



## Lutheridge†Lutherock Ministries, Inc.

**Camp Lutheridge:**  
2049 Upper Laurel Drive  
Arden, NC 28704  
Phone: 828-684-2361  
Fax: 828-684-5196

**Camp Lutherock:**  
84 Camp Luther Rd  
Newland, NC 28657  
Phone: 828-733-5868  
Fax: 828-733-5864

[www.llmi.net](http://www.llmi.net)

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### 2012 SUMMER INFORMATION AND FORMS FOR PARENTS/CAMPERS

ALL HEALTH FORMS ARE DUE ON OR BEFORE  
**MAY 1<sup>ST</sup>, 2012**

OUR CAMP NURSES GATHER TO SCREEN HEALTH FORMS THE FIRST WEEKEND IN MAY. PLEASE HELP US BY HAVING YOUR CAMPER'S FORM HERE FOR THEM TO SCREEN.

***If you register after May 1<sup>st</sup>***, please make every effort to send in the health form at least 4 weeks prior to camp.

PLEASE COMPLETE AND RETURN FORMS TO:

LLMI Registrar  
28 Spruce Drive  
Arden, NC 28704  
or fax: 828-684-5196  
or email: [jwebb@llmi.org](mailto:jwebb@llmi.org)

#### **REQUIRED FOR EVERYONE...THE HEALTH FORM**

The health form is available by downloading from the [Forms](#) page of our website or by calling the Registration Office. **Please note:** Proof of a physical within the last 24 months, including a doctor's signature, is required for a portion of the health form.

#### **WAIVERS - REQUIRED FOR SPECIFIC PROGRAMS**

Please look at the list below to see if you have registered for one of the programs. If you are registered for one of the programs and did not receive the additional waivers, please contact our offices or download a waiver from the [Forms](#) page of our website.

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If you are registered for any of the following programs:

Lutheridge - **WaveRiders Week, Saddle 'n' Paddle, Paddler's Week, Rock 'n' Raft, Surf 'n' Turf**

Lutherock - **Middle School Sampler, Senior Sampler, Beginning Whitewater/Backpacking, Whitewater/Backpacking, Whitewater Week**

Please complete and send: *USA Raft Waiver & Release of Liability*

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If you are registered for:

Lutheridge - **Saddle 'n Paddle**

Please complete and send us: *Sandy Bottom Trail Rides*

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# GENERAL INFORMATION

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## WELCOME to Camp 2012!

We are excited that you will be part of the 2012 Summer Camp at Lutheridge in Arden or Lutherock in Newland. Please take a moment to familiarize yourself with everything in this packet of information. We also have lots of other helpful information on our website ([www.llmi.net](http://www.llmi.net)) in the FAQ section. We are gearing up for an awesome camp season!

## SUMMER CAMP HOURS

### SUNDAY CHECK-IN: 3:30-5:00 p.m.

Check-in begins at 3:30 pm. **We are unable to allow any check-ins prior to 3:30 pm.** Upon arrival at **Lutheridge or Lutherock**, please speak with the roadside attendant for check-in information. If you need other information upon arrival at camp, please come to the office at **Efird Hall** at **Lutheridge** or the **Founder's Lodge** at **Lutherock**.

**If campers must arrive later than 5:00 pm call our offices to advise us:**

- **Lutheridge: 828-684-2361**
- **Lutherock: 828-733-5868**

### WEEKEND HOURS

#### Lutheridge

Sunday roadside greeter: 2:30 – 5:00pm  
Sunday Ridge office: 2:30 – 5:00pm  
Sunday Ridge store: 2:00 – 5:00pm  
Saturday Ridge store: 9:00am – 12:00pm  
Ridge Guest Services/emergencies: 828-606-5684

#### Lutherock

Sunday roadside greeter: 2:30-5:00 pm  
Sunday Rock office: 3:00-5:00 pm  
Sunday Rock store: 3:30-5:00 pm  
Saturday Rock store: 9:00-10:00am  
Rock Guest Services: 828-733-5868

### CHECK-OUT: 8:30 – 10:00 a.m.

The camp week ends with breakfast on **Saturday**. (For half-week programs, the session ends with Wednesday breakfast). Campers are available for pickup 8:30 – 10:00 a.m. Staff is not normally scheduled to supervise campers beyond 10:00 am. Please let your child's counselor know at check-in if you **MUST** be late so special arrangements can be made; children worry if parents are not on time.

**Exception:** Lutherock campers being transported to Lutheridge on the shuttle are scheduled to arrive around 11:00 am and should be picked up at Efird.

