



Please print the entire packet, then fill out and mail forms to camp

2010 Merri-Mac Camper Packet

1123 Montreat Road
Black Mountain, NC 28711
(ph) 828-669-8766

Dear Parents,

In just a few short weeks summer camp at Merri-Mac will be in full swing! In order to help us have everything ready for your daughter's arrival, please give special attention to the following pages. Items **highlighted** are to be returned to camp as soon as you have them completed.

NEW FOR 2010

1. No Care Package Policy (p. 4)
2. Parent Contact Information (p. 4)
3. Fitness Class (on Activity Selection Sheet)
4. Prescription and Health Insurance Cards Requested (Health Form, p.10)

1. General Information
2. Lost and Found Policy
3. The Camper Bank
4. Directions to Camp
5. **Activity Selection Sheet**....Please return this form to camp. Scheduling by age and skill level is very time consuming.
6. **Medical Form and Permission to Treat**. Your doctor will need to complete this form. It is very important that you sign the "Permission to Treat" section as indicated by the outlined area.
7. **Arrival Information Form**....Please complete as soon as you know flight information/travel plans.
8. **Clothing Order Form**....Please return to camp. Orders will be filled upon her arrival.
9. **Permission Form**....Please return to camp.
10. **Optional Rafting Trip Waiver**.
11. Luggage Shipping Information.
12. "Disconnect the Phone." Please read this one!
13. Infirmary policy.
14. Trunk ordering Information.
15. Online Photo Account ****DON'T MISS THIS!****
16. Special trips!
17. Trip Insurance
18. Going to camp checklist

Thank you for sharing your daughter with us this summer. If you have any questions, or if we can be of any help, please let us know.

Sincerely,
Adam Boyd

1. General Information

Sessions	Arrival Date	Departure Date
(ST) Short Term	Sunday, June 6	Friday, June 11
(1F) First Session, Full Term	Sunday, June 6	Friday, July 9
(1A) First Session, 20 Days	Sunday, June 6	Friday, June 25
(1B) First Session, Two Weeks	Saturday, June 12	Friday, June 25
(1C) First Session, Two Weeks	Saturday, June 26	Friday, July 9
(1D) First Session, Four Weeks	Saturday, June 12	Friday, July 9
*First Session Closing Ceremony and Picnic	Thursday, July 8, Ceremony at 3:00 PM	
(2F) Second Session, Full Term	Sunday, July 11	Saturday, August 7
(2A) Second Session, First Two Weeks	Sunday, July 11	Saturday, July 24
(2B) Second session, Second Two Weeks	Sunday, July 25	Saturday, August 7
*Second Session Closing Ceremony and Picnic	Friday, August 6, Ceremony at 3:00 PM	

*Parents are invited to attend our closing ceremony and picnic but should feel no pressure to attend.

1.1 Arrival and Pick Up Times:

Check In

We stagger our arrival times by the age of your camper in order to minimize traffic. By staggering our registration, we hope to minimize the time required to get your child settled at camp on opening day. Please observe our 7mph speed limit through camp.

Age	Registration Begins	Registration Ends
13-16	9:00 AM	3:00 PM
11-12	11:30 AM	3:00 PM
10 and under	1:30 PM	3:00 PM

Check Out

Please help us with registration and check out by arriving during your registration window listed if at all possible. If you have more than one camper please feel free to arrive during either window. These times do not apply to campers who are flying to or from camp

Age	Pick Up Begins	Pick Up Ends
All Short Term Campers	9:30 AM	12:00 PM
10 and under	10:00 AM	12:00 PM
11-12	11:30 AM	1:30 PM
13-16	1:00 PM	2:30 PM

It is important that we have both email and contact numbers in case of changes in travel arrangements such as flight delays or traffic problems.

1.2 Opening and Closing Information:

Parents are invited to attend the closing picnic and closing ceremony at the end of each full session. Campers are free to leave with their parents after the picnic, or they may choose to stay for their last night at camp. Please do not feel pressure to attend if this does not fit your schedule. Many of our parents are unable to attend

Our complete staff will be present to meet campers on arrival days and help them get settled in their cabins. Prior to opening day, the staff will be involved in training and are not available to perform cabin duties. Any advance check-in must be approved by the directors.

1.3 What to bring to camp:

Short Term Campers (ST) note special instructions in brackets

- | | |
|---|---|
| -Comb or brush | -2 Pairs white shorts (very important for Sundays, ST 1) |
| -Toothbrush, tooth paste, soap, etc. | -2 White shirts (ST 1) |
| -1 Flashlight | -7 Pairs of underwear and socks |
| -2 Sets of twin sheets | -1 Pair water sandals with heel straps (very important for wet days and playing in the creek) |
| -Towels* and bath cloths | -Pajamas |
| -1 Pillow | -Non-aerosol sunscreen |
| -1 Blanket* | -Non-aerosol bug repellent |
| -1 Sleeping bag | -Stationery, stamps, writing materials in a ziplock bag |
| -1 Sweater or fleece pullover | -Books to read during rest hour (summer reading?) |
| -1 Sweatshirt* | -Bible (optional) |
| -1 Raincoat or poncho | -1 long sock for Sock War!* (it will probably be lost) |
| -3 1 piece, or "tankini" bathing suits (ST 2) | |
| -2 Pairs of blue jeans | |
| -2 Pair of tennis shoes | |
| -7 Pairs of shorts any color (ST 6)* | |
| -7 Shirts any color (ST 6)* | |
| -2 Laundry bags* (ST 1) | |

Notes:

- All items should be marked permanently with the camper's name
- Items marked with an asterisk * may be purchased from camp
- We recommend that you *spray your daughter's clothes with an insect repellent designed for clothing before you pack them* in the trunk. This will last through several washes. You should also send them to camp with repellent (non-aerosol please).

