



CHEERIO ADVENTURES HANDBOOK

A Guide For Parents and Campers

New River Outdoor Center

(Summer Mailing Address)

Cheerio Adventures
754 Fox Knob RD
Mouth of Wilson, VA 24363
Phone: 276.579.6731
E-mail: info@cheerioadventures.com

Cheerio Adventures Office

(Fall, Winter, Spring)

Cheerio Adventures
1430 Camp Cheerio RD
Glade Valley, NC 28627
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E-mail: info@cheerioadventures.com

Business Address

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Mark Woodall, Cheerio Adventures Director
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New River Outdoor Center

The New River Outdoor Center (NROC) is our base camp on a 60-acre site on the New River near Mouth of Wilson, VA. While at NROC participants sleep in 14' x 16' tents on wooden platforms. Each group has two tents, one for girls and one for boys. Their trip leaders stay in the tent with the participants.

NROC has a bathhouse with hot showers, toilets and sinks. Other facilities at this site include: directors' residences, equipment storage, bike shop, food pack out house, staff cabins, camp office, and picnic shelters. The layout of the land includes nearly ¾ of a mile of riverfront and a combination of open fields and forested areas. The site allows us ample area for programming needs.

Medical Examination and Health History

Every child is required to have a medical examination by a physician within 12 months prior to attending camp. **Do not mail the health form to camp or the business office.** The health form, and any medications, must be brought to camp on opening day and checked in with the proper staff person. Campers are not permitted to keep medications with them. The health history must be completed by the parent/guardian. **A new form must be completed each year.**

Medications

All medications should be brought with the camper on opening day. If any medications require refrigeration please consult with your doctor as the trip your child may be on may not have the ability to refrigerate any medications. We have not found anyone willing to backpack a refrigerator into the backcountry, plus the forest service does not like us running extension cords that long.

Refrigerated Medications – During the all Cheerio Adventures trips campers are often away from the availability of refrigeration for medications. Options should be considered with you doctor.

Arrival And Departure

Plan to arrive at the New River Outdoor Center between 2:00-3:00 PM on opening day. **Those attending Campers on the Parent/Child or Shorty trips should consult their itinerary for arrival/departure times.** If you arrive early, you will be asked to wait at the entrance until check-in time. Campers may depart any time after 9:00 AM on closing day and may remain in camp with supervision until 11:00 AM. If you want your child to be picked up by someone other than you, parent or legal guardian, a signed permission slip, specifying who can pick up your child must be sent to the camp director. If you will be late picking up your child please let the camp know as soon as possible so arrangements can be made.

If in the event there are any changes, emergencies or location changes in the pick up or drop off of your child you will be notified by either phone, mail and/or email.

Permission to Ride Home (form enclosed)

Please fill out the attached form if your child will be picked up by anyone other than the parents or legal guardian.

Airport Pickup and Drop Off (form enclosed)

Please schedule all flights out of the Piedmont Triad International Airport (GSO) in Greensboro, NC. All flights must be scheduled between 9:30 am and 12:00 noon. Cheerio Adventures staff will be doing all pickups and drop offs. The person picking up your child will

have a photo I.D. and will be wearing a shirt identifying them as a staff member of Cheerio Adventures. The staff will greet your child at the gate and on returning them to the plane will ensure they are checked in and board the plane at the proper time. Your child will be transported to camp in a camp vehicle. While in the vehicle all participants are required to remain seated, wear a seat belt and follow the instructions of the driver. **PLEASE BE SURE YOUR CHILD HAS A PHOTO ID.**

Itinerary

Please note due to various unforeseen situations we may encounter, such as weather conditions or another group on a site we had planned to use, it may be necessary to change the order of activities. Be assured any changes will be made only when absolutely necessary and the change will result in an equal or better experience for your child.

Packing List

A detailed packing list is enclosed or downloadable from our web site. Please follow the list closely as all items listed will help to ensure your child will have an enjoyable experience. Also, note most of our trips take place at elevations of 3000 to 5000 feet so it can be considerably cooler, especially at night, than it is at your home. If you have any questions about specific gear needed please call.

Spending Money

It is recommended \$25 be brought to camp with the camper for the one week sessions, \$40 for the two week sessions and \$85 for Mountains to Sea. Spending money is NOT included in the camp fee and should not be sent with the fee. Campers are counseled at the beginning of the session on how to spend their money wisely. Please do not send a check with your child.

Safety

All group leaders during a trip will have access to phones or cell phones for emergency use. If a child requires medical attention they will be brought off their trip and taken to a medical facility and/or physician to be treated. Evacuation times will vary due to location and type of injury. Staff carries emergency phone numbers for the areas they will be in, which include; hospitals, forest service, rescue squads, police offices and others.

All trip leaders with Cheerio Adventures are certified in Wilderness First Aid, CPR and carry first aid kits at all times.

