



STONE MOUNTAIN ADVENTURES

**Co-Ed Overnight
Teen Summer Camp**

www.sma-summers.com

Parent Handbook



Stone Mountain Adventures Parent Handbook

Welcome to Stone Mountain Adventures (SMA)! Here is some helpful information to help you and your child prepare for camp. Much of this information is also found online at www.sma-summers.com. If you have any questions, please feel free to contact us any time. We are happy to help!

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Stone Mountain Adventures (SMA) Contact Information:

Mailing Address: Your Camper's Name, c/o SMA, 9803 Old Hawn Road, Huntingdon, PA 16652 U.S.A.

Phone: 814-667-3874 Stand by for phone call dates and times.

E-mail: jud@sma-summers.com

SMA Website: <http://www.sma-summers.com>

SMA "Director Jud's Blog": <http://www.sma-summers.com/juds-blog>

(Click the link above for weekly camp updates during the summer)

SMA Facebook Page: <https://www.facebook.com/StoneMountainAdventures>

Please "[LIKE](#)" our Facebook Page to get additional camp updates and photos of staff and directors.

If you are traveling while your son or daughter is with us, please be sure to provide us with a phone number where you can be reached, and the dates and details of your travel plans.

SMA Mission Statement:

The purpose of Stone Mountain Adventures is to provide a safe environment in which teenagers can build their confidence through challenging activities and the cooperative group processes.

SMA Camp Philosophy:

Stone Mountain Adventures is an adventure teen camp. We believe that each individual should be challenged to step beyond his/her own abilities: to ride with confidence, to climb with technique, to hike one more trail, to bike one more hill. Stepping beyond also means personal growth: developing self-reliance, trusting in new friendships, and learning to be sensitive to the needs of others in the community. These are some of the key components that make our adventure teen summer camp special.

As an adventure teen camp with only 60 campers ages 12 to 16 and a staff of 14, Stone Mountain Adventures feels like a family of good friends sharing the summer's adventures in a noncompetitive atmosphere. During our two, four, six or eight week sessions we celebrate our victories, accept our shortcomings, and learn from both. As the days flow by, our philosophy of respect and sharing emerge. We learn respect for animals, the outdoors, ourselves, and one another. As strong individuals, we come together as a summer family while learning and having fun together.

A Letter from Camp Director Jud Millar

Stone Mountain Adventures has been successfully providing a summer of safe, age appropriate, and memorable experiences for children since 1983. We have been pleased to be able to serve generations of families, as well as multiple siblings from the same family. With few exceptions, Stone Mountain Adventures has been able to serve all the children accepted for our program, and, year after year, parents high praise for our work has been the norm. We are grateful for all your letters of appreciation and expressions of satisfaction with our efforts. We have every intention of continuing to care for your children with the same concern, interest, and energy as we prepare for each summer. The success of our program is based, in part, on:

- High standards of care for your children
- High expectations of ourselves and our staff and volunteers
- A value system explained to staff, campers, and families
- Boundaries clearly defined for campers and staff

Stone Mountain Adventures is a community and a family. The well-being of your children, both physically as well as emotionally, continues to be our number one priority. For us to continue to be successful, we need to

make you aware of the observations and incidents we have been experiencing the last several years. We believe that many children have been negatively influenced by song lyrics, sexually erotic television programming, movies, books, DVDs, computer games, the Internet, and pornography. Our society appears to be focused on sexuality and violence, both of which idealize the use of drugs and alcohol, and our young people cannot avoid seeing, hearing, and absorbing these negative influences. However, what unfortunately may be acceptable in some homes and communities will not be acceptable in Stone Mountain Adventure's community if we are to continue to care for other people's children with the same concern, interest, and commitment to safety as we have in the past. Our camp attempts to teach campers to:

- Recognize that they have responsibility for themselves and those around them
- Learn to make choices, which are good for themselves and others, and to take responsibility for the choices they make
- Respect themselves and others in spite of differences
- Accept that they are accountable for their actions and the consequences for inappropriate behaviors

It is essential that you communicate to your children that we will not accept behaviors such as: *bullying (including cyberbullying and sexting); violence; possession of weapons; repeated profanity; disrespect; bigotry; homophobic comments; inappropriate sexual behavior; drug and alcohol use; hurtful Internet, cell phone, instant messaging, or blog use, (or any other inappropriate use of electronic devices — before, during, or after camp); or any other unsafe behaviors that are potentially harmful to themselves or others.* They must understand that a consequence of unacceptable behavior can mean their removal from our program. Our demonstrated interest is to offer only pleasant memories for every camper. It is not our intention to exclude any child. It is important to discuss in detail your expectations for your child(ren) and that we are, parents and camp management, in total agreement. A child or children asked to leave camp because of behaviors detailed in this memorandum may not be permitted to return in future summers. There will be no refund of tuitions. Another area of concern has been our experience with some children who have been sent to camp with "family secrets." Specifically, campers:

- With psychiatric problems, including suicide gestures or ideation
- With serious medical problems
- With organic problems who are off medication for the summer
- Who were hospitalized for physical or emotional reasons since last summer
- Who are experiencing traumatic reaction to family issues, such as parental separation, divorce, illness, or death

In fairness to our counselors, staff, and campers, we need to make informed decisions about all of the young people we invite into our community and family. "Family secrets" serve no one. Our purpose in having pertinent health information, both physical and emotional, is to better serve each child. We must expect that all parents or guardians have provided Stone Mountain Adventures with all the necessary information we need to keep all children safe.