Things Not to Bring

Cell phones money, music or listening devices, vehicles (yes, we had to say this!) i-pods, food, large knives, fireworks, tobacco, alcohol, illegal drugs, and other dangerous items. Bicycles and similarly large sporting equipment. Anything uniquely valuable that you would hate to lose!

Helpful Hint: Make 2 lists of the items in your camper's trunk. Give one to your camper and one to their counselor.

A NOTE ABOUT CAMERAS: Camp should be a safe place and protecting our girls' privacy is an important part of that. We ask that cameras be given to your daughter's counselor. Counselors will let the girls have their cameras at times they feel are appropriate but will otherwise keep them in their counselor sections. Please note that our counselors' primary responsibility is to care for their campers and while they endeavor to be responsible in their care for cameras we cannot be responsible for their safe return. If you do bring a camera please be sure it is clearly marked with your camper's name.

1.4 Other Notes:

PARENT CONTACT INFORMATION: We hate spam, and promise to not spam you! Even so we will almost certainly email you important information about your camper. Please take a few minutes to "white list" the camp email through your spam filter.

AIRLINE TRANSPORTATION: Campers may fly into either the Asheville or Greenville/Spartanburg airports. The Greenville/Spartanburg Airport is about one and a half hours from camp and we will provide transportation for campers whose flights arrive and depart on opening and closing days between 9:00 AM and 3:00 PM. The Asheville Airport is about 45 minutes from camp and arrival and departure for campers traveling through the Asheville Airport should be between 6:00 AM and 3:00 PM. Shuttle fees will be \$50.00 each direction for Greenville/Spartanburg and \$25.00 for Asheville.

Campers arriving by plane will be met by camp personnel in camp vans. These staff members will be wearing Camp Merri-Mac or Camp Timberlake shirts for identification purposes and your children will be in their care both to and from the airport. Make your airline reservations today, if you have not already done so. While baggage may be sent on the airline we *recommend that you ship all checked baggage via UPS.*

UNACCOMPANIED MINOR FEE: Each airline has a different policy regarding young children and high school students flying without a parent. You **MUST ASK** the airline about their policy when you make the reservation. You should pay fee directly to the airline for **both directions** prior to arrival, and **give the camp a copy of the receipt.** If the airline will not allow you to pay in advance (they're a tricky bunch) please let us know. We'll be happy to help from our end. You may tell the airline that Adam Boyd will be the person responsible for picking up your child. We will need the name, address and phone number of the person picking up your child on their return trip

DEPARTURE: Prior to your camper's departure from home, demonstrate cheerfulness and optimism about the coming days. By speaking of happy times instead of how much they will be missed, the girls will be more confident and secure.

MAIL: Each camper enjoys getting mail. We trust you will write her newsy letters often. Please don't mention how much she will be missed. Instead you should talk about how proud you are of how she is growing at camp and encourage her to get the most out of her stay. Your camper's address will be Camp Merri-Mac, 1123 Montreat Road, Black Mountain, NC 28711. If you know your cabin name please include this in the address.

CARE PACKAGES: Care packages can create a competitive environment with campers trying to receive the best package, and parents pressured to make this happen. As a result all packages will be returned to sender unopened. We consider a package to be anything larger than a standard sized envelope. Envelopes must also be flat so please no pens, charms, gum,

magazines or the like. Unless something is absolutely crucial to your daughter's health or hygiene she will need to do without forgotten items for the short time she is with us. If something is absolutely necessary it should be addressed to the Camp Hostess. You should also call the hostess before you mail the item. Finally, please help us by letting your friends and family know about this policy. We understand that this may be a difficult change for some of our long-term camp families. Your patience and trust are appreciated.

NAME STAMPS: Everything the camper brings should be marked clearly with her name. Permanent ink name stamps, sew-in labels, and permanent markers all work fine. Visit <http://www.stuckonyou.biz> for help.

CAMP CLOTHING: You will find an order form enclosed. You may buy as many items as your camper would like. All clothing should be paid for at time of order. There is a possibility that other items may be purchased after arrival at camp, provided we have the items on hand. All clothing orders, for both the first and second session should be received by us with payment by June 1. These items will be marked with the camper's name by laundry pen after her arrival at camp.

VISITING: Visitors generally create the kind of interruption that causes homesickness, so we strongly discourage visits during your camper's stay. However, if you would like to visit, *please call the camp office at least 24 hours in advance* so we can be sure your child is not out on a trip when you arrive. Please do not bring pets to camp.

GUEST MEALS: We regret that our dining hall facilities do not permit our having guests at mealtime.

HEALTH FORMS: Enclosed you will find our camp health certificate. This is to be filled out, signed by you and your physician, and returned to the camp office as soon as possible. It must be received at least ten days prior to your camper's arrival. We are not able to let your daughter participate in camp activities until we have this form. Please also make a copy for your own records.