The camp will contact you if your child sees a doctor, the camp nurse or if they spend a night in our infirmary.

As with all programs of this nature there are environmental and physical risks inherent such as falls resulting in cuts, bruising and abrasions, bad weather, etc Although it is extremely rare the potential of broken bones, torn ligaments, bruising, minor and major cuts, drowning and loss of life are present

Telephone Policy

The camp telephone number should not be called except for urgent business or emergency. A camp official will call the parent /guardian if any matter requires prompt attention. Cheerio Adventures participants are asked **not to use the phone during their stay** at camp. After a long hard day, a call home could create homesickness. **Please do not ask your child to call home.** The staff carries cell phones to use in case of emergency.

Cell Phones

NO CELL PHONES ARE ALLOWED.

Please do not bring cell phones, iPhones, iTouches, etc. to camp. We strive to make camp a unique experience for campers and being able to communicate with the "outside world" can hinder our efforts. Your child's time at camp will be enhanced without these items, allowing them to fully invest themselves in making friends at camp and all of the activities Cheerio has to offer. If cell phones, etc. are found at camp, we will hold them until closing day. If your child uses a cell phone for taking photos, please find another option.

Electronics

We do allow mp3 players to be played in tents at our facility or during travel time in buses. We do not allow mp3 players on outings so they would be left at camp or on the bus. If your child's mp3 player is their phone, please find another option. These items are in no way a necessity at camp and may be damaged. Please call our office if you need clarification on any of this information. Cheerio Adventures assumes no responsibility.

How To Get Ready For Summer

Things you can do before camp which will make an easier and more enjoyable trip are: 1) Walk in the boots or trail shoes you plan to use for backpacking. If your boots are broken in before you come to camp, blisters will be prevented on the trail. 2) Being in reasonable shape will help ensure an enjoyable trip. Get used to using those leg muscles. Start an exercise program a couple of months before your session. This can be walking, jogging or riding your bike three or four times a week or get involved in an organized sport. 3) If your trip involves biking, start getting your legs and the rest of your body in shape for riding. When you ride at home, do not avoid hills! The trick to good cycling is to pedal at a comfortable rate and maintain that rate without hesitating or stopping. Choose a middle gear and concentrate on pedaling rate. Do not worry about changing gears. Start riding short distances and slowly increase the length and time on the bike. Relax and take your time. Speed is not important.

Identifying Clothing

All clothing and personal articles should be clearly marked with your child's name. If something is left at camp, it will be forwarded to you COD.

Camping Equipment

The most important equipment for any backpacking trip is footwear. Your trail shoes or boots should be comfortable, sturdy and provide good support in both the ankle and sole. Be sure there is ample room in the toes. You can test this by lacing the boots properly and walking down a steep incline. If your toes touch the end of the boot it is not a good fit. Try a different size or boot. Also, be sure there is not any slippage in the heel. Spend a little time walking around the store to be sure the boot fits well. It is best to try on boots at the end of the day as your feet swell during the day. If possible go to an outdoor specialty store. Most of these stores have trained staff to help you select the proper boot. Wool or synthetic socks are best to wear with your boots because they absorb moisture from the skin and cushion the foot. Wearing a lightweight wool or synthetic sock liner under the thicker sock will help prevent blisters.

When buying clothing for those chilly nights, a wool sweater or a synthetic fleece pullover or jacket, such as polartec, polypropylene or capilene work best. These keep you warm, even if wet, unlike cotton which only gets heavy when wet.

For your rainwear a rain suit, jacket and pants, are recommended instead of a poncho. It is much more versatile. A rain suit will keep you warmer and drier than a poncho. Hoods or hats are essential.

When looking for rainwear, socks, shorts, boots etc., important questions to ask yourself are, "Is it functional?", "Can it have multiple uses?" and "Is it durable?". Fancy and expensive is not always best. If you have any questions about the type of gear you need for your adventure please give us a call.

Camp Provided Equipment

Equipment such as tents, sleeping bags, canoes, bikes and backpacks, helmets and cook gear is provided by Cheerio Adventures for all trips EXCEPT the Explorer trips. Explorer participants' checklist varies according to trip.

Bringing Your Personal Gear

If you want to bring any of your personal gear you will need to have it checked by one of the Cheerio Adventures staff to be sure it will be appropriate for your trip. Any personal sports equipment will be your camper's responsibility, with camp assuming no responsibility.

What Not To Bring

Do not bring any animals, weapons of any type, tobacco products, alcohol or drugs other than those prescribed by your child's physician. Possession of these may result in your child being sent home without a refund of fees.

Vehicles

Campers are not allowed to have vehicles in camp. Even if your child is old enough to drive you as parent/guardian will have to check them in and out.