With these facts in mind, as owners/directors of Stone Mountain Adventures, we must reserve the right to ask that a child at risk to oneself or the community be picked up and removed from camp immediately. There may be a circumstance where we have agreed to accept a child with full knowledge of his or her problems and have attempted to take all the necessary steps of making the experience successful but find that we are unable to do so. For the good of this child and/or the community, the child may have to leave.

As caretakers of your child(ren), we accept the responsibility of partnering with you and simply ask for your full cooperation. Please sign this letter and return it to us with the completed health forms. As always, please contact us if you have any questions or concerns about this communication or any other matter. We look forward to the summer.

Warm Regards,

Jud Millar - Camp Director and Owner

Behavior Guidelines Expectations for Campers:

Stone Mountain Adventures has the responsibility for the health, safety and welfare of its staff and students, and we must require that the rules and regulations we establish be strictly observed.

- ❑ Safety is not negotiable. Unsafe behavior will not be tolerated, including, but not limited to, failure to wear seat belts, life jackets, helmets, and use other safety equipment.
- ❑ Behavior that is destructive, abusive, violent, or involves harassment will not be permitted. It is important that students respect the rights of other campers and staff.
- ❑ Exclusive relationships, sexual activity and unauthorized absence from the group can be both unsafe and destructive to the functioning of the group; these actions can be cause for dismissal.
- ❑ Possession or use of any weapons, non-prescription drugs, tobacco products, narcotics or alcoholic beverages is strictly prohibited.
- ❑ The posting or tagging/identifying photos of fellow campers to any internet site, including social networking sites (Facebook, Instagram, Flickr, etc) without prior parental permission is not allowed. It is not permitted to tag/Identify photos of adult staff members at camp without their consent (Internet Usage Policy).
- ❑ Camper cabins are private and open to residents of that cabin only. Visitors may visit a cabin other than their own only when a staff member is present and has given permission.
- ❑ Each member of the camp is expected to contribute to keeping camp facilities properly cleaned and maintained by participating in camp and cabin chores. Graffiti and other forms of vandalism are not tolerated.
- ❑ Theft at camp, or on camp trips, will not be tolerated. Respect for private property must be observed while at camp. Valuables (spending money, traveler's checks, passports, etc.) must be kept in the camp office. Stone Mountain Adventures will not be responsible for lost or damaged property (cameras, CD's, music players, etc.) kept in cabins or other camp buildings.
- ❑ Attendance at activities, meals, camp meetings and evening activities is mandatory, unless the director and/or staff an exception.
- ❑ Respect for indigenous animals and plants around camp and the natural environment in general is expected.

Students will not be allowed to endanger themselves or the group by not following instructions. Violation of these rules is cause for dismissal from the program without refund of tuition. Anyone dismissed from the program will be sent home at their own expense.

Your Online SMA Account

Once you have completed the Online SMA Camper Application and sent in your deposit check your child will be enrolled in Stone Mountain Adventures. You will be provided with login information and you will create an online SMA Account. Here you can:

- View the details of your Camper Application
- Upload a photo of your camper
- Complete additional forms online
- Download Medical Forms, Packing Lists and the Parent Handbook (these are also available on the ["Forms"](#) page of our website)
- View your payments made and your balance due

Pre-Camp Checklist:

The following forms must be received by June 1 (or before your camper arrives at camp):

These forms must be [downloaded from our website](#), completed and signed

- SMA Physician's Form – please print, obtain doctor's signature and send in
- Parent / Student Agreement

These forms need to be completed within your Online SMA Account

- Emergency Contact Information
- Parent Student Agreement Form
- Travel Confirmation
- Camper Profile
- Medical Information
- Medical History
- Authorization to Administer Medication Form (if needed)

If your child is traveling to camp via the SMA Camp Van AND the van is full, luggage must be shipped approximately **one** week prior to the start of camp. IF the van is Not Full (which is often the case) your child will be able to bring luggage on the van (see SMA Camp Van section for more details)

Opening and Closing Day of Camp

Opening Day:

- Drop off time is between 12 p.m. and 3 p.m.
- We will have a rolling lunch all afternoon for campers and parents.
- SMA staff and campers will be on hand to greet you and welcome you to camp. They will show you to your cabin and help you move your trunk/luggage into your cabin.
- Families should stop by the office to officially "check-in" and ensure that your camp paperwork is complete. You will drop off any medications and ensure all paperwork has been received by us. Here you will deposit camper spending money in the camp bank. Please bring fives and tens OR write a check to ANNE MILLAR. This check must be separate from tuition or other camp fees.
- Our camp counselors will be happy to give you a tour of our facilities while helping your camper get comfortable at SMA.
- Camp Vans will arrive later in the afternoon/early evening.