PAYMENT OF FEES: The balance due on a camper's fees is to be paid by April 1.

VALUABLES: It is advisable that expensive items such as watches, rings, i-pods, etc. are not brought to camp. These are not good camp items and we cannot be responsible for these. Everything the camper brings should be marked clearly with her name including shoes, equipment, etc. In addition to this, vehicles, animals, and weapons are prohibited and personal sports equipment will need to meet the director's inspection.

MOTEL ACCOMMODATIONS: Make your reservations early, even now if possible. Camp is in the heart of the tourist area. Our office will be glad to assist you in any way we can.

BLACK MOUNTAIN

Red Rocker Inn - (828) 669-5991

Bella Luna B&B (828) 664-9714

Tree Haven B&B – (828) 669-3841 Across the street from camp.

The Greenhouse-(601)362-5881 Director Dan's parent's (Lee and Big Dan) rental house near Black Mountain

ASHEVILLE

www.merri-mac.com

These motels listed are a twenty minute drive from Camp Merri-Mac.

Grove Park Inn and Spa - (828) 252-2711

Inn on Biltmore Estate – (828) 255-1600

The Grand Bohemian Hotel- (828) 505-2949

CABIN RENTALS

Greybeard Realty- (828) 6691072 <http://www.greybeardrealty.com/vacationrentals/>

Cheshire Rentals- (866) 735-4673

GOOD EATING: In Black Mountain, we recommend The Black Mountain Bistro, Morning Glory, the Veranda, and My Father's Pizza. In Asheville, we recommend Mamacita's and Salsa's downtown for light meals, as well as the Grove Park Inn, Table, or Tupelo Honey for evening meals. Most of the large chain restaurants are also on Tunnel Road.

TELEPHONE: We ask that our campers not call home and request that PARENTS NOT CALL CAMPERS except in case of an emergency. When parents must call their children they are asked to do so during our regular meal hours (1:00, 6:00). This assures their availability in coming to the phone. Please feel free to call the Camp Director at any time he may be of help to you or your daughter.

PLEASE RETURN THE SKILL SELECTION SHEET QUICKLY: Scheduling of activities by skill level is a very time-consuming process. Skill selection sheets will be processed in the order received.

RIDING IN THE CAMP VAN: If your camper is arriving by plane or participates in out of camp trips she will likely travel in a camp van. The staff members driving are carefully trained and charged with the great responsibility of shepherding your children to and from camp. Please advise your child to obey these staff members and specifically to observe our van safety rules (any time they are riding in a camp vehicle) which include wearing a seat belt, observing the buddy system, and being courteous to the staff driver.

PET AND CELL PHONE POLICY: Please leave your pets at home on opening days, closing days, and other times you might be visiting camp. Campers are not allowed to have cell phones at camp. For those flying, we will keep their phones in the office and have them charged and ready for their return flight. More than half of the campers sent home are because of cell phones, and of those more than half are the result of parents asking their campers to break the camp rules. Please call the camp director if you are not comfortable with this or any other camp policy.

YOUR QUESTIONS: We have a wonderful summer staff that is well trained to work with your children, but they are not well trained to answer questions about general office policies. Please direct these questions to our office administrators, or to a camp director.

2. Lost and Found Policy

All summer long camp echoes with the cries of happy children. There is laughter, singing, whooping, hollering, and all the other noises you might associate with children learning to succeed. Then, in August, there is silence. And after that, there is lost and found.

Each year as we survey the stack of clean and folded clothes, the stack of tennis rackets, the shoes, the stuffed animals, one question jumps out at us: Whose stuff is this? Please label everything your camper is bringing to camp! With this in mind, we want you to know that we have both a policy and a system for lost and found.

Your camper's belongings are just that - your camper's. They are responsible for keeping up with whatever they bring to camp. The first line of defense for lost and found is simple: explain to your camper that they must keep up with their things, label their things, and plan for them to lose everything they own.

Our system of lost and found relies on regularly policing our grounds for lost gear and returning it to the camper while they are still here. Where this is not possible, we will mail anything we find back to you, C.O.D. We work very hard to return all lost items to the rightful owners. Regretfully, some things will be lost and not found. We are not responsible for those things. Please know that we work very hard to send your child home with every possession they arrive with, plus one very big smile!

3. Camper Bank

The camper bank is a separate account that allows your camper to cover elective expenses not included in camp tuition. These funds will allow your camper to pay for trading post, additional clothing and other items at camp (It is necessary to put funds in the camper bank in order to purchase a drink and snack at Trading Post).

We recommend placing \$30.00 per week in your camper's account and this amount will be reflected on your bill. Your camper can withdraw from this account in \$10.00 increments. Each \$10.00 withdrawal purchases one punch card. At the end of the session, camp will refund any amount left over in the camper bank; this refund will not cover partially used coupon books (Campers will be able to use those coupons when they return next summer, so hang on to them!).

*You can give your camper permission to overdraw their camper bank by filling out the appropriate section on the clothing order form (form #8).

4. Directions to Camp Merri-Mac:

From Asheville, go east on Interstate 40, get off at Black Mountain exit 64 and turn left. Cross US 70 and you will be on Montreat Road. Merri-Mac is 1 1/4 miles from US 70 on the left. We will have girls at the gate to meet you on opening days.