## FINAL PAYMENT

We ask that balances on camp weeks be paid four weeks prior to the start of your child's camp week. If balances are not paid by Sunday of the camp week your child is attending, and prior arrangements have not been approved, there may be a \$50 late fee added to your balance. **If paying by check, there will be a \$30 returned check fee.**

## CANCELLATIONS

All cancellation requests **must be in writing** by fax, mail or email. If you cancel at least 4 weeks prior to arrival, you may request a full refund minus the \$150 deposit. If you cancel with less than 4 weeks, but more than 72 hours notice, you may request 50% of full fee minus the \$150 deposit. No refunds will be given for less than 72 hours notice.

## MEDICAL CARE

It is the goal of Lutheridge+Lutherock to provide all our campers with a very happy and healthy summer camp experience.

A licensed nurse or EMT is in residence at Lutheridge during the summer. All Lutheridge Outdoor Adventure (OAP) staff members are First Aid & CPR certified. An in-house health care manager is present at Lutherock and Lutherock program staff members also hold certifications in Wilderness First Aid & CPR.

## HEALTH FORM

The four-page health form should be received in our office **BEFORE May 1.**

If you register after May 1<sup>st</sup>, please make every effort to send in the health form at least 4 weeks prior to camp.

Per guidelines of the American Camp Association, this deadline allows time for the form to be reviewed by our health care staff prior to your child arriving on camp. Having the health form early also guides our cabin assignments in an effort to create balanced groups.

**No camper will be admitted to camp without a 2012 health form on file.**

It is required that each camper has a physical exam within the last 24 months of his or her camp week.

The top of page four of the camper health form provides the necessary information for the physician to sign and complete. A copy of a physical exam in a different format (not on the LLMI health form provided) but completed by a physician within the last two years is acceptable and may be attached to this health form instead, provided the same questions are addressed AND provided the camper's health has not changed. **We are unable to access physical exams sent to us from previous years.** Please make sure to list immunization dates.

### **MEDICATION ADMINISTERING POLICY**

Children may not keep any medications in their possession, including over-the-counter medications, while at camp. If your child must bring medication to camp, please leave it in the original container and furnish specific, written instructions for its administration using the medication form provided at [www.llmi.net](http://www.llmi.net). PLEASE BRING THIS FORM WITH YOU. We cannot accept the medication form ahead of time with other forms as medications can change at the last minute. If campers arrive with medications, but do not have this form, a form will be provided so the person dropping off the camper can complete it. The directions must match those given on the prescription container. Staff will receive the medication and the form during the check-in process.

### **IN CASE OF EMERGENCY OR ILLNESS**

In the event of a medical emergency that cannot be treated on camp premises, the health care staff will see that your camper is taken to one of the area's medical facilities. Should off-site treatment be given and/or prescribed, you will be contacted as soon as reasonably possible. A parent/guardian must sign the Health Form so medical treatment can be provided in the event of an emergency. In the event of a minor illness, our health care staff may determine a camper needs to be separated from the rest of their group in the infirmary while recuperating. If the camper's condition persists or worsens, the parent/guardian will be contacted to let them know the camper's status. Please feel free to contact Janine Webb (828-684-2361) with any questions or concerns you may have about your camper before the camp week. Once your child is at camp, please call Pastor Mary or Pastor Tim at Lutheridge (828-684-2361) or Van Van Horne at Lutherock (828-733-5868).

### **TRANSPORTATION**

#### **SHUTTLE**

Since Lutheridge and Lutherock are located **about an hour and a half apart**, LLMI provides shuttle transportation for campers between the two camps for a small fee. For more information about our shuttle, please visit the FAQs on our website, [www.llmi.net](http://www.llmi.net) or contact our offices.

#### **AIRPORT TRANSPORTATION**

The Asheville Regional Airport is very close to Lutheridge and camper pick up is available. For information about our airport transportation, please visit the FAQs on our website, [www.llmi.net](http://www.llmi.net).

### **VEHICLE SAFETY**

During the camp week, campers (with the exception of those in First Camp Adventure and Pioneers at Lutheridge) will be going on an outing and riding in an LLMI owned or leased vehicle. The driver of the vehicle is trained and will have safety/emergency equipment on board at all times. As per the guidelines established by the American Camp Association (ACA), we are providing you with the vehicle safety rules, listed below. **Please go over these rules with your child prior to their camp week at Lutheridge or Lutherock.**

Before campers are permitted to travel in these vehicles, we will cover the following **safety guidelines** with them:

1. Everyone traveling in an LLMI owned or leased vehicle (except buses) must wear a seat belt.
2. All passengers must have a seat. Vehicles will not contain more than the manufacturer's suggested seating capacity.
3. No screaming, horseplay or moving around while vehicle is moving.
4. Do not stick arms, heads or legs outside window while vehicle is in motion.

