



Dear Parents,

We are very excited about your child attending Camp ACC this summer. There are many great things planned.

Enclosed with this letter you will find the following information. Please read each carefully to be aware of the camp policies and what you will need to do to get ready for Wilderness – Outpost.

- *Church Payment Authorization Form -*  
***If your church will be paying a portion, we must receive this completed form to authorize us to bill them.***
- *Wilderness Off-Campus Release Form – must be signed & returned to the camp if you did not submit online*
- *Outpost Packing List, Dress Code, Getting Ready for Camp and General Information*
- *Leave No Trace & Wilderness Safety Requirements*
- *Camp Policies and Code of Ethics*

These are the remaining steps to complete the registration process:

1. **Pay any remaining tuition balance and send in release form.** Taking care of these prior to the start of camp will reduce the check-in time considerably.
2. **You may call or email a request for a *Consent for Medication Administration form*.** You can also download and print it at <http://campacc.com/pdfs/Consent for Medication Administration.pdf>.

*This is for campers bringing medication – both prescription and non-prescription. Filling this form out ahead of time will save you time when you check-in. The form and all medication must be turned in to the First Aid Attendant upon arrival.*

#### **A Special Note on Your Arrival Time:**

Outpost check-in will be open beginning at **3:30pm** on the start date of your camp session. There is little benefit to arriving before the scheduled check-in time and will only cause you to wait for that time to arrive. If you cannot arrive at **3:30pm**, please call the camp during the previous week to let us know.

If you have any questions, please call the camp office or email us at [info@campacc.com](mailto:info@campacc.com).

In Christ,

Aaron Morris  
Executive Director

p.s. To keep up with the latest news on summer camp, please visit [www.CampACC.com](http://www.CampACC.com).



## Church Payment Authorization

*If your church will be paying a portion of the tuition, this form must be completed, and a church representative must sign it. We must receive this completed form to authorize us to bill your church and for you to qualify for Express Check-in.*

Church Name: \_\_\_\_\_

Camper Name: \_\_\_\_\_

Camp session camper is attending: \_\_\_\_\_

Amount church will pay: \_\_\_\_\_

Church Representative Name: \_\_\_\_\_

Position (Minister, Youth Minister, etc.): \_\_\_\_\_

\_\_\_\_\_  
Church Representative Signature

\_\_\_\_\_  
Date

Send your completed form by email, fax, or postal mail to:

[info@campacc.com](mailto:info@campacc.com)

(423) 743-3910 Fax

CampACC  
512 Cross Circle  
Unicoi, TN 37692



## Wilderness - Outpost Activity Consent & Liability Release Form

***If you did not register online, please read and sign this form.***

Send to: Email [info@campacc.com](mailto:info@campacc.com) / Fax (423) 743-3910

Camp ACC - 512 Cross Circle - Unicoi, TN 37692

Wilderness camps differ greatly from our regular camps in the activities that are involved, and this form is to make you aware of these and to get your explicit permission for your child to participate in these activities. The specific activities may vary slightly, based on weather conditions and the program set forth by that session's Program Director.

***Outpost Campers will participate in a variety of outdoor adventure activities, some of which are listed below. Please initial each statement and sign at the bottom.***

\_\_\_\_\_ I give my permission to Appalachian Christian Camp for my child to participate in all off-campus activities, including but not limited to overnight tent-camping, hiking, rock-climbing, rappelling, caving, mountain-biking, high and low ropes course, horseback riding, and white-water rafting.

\_\_\_\_\_ I attest that my child is physically fit to participate in strenuous and challenging activities such as hiking six or more miles on a mountainous trail, paddling in a white-water raft, riding a mountain bike, rock climbing & rappelling, and caving. I further attest that my child is willing to participate in such activities.