From Hickory, go west on Interstate 40, get off at Black Mountain, exit 65. Turn right off of US70 at the second light and you will be on Montreat Road. Merri-Mac is 1 1/4 miles from US 70 on the left.

5. Activity Selection Sheet

Instructions: Pick nine (9) activities. In the grey column on the left, label each row with a number, 1 through 9, in order of your preference. You will be placed in eight classes. In the columns to the right, circle the skill level for each activity that you select. Where no skill level is indicated, circle name of activity. Skill selection sheets are processed in the order received.

Camper Name _____ Age _____

Check Camp Dates:

(1F) First Full Session Short Term (1A) 20 Days
 (1B) 2 Weeks (1C) 2 Weeks (1D) 4 Weeks
 (2F) Second Full Session (2A) 2 Weeks (2B) 2 Weeks

Do not allow my child to participate in: _____

NO#	CLASS	BEGINNER	INTERMEDIATE	ADVANCED
	SWIMMING	No experience through swim 10 yards, acceptable strokes.	Swim 25 yards through 100 yards front dive from side	Swim 300 yards
	DIVING	No experience through standing front dive from board, swim 100 yards	Front dive with correct approach back dive and one other good dive	Front dive, back dive, inward dive, front somersault
	EMERGENCY WATER SAFETY	4 or 5 week campers only. Safety & basic rescue techniques.		
	COMPETITIVE SWIMMING	N/A	Strong swimmer would like to start competition.	Has swum with a club team and is accustomed to competitive workouts
	FENCING	No experience	Knows correct grip, target, on guard, advance and retreat	Knows correct lunge, parry and beat attack. May be on team.
	GYMNASTICS	No experience through front and back rolls	Cartwheels and basic bounces on trampoline	Levels IV and up.
	DANCE	No experience	Formal instruction for at least one year	Formal instruction for at least two years and participated in a recital
	CHEERLEADING	No experience	Has been on a grammar school squad	Has been a member of a junior high or senior high squad
	CHORUS	No experience.	Some singing experience.	Sings solos, is in select choirs.
	CANOEING	No experience but can swim at least 100 yards	Can perform basic canoeing strokes in lake and swim at least 100 yards	Familiar with advanced strokes, participated in river trips, must swim 300 yards
	FITNESS (13 and up)	I'm more interested in Strength Training	I'm more interested in Aerobic Training	I have a particular school workout that I need to continue
	KAYAKING Ages 12 and up	No experience but can swim at least 100 yards	Some experience. Can perform a wet exit, t-rescue and swim 100 yds.	Has on-side roll, participated in river trips, must swim 300 yds.
	RIDING (HUNT SEAT) No Short Term Campers Helmet & boots provided. Add'l fee and pre-registration req'd.	No experience through unaided walk	Unaided walk and posting trot, knows diagonals.	Walk, trot, canter, possibly started over fences and safe on the trail at all gaits with a calm horse and supervision
	DRAMA	No experience	Camp or school instruction	Formal or advanced school instruction and feels confident with speaking roles

	RIFLERY	No experience	Has participated in range riflery; knows range safety procedure, proper sight picture	Is consistently capable of making a pro-marksman score of 20 or better at 50 feet
	ARCHERY	No experience	Has participated in range archery; knows safety procedure, bow draw, release and position.	Is consistently capable of making a fair score and has earned archery achievement awards.
	CAMP CRAFT (Backpacking, Ropes Course, Woods Skills) Camp provides all equipment.	No experience	Has gone on a few family type outings with or without a pack. Is physically capable of a short easy trip on rolling terrain with a light pack.	Has taken moderate trips with a pack. Knows the care and use of standard equipment. Is physically capable of short trips over mountain terrain with a pack.
	TENNIS	No experience through inconsistent back board work	Fairly consistent light volley, knows rules and how to score	Can play the game, ready for lower level intramural or tournament play
	ARTS/SKETCH BOARD	Emphasis on drawing and painting. Basic through intermediate techniques. Girls scheduled by age.		
	ROCK CLIMBING No Starter Campers	No experience.	Has climbed before, knows how to put on harness, etc.	Comfortable on 5.7 terrain, knows knots, etc.
	TEAM SPORTS SOCCER VOLLEYBALL	Girls scheduled by age.		
	GITAR	Ages 11 and up		

<input type="checkbox"/>	Yes, sign me up for the Rafting Trip (Not available for Short Term Campers)
	This summer we are offering an unforgettable optional wilderness trip for girls <u>10 and older</u> . Campers coming any session can raft up to class III or IV water on the Pigeon, Nantahala or French Broad Rivers. All trips will be offered under the leadership of the Nantahala Outdoor Center. The cost for this trip is \$70.00 and <i>you will need to sign and return the waiver on page 16</i> . There is limited enrollment and we will book these trips based on the order we receive signed waivers.

<input type="checkbox"/>	Yes, sign me up for the Water Skiing Trip (Not available for Short Term Campers)
#of days:	You may enroll for up to 3 days; \$80.00 per day covers all equipment and certified instructors for a morning or afternoon of skiing. There is no age limit for this trip, but availability will be dependent on weather.

6. Health History and Examination Form for Children, Youth and Adults (PLEASE INCLUDE COPY OF INSURANCE AND PRESCRIPTION CARDS)

Information on this form is not part of the camper or staff acceptance process, but is gathered to assist us in identifying appropriate care and placement. Please fill this form out and return it *with a copy of your health insurance card*.

