

Cheerio **EXTREME** Information

Please Bring the following forms to Camp – DO NOT MAIL

Medical Form – Please complete and **BRING** to camp on opening day and check in your child with his/her medical form with the medical director. Your child must have a physical within 12 months of attending camp. Your child's doctor must complete the physician's portion of the medical form.

Rafting and Lake Waiver (Online)

Simply go to www.cheerioadventures.com and click on the Register for Camp link. This will take you to the login page. Log in, and in the upper right-hand area where it says, "Your Campers:", you will see a link to **print** the lake and rafting waiver. The waiver has been prefilled with your information. Click the button to print. **The raft waiver does need to be signed and brought to camp.** If you are **not** going to be dropping off your child, please print it, sign it and send it with them. Parents or legal guardian must sign waivers. Done! These are waivers from the rafting company and must be complete in order for your child to participate in these activities.

Please Mail to the High Point Cheerio Office by April 3, 2019

Final Payment – Is due no later than April 3rd. You may pay in full online. Please include a \$50 late fee if payment is not postmarked by March 31. If you have questions about the balance, contact Registrar, Terri Price at 336.869.0195, Monday-Thursday, 9:00 AM – 4:00 PM.

Please Complete online by May 1, 2019

Confidential Form (Online)

Simply go to www.cheerioadventures.com and click on the Register for Camp link. This will take you to the login page. Log in and in the upper right hand area where it says "Your Campers:", you will see a link for the confidential form. Please fill it out and submit. If it is in **BLUE**, you still need to complete it. If it is in **RED** you are done!

The information on this form will be shared with your child's counselors to help them prepare to care for and understand your child. The form is for you to share information about your child's hobbies, life away from camp, and to alert counselors to any issues that may arise such as bedwetting, sleepwalking, or homesickness. Please be candid, as this information helps us better care for your child. This form needs to be **Completed by May 1st**. Any Dietary concerns or restrictions please contact the camp before your child attends as this helps us prepare and not be surprised for special needs etc.

Additional Information

Open House – Plan to join us on the mountaintop for the Annual Open House on Sunday, April 28, 1:00-3:00 PM at Cheerio Adventures and 2:00-4:00PM at Camp Cheerio traditional camp. You may tour camp, meet some of the Cheerio staff and have your questions answered. The Open House is especially helpful for first time campers.

Cell Phone, iTouch, etc. – **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 in 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. We do allow mp3 players to be played during rest period or at the pool. If your child's mp3 player is their phone, please find another option. These items are in no way a necessity at camp. Please call our office if you need clarification on any of this information.

Arrival - Arrive at **Cheerio Adventures** (in Virginia) on opening day between 2:00 – 3:00 PM. If someone other than a parent/guardian is to pick up your child, written permission (form located online) is required from the parent/guardian. Permission may be brought on opening day.

Departure – Campers attending sessions: Extreme 1, 2, 3, 4 must be picked up between 8:30-10:00 AM on Saturday, from **Camp Cheerio** on closing day. If your child is attending Extreme 5, pick up is from 1:00-2:30 PM on Friday. If someone other than a parent/guardian is to pick up your child, written permission (form located online) is required from the parent/guardian. Permission may be brought on opening day.

Airport Pick Up/Drop Off – (form located online) No transportation is provided to or from Camp Cheerio except for airport pick up or drop off. The business office needs arrangements with payment (form located online) at least two weeks prior to session enrolled. **ONLY** Piedmont Triad International Airport in Greensboro, NC (GSO) is the airport of pick up and drop off. Flights must arrive and depart between 9:00 AM - 12:00 PM. Fee is \$65 for one way and \$75 for both ways. The person picking up your child will have a photo I.D. and will be wearing a shirt identifying them as a staff of Cheerio Adventures. Your child will then 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. Parents are alerted to changes or emergencies regarding transportation by immediate phone contact. In the event a parent is not reached, a detailed phone message will be left giving instructions for the parent to reach either the driver or other full time camp staff. In the event of any changes in transportation those transporting shall alert the camp director. Please be sure your child has a Photo ID

