the East)

Exit the Riverton airport, turn right on Highway 26 and travel 75 miles to Dubois. You will pass through Kinnear and Crowheart en route to Dubois. Drive through Dubois and pass the Exxon station on the west end of town (the second Exxon you will pass). From this landmark, drive four miles to Stoney Point and turn left. You will pass a blue Adopt-A-Highway sign sponsored by Dubois H.S. Student Council. The turn for Stoney Point is the very next left.

Proceed about ½ mile to a T-intersection. Turn right onto Uphill Road at the T-intersection. At the end of the flat section of the road continue right uphill. Proceed about 1.5 miles on Uphill Road to a left hand fork. Bear left and drive another ½ mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right side of the road just past the entrance to our lower base camp (Eagle View Ranch arena is on the right). Drive through the gate and proceed up the drive to our upper base camp.

### From Salt Lake City (from the Southwest):

Exit Salt Lake City on I-80 East through Evanston and Green River to Exit 104 in Rock Springs. Exit right and turn right on Highway 191 to Farson. Turn right on Highway 28 to Lander. Highway 28 joins with Highway 287 just south of Lander. Continue on Highway 287 through Lander to the intersection with Highway 26. Turn left on Highway 26/287 and proceed to Dubois. You will pass through Crowheart en route to Dubois.

Drive through Dubois and pass the Exxon station on the west end of town (the second Exxon you will pass). From this landmark, drive four miles to Stoney Point and turn left. You will pass a blue Adopt-A-Highway sign sponsored by Dubois H.S. Student Council. The turn for Stoney Point is the very next left.

Proceed about ½ mile to a T-intersection. Turn right onto Uphill Road at the T-intersection. At the end of the flat section of the road continue right uphill. Proceed about 1.5 miles on Uphill Road to a left hand fork. Bear left and drive another ½ mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right side of the road just past the entrance to our lower base camp (Eagle View Ranch arena is on the right). Drive through the gate and proceed up the drive to our upper base camp.

### From Denver (from the Southeast):

Proceed north out of Denver on I-25 to I-80 West just south of Cheyenne. Exit onto I-80 West and proceed to Exit 215 in Rawlings. Turn right onto Highway 287 Bypass until it joins Highway 287 and proceed to Lander. Continue on Highway 287 through Lander to the intersection with Highway 26. Turn left on Highway 26/287 and proceed to Dubois. You will pass through Crowheart on the way to Dubois.

Drive through Dubois and pass the Exxon station on the west end of town (the second Exxon you will pass). From this landmark, drive four miles to Stoney Point and turn left. You will pass a blue Adopt-A-Highway sign sponsored by Dubois H.S. Student Council. The turn for Stoney Point is the very next left.

Proceed about ½ mile to a T-intersection. Turn right onto Uphill Road at the T-intersection. At the end of the flat section of the road continue right uphill. Proceed about 1.5 miles on Uphill Road to a left hand fork. Bear left and drive another ½ mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right side of the road just past the entrance to our lower base camp (Eagle View Ranch arena is on the right). Drive through the gate and proceed up the drive to our upper base camp.

## Wyoming Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. Wool and synthetic clothes are important because they keep students warm even if they become wet. Cotton clothes are good for comfort and sun protection but do not keep students warm if they become wet. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnrc.org/gearguides/gearguide.html>. Students who want to fish may also bring their own spinning rods.

**\*\* PLEASE BE SURE TO NOTE ANY COURSE SPECIFIC EQUIPMENT BELOW \*\***

### PACK NECESSITIES

- Sleeping bag \* with stuff sack  
(Synthetic – No Down!)
- Sleeping pad (Ensolite or Thermarest type)
- Sleeping bag liner or extra blanket (optional)
- Large duffel bag or backpack
- Camera (optional)
- Insect repellent (non-aerosol)
- Paper and pencil
- Rain suit (parka and pants) \*\*
- Sunglasses
- 2 Nalgene quart-size water bottles
- Headlamp
- Extra batteries
- Whistle
- Water shoes (**Not flip flops**)
- Day pack (book bag)
- Laundry bag
- Pillow/pillowcase
- Sunscreen (non-spray, waterproof, maximum protection)
- 1 box of Ziploc freezer bags (gallon size)
- Pack cover (optional)

### EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

### CLOTHING

- Socks, cotton (5 pair)
  - Socks, synthetic (2 pair)
  - Pants/jeans (2 pair)
  - Quick-dry pants (1 pair)
  - Shorts (4 pair)
  - Shirt, long sleeve (2)
  - T-shirts (4)
  - Underwear (8 pair)
  - Hat (fleece or wool)
  - Light Jacket (fleece or wool)
  - Heavy Jacket (**June courses only**)
  - Wool mittens or gloves
  - Long underwear (Polypro or equiv.)
  - Riding boots (Hiking boots. No steel-toed boots.)
- (Hiking Boots are needed for WY Rockclimbing Course)**
- Tennis shoes (1 pair)
  - Bandanna
  - Sleepwear (2 sets)

### PERSONAL NEEDS

- Prescription medications
- Bath towel (1)
- Wash cloth (1)
- Personal hygiene items
- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soap box
- Stamps/paper/envelopes

### WY ACADEMIC DISCOVERY ONLY:

- Foot Locker
- 3-Ring Notebook
- Plastic Zipper Bag for pencils and pens (attaches to notebook)
- Backpack with good hip belt (SOAR has a limited number to loan. Please be sure to reserve one!)
- Notebook Paper
- Alarm Clock

### NOTES

1. **All clothing and personal items must be labeled!**
  2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).
  3. Boots must be worn at home for a few days prior to coming to camp in order to break them in.
- \* Rated for 15 degrees (no cotton or down).  
\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

# FLORIDA

## Scheduling Your Inbrief & Debrief

Please review the available inbrief and debrief times below and contact the admissions office as soon as possible to schedule your meetings. Time slots are on a first-come, first-serve basis, so call early to ensure a convenient time.

### FLORIDA COURSES (Eastern Standard Time)

Inbrief Times: SOAR Staff will call you 2 – 4 p.m. unless otherwise scheduled.  
**(NOTE: INBRIEFS OCCUR THE AFTERNOON BEFORE THE COURSE VIA PHONE)**

Debrief Times: SOAR staff will call you 5 – 7 p.m. unless otherwise scheduled.

## Communication

**During camp, parents may call the following numbers if they need to speak with a director:**

- Call the Balsam Base at (828) 456-3435 between the hours of 8:30 a.m. – 5 p.m. (Eastern Standard Time).
- After hours, you may call our emergency pager number at 1-800-333-2337. After the first tone, enter pager number 555-7900. After the second tone, enter your call-back number followed by the "#". A Director will return your call as soon as possible. Due to the backcountry nature of our program, please keep in mind that it may take a little time to get to a phone. **We are happy to provide this paging system, but we do ask that you use it only for emergencies.**

**\*\*Due to the remote nature of the program, students participating on our Florida Courses will not be able to receive postal mail, email, or faxes.\*\***

## Traveling to Florida Courses

**All course participants fly into Ft. Lauderdale–Hollywood International Airport (FLL)**

- *Arrival flights* should be scheduled 11 a.m. – 1 p.m. the first day of the course.
- *Departure flights* should be scheduled 3 – 5 p.m. the last day of the course.
- A copy of the flight itinerary should be sent to SOAR prior to student arrival. Due to increased airport security, SOAR staff will be unable to accompany students to and from the gate unless they are reserved as an unaccompanied minor.
- **If you are driving, please contact Balsam Base for the meeting place and time.**

## Driving Directions to Camp Sawyer, Florida

From Ft. Lauderdale (Approximately 3 hours)

Start out going Southwest on Terminal Dr. (0.76 miles)

Merge onto N Federal Hwy/US-1 S/FL-5 S/FL-A1A S toward Dania Beach/Hollywood. (0.61 miles)

Turn slight right onto Griffin Rd/FL-818 W. Continue to follow FL-818 W. (4.67 miles)

Turn left to take the Florida's Turnpike South ramp. (0.48 miles)

Merge onto Florida's Turnpike S (Portions toll). (53.72 miles)

Stay straight to go onto S Dixie Hwy/US-1 S/NE 1ST Ave. Continue to follow US-1 S. (93.55 miles)