For Parent, Guardian, or Adult Camper/Staff member to complete:



Name _____
Last First Initial

Social Security Number _____ Birth date _____ Sex ____ Age ____

Parents and Guardians _____

Home Address _____ Phone _____
Street & Number City State Zip (Area) Number

Cell Phone _____ Business Phone _____ Other Phone _____
(Area) Number (Area) Number (Area) Number

Email 1 _____ Email 2 _____

If not available in an emergency, notify:

Name _____ Email _____

Address _____ Phone Number _____

Relationship to Camper _____

Operations or serious injuries (dates): _____

Chronic or recurring illness, medical condition or disease: _____

<p>Health History (Check. Give approximate dates.)</p> <p>____ Frequent ear infections</p> <p>____ Heart defect/disease</p> <p>____ Convulsions</p> <p>____ Diabetes</p> <p>____ Bleeding/clotting disorders</p> <p>____ Hypertension</p> <p>____ Mononucleosis Diseases</p> <p>____ Chicken Pox</p> <p>____ Measles</p> <p>____ German Measles</p> <p>____ Mumps</p> <p>Allergies (Dates not needed)</p> <p>____ Hay fever</p> <p>____ Ivy poisoning, etc.</p> <p>____ Insect stings</p> <p>____ Penicillin</p> <p>____ Other drugs</p> <p>____ Asthma</p> <p>____ Other (Specify)</p> <p>_____</p> <p>_____</p>

Current medications (instructions on following page):

Check if your child has any current physical, mental, or psychological conditions requiring medication, treatment, or special restrictions or considerations while at camp.
(If checked, please explain on a separate sheet of paper)

Name of dentist/orthodontist: _____ Ph _____

Name of family physician: _____ Ph _____

Do you carry family medical/hospital insurance? ____ Yes ____ No

If so, indicate: Carrier _____

Group # _____

Carrier address _____

Carrier Phone Number _____

Policy Holder Name _____

SS# of Policy Holder _____

Note: Attach a copy of your health insurance card with the form.

Suggestions on health related information for camp personnel:

For Female:

Has this person menstruated? _____ If not, has she been told about it? _____
 If so, is her menstrual history normal? _____ Special consideration? _____

- Medications:** This camper will not take any daily medications while at camp.
 This camper will take the following daily medication(s) while at camp.

“Medication” is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Provide enough of each medication to last the entire time the camper will be at camp.

Medication	Date Started	Reason for	When given	Amount or dose	How given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other		

The following are the of sorts non-prescription medications that may be stocked in the camp Infirmary and are used on an as needed basis to manage illness or injury.

Cross out, or list to the side if not included below, medications the camper should not be given.

- Acetaminophen (Tylenol)
- Phenylephrine decongestant (Sudafed PE)
- Antihistamine/allergy medicine
- Diphenhydramine antihistamine/allergy medicine (Beadryl)
- Sore Throat spray
- Lice Shampoo or cream (Nix, Elimite, T-Tree Oil)
- Calamine lotion
- Laxatives for constipation (Ex-lax)
- Ibuprofen (Advil, Motrin)
- Pseudoephedrine decongestant (Sudafed)
- Guaifenesin cough syrup (Robitussin)
- Dextromethorphan cough syrup (Robitussin DM)
- Generic cough drops
- Antibiotic cream
- Aloe
- Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol)

Name _____ Date Examined _____ Cabin _____ Camp Session _____ Year _____ P # _____

PERMISSION TO TREAT AND WAIVER - For parent to complete

I have read and understand all camp policies as stated on the "Application for Admission." I also understand that there is an inherent risk involved in many camp activities, that my child may be on trips out of camp that will require travel by automobile, and that they may be over ten miles into wilderness areas where medical care will not be readily available. I also understand that my child will participate in specialized activities such as climbing, mountain biking, and horseback riding, and that each carries risk of injury or death. The directors and members of Merri-Mac/Timberlake LLC exercise reasonable caution in all camp activities; however, they do not assume responsibility for accidents or illness suffered by its campers.

If necessary, I have enclosed a description of any physical, emotional or possible behavioral conditions that may affect my child's stay at camp. This health history is correct so far as I know and the person herein described has permission to engage in all camp activities except as noted.

Authorization for Treatment: I hereby give permission to the medical personnel selected by the camp director to order x-rays, routine tests, treatment, release any records necessary for insurance proposed, and to provide or arrange necessary transportation for me or my child. I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. The completed forms may be photocopied for camp purposes.

Signature of parent or guardian or adult camper/staffer Date _____

Signature of witness Date _____

I also understand and agree to abide with the restrictions placed on my camp activities.

Signature of minor or adult camper/staffer Date _____

For Doctor or Health Provider to Complete:**Immunization History**

Required immunizations must be determined locally. Please record the date (month and year) of basic immunizations and most recent booster doses.