Email, Pictures And The World Wide Web –

- Cheerio Adventures - While at the adventure camp you can send your child e-mails. Please be aware that the administrative staff person will see the e-mail as they are printed. These will then be distributed with the regular mail. Go to <http://www.cheerioadventures.com> and look for the button on the upper left hand corner of the home page and follow the instructions. This year the User Name is: **campcheerio**; the Password: **mountains**. Because of the limited internet capabilities and nature of the program at the adventure site, daily pictures cannot be uploaded. However, you can go to www.cheerioadventures.com and look for the link on the left hand menu and see the photos as soon as we are able to get them uploaded. Password: **mountains**. **You can also find our Facebook Fan Page –YMCA Cheerio Adventures, Instagram - @ymcacheerioadventures and on Twitter. Various updates will be posted during the summer and throughout the year..**
- Camp Cheerio - You may view pictures from Camp Cheerio and send one email per day to your camper. Go to www.campcheerio.org and look for the button on the upper left hand corner of the home page and follow the instructions. This year the User Name is: **campcheerio**; the Password: **mountains**. **You can also find Camp Cheerio on the web on our Facebook Fan Page – YMCA Camp Cheerio and YMCA Cheerio Adventures, and on Twitter. Various updates will be posted during the summer and throughout the year.**

Camper Mail- Everyone looks forward to mail call. Camper mail is delivered as often as possible. If they are in camp, campers will get their mail every day. While at Cheerio Adventures if campers are out of camp, mail will be delivered or handed out when they return. Because campers will be at two different sites be sure to pay attention to where camper mail is sent.

Send Camper Mail to:

Cheerio Adventures- (Week 1)	Child's Name and Session (Extreme) Cheerio Adventures 754 Fox Knob Rd. Mouth of Wilson, VA 24363
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Camp Cheerio- (Week 2)	Child's Name and Cabin CAMP CHEERIO 1430 Camp Cheerio RD GLADE VALLEY, NC 28627-9731
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Care Packages –

- Cheerio Adventures- Birthday's should be special and we try to provide a cake for participant on their big day. If you wish to send a care package we ask that it doesn't include food due to the tendency to attract wildlife to the camping areas.
- Camp Cheerio -If your child has a birthday while at Camp Cheerio, an ice cream party will be provided for cabin mates. Care packages are welcome at camp. If you make a care package that includes food, please provide enough for the entire cabin.

Homesickness – Some campers may find it difficult at first being away from home and adjusting to a new situation in spite of arriving at camp with great anticipation. Try not to be overly concerned if the first letters from your child indicate unhappiness or homesickness. These initial feelings occur in some campers, but the small number of cases are usually resolved in a brief amount of time with encouragement from their counselors plus involvement in camp activities. Please call with ongoing concerns.

Cabin Mates – A request for a cabin mate may be made until May 1st. Please contact Terri Price at the business office to make a request if you have not made one previously. Every attempt is made to honor **one** mutual cabin request of the same age and grade level. Cheerio strives to limit the number of children from one city in a cabin so others will not feel excluded by previous friendships. Cheerio reserves the right of final decision regarding all cabin mates.

Visitation/Telephone - Campers staying for a one or two week session should not have visitors. Unexpected and unscheduled visits can create homesickness, even to well-adjusted campers. Campers are not allowed to make or receive phone calls. Please do not ask your child to call home. **NO CELL PHONES ARE ALLOWED.** While at Cheerio Adventures, staff carry cell phones for use in case of emergency.