Closing Day:

- Pick-up time is between 9 a.m. and 12 p.m. Please be on time to pick up your camper.
- Camp vans will be departing between 7-8 a.m. in the morning and luggage is shipped via UPS on the closing day of camp OR the first business day. SMA will bill families for shipping unless you provide a UPS account number to us prior to the end of camp.

“Tipping” Staff:

Tipping staff at the end of your camper’s stay is not expected or necessary. However, if you wish to tip the staff it must be placed in a sealed envelope and returned to the home office. Tips for staff are put in a fund for staff to use at the end-of-summer dinner in August. Tipping individual staff is not allowed.

Visiting Day:

Parents are welcome to visit camp. Please call ahead so we can let you know which days are best.

Staying in touch with your camper:

Phone Calls

Our phone call policy at SMA is that campers may receive or make phone calls once during each 2 week session (after the first week). Prior to the opening day of each session we will inform you of the times you may call your camper at SMA. We will have separate boys and girls “call days” to avoid jammed phone lines. We will notify families via email when SMA Camp Vans arrive. Of course, you are always welcome to contact us for an update or to verify that your camper arrived safely at camp.

- Please understand that campers' active schedules do not bring them near the phone.
- On your appointed call days please call 814-667-3874 from 12.30-1.30pm and 5.30-7.30pm
- Please keep phone calls to 5-10 minutes so that other families have a chance to visit.
- Please do not take it personally if your child does not call home on their call day. Campers are not required to call home and they may be immersed in “SMA Camp Life.” Director Jud and his staff are always available to give you a “Camper Update” about your child.
- Please don’t panic if your camper calls and leaves a message if you are not home. Usually, they just want to say hello. If there is an emergency, rest assured we will be contacting you directly from the office.
- Incoming Calls: Please call 814-667-3874

SMA Email Policy:

- Campers may receive one email per week, text only.
- Campers do not have internet access during their stay at camp.
- Please send e-mails to: Jud@sma-summurs with your child’s name in the subject line.
- Exceptions can be made for international campers as necessary.

Mailing Letters

Campers LOVE to receive letters and cards while they are at camp. SMA campers are not required to write home, however, we do encourage them to write. If you would like your child to write home while they are at camp please send them with paper, pens, envelopes and stamps.

Please send letters to: Your Camper’s Name, c/o SMA, 9803 Old Hawn Road, Huntingdon, PA 16652

Care Packages:

The food at camp is wholesome and abundant. Campers have ample opportunity to buy limited snacks from the camp store during the “Power Hour of Freedom,” approximately 5:30-6:30 p.m.

- You are welcome to send one care package per two week session for your child at SMA.
- **PLEASE DO NOT SEND food to camp and banned items including caffeinated energy drinks, aerosol spray cans, or chewing gum!**

- Great items for care packages include: glow sticks, friendship bracelet string, temporary tattoos, a journal, travel games, decks of cards, Madlibs and other fun things your camper can share with the whole cabin!
- We reserve the right to search incoming packages with your camper present and we will remove anything that is not deemed suitable for use at camp.
- Please send mail to: Your Son/Daughter's Name, c/o SMA, 9803 Old Hawn Road, Huntingdon, PA 16652

Homesickness:

Going away to camp can be a challenging experience for a child of any age. Short term separation from parents and learning independence are important parts of growing up. Some children have difficulty coping with the challenges that come with going away to camp. This anxiety is normal and not uncommon. Talking with your camper prior to camp lets them know you have confidence in their ability to cope with the new camp lifestyle. Focus on the positive aspects of camp: making new friends, exciting activities and how proud you will be when they succeed. Once at camp, staff use the best homesick cure known: keeping campers busy and having so much fun with their new friends that they have little time to be homesick!

As stated above, campers have the option to call home once during a two week session. However, if your camper is having difficulty adjusting to camp and may be feeling homesick, we will encourage them NOT to call home. Please understand that it can take some time for your camper to adjust to camp life. If your camper does call home and is upset, please call us. We want to work with you to ensure your child's success at camp. You are our best ally! Please let our experienced staff help your child over this transition period.

Missing Home

We believe that all teenagers are developmentally ready to be away from home and at camp for 2 – 4 weeks, and that at this age they are most likely to suffer from feelings of anxiety about adjusting to camp vs classic homesickness. While we work very hard to minimize the adjustment period, and help ease the anxiety immediately, it is certainly possible and not that unusual for campers to experience some “homesickness.”

Even though you may wish to call or contact your child, our experience tells us that you should wait to make first contact by phone/email. During this time, your camper is adjusting to camp and working hard on being fully present. If a homesick camper hears from mom or dad too early in their stay, it may be momentarily comforting, but if it leads to increased anxious feelings, or sadness, or even just simple distraction, it can prevent them from being themselves, confident, eager, happy, and keen to make friends.

If you do speak to your child about missing home, please do not make promises or private ‘deals’ with your child, such as, “If you don’t like camp after one week, I will come and get you.” These comments tend to undermine a child’s ability to get through the transition from home to camp life. When parents are supportive of efforts to stay at camp, prepare their camper how to best adjust to camp life, and focus on being busy and making friends, their campers have the opportunity to gain independence and self-confidence while spending valuable time away from home. Of course, you are always welcome to contact us for an ‘update’.