Vaccines	Year of Basic Immunization	Year of Last Booster
Diphtheria Pertussis (Whooping Cough) } DPT* Tetanus or	1 2 3	1 2
Tetanus } TD* Diphtheria or		
Tetanus		
Oral Polio (Sabin)* TOPV		
Injectable Polio (Salk)		
Measles (hard measles, red measles, rubeola)		
Mumps		
Rubella (German measles, 3-day measles)		
Haemophilus influenza b (HIB)		
Hepatitis A		
Hepatitis B		
Varicella (Chicken Pox) <input type="checkbox"/> Had Chicken pox Date:		
Meningococcal meningitis (MCV4)		
Tuberculosis (TB) test Date:	<input type="checkbox"/> Negative	<input type="checkbox"/> Positive

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian _____ Date _____

Name _____

Date Examined _____

Cabin _____

Year _____

P # _____

Health Care Recommendations by Licensed Physician:

I have examined the above camp applicant within the past two years. _____
Date examined: _____

In my opinion, the above's condition _____ does _____ does not preclude his/her participation in an active camp program.

Height _____ Weight _____ Blood Pressure _____

The applicant is under the care of a physician for the following condition(s):

Current treatment (include current medications, prescribed and over the counter): _____

Explanation of any reported loss of consciousness, convulsion, or concussion: _____

Does applicant have epilepsy? _____ Yes _____ No

Does applicant have diabetes? _____ Yes _____ No

Recommendations and Restrictions While at Camp:

Any treatment to be continued at camp: _____

Any medically prescribed meal plan or dietary restrictions: _____

Any allergies (food, drugs, plants, insects, etc.): _____

Activities to be encouraged, limited or exempted from: _____

Additional health information: _____

For physician to complete:			
Licensed Physician's Signature _____			
Address _____	_____	Phone _____	_____
<small>Street & Number</small>	<small>City</small>	<small>State</small>	<small>Zip</small>
Date of Form Completion _____			
By _____			
<small>*Initial if completed by nurse or physician's assistant</small>			

7. Travel Information:

Camper Name _____

For Those Flying:

My flight arrives in (circle one) Asheville Greenville/Spartanburg

Airline _____ Flight No. _____ Time _____

My flight departs from (circle one) Asheville Greenville/Spartanburg

Airline _____ Flight No. _____ Time _____

Included With This Form Are:

___ A Copy of Travel Itinerary

___ I have asked my airline whether I need to pay the Unaccompanied Minor Fee and if yes I have included:

___ Receipts showing its being paid for BOTH directions

___ Name, address and phone number picking my child up on their return visit

Please note that each airline has its own frequently-changing, byzantine policies regarding checked bags. We strongly recommend shipping luggage and having campers travel with carryon items only. Camp will charge your camper account for any baggage expense we incur.

For Those Driving:

1. Approximate Time of Arrival: _____ Date _____

2. If your camper is to leave camp with someone other than his legal parent or guardian as shown on his registration form, please so signify here. If you do not yet know who it will be let, please email us with the information well in advance of his departure date.

Name of person picking up camper: _____

Relationship to camper: _____

8. Clothing Order AND Camper Bank Form

****My daughter may overdraw her camper bank up to \$_____. This may be used for any additional purchases she makes while at camp.**

No orders are mailed out. Please complete and return the order form to camp. We will fill the clothing order and hand out the clothes directly to your camper during the first week of camp. We will use our best judgment in sizing your daughter's clothes, but your help with sizing information is appreciated

Merri-Mac 2010 Clothing Order

Camper Name _____
 Circle Session Attending: ST 1F 1A 1B 1C 1D 2F 2A 2B

Item #	Item	Available Sizes	Size	Qty	Price	Amount
1	Camp Picture Classic Black & White, 8x27				\$23	
2	DVD of session photos (will be mailed after camp)				\$25	
3	Tribe Jersey: short sleeve (2 required, 1 ST)	YS, YM, YL, AS, AM, AL, AXL			\$14	
4	New '10 Tribe Jersey: long sleeve	YM, YL, AS, AM, AL, AXL			\$17	
5	Reverse Color Tribe Shirts Choctaw Spirit/Iroquois Dangerous/Seminole Pride	YM, YL, AS, AM, AL AXL			\$15	
6	MM T-Shirt with MM Logo, Dillweed (adult sizes), Flamingo (youth sizes), Western Sky (adult and youth)	YM, YL, AS, AM, AL, AXL			\$16	
7	New '10 Track Shorts with MM Logo. Black with fuchsia	YM, YL, AS, AM, AL, AXL			\$32	
8	New '10 Drawstring Bags, Lime Green or Orange with Logo				\$12	
9	New '10 MM felt pennant, looks great on bedroom wall!				\$15	
10	New '10 purple T-shirt. Colorful and fun	YM, YL, AS, AM, AL, AXL			\$14	
11	New '10 MM Flannel Pants (they're back!)	YM, YL, AS, AM, AL, AXL			\$30	
12	New '10 Camp Blanket Very soft! Embroidered with logo (Guaranteed to be the new camp favorite)				\$40	
13	New '10 BPA Free Glow in the Dark Nalgene Water Bottle				\$14	
14	Laundry Bag				\$10	
15	Tribal Softe Shorts: with Tribal Logos	YM, YL, AS, AM, AL, AXL			\$12	
16	MM Sweat Pants. Elastic Cuff With Logo down Leg	YM, YL, AS, AM, AL, AXL			\$24	
17	'New '10 Sweat Shirt. Crew neck, soft with a worn in feel.	YM, YL, AS, AM, AL, AXL			\$42	
18	Crazy Creek Camp Chair , Navy or Royal Blue				\$40	
19	New '10 Camp Frog with logo. The perfect camp souvenir				\$20	
20	New '10 Tribal Tube Socks (by popular demand!)	5-8 or 9-11			\$6	
	Sub Total					
	Add 7.75% NC Sales Tax					
	Total (to be paid with order)					

* Photos of clothing will be available to view at www.merri-mac.com/clothing beginning April 1

9. Permission Form

We strongly discourage visitors at camp, but many campers have family friends that they would like their camper to see while with us. In order to leave camp property with these friends we must have specific written permission ahead of time. These situations are brought to your attention because we want your child to be happy at camp, but we also want our decisions authorized by you.