Medical Examination – The **health form** and **any medications** must be **BROUGHT** to camp on opening day and checked in with the medical staff. Campers are not permitted to keep medications of any type. Health histories must be completed by the parent/guardian and physician annually. **DO NOT MAIL** your health form. Any medication brought to camp must be prescribed by a doctor and in its original container or it will not be accepted. Please do not put pills in pill boxes. This includes over-the-counter vitamins or herbal medicines. Camp Cheerio and Cheerio Adventures maintain a well-stocked infirmary with most over-the-counter medications that will be dispensed by the staff as needed.

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.

Spending Money - It is recommended \$60 be brought to camp with the camper for the adventure week of Extreme. **Spending money is NOT included** in the camp fee and should not be sent with the fee. Extreme campers only need money for the first week (\$30) at adventures and for the weekend (\$30) to go out to eat and see a movie. Campers are responsible for their money. 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.

Medical Policy – All trip leaders with Cheerio Adventures are certified in Wilderness First Aid, CPR and carry first aid kits at all times. Camp Cheerio has a well-trained medical staff present during your child's stay at camp. Children requiring additional attention will be taken to Alleghany Family Practice in Sparta, NC. If a child is taken to the doctor, experiences a fever of 101 or above, needs to spend the night in the camp infirmary, or is given a prescription, parents of the child will be notified. Emergency situations are taken to Alleghany Memorial Hospital in Sparta or Hugh Chatham Memorial Hospital in Elkin, NC.

Refrigerated Medications – during the adventure week of Extreme, campers are often away from availability of refrigeration for medications. Options should be considered with your doctor.

Cabins/Bunk Assignments –

- Cheerio Adventures - Campers stay in either platform tents or cabins. Each group has two, one for the girls and one for the boys. The trip leaders stay with the participants. The facility has a bathhouse with hot showers, toilets, and sinks.
- Camp Cheerio - Bunks will be assigned by counselors. There will not be an opportunity to “save” bunks. Every effort will be made to put cabin mate requests in close proximity to each other. Please see the Confidential Form if your child needs a bottom bunk for medical or emotional situations. Cabin assignments will be mailed one week prior to session attending.

Activities –

- Cheerio Adventures- Backpacking, rock climbing, rappelling, caving, canoeing/kayaking, rafting, and on-camp activities including mudslide, inner tubing, games and more.
- Camp Cheerio - Swimming, canoeing, kayaking, riflery, golf, skeet shooting, archery, soccer, cheerleading, arts and crafts, tumbling, tennis, athletics, English and Western horseback riding, nature study, model rocketry, plus more. Campers select eight activities, four each day, meeting every other day for one hour. On opening day, counselors assist campers in class selection. Each child selects twelve choices for activities, and eight activities are scheduled. Most class sizes are limited for instructional and safety reasons. All campers may take horseback riding, swimming and climbing.

Last Night Ceremony –

- Cheerio Adventures – The last night at Cheerio Adventures is a reflection on the group’s week together. During the closing ceremony, campers will receive an award representing their achievements at camp.
- Camp Cheerio - The last night closing ceremony is based on a Native American tradition. Please bring anything relating to Native Americans (costume, head dress, etc.) to camp with you. It is not necessary to have elaborate dress for this theme - one simple feather works well.

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 may 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 3-4 times a week, or getting involved in an organized sport.

Where to Stay –

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

Glade Valley Bed and Breakfast, 5 miles from camp, 800.538.3508

Hampton Inn, 25 miles from Camp Cheerio, 336.835.1994

Comfort Inn, 25 miles from Camp Cheerio, 336.835.9400

Contact Information

Cheerio Adventures-	Fall/Winter/Spring 1430 Camp Cheerio Rd. Glade Valley, NC 28627 336-363-2604 Fax: 336-363-3671	Summer 754 Fox Knob Rd. Mouth of Wilson, VA 24363 276-579-6731 Fax: 276-579-3118
Camp Cheerio-	Fall/Winter/Spring PO Box 6258 High Point, NC 27262-6258 336-869-0195 Fax: 336-869-2736	Summer 1430 Camp Cheerio Rd. Glade Valley, NC 28627 336-363-2604 Fax: 336-363-3671

PACKING LIST

The packing list is broken down into four categories so make sure you check all four.

