



**Pre-Camp Information  
Booklet**

**2023**

# HOW TO CONTACT US

## YEAR ROUND

Phone: (304) 445-7168

E-mail: [info@campgreenbrier.com](mailto:info@campgreenbrier.com)

Website: [www.campgreenbrier.com](http://www.campgreenbrier.com)

## OFF-SEASON

(Sept 1, 2022 – May 31, 2023)

P.O. Box 585

Exmore, VA 23350

## SUMMER

(June 1 – Aug 31, 2023)

100 Camp Greenbrier Drive

Alderson, WV 24910

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## SUMMER OFFICE HOURS

9:00 a.m. - 1:00 p.m.

3:00 p.m - 6:00 p.m.

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**First Term:** Sunday, June 25 to Saturday, July 15, 2023

**Second Term:** Sunday, July 16 to Saturday, August 5, 2023

# HELLO EVERYONE!

Hello from all of us at Camp Greenbrier! We are looking forward to an amazing 2023 summer! We hope that you are as excited as we are for camp.

This booklet will provide you and your camper(s) with some basic information about camp. A summary of some of the more important information is just below.

## Key Information for this Summer:

- **Camp forms and final payments will need to be returned to our PO Box 585, Exmore, VA 23350 office by June 1, 2023.** We have extended the due date by a few weeks.
- Drop off and pick up procedures are included in this booklet. We will not be providing buses to or from camp this summer.
- Your camper will **not need to get tested for Covid** prior to coming to camp. Additional information related to Covid can be found later in this booklet.

There is a checklist on the last page of this booklet that may help. Feel free to contact us by email or telephone if you have questions or concerns about anything.

## DISCUSS WITH YOUR CAMPER

There are a number of topics we would like you to go over with your camper before he comes to camp. Please take the time to sit down with him and have a thorough discussion of the following:

- So that camp can be run in a safe and efficient way, it is important for your camper to follow the rules put forth by the camp and the staff. Please make certain that your son understands the need to listen to the staff, to obey the rules, and to behave appropriately.
- More generally, all campers and staff are expected to respect the differences in others and to always treat others with dignity. Differences between campers and staff may be religious, racial, ethnic, social, cultural, political, based on appearance, or the like. Please be sure to discuss this with your camper before he heads off to camp.

We appreciate your discussing the above with your camper!

## OUR GOALS FOR YOUR CAMPER

The aim of Camp Greenbrier is to provide each camper with a **safe, positive, and supportive atmosphere**. It is in this environment that each boy can learn new skills, gain a sense of independence, increase his self-confidence, and have fun! The Camp's objective is achieved by offering an individualized, personal approach to each camper. The daily routine is structured with a mixture of scheduled and unscheduled activities, almost entirely selected by the camper. Also, the boys are placed with campers of similar interests, abilities, age, grade, and maturity level.

## HEALTH CARE

We expect all of our campers to be healthy when they arrive at camp and to remain healthy throughout their stay. With so many boys in our care for six weeks, however, we know that there will be some mishaps and routine illnesses.

### Basic Information:

We provide a nurse or doctor on site in our Infirmary. There is also a local doctor's office a few hundred yards from the camp entrance, the local ambulance service is two miles away, and the regional hospital is 13 miles away. We do not provide accident insurance nor prescription medicines. **It is your responsibility to provide health insurance for your camper.** In the event there is a need for medical treatment outside of camp, the local doctor's office, hospital, or pharmacy will bill you for services that your own medical insurance may cover.

If your camper becomes ill or is injured during his stay at Greenbrier, our medical staff will be available 24 hours a day to attend to his needs. If we feel that his infirmity warrants your concern, we will notify you by telephone. Please keep in mind, however, that on a day-to-day basis, boys may get minor cuts, sore muscles, earaches, upset stomachs, etc., and that such routine ailments may not be of enough gravity to warrant notifying parents or guardians.

We will always contact you when a doctor's visit or hospital visit, such as for an x-ray, or if a prescription medication is necessary. Remember that a minor health problem, such as a nagging case of poison ivy, may require prescription medication. In such cases, you may receive a statement from the local pharmacy.