*I hereby release Appalachian Christian Camp of all liability from injuries that might occur during Wilderness program activities.*

**Camper's Name** \_\_\_\_\_

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Date)

*We look forward to your child joining us in this experience! We pray that each camper grows in their faith while here and that God is glorified through all we do.*

# OUTPOST PACKING LIST

## *Label all items!*

### Provided by the Camp

- 18 gallon Rubbermaid container (All of your clothing and gear will need to fit in here. Pack light!)
- CampACC Nalgene Bottle
- Tents
- Backpack
- Sleeping pad

### Essentials

- Sleeping bag (Lightweight, compact design are best)
- Pillow (small/compact for camping)
- Toiletries (soap, shampoo, toothpaste, toothbrush, etc.)
- Large Ziploc bag for toiletries
- 3 Towels & Washcloth
- Laundry bag
- Bible & pen (enclosed in zip lock bag)
- Any necessary medication – ***all medications must be given to the 1<sup>st</sup> Aid Attendant during check-in.***

### Camping Gear

- Extra Water Bottle – 32oz. (Nalgene type are best.)
- Headlamp (with adjustable angle are best)
- Extra Batteries for Headlamp
- Sunscreen (in zip lock bag)
- Insect Repellent (in ziplock bag)
- Eyewear strap for those that wear glasses (Croakies)

### Clothing

*Nylon, synthetic, quick-drying fabrics are best! Cotton does not dry well.*

*We suggest packing each day's clothing in a labeled, large ziplock bag.*

*Although we will get dirty, please send clothing & shoes that are comfortable and fit well.*

- 5 Short-sleeve shirts
- 1 or 2 Long-sleeve shirts
- 3 or 4 Pair shorts
- Swimsuit (must be modest)
- Waterproof Rain Jacket/ Windbreaker (Absolutely!)
- Fleece jacket or sweatshirt
- 1 or 2 Pair comfortable, long pants (for rock climbing and chilly nights at camp)
- Long-sleeve shirt that can get very dirty (for caving)
- 1 Pair comfortable, long pants that can be ruined or heavily soiled (for caving)
- 6 pairs of underwear
- 6 pairs of socks
- Athletic or hiking shoes (Need to be comfortable for hiking several miles. Broken-in is best.)
- Pair of closed-toe shoes with decent tread that can be ruined (for caving)
- Sandals/water shoes or tennis shoes that securely strap on for rafting (No Flip-flops or Crocs)
- Toboggan
- Cap with brim for shade
- 1 or 2 Bandanas

### Personal extras

- Sunglasses
- Spending money for snacks (\$10- \$15)
- Individual Drink Packets – *crystal light, gatorade, etc...*

## What Not to Bring:

- X Food or drinks
- X MP3 players /CD players/ Radios or other audio players
- X Cell Phones / Tablets
- X Electronic games
- X Air-soft gun /Paintball gun or any other recreational gun
- X Firearms
- X Knives or other weapons
- X Fireworks
- X Tobacco products of any kind & alcoholic beverages are not permitted on the campgrounds at any time.

**Any of these items will be confiscated.**

## CAMP ACC DRESS CODE

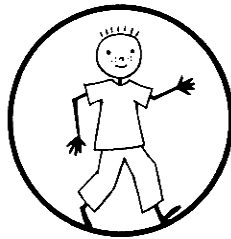
Campers must follow the Camp ACC dress code, which is casual and modest. Shoes must be worn on the campgrounds at all times. Remember to bring clothes that can get very messy.

### Swimming & Water Activity Dress Code:

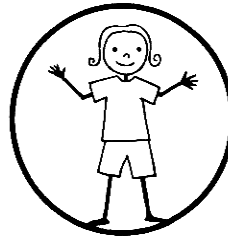
**Girls** – Swimsuits are to be a modest one-piece or “tankini” that completely covers the midriff. No suits that are too tight or low cut, bare midriffs, or bikinis. Tank tops at the pool should be modest.