End at 33990 Overseas Hwy Big Pine Key, FL 33043-3515 US

## Florida Keys Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

### CLOTHING

- 1 pair quick-dry pants
- 4 pair shorts
- 4 t-Shirts
- 2 swimsuits
- 4 pair socks
- 1 pair tennis shoes
- 1 pair "Croc" style sandals\*
- 5 pairs underwear
- Hat (for sun protection)
- 2 sets sleepwear

### GEAR NEEDS

- Duffle bag or backpack
- Sheet and fleece blanket
- Sleeping pad (Ensolite or Thermarest type)
- Headlamp with extra batteries
- 2 Nalgene quart-size water bottles
- Deet insect repellent (non-aerosol)
- Pen and paper
- Rain suit (parka and pants) \*\*
- Day pack (min. 1,500 cubic inches)
- Sunscreen (non-spray, waterproof, maximum protection)
- Pillow/pillowcase
- Sunglasses
- Swim Shirt / Rash Guard (2 recommended)\*\*\*\*
- 1 box of Ziploc freezer bags (gallon size)

### ADDITIONAL ITEMS

- Disposable camera (optional)
- Binoculars (optional)
- Diving mask \*\*\*
- Snorkel\*\*\*
- Diving fins\*\*\*

### NOTES

#### 1. All clothing and personal items must be labeled!

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

\* Specifically "Croc" style sandals are essential for the prevention of blisters. Please do not send a different type.

\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

\*\*\*Bring your own if you have them. If you do not have these, part of the spending money will be utilized for renting them.

\*\*\*\* See Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html> for description of swim shirts.

### EATING GEAR

- Plastic bowl and/or plate
- Eating utensils
- Plastic cup

### PERSONAL NEEDS

- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soapbox
- 2 bath towels
- 1 washcloth
- Prescription medications

# CALIFORNIA

## Scheduling Your Inbrief & Debrief

Please review the available inbrief and debrief times below and contact the admissions office as soon as possible to schedule your meetings. Time slots are on a first-come, first-serve basis, so call early to ensure a convenient time.

### CALIFORNIA COURSES (Pacific Standard Time)

Inbrief Times: 1 – 2 p.m., 2 – 3 p.m., 3 – 4 p.m. and 4 – 5 p.m.

(NOTE: INBRIEFS OCCUR THE AFTERNOON BEFORE THE COURSE VIA PHONE)

Debrief Times: 3 – 4 p.m., 4 – 5 p.m., 5 – 6 p.m. and 6 – 7 p.m.

## Communication

During camp, parents may call the following numbers if they need to speak with a director:

- Call Eagle View Ranch at (307) 455-3084 between the hours of 9 a.m. – 5 p.m. (Mountain Standard Time).
- After hours, you may call our emergency number indicated on our answering machine.
- To receive an update on your child from the Course Director, please call our office. Our secretary will contact the Course Director and have them return your call within 24 hours (unless they are in a back country portion of the program).

**\*\*Due to the remote nature of the program, students participating on our California Courses will not be able to receive postal mail, email, or faxes.\*\***

## Traveling to California Courses

*California Standard* participants fly into Los Angeles International Airport (LAX).

*California Expedition* participants fly into San Francisco International Airport (SFO).

- Arrival flights should be scheduled 11 a.m. – 2 p.m. the first day of the course.
- Departure flights should be scheduled 1 – 3 p.m. the last day of the course.
- A copy of the flight itinerary should be sent to SOAR prior to student arrival. Due to increased airport security, SOAR staff will be unable to accompany students to and from the gate unless they are reserved as an unaccompanied minor.
- **If you are driving, please contact Eagle View Ranch for the meeting place and time.**

## Driving Directions to McGrath State Beach Campground, California

From Los Angeles Airport (Approximately 1 hour 15 minutes)

Start out going west on ramp. (0.25 miles)

Merge onto S Sepulveda Blvd. (2.05 miles)

Turn slight right. (0.11 miles)

Turn slight right onto Howard Hughes Pkwy. (0.33 miles)

Howard Hughes Pkwy becomes ramp. (0.40 miles)

Merge onto I-405 N. (13.85 miles)

Take the US-101 S exit toward Venture/Los Angeles. (0.48 miles)

Merge onto US-101 N via the exit on the left toward Ventura. (45.69 miles)

Take the Victoria Ave exit toward Channel Island Harbor. (0.19 miles)