## Routine Medication

The doctor or nurse administers all medication that campers take, usually at mealtimes, or at bedtime, as directed by your camper's doctor. **If you send prescription medication for your camper, it must be sent in the original bottle from the pharmacy. Non-prescription medications must also be in their original containers.** All medications for campers and staff are stored in the Infirmary.

We ask that all medications be put in a **large Ziploc bag** with your camper's name written clearly on the outside. All health-related information should be clearly indicated on your camper's Health History form, including any details regarding the giving of medications. This Ziploc bag should be given directly to our staff when your camper arrives at camp. Do not put medications in your camper's trunk or other baggage. If you need to discuss any health issues with us, this should be done prior to your son's coming to camp, to the greatest extent possible, as the Medical Staff will be quite busy on opening day.

## Health History and Examination Form

The parent or guardian of each camper must complete the Health History for Campers and **sign and date the second page**. Physicals are not required for the campers.

**Please make a copy of your health insurance card and prescription card, if two separate cards**, and include them with your camper's health form when you send it in. This way we can provide them to any health care provider your son sees, and you may not have to file an insurance claim after the fact.

It is fine to attach a copy of your camper's **immunization record**, rather than filling out the chart on the form.

## **COVID CONSIDERATIONS**

### Prior to Camp:

- Your camper will not need to be tested for Covid-19 prior to the start of camp. Nor will we be doing a rapid test on opening days.
- To the greatest extent possible during the 7 days just prior to camp, we ask that your camper avoid situations where Covid-19 is more likely to be transmitted. Attendance at large gatherings, especially indoor get togethers, and interactions with others who have Covid-19, or who have been recently

exposed to Covid-19, should be avoided. This will help keep Covid from being brought into camp.

- Although not required for camp, we encourage all campers to get Covid-19 vaccinations and boosters prior to camp, if they are available. This is just one more step that can help prevent the spread of the disease, in camp and elsewhere.

#### Once Camp Starts:

- We do not plan to do routine Covid-19 testing during camp. If a camper becomes ill while at camp, we will follow our basic illness policies, including those which apply when a camper has a fever. Should a member of our medical staff deem that a Covid test is warranted, we will test either at camp or at an off-site medical facility.
- If a camper tests positive for Covid, he will remain in our Infirmary until he is fever free for 24 hours, without medication, similar to the treatment for the flu or other communicable diseases. Once fever free and feeling better, he will return to regular camp activities.

### **PAYMENT OF FEES & ADDITIONAL EXPENSES**

The **2023 Pre-Camp Form** should be completed and returned to our Exmore, Virginia address by **June 1, 2023**. Feel free to combine payment for all fees and expenses on one check or on one credit card charge. Payment may be made by **Visa, MasterCard, American Express, or check payable to Camp Greenbrier.**

The form can be returned to our Camp Greenbrier, P.O. Box 585, Exmore, Virginia 23350 address by regular mail, or sent to [info@campgreenbrier.com](mailto:info@campgreenbrier.com) as an attachment.

### **TUITION, ROOM & BOARD, AND TAX**

A Statement detailing any outstanding tuition, room & board, and tax is included. No statement is included if your camper's camp tuition and room and board has already been paid in full. Any balance is due by June 1, 2023, and can be paid through the Pre-Camp form.

## CAMP STORE

### Store Account

Single term campers must have \$100.00 in their store account. Full Season campers must have \$200.00. Please indicate the spending money amount on the enclosed 2023 Pre-Camp Form.

Any money left in your camper's account at the end of the session will be given to him to take home. If your camper spends more than he has in his account, we will bill you for the difference. We will do our best to make sure that your camper does not overspend his account.

### Camp Store

Items such as stamps, envelopes, snacks and drinks, tennis balls, toothpaste, batteries, etc., can be purchased at the Camp Store. Our store also has a great selection of high-quality t-shirts, sweatshirts, shorts, and hats that are suitable for your child to wear at home and at school.

### Clothing Items in the Camp Store

The following items can be purchased prior to camp. See the 2023 Pre-Camp Form for details on ordering.