Mail

Everyone looks forward to mail call. Participants' mail is delivered as often as possible. If they are in camp they get their mail every day. If they are on the trail, away from camp, the mail is brought to them whenever a shuttle is run in their area. In most instances participants receive their mail every 1-3 days. Mail should be addressed to your child with the name of their session (i.e. Sampler B, Standard 4, etc.) and sent to the New River Outdoor Center address at the beginning of this booklet.

E-mail

Your child can also receive e-mail. The address is info@cheerioadventures.com. Please put the child's name and session name in the subject field. Do not send pictures or attachments to emails as they will not be printed. Please be aware an administrative staff person will see the e-mail as they are printed. These will then be distributed with the regular mail.

Visitation And Food Packages

Due to the nature of the program, family and friends are asked not visit a camper while camp is in session. Visits tend to create homesickness even with well-adjusted campers. Camp food and snacks are adequate and campers have the opportunity to buy additional snacks with their spending money. Please do not leave or mail "care packages" containing food due to the tendency to attract wildlife to the camping area. However, packages containing books, games, etc. are encouraged.

Motels and Campgrounds Near Cheerio Adventures

If you wish to stay overnight, please call the Alleghany Chamber of Commerce 336.372.5473 for lodging recommendations.

- High Meadows Inn, 23 miles from Cheerio Adventures, 3 miles from Camp Cheerio, 336.363.2221
- Alleghany Inn, 12 miles from Cheerio Adventures, 15 miles from camp, 336.372.2561
- Bluff's Lodge, Blue Ridge Pky, 10 miles from Camp Cheerio, 336.372.4499
- Holiday Inn Express, 25 miles from Camp Cheerio, 336.835.6000
- Hampton Inn, 25 miles from Camp Cheerio, 336.835.1994

- Comfort Inn, 25 miles from Camp Cheerio, 336.835.9400

Refunds

A written statement must accompany any cancellation due to illness or accident, from the child's physician. Only those will receive a full refund of deposit. Any cancellation received prior to April 1, for any other reason will be refunded one half the deposit. After April 1, **no deposit refund**. No refund of any fees will be given if a child cancels less than 50 hours before opening day unless cancellation is due to accident or illness. Any camper leaving prior to the end of the stated period of encampment is not entitled to a refund except in the case of accident or illness. If your child does not show up on opening day the camp director will try to contact you. If no contact is made it will be assumed your child is not coming and their place will be filled by someone on the waiting list. There will be no refund of fees.

Still Have A Question?

The Camp Cheerio Business Office is open 9:00 AM - 4:00 PM Monday - Thursday. If you have questions concerning the program, equipment or financial account, please call 336.869.0195. If you need to speak with a director, please call September through mid-May 336.363.2604 or mid-May through August 276.579.6731 or at info@cheerioadventures.com.

Pictures

Because of the limited internet capabilities at Cheerio Adventures daily pictures cannot be uploaded, however at the end of the campers session you will receive information about purchasing a DVD which will include photos and video of the campers time with the adventure program.

Pictures will ultimately be uploaded to the web site. This usually takes several weeks. Go to www.cheerioadventures.com and look for the button on the left hand that says "camp photo's & follow the instructions. The User Name: **campcheerio**; the Pass Word: **thrive**.

Directions to Cheerio Adventures at the New River Outdoor Center

If you have questions about directions from your city please call us.

COMING FROM THE SOUTH

- Take I-77N to Highway 21N bypass at Elkin (exit 83)
- Take Highway 21N bypass at Elkin to Sparta, NC
- Go through Sparta on Highway 21N to Highway 221S (all you need to do is go straight you will automatically change from Highway 21N to Highway 221S)
- Take Highway 221S to Highway 93W
- Take Highway 93W to the Virginia state line (before reaching Virginia you will come to a stop sign, turn right). Cross into VA and look for Potato Creek RD.
- Turn right onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mailbox. (someone will be there waiting for you)

COMING FROM THE NORTH

- Take I-77S, I-81S to Wytheville, VA whichever is closest to you (exit #70 off I-81)
 - If coming down I-77S, take I-81S to reach exit #70 and Highway 21S
- At Wytheville take Highway 21S to Independence, VA and Highway 58W
- Turn Right onto Highway 58W and go towards Mouth of Wilson, VA and Highway 93E
- Turn left onto Highway 93E and go to Potato Creek RD just over bridge of New River
- Turn left onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mailbox (someone will be there waiting for you!)

COMING FROM THE WEST

- Take I-81N to Marion, VA and Highway 16E (exit #45)
- Take Highway 16E to Mouth of Wilson, VA and Highway 58E
- At Mouth of Wilson, VA take Highway 58E to Highway 93E (all you need to do is go straight you will automatically change from Highway 16E to Highway 58E)
- Turn right onto Highway 93E and go to Potato Creek RD just over bridge of New River
- Turn left onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mail box (someone will be there waiting for you!)

COMING FROM THE EAST

See "Coming from the North" or "Coming from the South" use whichever seems easiest.