

*High Rocks*

# SUMMER STAFF

# PACKING GUIDE FOR INTERNATIONAL SUMMER STAFF

**LET US HELP!**

Please feel free to call +1 (828)885-2153 or  
email Woody at [woody@highrocks.com](mailto:woody@highrocks.com)  
with questions or concerns!





# PACKING FOR CAMP

## TYPE OF CLOTHES

Comfortable clothing that allows for ease of movement and full participation in our activities is crucial. Do not bring clothes with references to drinking, smoking, drugs or politics.

## WEATHER

Summer days in Western North Carolina can be in the low 90°F/32°C and nights can cool down to as low as 50°F/10°C in late May. Typical days range from 60°F/15°C to 85°F/29°C.

## LAUNDRY

There are 2 options available:

- (1) Sending Out With Campers – Campers in our sessions longer than one week will send their clothes off-site to be laundered. This is a free service we provide that counselors may use as well.
- (2) Do It Yourself – We have washers and dryers at camp, along with laundry detergent, that are free for you to use.

## STAFF SHIRT

Staff will receive one collared High Rocks Staff Shirt to wear on Opening and Closing Days. Pack a nicer pair of bottoms to wear with (khaki's are great but not required.) Otherwise, there is no uniform staff need to wear.

## VALUABLES

We strongly recommend you leave these at home! There will be space in the staff lounge to store items. Or you may lock items in your car. High Rocks does not take responsibility for missing, stolen, or damaged items. **Please label all of your items to help with lost and found return.**

## ACTIVITY SPECIFIC

If you are working in certain activities, activity gear can be supplied by camp, but personal gear is highly recommended.

**Horseback Riding:** Helmet, muck/riding boots (recommend bringing your own for comfort), breeches/half-chaps

**Mountain Biking:** Helmet, bike, gloves, CamelBak, glasses

**Paddling:** Helmet, PFD, paddle, river shoes\* (not provided)

**Hiking:** Backpack, Boots, rain pants, personal mess kit, tent

**Climbing:** Helmet, harness, chalk bag, climbing shoes





# OTHER DETAILS

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## IN TOWN OPTIONS

For those traveling long distance, several of the items on our suggested packing list can be bought in town when you arrive. Including all of your toiletries, bug spray, water bottles, and a flashlight. We recommend bringing travel size toiletries, then buying larger sizes upon arrival.

## SAVE ROOM

Many of our staff end up going home with more items (t-shirts, souvenirs, etc.) than they came with. We suggest leaving a little room when you are packing to take these home.

## PLAN FOR YOUR TRAVELS AFTER CAMP

You may want to bring a few nicer outfits if you plan to spend time traveling after camp!

## BEDDING

For our international staff, we have bedding available for you to borrow. This includes a pillow, twin sheets, 2 towels, and 2 blankets. We also have sleeping bags for overnight camping trips available.

## CHARGING ELECTRONICS

Remember to bring an American Adapter to charge your devices!

## BRING IN YOUR CARRY ON

We suggest carrying a backpack when flying and making sure these items are in it:

- Your Passport & J1 VISA
- Visa Paperwork — DS-2019 form
- SEVIS Receipt
- Camp Contract Information
- Flight Info
- Insurance Card
- Police Check & Medical Form Copy





# STAFF PACKING LIST

Below is a packing list you can use as a guideline for packing. This is just a suggested list, not mandatory. Feel free to adjust/add items. In particular, consider what you would wear teaching your activity and working in a very active environment.

## WHAT YOU NEED

### CLOTHING

- T-Shirts (9) & Long-Sleeves (2)
- Sweatshirt/Pullover Fleece (2)
- Raincoat (1)
- Shorts (Athletic Style) (7)
- Jeans or Pants (2-3)
- Swimsuits (2)
- Cotton Socks (10)
- Wool/Synthetic Socks (1-2)
- Run Around Shoes/Sneakers (2)
- Pajamas
- Undergarments/Underwear

### OTHER MISC.

- Toiletries - Toothbrush,
- Hairbrush, Shampoo, Etc.
- Medications
- Sunscreen & Bug Spray
- Flashlight/Headlamp
- Wrist Watch

**REMEMBER TO LABEL EVERYTHING!**

## RECOMMENDED ITEMS

You can do without these but they will be very, very helpful!

- Hat/Cap (*Mandatory for Kitchen Staff*)
- Sunglasses
- Flip flops
- Chaco/Teva/Water Sandals
- Day Pack/Small Backpack
- Laundry Bag
- Sweat Wicking Wear (T-Shirts or Shorts)
- Personal Fan - Battery Operated

## OTHER OPTIONAL ITEMS

- Rain Pants
- Hiking Boots
- CamelBack/Hydration System
- Tennis Racquet
- Pocket Knife
- Laptop & Chargers
- Guitar or Musical Instrument
- Books
- Camping Chair
- Fun Costumes & Square Dance Outfits
- Hiking Backpack
- Hawaiian Shirt for Waikki Wed.
- Sport Team Jersey or Shirt

## DO NOT BRING

Pets  
Firearms  
Any Other Weapons