#### Camp Greenbrier T-Shirts

Boys' Sizes: S(6-8), M(10-12), L(14-16) \$17.00

Men's Sizes: S, M, L, XL \$19.00

#### Camp Greenbrier Hooded Sweatshirts

Boys' Sizes: S(6-8), M(10-12), L(14-16) \$33.00

Men's Sizes: S, M, L, XL \$37.00

#### Camp Greenbrier Shorts

Boys' Sizes: S, M, L \$21.00

Men's Sizes: S, M, L, XL \$23.00

#### Camp Greenbrier Baseball Caps

One size fits all \$19.00

**All items ordered will be held at camp until the camper's arrival to ensure proper fit.** Tax is included in the sales price for all items. Most campers purchase at least one Camp Greenbrier t-shirt. **We will also put your camper's initials on any purchases when he receives them.**

## TRAVEL TO CAMP FOR 2023

**IMPORTANT: We will not be providing chartered bus service to and from camp.**

### Camper Drop Off:

- Campers will need to be dropped off by car on the opening day of their session, **between 10:00 a.m. and 3:00 p.m.**
- As best you can, avoid arriving for drop off during lunch, which is from 1:00 p.m. to 1:30 p.m.
- We can pick up campers from Greenbrier Valley Airport, or from the local Alderson Amtrak station, on the opening day of your camper's session.

### Camper Pick Up:

- On the last day of your camper's session, you should pick him up **between 9:00 a.m. and 1:00 p.m.** Please do not come earlier than 9:00 a.m. as we will be busy making final arrangements for the day of departure. Also, it is important not to arrive to pick up your camper after 1:00 p.m. It can be quite unsettling to a camper whose ride home is late.
- On the last day of your camper's session, we can take campers to Greenbrier Valley Airport or to the Alderson Amtrak station, as well.

### Directions:

Traveling West on Interstate 64: Take the Alta Exit, also known as Exit 161 and Route 12; go left (south) at the end of the exit ramp. The entrance to Camp is 11.6 miles on the left just past the Subway Sandwich Shop.

Traveling East on Interstate 64: Take the Alta Exit, also known as Exit 161 and Route 12; go right (south) at the end of the exit ramp. The entrance to Camp is 11.6 miles on the left just past the Subway Sandwich Shop.

See [campgreenbrier.com](http://campgreenbrier.com) for more detailed directions.

### Places to Stay Near Camp:

There are numerous hotels near camp. To the east, Lewisburg is about 20 minutes from camp and White Sulphur Springs is about 35 minutes from camp. To the west, hotels can be found in Beckley, which is about 50 minutes from



camp. A quick Google search will indicate what is available.

### **WHAT TO BRING:**

A What to Bring list can be found on our website, [www.campgreenbrier.com](http://www.campgreenbrier.com). Under “Families” on the menu bar, click on “Camp Forms.” The general practice is for each camper to bring a **trunk** for clothing and small articles, and a **duffel bag** for bedding and larger, bulky items. Please tape the enclosed What to Bring list to the inside of your camper’s trunk lid so that we know what he brought to camp. Some campers bring hinged, plastic trunks rather than the traditional camp trunks. Either is fine. And the trunk does not need to be a specific height or width.

Please bear in mind that anything your camper brings to camp may be lost or broken. With numerous campers and staff running around, jumping in the river, etc., items are sure to be misplaced or broken. For this reason, we strongly urge you not to send anything your camper, or you, cannot live without.

Some campers bring their personal fishing equipment, golf clubs, lacrosse sticks and gloves, archery bows, or baseball bats. Immediately upon arrival at camp, bows, baseball bats, and golf clubs are to be turned into the Office. These items will be given to the appropriate activity heads for use by the camper during regular activity periods.

**PUT YOUR CAMPER’S NAME ON ABSOLUTELY EVERYTHING!!** Really, Everything!! His trunk, toothbrush, shampoo, flashlight, every shoe, books, everything! Because campers often do not recognize their own belongings, their name or initials will help us return misplaced items. Use a permanent laundry marker to mark your camper’s belongings. For shirts and pants, the normal place to put your camper’s name or initials is on the tag, or next to the tag.

Please note that we may need to go through your camper’s belongings for a number of reasons. Whether it is to make sure that he goes home with everything he brought to camp, to look for a lost item, or for some other reason, this will be done as discretely as possible and only if absolutely necessary. Please make sure that your camper is aware of the guidelines in this section prior to his coming to camp.

