



Dear Parents,

We would like to welcome you and your Young Adult 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 (notary not necessary for ages 18 & above)
 - Student Goals Worksheet
 - Picture Release
 - Acknowledgement of Risk
 - **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.
 - **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 at (828) 456-3435 (see pg 11 for details)

MY INBRIEF TIME: _____
MY DEBRIEF TIME: _____
 - Submit Final Payment (Final payment is due no later than June 1st, 2012).**
-

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. 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. In addition, we will do our best to help your camper keep track of their belongings. However, ultimately that responsibility is theirs, and too much gear might make that task even harder!

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.

Do Not Bring:

Cigarettes, drugs, alcohol, sparklers/fireworks, weapons (including knives), hair dyes, expensive or valuable jewelry, skateboards, cell phones, computers, CD players or radios with speakers, 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.

Labeling Camper Belongings

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.

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 one time midpoint during the 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.). **Students will not do laundry prior to returning home, so be prepared to see (and maybe even smell 😊) evidence of the fun your child experienced while at SOAR in their dirty clothes bag!**

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 their 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 are 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 can always be found online at www.soarnc.org. Important information will be sent to parents before and after camp through mail and e-mail (if available). SOAR programs are designed to provide students an opportunity to develop greater independence and self-reliance. With this goal in mind, communication between the camper and home is limited. This opportunity to build student autonomy is an integral part of the SOAR experience.

Please keep in mind that while your child is attending SOAR they will have cell phone privileges. What this means to you as a parent is that you will be receiving phone calls from your son/daughter and they may not always be as cheery or positive as you would like! This does not mean that the camp experience is terrible; it simply means that we are pushing our students outside of their comfort zone. Everyone has good days and everyone has bad days, and the bottom line is, it is our job is to help your child move through this process and turn challenges into a successful positive experience. The best gift you can give your child is to support this process and give them positive reassurance on your end. Let them know you are proud of them and of the progress they are making, but you understand it may be challenging.

During camp, if parents need to speak to a director, you may call the Balsam Base at (828) 456-3435 between the hours of 8:30 a.m. – 5 p.m. (EST). 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.**



The Alternative:

We encourage mail through the U.S. Postal Service. 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. E-mails and faxes are not checked from Fridays at 5 p.m. to Mondays at 8:30 a.m. You may also send an occasional fax to your camper at (828) 456-3449. **Please address mail to your camper in the following manner:**

Child's Name / Postgraduate Course
SOAR, Inc.
PO Box 388
Balsam, NC 28707

Parents and family members can also send e-mails to their camper. While campers are unable to check their own e-mail addresses, you are welcome to send e-mail to admissions@soarnc.org. SOAR 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, Postgraduate).

Packages

Packages **should not** be sent to campers - 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. 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, the course director will make arrangements for a birthday surprise for your child.

Food at Camp

SOAR serves & 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 & life-skills, students plan their own menus, purchase and prepare their own food when they are in the field. We will accommodate vegetarian & 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. 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 many opportunities to shower while on base and on expedition. 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. We would love for you to stop by and say hello if you are also attending the conference. 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 under the "General Info" page under the "FAQs" tab. If you have any questions regarding protocols, feel free to contact us.

Financial Policy

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 1st. After June 1st, payment must be received *in full* for the student to be confirmed for the course. On June 1st, 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 1st to prevent your card from being automatically billed. Tuition payments made via credit card or e-check, prior to June 1st, may be completed by phone or your online account at www.soarnc.org/login.html.

Additional Expenses:

Your child may incur additional expenses while at camp. This includes prescription med costs if your child gets sick, damage fees for intentional damage done to SOAR property, or additional airline expenses. The 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.

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 Balsam Base, 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. If your child will be flying to camp, we will be happy to conduct an inbrief via the telephone. **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. During the debrief, you will review your child's experience on 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.

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)

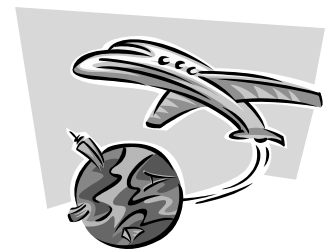
Inbrief Times: 12 – 2 pm (phone inbriefs only), 2 – 3 pm, 3 – 4 pm and 4 – 5 pm

Debrief Times: 10 – 11 am, 11 am – 12 pm and 12 – 1 pm

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.



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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 10 a.m. – 1 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.

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. 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 group guidelines for 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.

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 or call 828-456-3435.

We look forward to seeing you and your child soon!



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

- Large duffel (for storing gear)
- Day pack (book bag)
- Sleeping bag with stuff sack
(Synthetic – No Down!)*
- Sleeping pad (Ensolite/Thermarest type)
- Sunglasses
- Insect repellent (non-aerosol)
- Rain jacket & rain pants**
- 2 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, max. strength)
- Camera (optional)***

FOR COURSES WITH BACKPACKING:

- Backpack with good hip belt**** (~3500 cubic in.)
- Pack cover (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, synthetic (2 pair)
- Pants/jeans (1 pair)
- 1 pair quick-dry pants
- Shorts (4 pair)
- Shirts, long-sleeve (2)
- T-Shirts (4)
- Underwear (8)
- Hat
- Sweater/sweatshirt
- Swimsuit (several for NC Whitewater Intensive)
- Water shoes (closed-toe, no Velcro straps)
- Bandanna
- Sleepwear
- Flip Flops (for showering & airing out feet)

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.

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

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

*** Digital cameras are OK to bring, but be aware that there is a risk of damage while on course for which SOAR is not responsible.

**** 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.