Camper Progress

If you have concerns about how your camper is adjusting and he/she does not call or email you for days, simply call or email us. We will get the message to your camper to call/email you right away. No news really is good news and likely your child is having a wonderful time meeting new friends and learning new things. However, you are the parent and we are here to help. If you want to hear from his/her counselor, we can arrange one of the counselors or a head counselor to speak with you. If your child is having a problem at

camp, we will let you know immediately. Parents know their child best and we will often turn to you for suggestions or assistance.

Problems at Camp

If a situation develops that involves your child, we have to speak with all parties involved and ‘get to the bottom of the problem.’ We do not judge early in the process of problem-solving. Not only is passing judgment early damaging to the child, but also to us, who have to be the fair voice of reason with teens. Our Group Leaders (head counselors) are pivotal in the process. They speak to counselors in cabins, instructors, campers, parents, and directors before making any decisions. Group Leaders have daily meetings with the directors to keep everyone abreast of any issues at camp. Generally, you will be notified of any behavioral issues with your child. Working together, we can act quickly to solve most issues. We believe we do a good job of communication at SMA and we strive to make your child’s stay at camp a great one. Likewise, we rely on parents to communicate with us – If your child tells you something that you feel that we should be aware of, please contact us. Help us to help your camper!

Inappropriate Contact Between Campers

This topic is always discussed because we deal exclusively with teens. Be aware that we view physical contact and emotional attachments as very separate aspects of teen development, and that emotional attachments (i.e. crushes, or having a boyfriend or girlfriend) are normal, healthy parts of teenage development. We are careful not to invalidate these normal feelings, and work hard to create a safe haven in camp from the hyper-sexualized social/media landscape outside of camp for campers to work through such feelings. That being said - all campers sign the Camper Contract that indicates agreement with all our policies. One of these policies is refraining from inappropriate physical contact between campers. Male and female campers return to their respective cabins when their evening activities are over. Our camp is designed so that males and females live in separate areas of camp. Males are not permitted in female cabins, and vice versa. In addition, inappropriate contact between campers is not permitted anywhere on camp, but is dealt with most harshly if it occurs in cabins. Our counselors are trained on how to identify and correctly deal with inappropriate physical contact. Please be assured that the safety of your children is paramount to us. We will send campers home who violate this policy without a refund. Campers always ask, what is considered inappropriate at camp. We use the “Dinner Table” rule of thumb. If it would be inappropriate at Dinner Table in front of your extended family, then it’s inappropriate at camp.

Summer Birthdays:

If your child has a birthday during camp our fabulous camp cook will create a birthday cake of your child’s choice. After dinner the camp will sing to your child and eat cake!

Daily Schedule: “What is a typical day like at SMA?”

7:45am	Wake up!
8:00am	Kids eat breakfast
8:30am	Begin crew
9am to Noon	Morning Activity
12:30pm	Lunch, buffet style.
1:30pm-5.30pm	Afternoon Activity
5:30pm-6.30pm	The “POWER HOUR OF FREEDOM!” (Free Time around camp with lots of supervision)
6:30pm	Dinner Time!
7:30pm	Evening meeting—Campers choose activities for the following day.
8:30pm–10pm	Evening activity
10pm	Snack in the Dining Hall
10.15	Brush teeth and get ready for bed
10:30pm	Lights out!

Camper Health and Safety:

Our greatest concern every summer is the health and safety of our campers and staff. Constant attention is given to the physical and emotional health of all involved. If your child is sick we will provide care as needed in our first aid room. If your child needs medical attention we will take them to be evaluated by our camp doctor or at an urgent care clinic.

In case of injury, SMA staff will take necessary steps to ensure proper emergency care which may include: treatment by staff for minor injuries, calling local EMS providers or transporting to a doctor or emergency care facility. If your child has an illness or injury that requires non-emergency care, staff will take your child to a walk in clinic (only 8 miles away in Huntingdon). You will be contacted by the SMA staff team and we will keep you updated about her/his condition.

If you are traveling while your son or daughter is with us, please be sure to provide us with a phone number where you can be reached and the dates and details of your travel plans

Communication with Parents:

In the instance of injury or an illness will be contacted by the SMA Staff Team and we will keep you updated about her/his condition. We can arrange conversations with campers and local physicians as needed.

Head Lice:

Though rare in our age group, head lice can happen at any camp! Please do your part by checking your child's head before arriving. We will send a camper with lice home temporarily while receiving treatment, or in other cases in which campers must remain at camp, we will charge a \$150 flat fee for each single lice treatment provided at camp. Please understand that a child who brings lice into camp is very likely to pass the infestation to another camper (and adult staff) in their cabin and everyone in the cabin must be therefore treated. This is a time consuming and arduous process for our healthcare staff!

Medical Forms ([Click Here to Download the Forms](#)):

There are two medical forms that must be completed prior to participating at camp and they can be found in the SMA Pre-Camp Packet:

- SMA Medical History Form (must be signed by Parent or Guardian and Camper)
- SMA Physician's Report (must be signed by a Doctor)

Medical Insurance:

You, as the parent or guardian, are responsible for all medical costs incurred as a result of injury or illness while your child is at camp. Please attach a copy of your insurance card to the health form.

