

High Rocks

SUMMER STAFF

PACKING GUIDE FOR STATE SIDE SUMMER STAFF



LET US HELP!

Please feel free to call +1 (828)885-2153 or email Woody at 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 and nights can cool down to as low as 50°F in late May. Typical days range from 60°F to 85°F.

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





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

BEDDING & OTHER MISC.

- Twin Sheets (1-2 Sets)
- Blanket & Pillow (1-2)
- Towels (2-3)
- Toiletries - Toothbrush, Hairbrush, Shampoo, Etc.
- Medications
- Sunscreen & Bug Spray
- Flashlight/Headlamp
- Wrist Watch

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
- Sleeping Bag
- 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

REMEMBER TO LABEL EVERYTHING!