**Boys** - Boxer-style swimsuits only please. No low-slung shorts or pants, tight shirts or short shorts.

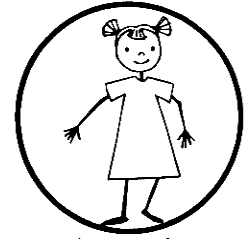
## HOW TO DRESS AROUND CAMP



DRESS CASUAL  
PANTS AND T-SHIRTS ARE  
GREAT



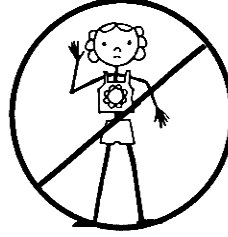
SHORTS ARE GREAT TOO.



GIRLS CAN WEAR DRESSES  
OR SKIRTS IF THEY WANT.



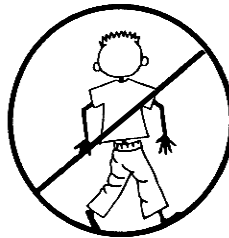
NO TIGHT SHIRTS, SWEATERS,  
PANTS, OR SHORTS PLEASE.



NO SPAGHETTI STRAPS, BARE  
MIDRIFFS OR SHORT SHORTS.



PLEASE GUYS, NO TANK TOPS  
OR SHORT SHORTS.



REAR-VIEW / NO THANKS!  
KEEP YOUR PANTS PULLED UP.



HEY GIRLS! NO SHORT SKIRTS  
OR LOW-CUT TOPS.

# Getting Ready for Camp & General Information

## **Canteen Accounts:**

Canteen accounts are not available for Outpost & Venture sessions because they will be off-campus for most of the week. Campers may bring a small amount of spending money for snacks and drinks. The canteen will be open during check-in and check-out if you wish to purchase any snacks or CampACC merchandise.

## **Defeating Homesickness:**

**Homesickness Spreads Quickly from Parent to Child.** We have found that many times parents are homesick for their children, while the children are fine. But, if a homesick parent calls or visits a child who is not homesick, the child soon becomes homesick.

For this reason, we discourage phone calls and visits with parents and/or siblings. If a child does get homesick, we will do our best to try to keep them involved in the activities of the camp and hope that it will pass. If it does not pass, we will allow your child to call you. If your child does not call, this is the best sign that things are **GREAT!**

**Say Encouraging Things As You Leave.** This can be the most helpful tool in defeating homesickness. Say things like, "You are going to have a great time!", "Look at all of the fun things you will be doing". Please resist the temptation to say things like, "I don't know how we are going to make it without you.", "Are you sure you're going to be OK?", "The house sure will be empty without you there." Focus on the positives!

## **Phone access:**

Campers are not given access to the phones. Exceptions will be at the discretion of the Camp Administration and the Program Director of each session. Cell phones are not permitted.

## **Visiting the camp:**

Visiting the campers is discouraged. Besides the obvious distraction it could cause to the program, the visit can also cause a camper to become homesick. Please notify both the Program Director and the Camp Director if you must visit your child.

## **Leaving campus:**

Campers are only allowed to leave campus for scheduled camp activities. If you need to take your child off campus, please let the Program Director and Camp Director know when and for how long the camper will be gone. We need this information as soon as possible.

## **Luggage Drop-Off:**

**Please tag all luggage before arriving** - we will not be providing luggage tags during check-in. The Camp ACC staff will gladly transport your camper's luggage to their lodging facility.

## **Lost and Found items:**

Camp ACC is not responsible for items left behind, lost or stolen. It is recommended that all items be labeled. Lost and Found items will be kept at the camp for 4 weeks and then donated to charity if not claimed.

## **Baptisms:**

Parents/Guardians will be called for permission for and invitation to all baptisms. The camper will have the opportunity to notify his/her minister/church with an invitation to attend. Certificates of baptism will be issued by Camp ACC to all campers baptized at Camp ACC.



***\*\*\* Wilderness campers must read and agree to follow these outdoor recreation guidelines to the best of their ability, in addition to the standard Camp ACC rules. \*\*\****

### **Be Considerate of Other Visitors**

- Preserve the solitude. Respect others by hiking, traveling and camping quietly (be aware of quiet time). Keep radios at home. Camp as far away from other visitors as you can to avoid creating noise and visual "pollution".
- Uphill hikers have the right of way.
- Base your backcountry decisions not only on how your actions will impact the environment but also how they may affect others as well.