### **MAIL & COMMUNICATION**

Campers LOVE getting mail! Both camp mailing addresses can be found at the top of the first page of this information packet (please note there are two DIFFERENT addresses). Campers eagerly await letters and cards from relatives and friends. Make contents cheerful and "newsy". Post mail before Wednesday to ensure likely delivery.

Regarding phone calls, please understand that your child will NOT be calling you. Calls home can be very disruptive for a cabin group and take away from the true camp experience for all campers. Cell phones are not allowed. If it is important for you to speak with your child during the camp week or if you have questions about this policy, a program director will be happy to talk with you and make a plan for your child.

### **LOST & FOUND**

Lutheridge and Lutherock are not responsible for lost personal items. (Please read the guidelines in the Packing List; do not bring clothing or items that are expensive or irreplaceable.) Our counselors try hard to ensure that proper care is given to all camper belongings. However, if you find something missing, please call the site and give any details that will help locate the missing items. If found, we will mail them back (using regular USPS). Any items unclaimed by September 1 will be given to local charities.



# PACKING LIST

## WHAT TO BRING

Please do not over pack! Storage space in camper housing is limited. Placing labels on all articles of clothing, towels, etc. will make it easier for things to be returned to the correct owner should they be left behind or go home in the wrong suitcase. Information regarding lost and found is located in the General Information section of the packet.

### **You need to pack the following:**

- Sleeping bag & pillow
- 2-3 towels & washcloths
- Soap, shampoo, brush, comb
- Toothpaste & toothbrush
- Additional toiletries
- Warm coat/sweatshirt (Rock evenings)
- Light jacket/sweatshirt (Ridge evenings)
- Rain coat or poncho (& head cover)
- 2 prs of shoes (sneakers or closed-toe shoes that can get wet during outings)\*
- Shower shoes
- Sturdy clothes that can get dirty or wet\*\*
- Swimsuit(s)\*\*
- Cards, book, etc. for rest times
- Bible, notebook, pen or pencil
- Flashlight
- Camera (optional)
- Insect repellent & sun block
- Plastic trash bag (for wet/damp clothing, towels)
- Water bottle (refillable)

\*Shoes should NOT be new; sneakers with tread work best

\*\*Please make certain clothes are in good taste. Shorts should not be too short, and T-shirts should not contain inappropriate language. Swimsuits must be modest. Campers may be asked to change/cover up if clothing is deemed inappropriate.

### **Additional items needed for the specified Outdoor Adventure Program (OAP):**

#### **Saddle 'n' Paddle program**

- Jeans or long pants
- Enclosed shoes, such as athletic shoes

#### **Backpacking programs**

- Smaller, packable sleeping bag
- Thin sleeping pad (optional)
- Sturdy, broken in hiking shoes (either boots or tennis shoes)

#### **Rockclimbing & Tower Climbing programs**

- Sturdy, comfortable shorts (not too short)
- Sturdy shoes for climbing (specialized climbing shoes are not necessary; running shoes/hiking boots work fine)

## **Middle School Sampler & Senior Sampler (contain caving\*)**

- Shoes with ankle protection (hiking boots, high tops or other sturdy shoes)
- Long pants
- Long-sleeved shirt & t-shirt w/ sweatshirt

*\*You will probably get dirtier than you have ever been in your life! The clothes you wear may never come clean, so choose clothes wisely. Please note: caves are cool & wet!*

## **WHAT NOT TO BRING**

Alcoholic beverages, cigarettes or other tobacco products, and drugs not prescribed by a physician are NOT permitted at camp! Violation of this policy results in immediate dismissal. Transportation home will be at the expense of the parent/guardian. Do not bring CELL PHONES, food (snacks, gum, candy, drinks), knives, firecrackers or similar items to camp. Also leave hair dryers, curling irons, radios, iPods, MP3 or CD players and other general electronic items at home. Weapons of any kind are not allowed! **Do not bring new or expensive clothing, jewelry or other such items; LLMI is not responsible for their loss or damage.**

## **SPENDING MONEY**

The registration fee includes the cost of lodging, meals, evening canteen snacks, study materials, craft supplies and program costs. However, there are additional opportunities to spend money:

**At Lutheridge** – The snack bar is open to campers once during the week with things like ice cream sandwiches, popsicles, slushies, etc.; \$4.00 is adequate. The Lutheridge Store stocks items such as T-shirts, jackets, basic toiletries, souvenirs, local crafts, postcards/stamps, etc. Campers will visit the store once during the week. Most items range in price from \$5.00-\$35.00. Campers will also have the opportunity to donate money to the ELCA World Hunger Campaign. Campers keep their own money for the week. Parents are welcome to visit the store during weekend hours listed in the camp hours section.