Items used in both camps

- 1 – Blanket
- 1 – Pillow
- 1 – Laundry Bag **with campers name on it**
- 1 – Hat
- 1 – Day pack/small book bag
- 1 – Raingear, Poncho or rain suit
- 1 – Fleece sweater or other that has moisture wicking ability
- 1 – Sweater/Sweatshirt
- 1 – Pair of tennis shoe or comparable for in camp
- Feminine hygiene supply
- Soap/Soap Dish
- Toothbrush/Toothpaste
- Comb/Brush/Shampoo
- Sunscreen
- Deodorant
- Flashlight/Batteries

Items to be split

- 2 – Set of twin sheets or sleeping bag
- 14 – Pairs of Underwear
- 14 – Shirts (Suggestion: A red and/or blue shirt(s) be included in the 7 for Thrive & a couple of non-cotton for Adventures)
- 10 – Pairs of Shorts
- 14 – Pairs of Socks (2 being wool or synthetic)
- 4 – Pair of Long Pants (one set will be for caving and get muddy)
- 2 – Swim Suits
- 2 – Pair of Pajamas
- 3 – Towels
- 4 – Wash Cloths

Items for for Adventures

- 1 – Set of long underwear (we suggest polypropylene or capilene)
- 1 – Pair of long sleeve shirt for caving (will get muddy)
- 1 – Pair of Shoes (Teva's, Chaco's, Keens needs to fit securely for canoeing. **NO CROCS!**)
- 1 – Pair of Shoes (old tennis shoes, boots for caving. Will get muddy)
- 1 – Pair of Hiking shoes or boots (If camper is 10-11 yrs old you only need shoes for day hike)
- 10 – Large Ziploc bags
- 5 – Large garbage bags (used to keep clothes and sleeping bag dry)
- Bring a spoon
- Bowl
- 2 Water Bottles

Items for Traditional

- 1 – Pair of Rain Boots
- 1 – Pair of Closed-Toe Shoes with heel – For Horseback Riding

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn for more than one thing.

It is recommended that you separate your clothes into two bags (1 for adventure and 1 for traditional Camp)

Long pants and closed-toe shoes with heels are required for horseback riding.

Each session offers a Cook-Out/Camp-Out night. Send a sleeping bag or old blanket.

Do not bring expensive clothes to camp. Play clothes are adequate since activities could stain clothes. Those going on the canoe trip need an extra pair of old tennis shoes or sandals that stay on feet to wear in the river.

EXTREME

NOTE: This is a general set of itineraries. You will receive the actual itinerary for your child at check in.

Sunday Campers arrive @ Cheerio Adventures between 2:00-3:00 PM
Group interaction/get to know each other
Issue gear

Age 10-12

Monday Paddle Board down the New River to campsite

Tuesday Canoe down the New River
Return to NROC

Wednesday Caving day
Drive to rafting company after dinner

Thursday Raft all day on the New River
Return to NROC

Friday Climbing at Deception in Grayson Highland
Closing ceremonies for Cheerio Adventures

Saturday Day of in-camp activities

Sunday Pack up and head to Camp Cheerio
Check in at Cheerio

Mon-Fri Campers participate in top 8 activities of their choice.
Each night evening activity involving the entire camp.

Saturday Campers pick up at Camp Cheerio

Age 12-15

Kayak down New River
Drive and Camp At Cave

Caving day
Drive then Backpack to campsite at Mill Creek

Backpack to bus
Drive to Raft Company

Raft all day on the New River
Camp out at Climb site

Cimb Day at Bozoo
Closing ceremonies for Cheerio Adventures

Day of in-camp activities

Pack up and head to Camp Cheerio
Check in at Cheerio

Campers participate in top 8 activities of their choice.
Each night evening activity involving the entire camp.