Camper Medication ([Click Here to Login to your SMA Account](#)):

If you are sending medication with your child to camp you must complete and sign the [SMA Online Authorization to Administer Medication Form](#) (found within your Online SMA Account).

If your camper is NOT arriving to camp with you, please put all medications in a clear, plastic bag and have your camper bring them to the office upon arrival. Prescription and/or over the counter drugs must be submitted to the SMA Camp Staff in the original container with the licensed physician's instructions. Please place your packaged medications in a clear, plastic bag with camper's name, dosage and directions for administering. All medications are administered by the camp health staff under a doctor or parent's written orders. Medications you wish your child to receive must be listed on the Authorization to Administer Medication form. Unused medications will be returned to your camper on the last day of camp.

Meals and Dietary Restrictions:

Balanced meals are planned and served by the kitchen staff each day. Campers eat buffet style meals in the dining hall. Cereals (hot and cold), fruit, toast, yogurt, milk, juice, and hot food are available for breakfast

and a salad bar is available for lunch and dinner each day. In addition, vegetarian meals are prepared for our vegetarian staff and campers. To help ensure that we are able to meet your child's needs, if your camper is a vegetarian or has special dietary restrictions, please include this information on health forms. Peanut butter is served at camp. Every summer we have had campers with nut allergies without incident. Campers with food allergies must bring their own epi-pen. Communication is key before (by parents) and during (by camper) camp so that we can best meet your child's needs.

Payment Information:

Deposit: To enroll your child in Stone Mountain Adventures you must complete the camper application and send in a deposit which is applied to the camp fee. The balance of the tuition is due May 1.

Refund Policy:

- Deposit is fully refundable until March 1.
- Deposit is 50% refundable until April 1.
- Deposit and Tuition Payments are non-refundable after April 1.

In case of homesickness, dismissal due to poor behavior or voluntary withdrawal, there is no refund of fees. Tuition and camp fee checks (PLEASE, do not include spending money) should be made payable to:
STONE MOUNTAIN ADVENTURES

Spending Money:

\$75-\$100 per two week session is recommended, in fives and tens OR a check made out to ANNE MILLAR. Your tuition pays for laundry, evening out-of-camp activities, etc., however, spending money is traditional to quell the craven shopping and "junk food" demand, which often occurs at the Belleville Amish Market on Wednesdays or other visits to "town." We hold the campers' spending monies in our bank and disperse as necessary. Please refrain from sending large amounts of cash with your child. If a camper does require a "loan," we are happy to do so as long as we have phone or email confirmation from a parent. If you need to send extra money, please write a check **separate from tuition or other camp fees** to **Anne Millar** so it can be cashed for your son or daughter.

Laundry

Campers at SMA do their own laundry while at camp once during a two week session. Campers who stay for more than one session will do laundry during intersession days. We visit a local laundry mat and provide detergent, coins for the machines and direction on how to do laundry. Many campers have never done their own laundry and we view this as a way to promote responsibility and teach campers a valuable life skill. Being "in town" is always fun, too!



Packing List

This packing list serves as a guide. **Please label all clothing with your camper's FULL NAME.** Campers will launder their own clothes once per 2 week session locally with the assistance of counselors. Avoid bringing expensive clothing articles or ones that require special laundering. SMA is not responsible for lost or damaged personal items. Trunks/Duffels/Bins should not exceed 18 inches in height to ensure they will stow underneath bunks. Please see at bottom of page for items NOT allowed at camp.

Clothing

- 7-10 shorts
- 8-10 T-shirts/tank tops
- 2 long pants
- 1 pair sweatpants
- 1 sweatshirt
- 1 warm jacket or fleece
- 1 poncho or raincoat
- 12 pair underwear
- 12 pair socks
- 2-3 pair pajamas
- 3 bathing suits
- Sun Hat and Sunscreen

Required Items: Camper must have these items for every activity!

Reusable Water Bottle

Day Pack: Should be big enough to pack water bottle, beach towel, sunscreen and other miscellaneous items. Please label the pack with your child's name.

Linens

- 1 blanket
- 1 set of sheets
- 1 pillow with pillow case
- 1 bath towel
- 1 beach towel
- 1 mesh laundry bag

Camping Equipment

- 1 sleeping bag with stuff sack
- 1 pad for under sleeping bag
- Headlamp w/ extra batteries
- 1 medium size duffel bag or backpack (Must fit sleeping bag and personal clothes on camping trips)

Optional Items

- Books / Journal
- Musical instruments
- Stationery/stamps
- Favorite stuffed animal

Toilet Articles

- Toiletry Back/Shower Caddy
- Toothbrush/Toothpaste
- Body soap or soap dish
- Shampoo/Conditioner
- Brush/Comb
- Deodorant

Footwear

- 2 pair sneakers or trail shoes
- Flip-flops
- 1 pair sandals with straps that will stay on in the water** (Chacos, Tevas, Keens, etc.)
- *These are required to go White Water Rafting and Canoeing*

Sports Equipment

We provide all sports equipment, but you may bring:

- Tennis Racquet
- Fishing Rod
- Climbing Shoes & Harness
- Mountain Bike

Horsemasters participants: Riding boots required OR riding shoe with defined heel not higher than one inch. Riding pants OR other long pants required. Riding helmets provided or camper may bring his/her own.