Additionally, our Indian tribe system places campers in the same tribe as their relatives. If your camper has a relative at camp or who has been at camp in the past, please pay careful attention to section II.

Camper Name _____

Camp Session _____

I. Permission to leave camp with an adult other than their parents. (We do not recommend as it is generally an interruption to camp, but if you would like this to happen we ask you to complete this form before your camper arrives).

_____ My child has permission to leave camp with the following person(s):
This is in addition to the camper's parents/guardian and camp staff. Filling out the permission is required before we will consider allowing your child to leave with another person. All other trips off property still occur at the discretion of the directors.

Name of person visiting: _____
Relationship to camper: _____

_____ My child does not have permission to leave camp with anyone other than her parents/guardians or camp staff.

Parent Signature

Date

II. Indian Tribe information.

_____ Check here and fill out below if your child has a relative at Merri-Mac or Timberlake this summer, or a relative who has attended camp in the past.

My child had a _____ sister, _____ brother, _____ parent, or _____ grandparent who has attended _____ Merri-Mac or _____ Timberlake.

They were in the _____ Choctaw _____ Seminole _____ Iroquois tribe.

10 NOC's Raft Waiver

<i>For NOC use only</i>	
Activity Date:	Rsv Party Name:
Activity Time:	Rsv #:
Activity Type:	# in Party:

**NANTAHALA OUTDOOR CENTER, INC.
PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death.
2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation.
3. I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. By participating in or attending any activity in connection with this program, whether on or off the premises, I consent to the use of any photographs, pictures, film or videotape taken of me or provided by me for publicity, promotion, television, websites or any other use, and expressly waive any right of privacy, compensation, copyright or other ownership right connected to same.
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS NANTAHALA OUTDOOR CENTER, INC.**, its officers, officials, agents and/or employees, other participants, sponsors, advertisers, the United States, Tennessee Valley Authority, Southeast Local Development Corporation, the State of Tennessee and, if applicable, owners and lessors or premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT FULLY AND UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I ALSO UNDERSTAND THAT I SHOULD NOT AND MAY NOT PARTICIPATE IN THIS ACTIVITY IF I AM UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.

<i>DATE</i>	<i>PARTICIPANT'S SIGNATURE</i>
<i>ADDRESS</i>	<i>PRINTED NAME OF PARTICIPANT</i>
<i>CITY</i>	<i>STATE ZIP</i>

EMAIL ADDRESS (PLEASE PRINT)

Check if you do not want to be occasionally contacted about NOC offers & promotions

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF EVENT)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

<i>DATE</i>	<i>PARTICIPATING MINOR'S DATE OF BIRTH</i>
<i>SIGNATURE of PARENT OR GUARDIAN</i>	<i>PARTICIPATING MINOR'S AGE</i>
<i>PRINTED NAME</i>	

11. United Parcel Service/Fed Ex Trunk and Duffle Bag Service

Luggage shipped via UPS, Fed Ex or DHL will be in place in the camper's cabin when they arrive, provided that it is shipped six business days prior to opening day. You are *not* required to ship your luggage, though we recommend this for those who fly. For many this is the most economical method of shipping and the most convenient, as it provides door to door delivery.

Should you want a camper's luggage returned to your home, we will make arrangements from camp but would ask for **notice at least a week before their departure date**. The baggage fee for this service is \$80.00 **per parcel** which includes all shipping, packaging, and handling charges. Campers' luggage will be boxed. They will then be picked up the first Shipping Service working day after they leave camp. Oversize packages will be billed accordingly.

12. "Disconnect the Phone"

Whether through texting, email, facebook, cell phones or land lines, digital media has become the primary channel for communication. Coupled with instant everything, it has shaped our culture, elbowed our priorities, and created an important opportunity for camps.

At camp we live in a kind of primary community within a self-contained environment, and we do things a little differently. We talk rather than text and sing rather than press play. In this context the sudden intrusion of the home-world into the camp-world is very jarring to the camper, causing an abrupt switching of gears from one world to the next - a collision of two realities in his or her life. It then takes emotional time and energy to adjust and re-enter the camp world. It is also disruptive to the camper's own schedule and plans.

Avoiding this requires a significant commitment from us as camp directors and you as parents, but the result is a type of growth and sense of adventure that camps are uniquely able to provide. Creative separation is an important ingredient of growing up so we recommend cards, letters and email from home as the best forms of communication with your camper. These respect that separation, giving that kind of distance needed for campers to absorb and accommodate communications from home.

As a result we ask that telephone *communication to or from home be relegated to emergencies only*, and that letters, cards and email - frequent and regular - be the primary channels for communication with your camper. Otherwise, important lessons of independence and self-reliance can be short-circuited by a quick call from home.

