

LEAD Pre-Arrival Information



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Thank you for entrusting your student to us for 27 days of **LEAD** at Doe River Gorge! This pre-arrival information should answer most questions you have as you prepare for this exciting time. Should you have any further questions after reviewing this, please feel free to call us at 423.725.4010 or email registrar@doerivergorge.com.

One Week Prior to Arrival

Online Account

So that we can be prepared for your visit, and to make your check-in experience as quick as possible, please visit your online account and complete the following information:

(To access your online account, go to www.doerivergorge.com, click on "My Account" at the top of the page, and login)

Fill out your Health Forms

Please fill out/update online **Health Forms** for your student. Please indicate any medications or recent injuries this will allow our medical staff to provide proper medical care for your camper. Doing this prior to your arrival will save tremendous time upon check-in. A physician's visit is **not** necessary to complete the medical forms.

Agree to Terms and Conditions

You must sign the **Financial Terms and Conditions**, the **Release Indemnification/Hold Harmless Agreement**, and the **Transportation Consent Form** for each person attending **LEAD**. This form also includes a publicity permission section (allowing us to use photographs of your camper in our promotional materials).

Pay any Balance Due

Your balance should be paid one month prior to your arrival date and can be paid on your online account. If you would prefer to pay by another method, please feel free to contact our office at 423-725-4010.

Optional Store Card

Doe Bucks money can be deposited into your student's account for snacks at the Side Track Café and purchases at the Outfitters Gift Shop. You can add additional money at any time as well as monitor your child's spending through their online account, clicking on Manage Current Registration(s) link. Money not spent will be refunded to you.

Optional Roommate Requests

Students may request one roommate. Both students must be registered for the same week and the same program, as housing assignments are made according to track selection. Doe River Gorge will make every effort to honor roommate requests although they cannot be guaranteed.

Additional Requests

Please call our office at 423-725-4010 if you have any of the following needs:

Airport Pickup

Doe River Gorge is located approximately 45 minutes from the Tri-Cities Airport (TRI). Airport pick-up and drop-off is provided for a fee of \$85 roundtrip. This fee can be shared with up to four people arriving and departing at the same time.

Linens

For those participants traveling by airline who wish to reduce baggage charges, Doe River Gorge can provide a linen package for \$10 per person. This package includes a mattress pad, fitted sheet, top sheet, blanket, bath towel, hand towel, and washcloth. (A limited number of pillows are available. Please bring your own pillow if possible.) Call our office at 423-725-4010 to purchase and reserve a linen package.

Dietary Needs

If your camper has specific dietary needs, please notify our office so that our food service staff can make adequate preparations.

Late Arrivals

Please make your best efforts to arrive during check-in hours 3:00pm-4:30pm. If for some reason you will not be able to arrive during this time, (e.g., due to other commitments or travel delays) please call our office at 423-725-4010 to make arrangements.

What to Bring

Packing:

- Sleeping Bag
- 2 Flat Sheets and 1 Blanket (Mattresses are Twin XL)
- Pillow and Pillowcase
- Bath Towel and Wash Cloth
- Soap, Shampoo, Toothbrush, Toothpaste, Toiletries
- Pajamas
- Underwear and Socks (lots)
- 1-2 Pairs Athletic/Tennis Shoes
- Sandals (with heel strap) and Flip-Flops (for shower)
- Windbreaker or Jacket, and hooded Raincoat or Poncho
- 2-3 Swimming Trunks (guys), modest one-piece Bathing Suit (girls)
- Beach Towel
- 8-10 Short-Sleeved Shirts and 1-2 Sweatshirts
- 5 pairs of modest Shorts and 2 pairs of Long Pants
- 1 pair of clothes that can get very muddy/covered in paint and possibly thrown away
- Sunglasses, Sunscreen, Bug-Spray
- Flashlight
- Laundry Bag and a separate bag for wet clothes
- Bible, Pen, Journal or Notebook
- Prescription Medicine in original container with instructions
- Optional: Hat, Bandana, Water Bottle, Camera, Nose or Ear Plugs for water
- River Apparel: Since the river is cold, it's best to not wear cotton! We recommend polypropylene or silk long underwear (i.e. Under Armour) under synthetic clothes. A Wetsuit is also permitted. Campers will also need a pair of closed toed shoes for river tubing that they can get wet.

Special Items for Leadership Program Participants:

- Backpack: Leadership Program students are often away from living quarters for long periods of time.
- Khaki Shorts/Pants for Uniform: Shorts must be modest and not ripped or torn.
- "Nice" clothes for banquet
- "Pod" laundry detergent: Leadership program campers will have the opportunity to do laundry. Pods are easy to pack and takes the guess work out of measuring detergent.

Please pack all items in soft-shell luggage or duffle bag, if possible, for easy storage (2 bags maximum per person, please!). Be sure to label ALL ITEMS clearly using nametags, labels or marker, to ensure things return home with you! All campers will have a small locker space to store their personal items. Each locker has a few shelves and a bar to hang items. To save room in your camper's locker, pack a few clothes hangers to hang shirts and jackets.