## WHAT NOT TO BRING:

Campers should not bring knives, hatchets, firearms, matches, lighters, fireworks, or weapons of any type. **Campers are also prohibited from bringing cell phones to camp. Electronic devices that play games, videos, or can access the Internet are also not allowed.** Campers can bring devices that play music only, but if they also do any of the things mentioned above, they are not permitted. **Please make sure your camper knows these rules.**

Additionally, we recommend that you do not send valuables to camp with your child. Items such as radios, cameras, watches, and expensive speakers are easily broken or lost and are certainly not necessary ingredients for a happy camping experience. We cannot be responsible for these items. But for those campers who do choose to bring these items, be sure to send a generous supply of extra batteries, where needed.

## PACKAGES FROM HOME:

### General Information

Please do not send food, candy, or gum to camp. If food, candy, or gum is received, it will be discarded. In a supervised situation, the campers can get snacks and goodies from our Jigger Shop (camp store). We ask that you not send food or candy for a number of reasons including the dangers that some foods, like peanuts, can present to campers with potentially life-threatening allergies. Also, storing these items safely away from bugs and other critters is difficult. We suggest in lieu of food: letters, postcards, comic books, yesterday's sports page or comic strips, paperback books of interest, games to play during Rest Hour, etc.

Please be sure to pass on the contents of the "What to Send" list below to all relatives and friends.

### What to Send

YES: Paperback books, Sunday comics, comic books, books of puzzles, stories, sports pages, magazines, playing cards, baseball cards, post cards, letters, hacky sacks, Frisbees, yo-yos, inexpensive toys, and happy news.

NO: Candy, gum, food, fireworks, sparklers, cap guns, expensive toys, enormous bags of popcorn, magic markers, laser pointers, balloons, weapons of any kind, or sad news.

## **TELEPHONE AND MAIL:**

The camp phone is for camp business only. Campers may not receive telephone calls nor may they use the phone to place calls except in the case of an emergency (as determined by the Camp Director). A telephone call will often create homesickness where none existed. We encourage parents and relatives to send mail every couple of days. Mail call is important when you are at camp. But avoid sending letters or packages every day – this can interfere with the independence gained at camp.

## **LAUNDRY:**

The camp fee covers the cost of laundry. Unlimited laundry is done in camp for every camper once a week. Please make sure that the two laundry bags you send with your son have string ties at the top of each bag.

## **VISITING:**

**Campers are not permitted to have visitors.** We do not permit visiting because we have found that it is generally not in the campers' best interests. Visitors often cause homesickness where none previously existed, even in a camper who merely sees another camper's parents visiting.

## **TOBACCO, ALCOHOL, and UNPRESCRIBED DRUGS:**

Campers are not permitted to use, or have in their possession, tobacco, alcohol, vaping products, or unprescribed drugs in any form.

### **CHECKLIST – DO BY JUNE 1, 2023**

\_\_\_\_\_ Complete the Pre-Camp Form and return it with the appropriate payment & a picture of your son

\_\_\_\_\_ Complete the Health History for Campers form and return it with a copy of your insurance card and/or prescription card

### **CHECKLIST – DO BY START OF CAMP**

\_\_\_\_\_ Put your camper's name on absolutely everything with a permanent laundry marker

\_\_\_\_\_ Tape the What to Bring list to the inside of your camper's trunk lid

\_\_\_\_\_ Share the "Packages from Home" information with relatives and friends

\_\_\_\_\_ Discuss the important issues in the front of this booklet with your camper

\_\_\_\_\_ Prepare a Ziploc bag for medications; include any instructions which were not written on your camper's Health History form

\_\_\_\_\_ For the 7 days prior to his arrival at camp, have your camper avoid situations where Covid-19 exposure is more likely, including large indoor gatherings and interactions with others who may have been recently exposed to Covid-19

#### **Please send all payments and forms to:**

Camp Greenbrier  
P.O. Box 585  
Exmore, VA 23350

#### **Or to:**

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

**Additional Forms** can be printed from our website, [campgreenbrier.com](http://campgreenbrier.com). Click on "Families" on the menu bar and then on "Camp Forms."