DO NOT BRING: Smart Phones, cell phones, Tablets, E-Readers, and other expensive electronic devices. Phones brought to camp will be stored in camp office safe. Cameras, iPods, other electronics, jewelry, and items of sentimental value that you cannot afford to lose should be left at home.

Medications: Any non-over-the-counter medications need to be turned over to camp office upon arrival. Please send enough for camper's entire stay. Parents must complete the Camper Medication Form found in the Pre-Camp Packet.

How to Pack: We encourage you to pack all items in one trunk or bin (max height "18), duffel, or suitcase.

Campers using camp van service: Depending on the number of campers in the van you may need to ship luggage 5 days before camp using UPS or FedEx. Jud will contact you pre-camp regarding shipping luggage.

Ship trunks/duffels: If you are required to ship your luggage to camp please send it to: [Your Camper's Name], c/o.Stone Mountain Adventures, 9803 Old Hawn Road, Huntingdon, PA 16652

Lost & Found

The camp experience is an opportunity for a camper to learn responsibility for their personal items. Please discuss with your camper the importance of caring for and keeping track of their gear as we are not responsible for lost or missing items. Please DO NOT send expensive electronic items to camp with your child as they may be lost. If a valuable item is misplaced at camp, campers should come to the office to see if they have been turned in. Clothes, towels and other random items can often be located in a big black bin in the Boardroom. Stone Mountain Adventures is not responsible for items lost at camp.

Cell Phones

We understand that many campers have their own cell phone and that you may feel that you want them to travel with them to and from camp. **CELL PHONES ARE NOT PERMITTED AT STONE MOUNTAIN ADVENTURES.**

- We do not get cell service at SMA and cell phones are not permitted. While at SMA we want campers to be focused on camp and not on friends and family outside of camp.
- If we find a camper has a cell phone we will keep it safely in the office until the end of camp.
- If your son or daughter is traveling by plane or train to camp they are welcome to travel with a cell phone and then they must turn it in and we'll keep it in our safe until the closing day of camp. Parents, please let us know if your son or daughter is traveling to camp with a cell phone.
- If you are bringing your child to camp, please take any cell phones home with you and do not leave them at camp with us or your child.
- **If your camper relies on his/her cell phone for music or for a camera, please make other arrangements as they are unable to have their phone while at SMA.**
- All campers receive a video slide show of their session in the fall after camp.

Camp Social Network and Internet Communication Policy:

In general, our camp views social networking sites (e.g., Facebook, Instagram), personal websites, and weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at our camp on such internet venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of the camp. In light of this possibility, our camp requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to the camp, its programs or activities, its campers, and/or employees:

- 1) Campers must be respectful in all communications and blogs related to or referencing the camp, its employees, and other campers.
- 2) The posting or tagging/identifying photos of fellow campers to any internet site, including social networking sites (Facebook, Instagram, Flickr, etc) without prior parental permission is not allowed. It is not permitted to tag/Identify photos of adult staff members at camp without their consent
- 3) Campers must not use obscenities, profanity, or vulgar language.
- 4) Campers must not use blogs or personal websites to disparage the camp, other campers, or employees of the camp.
- 5) Campers must not use blogs or personal websites to harass, bully, or intimidate other campers or employees of the camp. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.
- 6) Campers must not use blogs or personal websites to discuss engaging in conduct that is prohibited by camp policies, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.

Any camper found to be in violation of any portion of this Social Networking and Blogging Policy will be subject to immediate disciplinary action, up to and including dismissal.

Directions to Camp:

GPS Devices: Use our mailing address: 9803 Old Hawn Road, Huntingdon, PA 16652. Please check that your GPS destination is off of Route 26 North of Huntingdon, PA and not near Lake Raystown.

Here is a Link to Mapquest.com using our location: <http://mapq.st/qHePSX>

Directions from New England, New York and New Jersey:

Going West on I-80 from the George Washington Bridge, pass through NJ and ½ of Pennsylvania to Exit #161 (the Bellefonte/RT. 26 Exit), off of RT I-80 and turn left onto Rt. 26 South. Follow on this 4 lane highway, RT 26 South (also 220W) towards State College. DO NOT follow Rt 220 when it divides from Rt. 26, but rather follow Rt. 26 South (now joined by Rt. 322 East) and take your first exit onto Rt. 26 South into and through the town of State College. Continue to follow the signs for Rt. 26 South, you will turn left in Pine Grove Mills, (a few miles outside of State College), still on Rt. 26, (you'll see a gas station on the corner). Go over the mountain into little known and less cared about Huntingdon County, and then follow our "Can't Miss It" map.