Turn left onto S Victoria Ave. (0.58 miles)

Turn slight right onto Olivas Park Dr. (2.49 miles)

Turn left onto E Harbor Blvd. (1.18 miles)

End at McGrath State Beach 2211 N Harbor Blvd Oxnard, CA 93036 US

## Driving Directions to Sunset State Beach Campground, California

From San Francisco International Airport (Approximately 1 hour 30 minutes)

Take US 101 South toward San Jose (23.4 miles)

Merge onto CA-85 via Exit 298B toward Cupertino/Santa Cruz (13.3 miles)

Merge onto CA-17 S toward Santa Cruz (22.1 miles)

Take the San Andreas Rd. Exit toward Seascap (0.3 miles)

Turn slight RIGHT onto San Andreas Road (5.1 miles)

Turn RIGHT onto Sunset Beach Road (0.7 miles)

End at Sunset State Beach 201 Sunset Beach Road, Watsonville, CA 95076 US

## California Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

### CLOTHING

- 2 pair pants/jeans
- 2 pair shorts
- 5 shirts (two long-sleeved)
- 1 Swimsuit
- 6 pair Cotton Socks
- Underwear (8 pair)
- 1 pair tennis shoes
- Fleece sweater
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear

### GENERAL NEEDS

- Day pack
- Duffle bag or similar soft bag/luggage
- Sleeping bag (Synthetic only)
- Sleeping pad (Ensolite or Thermarest type)
- 2 Nalgene quart-size water bottles
- Headlamp with extra batteries
- Insect repellent (non-aerosol)
- Rain suit (parka and pants)
- Pen and paper
- Sunscreen (non-spray, waterproof, maximum protection)
- Sunglasses
- Pillow/pillowcase
- 1 box of Ziploc freezer bags (gallon size)

### EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

### PERSONAL NEEDS

- Prescription medications
- Toothbrush/toothpaste
- Deodorant (non-aerosol)
- 2 bath towels
- Soap/soapbox
- 1 washcloth
- Body talc or powder
- Shampoo/conditioner

### ADDITIONAL ITEMS

- Disposable camera (optional)
- Binoculars (optional)

### CA Expedition only

- Backpack with good hip belt (~3500 cu. in.)
- Lightweight hiking boots
- 2 pair wool socks
- Hat (fleece or wool)
- Wool mittens or gloves
- Long underwear (Polypro or equiv.)
- Heavy Jacket
- Bug Head Net

### CA Standard Only

- Swim Shirts / Rash Guards (2 recommended)\*
- Full body wetsuit \*\*
- Diving mask \*\*
- Snorkel\*\*
- Diving fins\*\*
- Extra Swimsuit

### NOTES

#### 1. All clothing and personal items must be labeled!

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

\* See Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html> for description of swim shirt.

\*\* Wetsuit and snorkel gear may be rented. SOAR will invoice you for \$115 Spending Money, which allows plenty of money to rent these items, as well as purchase souvenirs.

# INTERNATIONAL

## Scheduling Your Inbrief & Debrief

Please review the available inbrief and debrief times below and contact the admissions office as soon as possible to schedule your meetings. Time slots are on a first-come, first-serve basis, so call early to ensure a convenient time.

### INTERNATIONAL COURSES (Eastern Standard Time)

Inbrief Times: 2 – 3 p.m. and 3 – 4 p.m.

Debrief Times: 10 – 11 a.m. and 11 a.m. – 12 p.m.

## Communication

During camp, parents may call the following numbers if they need to speak with a director:

- Call the Balsam Base at (828) 456-3435 between the hours of 8:30 a.m. – 5 p.m. (Eastern Standard Time).
- After hours, you may call our emergency pager number at 1-800-333-2337. After the first tone, enter pager number 555-7900. After the second tone, enter your call-back number followed by the "#". A Director will return your call as soon as possible. Due to the backcountry nature of our program, please keep in mind that it may take a little time to get to a phone. **We are happy to provide this paging system, but we do ask that you use it only for emergencies.**

**\*\*Due to the remote nature of the program, students participating on our International Courses will not be able to receive postal mail, email, or faxes.\*\***

## COSTA RICA COURSE

**\*\*Please contact Admissions prior to scheduling your flight. Passports are required for international courses.\*\***

**If flying to Balsam Base (via Asheville Regional Airport):**

- Arrival flights should be scheduled 3 – 5 p.m. the first day of the course.
- Departure flights should be scheduled 10 a.m. – 2 p.m. the last day of the course.
- SOAR staff will meet the student at the gate on the first day of the course and will return the student to the gate on the last day of the course. Parents will be called upon arrival and departure of their child.