Prohibited Items:

- Handheld games, laptops, tablets, pagers
- Radio, CD player, MP3 player, iPod
- Food, gum, candy, drinks, energy drinks
- Alcoholic beverages, tobacco products, illegal drugs
- Knives, firearms, fireworks, matches, lighters
- Magazines

*Although not prohibited, jewelry, valuables, and cash are discouraged. Doe River Gorge cannot be held responsible for these items in the event of loss or theft.

*Only bring over the counter medication, vitamins, dietary supplements if necessary. These and all prescription and non-prescription medications must be checked in with Medical Staff in the original containers.

Collected Items Inspection

On Arrival Day, your student will be required to unpack their luggage in the presence of their counselor for safety purposes. Any collected items will be returned at the end of the week. Please pack only the necessary items for their stay and leave all other items at home.

Leadership Program Cell Phone Policy

Students enrolled in leadership programs are allowed to have their cell phone on property for use on weekends only. Cell phones will be collected on Sunday prior to camper arrival, secured in the camp office, and redistributed on Friday after camper departure. Failure to comply with this policy will result the phone being locked in the camp office for the remainder of the leadership program session.

Special Items for Specific Activities

Some activities may require additional gear. Doe River Gorge provides safety gear and equipment for all programs, although participants are welcome to bring their own gear if they already own it (there is no need to make special purchases).

What to Bring for Backpacking Trip

Items under River Apparel on the previous page may serve for some of the following clothing items.

For Hiking :

- 3 Pair underwear (guys- all synthetic; girls- synthetic and one pair cotton)
- 1 Pair long underwear (for unexpected weather)
- 3 Pair thin synthetic socks
- 2 Pair thicker socks
- 2 T-shirts
- 1 Pair hiking shorts or convertible shorts/pants
- 1 Pair shorts/swim trunks/athletic shorts
- 1 Long sleeve insulating fleece shirt, pullover or jacket
- 1 Waterproof/Breathable Rain Shell Jacket with hood (or poncho at minimum)
- 1 Pair Waterproof/Breathable Rain Pants (optional)
- Fleece or knit cap/toboggan for cooler weather
- Hiking shoes (Well broken-in boots, hiking/approach shoes, trail running shoes)
- Camp Shoes/Kayaking/Water shoes (Sandals with a heel strap, Crocs, Keens)
- Bandana or Buff (optional)
- Hat (baseball cap, visor, or other brimmed hat)
- Complete & compact sized Bible, journal, and new pen in double Ziploc bags
- Medications in prescribed, original containers (if needed)
- Personal ID (if you have one)
- Sunglasses with retainers (i.e. Chums)
- Water bottle or hydration bladder (i.e. Platypus, Camelbak, etc.; not a backpack)
- Waterproof one-time use camera or waterproof digital camera (optional)

Pack toiletries in quart Ziploc bag, double bagged:

- Toothbrush and travel size toothpaste, and floss
- Travel size sunscreen (unscented if possible, no aerosol cans)
- Travel size bug spray (unscented, no aerosol cans)
- Antibacterial wipes or hand sanitizer, also travel sized
- Contacts, lens solution/drops, Glasses...(if required)
- Chapstick and unscented hand lotion (optional)

Please do not bring any scented body sprays, colognes/perfumes, deodorant on the trail (the scent attracts bugs & animals)

For caving:

- Old shoes/boots with non-slippery soles (or same as hiking shoes)
- Old socks (can also be same as hiking clothes)
- Other synthetic shirt and shorts/pants (can be same as hiking shoes)

For kayaking:

- Sandals/water shoes with heel strap (can be same as other shoes)
- Swim trunks/swim suit with synthetic shirt and shorts (can be same as hiking clothes)

Doe River Gorge will provide the following. If you already own these items, feel free to bring them, but do not go buy them for camp.

- Osprey Internal frame backpack (4600-5500 cubic inch)
- Osprey Daypack for caving
- Lightweight Mountain Hardwear mummy sleeping bag– 35°-45° rating
- Sea-to-Summit sleeping bag liner
- Inflatable Big Agnes sleeping pad
- Headlamp with an extra set of batteries
- Lightweight Camp towel
- (2) 32 oz. Lexan wide-mouth water bottles
- Fairshare mug/cup for eating & utensils
- Coveralls, knee pads, gloves & helmet for caving
- Big Agnes 3-person lightweight tents to be shared by campers
- Stove, pot, water purifier, & food
- First-Aid supplies & OTC meds as needed from guides

Arrival / While You're Here

Traveling Directions

If you will be traveling by car, please be cautious about following directions provided by GPS, as they often do not take you the most direct route. Please download directions at <http://www.doerivergorge.com/directions.php> and be sure that your GPS is taking you on this route.

Check-In

Check-in is from 3:00-4:30 on Sunday. We cannot process early arrivals before 3:00pm. Because all campers are required to check in with the Registrar and Medical Staff under the Lower Big Top (green and white striped tent), it is important that you make every effort to arrive during the scheduled registration hours. You will receive a Check-In Packet upon arrival and it is important to keep this packet with you during the entire Check-In process.