Directions from Philadelphia and Vicinity:

Take RT. I-76 (The PA Turnpike) to Exit 247 (Harrisburg East). Travel North on I-283 – 83~ it travels east of Harrisburg and flows into I-81. Take I-81 South (really west) for a few miles to the Exit for Lewistown, RT 322-22 West. Follow 322-22 West across the Susquehanna River, then along the Juniata River to just outside Lewistown; there, follow RT. 322 towards State College; in about 7 miles you will come to the Reedsville/Belleville Exit (RT. 655). Exit to the light, and turn left on RT 655 West towards Belleville; 8 miles later you will be in Belleville, turn right at the top of the hill leaving town on RT. 305 West towards McAlevy's Fort, then follow the "Can't Miss It Map," enclosed.

Directions from Pittsburgh and Vicinity

Take RT. 22 East from Monroeville for the long trek over the mountains, past Blairsville, Ebensburg, Altoona and into our town of Huntingdon. (It takes about 2 ½ hours in traveling time from Monroeville.) Upon entering Huntingdon, just follow our "Can't Miss It" map.

Directions from Cleveland and points West

Take I-80 East into PA, and continue on past DuBois and Clearfield, and take the Woodland Exit #123 off of Rt. I-80 onto RT 322 East towards Phillipsburg. Go into Phillipsburg picking up RT 350 South to RT 220 at Bald Eagle. Then take RT 220 South for a few miles to Tyrone where you exit and pick up Rt. 453 going South to RT 22 East. Take Rt. 22 East into Huntingdon and follow our "Can't Miss It" map.

Directions from Huntingdon, PA

Take Rt. 26 North through Huntingdon, past baseball and football fields and farms. Travel about 7 miles and look for a cemetery that will appear on your left at the intersection of Rt. 26N and Loop Road. (You should see the cemetery, a sign for Horsepower Farm, a White House on the corner and a Church.) [Note: If you pass McMurtries Tavern on your right, a log cabin bar on Rt. 26 N, you've gone too far on Rt. 26.] Take a left onto Loop Road. The road will make a sharp right – follow it, and make a Left turn onto Old Hawn Road, following the Horsepower Farm sign.

Travel "through the rocks" about a quarter mile, and we're the first farm on the right (you'll probably recognize it – the white fencing, red barn, the big gray house w/maroon trim, a bunch of cars, and us!)

Directions from State College, PA

Take RT 26-S out of State College – Stay on RT 26-S for approx. 25-30 minutes – Make a Right turn (before a cemetery) onto Loop Road – Take the First Left onto Old Hawn Road – Travel approx. 1/4-1/2 mile — Stone Mountain Adventures is the first horse farm on your right – you'll see white fencing, a big red barn, and a blue-gray house with maroon trim.

SMA Camp Van:

We offer van service to the following locations:

- Washington, D.C. & Dulles International Airport: \$100 one-way
- Harrisburg International Airport, PA: \$80 one-way
- Northeast Van: \$125 one-way
 - Saddle Brook, NJ
 - Tarrytown, NY
 - Westport, CT
 - West Haven, CT

Please Note: We DO NOT off SMA Van Service on the following days

- Closing Day of SMA4-1
- Opening Day of SMA4-2

If you are taking the SMA Camp Van you may need to you ship your camper's luggage 5 days before the session begins. We will let you know a week before the session begins if your camper is able to bring their luggage on the van. **UPS and Fed Ex** deliver to camp. Ship to: **9803 Old Hawn Rd., Huntingdon, PA 16652** Please contact your local pickup spot as they will often have rules for packing containers and shipping that vary. If needed, for the return trip, we will ship luggage and bill you accordingly.

Harrisburg International Airport offers direct flights from Chicago, Atlanta, Boston, Charlotte, Detroit, and others. Please plan arrival times on the opening day of camp: Between 2pm-6pm
Departure times on the closing day of camp: Between 1pm-6pm. We can also meet families from the Philadelphia area here.

Dulles International Airport offers direct flights from Florida, Chicago and many other destinations. We require all our international campers to arrive here. Arrival times on the opening day of camp: Between 2pm-6pm. Departure times on the closing day of camp: Between 1pm-6pm. We can also pick-up campers from the Washington, DC area here or at the American Plant Store (5258 River Rd, Bethesda, MD)

Please contact us when you are booking domestic and international air travel and we can let you know if other campers from your city are arriving on the opening day of camp.

NORTHEAST SMA VAN DETAILS

OPENING DAY –

- **7:30 AM – Best Western Executive Hotel, 490 Saw Mill Rd., West Haven, CT**
- **8:30 AM – Tutti's Restaurant, 599 Riverside Ave, Westport, CT 06880**
- **10:00 AM - El Dorado West Diner, 460 S. Broadway, Tarrytown, NY**
- **11:15 AM – Marriott Hotel, 138 New Pehle Ave, Saddlebrook, NJ**

CLOSING DAY - Depart Camp 8:00am

- **2:00 PM - Marriott Hotel, 138 New Pehle Ave, Saddlebrook, NJ**
- **3:00 PM - El Dorado West Diner, 460 S. Broadway, Tarrytown, NY**
- **4:30 PM - Tutti's Restaurant, 599 Riverside Ave, Westport, CT 06880**
- **5:30 PM - Best Western Executive Hotel, 490 Saw Mill Rd., West Haven,**

Directions to each location

Marriott Hotel, Saddlebrook, NJ

The Saddlebrook, NJ Marriott Hotel is located at the intersection of I-80 and the Garden State Parkway at 138 Pehle Avenue, Saddle Brook, New Jersey 07663

- Exit 159 Off the Garden State Parkway
- Exit 62 off of I-80

Look for our counselors in a big camp van in the parking lot.