### **Dispose of Waste Properly**

#### **Pack It In, Pack It Out**

- You are responsible for everything you bring into the backcountry. Carry out your trash!
- Practice "Negative Trace". Pick up trash that others may have missed or that were dropped by accident. Pick up trash you find along the trail.

#### **Properly Dispose of What You Can't Pack Out**

- Bury human waste in catholes about 6-8" deep 200 feet from any water sources, campsites, or trails. Carry out all plastic or cotton feminine hygiene products. Do not bury them.
- Food scraps will attract insects and animals. Carry out your food scraps with the rest of your trash.

### **Leave What You Find**

- Take only pictures, leave only the lightest of footprints, and bring home only memories.
- Leave the place you're visiting in a natural condition. You can't improve Nature. Do not alter a site in any way. Don't pound nails into trees or damage live vegetation or trees.

### **Respect Wildlife**

- Treat the animals you encounter with respect. Remember that you are a visitor and are traveling and camping in their backyard. Observe wildlife from a distance.
- Do not feed the animals! You will create a nuisance because the animal will develop a taste for human food, associate humans with food, and then raid our campsites to steal our food. Cook and eat away from your campsite so you don't attract bears.

# *Wilderness Safety Requirements*



## **General**

- No playing around, pushing, tripping, etc.
- Watch your step in the wilderness. You need to be extra careful when hiking or participating in other outdoor activities.
- Always stay in pairs!
- Listen and follow your leaders

## **Camping**

- Know your camp area! Do not wander off!
- Let your leader know where you are at all times!

## **Hiking**

- Watch your step (loose rocks) at all times to avoid injury.
- Watch for tree limbs or briars in the path.
- Keep a safe distance from the hiker in front of you.
- Stay on the trail.
- Do not approach, feed, or play with wild animals!

## **Climbing**

- Never stand close to the edge or cliff!
- Do not throw anything off the edge or cliff!
- Do not walk or step on the rope.
- Yell to the climber if something is falling...Yell Rock!
- Listen to your leader for instructions.

***Have A Great Adventure And Keep It Safe!***





## Policies and Code of Ethics

1. All Students, Parents, Program Directors, Staff and Visitors are expected to conduct themselves appropriately. Unacceptable behavior by anyone will result in dismissal.
2. Students failing to respond to the authority of all camp staff will be dismissed.
3. Students caught stealing and/or pilfering through others' belongings will be dismissed.
4. Any student using or in possession of alcohol, tobacco products, drugs, firearms or other weapons will be dismissed.
5. Any student caught ingesting or inhaling any substance deemed harmful or intended to induce a "high" will be dismissed.
6. Students caught in the sleeping area of the opposite sex will be dismissed.
7. No food or drinks are allowed in the dormitories or lodge. All food and drinks found in these areas will be confiscated immediately.
8. Campers are not permitted to carry cell phones. Permission to use camp phones must be obtained from the Camp Director or Program Director.
9. Students who leave the camp without permission from the Program Director and the Camp Office will be dismissed upon their return.
10. Students who fail to abide by the Program Director's schedule (exceptions: sickness, injury) will be subject to dismissal.
11. Students who refuse to follow the *Dress Code* will be subject to dismissal.
12. All medications must be given to the 1<sup>st</sup> Aid Attendant during check-in. Students caught with any medication in the dormitories will be subject to dismissal.
13. Students who drive to camp must lock their cars upon arrival and not return to them without the explicit permission of the Program Director. Any student with unauthorized access to their vehicles will be subject to dismissal.
14. Students will be charged for any property that is damaged either deliberately or as the result of unauthorized activities.
15. Visitors must check in at the Camp Office or with the Program Director if the visit is after office hours.
16. Pets and all other animals are not permitted without prior authorization. If authorization is given, all animals must have current rabies vaccinations and must be restrained at all times on campus.