**If driving to Balsam Base:**

- Arrivals should be scheduled 2 – 4 p.m. the first day of the course.
- Departures should be scheduled 10 a.m. – 12 p.m. the last day of the course.
- Please contact SOAR office (828) 456-3435 as soon as possible to reserve an arrival time that is most convenient for your family. **Please be advised that families arriving more than 30 minutes before their scheduled time will be asked to leave and return for their scheduled time slot.** We must enforce this policy due to limited parking availability.

## Driving Directions to Balsam Base, North Carolina

NOTE: Due to limited parking, we discourage families from driving motor homes, boats, or long trailers to Balsam Base Camp. *Please use caution and maintain a speed of 15mph or less on the gravel portion of Rosemount Road.*

### From Points North & East/Asheville (approximately one hour):

Take I-40 West. Take Exit 27 (Highway 19/23/74).

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway overpass, you turn right onto Rosemount Road around mile marker 94. Look for a green SOAR sign. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the gravel road, go right. The road dead-ends at SOAR's Balsam Base.

### From Points West (approximately 2 hours from Knoxville):

Take I-40 East. Take Exit #27 (Routes 19/23/74) to Waynesville.

Following Route 23/74 you pass: Waynesville, Hazelwood, W. Waynesville (approx. 5 miles to Blue Ridge Parkway), Rest Area on left, Blue Ridge Parkway entrance on right.

Directly after the Blue Ridge Parkway overpass, you turn right onto Rosemount Road around mile marker 94. Look for a green SOAR sign. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the gravel road, go right. The road dead-ends at SOAR's Balsam Base.

### From Points South/Atlanta (approximately 3 hours):

Proceed north on I-85 to I-985. Continue north past Gainesville to the Clarksville area. I-985 merges with Highway 441. Stay on 441 through Clayton and Dillard. Just south of Franklin, NC, take the 441 bypass, which directs you around the Franklin area. Continue on 441 through Dillsboro to NC Highway 23/74.

Proceed East on 23/74 about 9 miles to Balsam.

Just before crossing under the Blue Ridge Parkway, turn left onto Rosemount Road around mile marker 94. Follow Rosemount Road approximately 2 miles (the first mile is paved, the second mile is gravel). The gravel section begins with a sharp right turn at Rosemount Cottages. At every fork in the road, go right. The road dead-ends at SOAR's Balsam Base.

# Costa Rica Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

## CLOTHING

- 2 pair pants/jeans
- 2 pair shorts
- 5 shirts
- 2 swimsuits
- 6 pair socks
- 1 pair tennis shoes
- 1 pair light weight hiking boots
- Fleece sweater or light jacket
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear

## EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

## PERSONAL NEEDS

- Prescription medications
- Body talc or powder
- Miscellaneous toiletries
- 1 washcloth
- 2 bath towels
- 1 hand towel

## GENERAL NEEDS

- Duffle bag or similar soft bag/luggage
- Day pack
- Sheet and fleece blanket
- Sunscreen (non-spray, waterproof, maximum protection)
- Flashlight with extra batteries
- 2 Nalgene quart-size water bottles
- Insect repellent (non-aerosol)
- Pen and paper
- Rain suit (parka and pants)
- Sunglasses
- Small travel umbrella

## OPTIONAL ITEMS

- Disposable camera
- Binoculars
- Swim Shirt / Rash Guard \*
- Mask
- Snorkel
- Fins

## NOTES

1. **All clothing and personal items must be labeled!**

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

\* See Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html> for description of swim shirt.

Thank you for your cooperation and patience with all of these details! Getting ready for camp is a huge task, even more so for us here at SOAR. Can you imagine getting over 600 campers ready for camp? The more you can do ahead of time the better. If you have questions, please feel free to e-mail [admissions@soarnc.org](mailto:admissions@soarnc.org) or call 828-456-3435.

Thank you so much for your consideration. We look forward to meeting you and your child soon!