Campers pick up at Camp Cheerio

PLEASE NOTE: Due to various situations and conditions we may encounter, it may be necessary to change the order of activities.

DROP OFF is at Cheerio Adventures in Mouth of Wilson, VA

PICK UP is at Camp Cheerio in Glade Valley, NC

**DIRECTIONS TO
CHEERIO ADVENTURES
(Drop-off for EXTREME)
Any problems call 276.579.6731**

We recommend you follow our directions, as they will keep you on the larger roads. If you are using GPS, MapQuest, Google Maps or any other mapping program please keep in mind that they often will take you down small dirt roads, which can be impassable at times. But hey if you are adventurous the GPS coordinates are below as well.

Universal Transverse Mercator – Zone - 17S, Easting - 473857.85m E, Northing - 4049992.82m N
Decimal Degrees – Latitude 36.595057°, Longitude -81.292278°
Degrees, Minutes, Seconds – Latitude 36° 35'42. 20 N, Longitude 81° 17'32.20 W
Degrees, Decimal, Minutes – Latitude 36° 35.703' N, Longitude 81° 17.537' W

COMING FROM THE SOUTH – CHARLOTTE AND/OR STATESVILLE, NC

- 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 – ANYWHERE IN VA. EXCEPT ABINGDON AND/OR MARION, VA

- 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 93
- Turn left onto Highway 93 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 – ABINGDON AND/OR MARION, VA

- 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 93 (all you need to do is go straight you will automatically change from Highway 16E to Highway 58E)
- Turn right onto Highway 93 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.

**DIRECTIONS TO
CAMP CHEERIO
(Pick-up for EXTREME)
Any Problems call 336.363.2604**

We recommend you follow our directions, as they will keep you on the larger road longest. If you are using GPS, MapQuest, Google Maps or any other mapping program please do not follow it onto Country Club Rd going through High Meadows as there is a locked gate which you will not be able to get through.

COMING FROM THE SOUTH – CHARLOTTE AND/OR STATESVILLE, NC

- Take I-77N to Highway 21N bypass at Elkin (exit 83)
- Just past Roaring Gap turn left on Camp Butler Rd (Camp Cheerio sign on left)
- Follow Camp Butler Rd until first left
- Turn left onto Camp Cheerio Rd.
- Follow road all the way to the end.

COMING FROM THE NORTH – ANYWHERE IN VA. EXCEPT ABINGDON AND/OR MARION, VA

- Follow Blue Ridge Parkway to Hwy 21 South
- Follow 21South for 4 miles to Camp Butler Rd. (will see Camp Cheerio sign on right)
- Turn right on Camp Butler and left again on Camp Cheerio Rd.
- Follow road all the way to the end.

COMING FROM THE WEST – ABINGDON AND/OR MARION, VA

- Take I-81N to Marion, VA and Highway 16E (exit #45)
- Take Highway 16E to Mouth of Wilson, VA and Highway 58E (all you need to do is go straight you will automatically change from Highway 16E to Highway 58E)
- In Independence, VA turn right onto Hwy 21 South
- Follow Hwy 21 S. past Sparta, NC until Camp Butler Rd. (Camp Cheerio sign on right)
- Turn right on Camp Butler Rd, then left on Camp Cheerio Rd.
- Follow road all the way to the end.

COMING FROM THE EAST

- Take I-40 West, through Winston-Salem to 421 North
- Take 421North to I-77 North
- Take I-77N to Highway 21N bypass at Elkin (exit 83)
- Follow 21N past Roaring Gap to Camp Butler Rd. (will see Camp Cheerio sign on left)
- Turn left on Camp Butler and left again on Camp Cheerio Rd.
- Follow road all the way to the end.

YMCA Mission:

To put Christian Principles into practice through programs that builds a healthy spirit, mind and body for all.