El Dorado West Diner, Tarrytown, NY

Traveling West on I-287 and North I-87 Take exit 9 toward US-9/Tarrytown/Sleepy Hollow, Use the left 2 lanes to turn left onto White Plains Rd, Use the left lane to turn left onto S Broadwa. The El Dorado Diner is on the Left, look for our counselors in a big camp van.

Traveling East on I-287 and Soth I-87 Take exit 9 for US-9 toward Tarrytown/Sleepy Hollow then Turn right onto U.S. 9 N/S Broadway. The El Dorado Diner is on the Right look for our counselors in a big camp van.

Tutti's Restaurant, Westport, CT

Traveling South on I-95 take Exit 17 off of I-95. At the end of the exit travel right, going under the overpass, then take the first left onto Charles Street. Travel two blocks on Charles Street until you come to a "T" intersection with Riverside Ave. Tutti's Restaurant is located at the intersection of Charles St and Riverside Ave on the corner of 136 and Franklin St. at 599 Riverside Ave, Westport, CT. We'll be in the parking lot to the LEFT of the restaurant, look for our counselors in a big camp van

Traveling North on I-95 take Exit 17 off of I-95. At the bottom of the exit ramp you will come to a light --go straight across the intersection and travel two blocks on Charles Street until you come to a "T" intersection with Riverside Ave. Tutti's Restaurant is located at the intersection of Charles St and Riverside Ave on the corner of 136 and Franklin St. at 599 Riverside Ave, Westport, CT. We'll be in the parking lot to the LEFT of the restaurant, look for our counselors in a big camp van.

Best Western Executive Hotel, West Haven, CT

Traveling South on I-95 take Exit 42 off of I-95. At the end of the exit, turn left and travel a few hundred yards. The Best Western is on your left. If you arrive early and want to get something to eat or a cup of coffee, there are a few breakfast places just across the street from the hotel. The counselors will meet you in the parking lot (in front of the lobby)

Traveling North on I-95 take Exit 42 off of I-95. At the end of the exit ramp make a right-hand turn--the Best Western is on your left about a third of a mile from the exit ramp, located behind the Staples store. The counselors will meet you in the parking lot (in front of the lobby)

Hotels Near Stone Mountain Adventures: *Huntingdon is located 15 minutes from SMA while State College (home of Penn State University) is located 30 minutes from SMA*

Comfort Inn 100 South 4th St., Huntingdon, PA 16652 814-643-1600

Fairfield Inn & Suites 9970 Shaner Boulevard, Huntingdon, PA 16652 (814) 643-3672

The Nittany Lion Inn 200 W. Park Avenue, State College, PA (814) 865-8500

Our favorite - very nice- close to campus & the PSU Creamery - within walking distance to downtown- may be pricey.

The Days Inn Penn State 240 S. Pugh Street, State College, PA (814) 238-8454

Great location in downtown State College - close to shops, restaurants, and campus - has a swimming pool- kids stay free. MadMex restaurant attached.

Ramada Inn 1450 S. Atherton Street, State College, PA (814)238-3001

A few miles from downtown State College - close to chain restaurants and stores - has a swimming pool.

The Atherton Hilton Hotel 125 S. Atherton St/Rt 322,State College, PA (814) 231-2100

Near the heart of downtown State College - nice - on the pricey side.

Hotel State College 100 W. College Avenue, State College, PA (814) 237-4350
In downtown State College - close to shops, restaurants, and campus – nice.

Holiday Inn Express 1925 Waddle Road, State College, PA (814) 867-1800
About 3 miles from downtown State College - nice - close to shopping & restaurants,

Courtyard by Marriott 1730 University Drive, State College, PA (814)238-1881
A few miles from downtown State College - close to chain restaurants and stores.

Sleep Inn 111 Village Drive, State College, PA (814) 235-1020
Less expensive - right on highway - close to a great breakfast shop.

Motel 6
1274 N. Atherton/ Rt. 322, State College, PA (814) 234-1600

Bed and Breakfast Accommodations Near Camp:

Gage Mansion Bed & Breakfast

Phone: (814) 599-2803, 317 Penn St, Huntingdon, PA 16652 www.gagemansion.com
Owned by Jud's high school friends Jon and Angie Thompson the Gage Mansion offers luxury accommodation in a historic Victorian style "mansion" located in downtown Huntingdon close to restaurants and shops.

The Inn at Solvang - Huntingdon, PA

Inn Keeper: Pam Henry www.solvang.com
10611 Standing Stone Rd./Rt. 26, Huntingdon, PA (814) 643-3035
Located between camp and Huntingdon on Rt. 26

Stone House Bed and Breakfast

4185 Shaffersville Road, Alexandria PA (814)-669-9201 www.stonehousebandb.net
Lovely accommodations - close to camp and Rails to Trails.

THE "CAN'T MISS IT" MAP