Prescription Medications, Inhalers, and EpiPens®

All medication must be turned in to the Medical Staff upon arrival. Please do not pack any medications in your student's luggage as you will need to have this with you upon arrival to check in with our Medical Staff. If your student requires prescription medications while at camp, please bring an adequate supply of the medication in the original, clearly-labeled prescription container, prescribed to your student, and check it in with the Medical Staff. State Law prohibits us from accepting medications in any other pill case or container or medications prescribed to another person. Medications are secured in our Health Center and distributed according to instructions by licensed Medical Staff.

If your camper uses an inhaler or EpiPen®, please send two: one for the counselor to carry during the day and one to be kept in the Health Center for back-up. Please be sure both EpiPens® are labeled with your student's name.

It is very helpful for you to explain to your student what medications they will need to take during their stay at camp so they will know what is necessary and that you expect them to take these medications as prescribed.

RSVP to Closing Ceremony

There will be a closing ceremony with a sit-down lunch on the Friday you pick up your student (see "Departure"). In order to ensure there is enough food, please be sure to RSVP with the number of attendees for your student. We provide lunch for each student plus two guests. Additional lunches can be purchased upon check-in.

Parent Orientation

We encourage parents to attend a brief orientation on the **LEAD** program directly following registration and move in. This meeting will begin at 4:30PM.

Communicating with Your Student

During your student's 27 day stay at Doe River Gorge we highly encourage communication from those who love and support them. Here are some ways we suggest:

- Mail– Postcards, letters, and care packages are welcomed! Address to:
Doe River Gorge Ministries, Inc.
LEAD
Student's Name
220 Doe River Gorge Road
Hampton, TN 37658
- Phone– Students are only allowed to make necessary phone calls home. Your student will be permitted to use the office telephone. The office number is 423.725.4010. Your student will also be allowed to use his/her cell phone on Friday evening after campers have departed.
- Visits– The most convenient time to visit your student is on Sunday. You are welcome to attend our Sunday morning worship service followed by lunch (\$6/per person). Please RSVP at 423.725.4010 or drginfo@doerivergorge.com.
- E-mails: You can send e-mails to your student on your online account under your student's Registration Details page. We are not able to offer facilities for your student to send replies.

Health & Safety

Safety is top priority at Doe River Gorge! While there is risk inherent in any sport or adventure activity, Doe River Gorge seeks to minimize that risk through well-designed courses, top-of-the-line equipment, and well-trained staff. All adventure courses are professionally designed and independently inspected. Along with maintaining a Health Center that is staffed by at least one Registered Nurse and other trained medical professionals, all summer staff members are trained in First Aid and CPR. In preparation in case of an emergency, Doe River Gorge maintains a close relationship with the local EMS and Wings Air Rescue.

Insurance

Doe River Gorge provides limited secondary insurance coverage for accidents and illnesses (excluding pre-existing conditions) which occur while engaged in one of our programs. In the event of an accident or illness involving your student that requires or may require medical care off-site, our staff will take immediate action to obtain proper medical treatment and will also contact you promptly.

Withdrawal

If your student must withdraw from a program before the session ends, a refund will only be given in cases of physical illness, injury, or family emergency (not including homesickness). The amount of the refund will be pro-rated based on the cost of that program and the number of days missed. Doe River Gorge reserves the right to dismiss anyone without refund whose conduct is not in the best interest of other participants.

Vehicles

Your student's personal vehicle is not permitted on the premises during their stay. Parents, please make arrangements to bring and pick up your students.

Departure

Check-out Details

The remaining balance in your student's spending account (Doe Bucks) will be refunded after the completion of their session. Unused medications and inhalers will be returned to your student's luggage on the day of their departure.

Early Check Out

Arrangements for early departure must be made directly with the **LEAD** Director prior to check-out.

Celebration Banquet

This banquet will recognize your student's achievements while portraying their new life of being a servant leader. You will receive an "official" invitation in the Registration Tent when your student arrives for **LEAD** (includes time and location of event), but please be sure to RSVP on Arrival Day at the Leadership and Specialty Program Table located in the Registration Tent.

Lost and Found

Lost and Found items will be on tables located at the back of the Depot. Please be sure to check this table for any items your student has lost. We want to help your student leave with everything they brought. Doe River Gorge is not responsible for lost, stolen or misplaced articles. Items left behind will be held for one week only, then donated to charity.

Doe River Gorge Outfitters

The Doe River Gorge Outfitters Gift Shop will be open on Departure Day so that you or your student can purchase last minute souvenirs or other items.

Doe Bucks (Camp Store Account)

The remaining balance in your student's spending account (Doe Bucks) will be refunded after the completion of their session by the parent's method of payment used during registration unless you already chose the online option to donate the remaining balance to our ministry.

Staying Connected

Don't let the Doe River Gorge experience end! You will be receiving emails about upcoming happenings at Doe River Gorge, including information on next summer, high school leadership programs, family retreats, and information to help your student grow in their walk with Christ!

www.doerivergorge.com