You should always feel free to call the camp director at any time concerning a question, concern or suggestion, but please also understand that our time is best spent with your camper, so it may take us a few hours to return the call. Thank you for your understanding and help.

13. Infirmary Policy

Thank you for sharing your child with us this summer. There are times at camp when it is necessary for a child to be taken to the doctor. At that time we will ordinarily take your child to our camp physician at Vickery Family Medicine. When we return to camp, we will call you and give you a report. If we cannot reach you by phone we will follow up with an email, so *please be sure you have "white listed" the camp email address through your spam filter.*

There are also times when a child needs to spend a night in the infirmary for an upset stomach, a cold, or other minor things. When a camper spends two nights in the infirmary or whenever the nurse deems it necessary, the parents will be called.

We strive to make your child's camp experience a happy and healthy one

Thank you,
The RN staff at Merri-Mac

14. Trunk Ordering Information

Campers may choose to bring some type of trunk to use as both a suitcase and a storage space at the foot of their bunk beds while in camp. We have seen everything from wooden foot lockers to plastic Rubbermaid containers used with success. However, your trunk should be sturdy enough to handle some abuse. We ask that trunks not be larger than 13.5x20x32.5

We recommend trunks from C&N Footlockers because their trunks that are well suited for use at camp. C&N can be reached at www.campfootlocker.com, or 866-304-5362, ex. 230. Please mention Camp Merri-Mac your order.

15. On Line Photos, etc.

See pictures of camp while your child is away! Perhaps you're thinking something along these lines: "Okay, so it's important for me to not call my camper, but I know my child and I know tumbleweeds will blow through my mail box before she sends a letter from camp. How do I find out what's going on?"

With your on line account you have a one-way window into camp life. You will be able to view daily photos of campers, camp activities and traditions. You will be able to read daily articles about the happenings in camp. With a simple click you will also be able to send an email which we will print (black and white only) and give to your camper with the next mail call. You can also use your account to update your contact and billing information

Steps to register:

1) Great news, you're already registered, and have your password and login. Call us if you've lost these and we'll be happy to give them to you again.

2) Next visit our web site at www.merri-mac.com. Choose "Log In" from the top menu and enter your user name and password.

Two things you should know... First, accessing the site is free and everyone should set up an account; the service is wonderful. Emails ordered on the site can be purchased by credit card. Second, you can (and should) also set up guest accounts for friends and family through the my account button. It's the best way we know to answer their questions why your camper would come to camp. Enjoy!

16. Special Trips

We are pleased to offer water skiing, and rafting as special guided trips! These programs are run by our staff and in some cases contracted guides as well, and have limited availability. They will be filled on a first come, first served basis and are not available for Short Term campers. Also, like our general camp programs campers will be involved in an adventure activity which carries inherent risk of injury or death. If you are uncertain of the nature of this, or any other camp activity, please call the Camp Director for a full description before your camper's session begins. Rafting is limited to ages 10 and up, and there is no age limit for skiing. In addition, your child may sign up for multiple ski trips. We provide all equipment and licenses for these trips and fees are non-refundable. To sign up for any of these trips just check the box on the activity selection sheet, (form #5, pp. 8-9) to sign up for rafting please fill out the Nantahala Outdoor Center waiver (p. 17).

17. Trip Cancellation Insurance

We are not able to offer refunds after March 1. As a result we are offering a competitively priced tuition insurance program through TravMark. We highly recommend you review this plan. Complete details and enrollment forms are available online at <http://www.travmark.com/>

To complete the enrollment form please use the following information:

Organization Name: Depending on the camp use "Merri-Mac" or "Timberlake"

Organization ID: "merr11" or "timb11"

Please be advised that some important coverage enhancements are time-sensitive. If you have any questions regarding this coverage please call the Trip Mate Plan Administrator at 800-888-7292 and refer to plan ID # 550.

18. Going to Camp Checklist

Pre-Camper Packet

- I have received a confirmation from camp in response to my application or I have early enrolled.

Camper Packet

- I have printed out and **read** the Camper Packet
- I have completed and mailed back to camp my activity selection sheet (form #5, p.8-9)
- I have completed and mailed back to camp my health form (form #6 p.10-13). Everyone must have a new form each year.
 - I have included a copy of my health insurance *and* prescription card.
 - I have made a copy of my Health Form for my own records
- I have completed and mailed back to camp my arrival and departure information (form #7,p.14)
 - If Flying:**
 - I have attached a copy of my flight itinerary and, if applicable
 - I have paid for the unaccompanied minor for both directions
 - I have mailed to camp a receipt for the unaccompanied minor charge for the return flight.
- I have completed and mailed back my clothing order/bank overdraw form (Form 8, p. 15).
- I have completed and mailed back to camp my permissions form (form #9,p.16)
- I have completed and mailed back the Rafting Waiver if applicable. (Form #10, p. 17)

Post-Camper Packet

- I'm paid in full no later than April 1.
- I've enrolled to look at on line photos. (Not mandatory, but don't miss out!)
- I've written down the opening and closing dates of camp and the closing ceremonies on the calendar (there are no closing ceremonies for ST, 1A, 1B or 2A campers).
- I have written my camper a letter to mail the day before they leave home...that way they get mail early.
- I'm packed and ready to have fun!
 - I have made 2 lists of packed items (one for my camper and one for her counselor).
 - I have sprayed my child's clothes with an insect repellent designed for this purpose.