**At Lutherock** – Spending money is needed only for the purchase of items from the camp store (T-shirts, sweatshirts, hats, water bottles, etc.). Clothing prices range from about \$12.00-\$40.00.



# DIRECTIONS to Lutheridge or Lutherock

(Call 828-684-2361 for further assistance)

**PLEASE NOTE: Lutheridge and Lutherock are located about 90 miles apart.**  
Make sure that you are heading to the correct location.

## Directions to LUTHERIDGE in Arden, NC

**GPS Address for Lutheridge:**  
2511 Hendersonville Road, Arden, NC

From I-40, **Eastern North Carolina** (Greensboro, Hickory) and I-40, **Tennessee** (Knoxville)

- Take I-40 West to Exit #51 (Hwy 25A/Sweeten Creek Rd)
- Take Sweeten Creek Road South (left at the end of the ramp)
- Go about 6 miles to Hwy 25/Hendersonville Rd (major intersection with Walgreens on corner across the street)
- Turn left onto Hendersonville Rd
- Lutheridge entrance is just a very short distance on the right

From I-26, **South Carolina** (Spartanburg, Columbia)

- Take I-26 West to exit 40 (the Asheville Airport Exit)
- Take a right at the end of the exit onto Airport Rd
- Travel approximately 2 miles to US-25 (Hendersonville Rd)
- Turn right onto US-25
- Lutheridge entrance is just a very short distance on the right

## Directions to LUTHEROCK in Newland, NC

The GPS Address for Lutherock  
is unreliable. Please use these directions.

From I-40, **Western North Carolina** (Asheville)

- Travel I-40 East to exit #72 (Old Fort, US-70)
- Travel US-70 approximately 11 miles - left on US-221 North (at the red light just past Wal-Mart, McDonalds)
- Just over 32 miles on 221 North you will come to stop sign at a "T" intersection. Turn left towards Newland on Highway 181.
- At about 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far-also look for the "Welcome to Newland" sign on the right.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

From I-40, **Central North Carolina** (Hickory)

- Travel US-321 North (to Boone, NC) (approximately 40 miles to right)
- As you pass Blowing Rock, take the Blue Ridge Parkway South toward Linville. After crossing the Linn Cove Viaduct, exit onto 221 toward Grandfather Mountain. Pass the entrance to Grandfather. Cross Hwy. 105—this is still 221. When 221 turns left towards Marion/Pineola, continue straight on NC-181.
- Travel on NC-181 – 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

**From I-40/I-85, Eastern North Carolina (Winston-Salem, Raleigh)**

- Travel US-421 North (toward Wilkesboro) (off of I-40)
- Travel US-421 approximately 48 miles to US-421 BYP and travel approximately 5 miles
- US-421 BYP will intersect with US-421 once again and travel approximately 31 miles
- Turn left on NC-105 Ext, US-221 and go approximately 0.8 miles
- Continue on NC-105 for approximately 17 miles
- Turn right on Newland Highway, US-221 and travel approximately 0.7 miles
- Travel on NC-181 – 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

**From South Carolina (Columbia)**

- Follow I-26 West (to Spartanburg)
- Exit to I-85 North (to Charlotte)
- Exit onto US-221 North
- Travel US-221 - On 221 North you will come to stop sign at a “T” intersection. Turn left towards Newland on Highway 181.
- Travel on NC-181 – 2.5 miles, turn onto Wes Brewer Road – if the road becomes four lanes, you have gone too far.
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

**From I-81 in Eastern Tennessee or Western Virginia**

- Exit I-81 (at Bristol, TN) onto I-381 to 11E near Bristol, Tennessee
- Take 11E to 19E, following 19E until it becomes Highway 194 (taking you into Newland)
- In Newland, turn left on NC-181
- Travel on NC-181 (approximately 1.5 miles) to left on Wes Brewer Road (right after the road changes from 4 lanes to 2).
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.

**From I-40 Knoxville, Tennessee**

- Travel I-40 East to I-81 to I-181 (US-23)
- Follow I-181 to US-321
- Follow US-321 to US-19E (to the rights)
- Following 19E until it becomes Highway 194 (taking you into Newland)
- In Newland, turn left on NC-181
- Travel on NC-181 (approximately 1.5 miles) to left on Wes Brewer Road (right after the road changes from 4 lanes to 2).
- Travel Wes Brewer Road 2.2 miles to the fork – take left onto Sugar Mountain Road.
- Travel on Sugar Mountain Road 8/10 mile to left on Camp Luther Road (sign on road for Camp Lutherock).
- This is the Lutherock drive – follow the drive over the creek then follow the signs to designated areas.