



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **BOLD & GOLD Parents' Manual**

A guide to assist you with your child's camping experience

Dear Parents or Guardians,

We are thrilled to welcome you to our BOLD & GOLD family here at YMCA Camp Cherokee! We value the opportunity to be a part of your child's continual discovery of their full potential through this program and beyond. We also fully comprehend the enormous responsibility of having your most prized possession with us this summer. Our goal is to provide a positive, safe environment, where your child feels comfortable and loved at every moment. We hope your child learns how much they are truly capable of as they challenge their mind and body, breaking barriers and taking their independence to new levels! Please let us know if we can assist you in anyway or answer questions you may have as you prepare for the BOLD & GOLD experience. If you find you need any information not addressed in this manual, please do not hesitate to reach out. We look forward to seeing you!

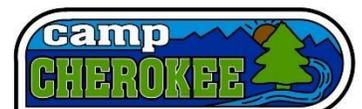
Sincerely,

Nellica Pears  
Executive Director

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**The BOLD & GOLD mission is to create a world where all young people have the emotional intelligence, courage, and compassion to be positive multicultural leaders in their communities.**

*Confidence. Courage. Emotional Intelligence. Community Awareness. Wonder.*



## **LOCATION/DIRECTIONS**

BOLD/GOLD trips will begin and end at Camp Cherokee, located in Kings Mountain State Park in Blacksburg, South Carolina. Nestled in the 7000-acre State and National Park, Camp Cherokee has beautiful surrounding woods and a 66-acre private lake. Travelers coming from Atlanta, GA or Greenville, SC should take I-85 North to Exit 8 (Kings Mountain - Hwy 161). Turn right towards York at the top of the ramp and continue 5 miles to the entrance to Kings Mountain State Park. Turn Right and follow the signs to Camp Cherokee. Coming from Charlotte, NC travelers should take I-85 South to U.S. 161 Kings Mountain exit. Turn left towards York. The State Park entrance is located 5 miles on right. Follow signs to Camp Cherokee. Coming from Rock Hill, SC take U.S. 161 to Kings Mountain State Park (entrance on left). Follow signs to Camp Cherokee.

## **FINANCIAL CONCERNS**

The balance for registration fees is by April 15th. We DO NOT plan to take payment at check-in on opening day. The fee includes program cost, borrowed gear, transportation, food, rafting trip, a photo, and a t-shirt. Participants will not need additional money, unless the parents prefer they bring some or if they would like to purchase Camp Cherokee or BOLD/GOLD merchandise. Participants may also wish to bring spending money to purchase a small souvenir from the rafting gift shop. Camp Cherokee is not responsible for money brought by participants.

## **REFUND POLICY**

YMCA Camp Cherokee is here to make a positive, life long difference for every camper. To provide maximum value to each camper's experience, we must provide the finest staff, services and special equipment. The expense to provide and maintain these features is on-going and requires careful planning. Therefore, our cancellation and refund policy is as follows:

A \$100 deposit is required to hold your Participant's spot and is non-refundable. Deposits are non-transferable from camper to camper or toward an outstanding balance. Any cancellations received prior to April 15th will be refunded minus the deposit. After April 15th, no payments will be refunded. Cancellations due to illness or accident will be refunded in full, and must be accompanied by a written statement from the child's physician. No refunds will be granted for children who are sent home during their session for misbehavior, homesickness, or other reasons beyond the Camp's control. Since camp sessions cannot be filled mid-week, no prorated fee is available for late arrival or early departure.

## **Medical Forms**

Each participant is required to have a medical examination by a licensed physician 12 months prior to the participant's session. You will need to log into your account to fill out all necessary documents before your child's arrival to camp!

## **Medicines**

If you are on any medication, prescribed or over the counter, we need to know about it. Please indicate it on your medical form. Any medication must be approved before your course begins. If it is approved, make sure to bring double the amount you need in separate waterproof, non-breakable containers with dosage

instructions. If you use an inhaler, please bring an extra in case one is lost or broken. Instructors will keep all medications with them. If you need epinephrine, please bring a kit with you.

## Medical Policy

Minor medical issues are handled by the Health Directors that are present during the sessions. Any participant requiring additional attention will be taken to Piedmont Urgent Care on Highway 321 in York. If a child is taken to the doctor, experiences a fever of 101 or above, or other discretionary situations, the parents of the participant will be notified. In case of emergency, participants will be taken to one of the following: Piedmont Medical Center in Rock Hill, SC; Kings Mountain Hospital in Kings Mountain, NC; or Gaston Memorial Hospital in Gaston, NC; or the nearest hospital.

## Arrival / Departure Times

Check-in will be on Sunday of the opening day of each session between 1:30 – 2:00 p.m. The gate will not open until 1:30 p.m. **CAMP CHEROKEE CANNOT ALLOW PARTICIPANTS OR PARENTS INSIDE THE GATE UNTIL 1:30PM FOR ANY REASON.** If you are planning to “tailgate,” please plan to use the bathroom facilities at the Kings Mountain State Park Camping Area. Parents and participants will check in with instructors past the basketball court at the BOLD & GOLD co-op. Staff will be on site to direct you to this location. Medication should be checked in at this time with the instructors. Pick-up will be the last Saturday of the session after the closing circle that begins at 10:30 am. Parents and guardians are encouraged to join their participants and be a part of the closing circle before pick up.

## Staff

Our staff are both Camp Cherokee and your child’s greatest resource. All BOLD & GOLD instructors have completed intensive and comprehensive training to offer your child a safe and fun environment. These young adults have been carefully selected for their desire to bring your child into the great experience of cultivating independence and leadership skills in the outdoors. All instructors have received CPR and First Aid certifications and have backgrounds working with youth. At least one instructor on-trail will have a Wilderness First Responder (WFR) certification.

## Behavior and Discipline

Participants are expected to act in accordance to the YMCA's Mission and in compliance to the four core YMCA values: responsibility, respect, honesty, and caring. Any misbehavior or disrespect to Camp Cherokee, the staff, the property, or other participants will result in the following actions:

- 1st offense: Participant behavior handled by an instructor, and conduct report will be filed.
- 2nd offense: Participant’s behavior will be reported to the Camp Director, second conduct report will be filed, and parents will be called.
- 3rd offense: Participant will be dismissed and evacuated without a refund. Parents are responsible for picking up their child and all expenses of course evacuation.

## Communication Procedures

Our trip instructors make regular check-ins via phone call or satellite phone throughout the week to ensure safety and fluid communication across all levels of staff. Should an emergency situation arise, the instructors are trained on all relevant emergency protocols and will follow necessary steps, including communication back to camp.

We encourage our participants to use this trip as a time to unplug from technology and fully immerse themselves in the experience of the outdoors while bonding with their fellow participants. Therefore, we discourage the use of technology, including cell phones, while on trail. If there is an emergency, you may contact Nellica Pears by phone at 803.222.2850 or [nellicapears@upymca.org](mailto:nellicapears@upymca.org) and we will relay the message to the trip instructor. You will be contacted in the event of an emergency situation or illness.

If you need to get a message to a participant, call Camp Cherokee (803-222-2850), and participants may not receive or make calls while on trail. It is imperative that no participant bring a cellphone to camp. Please do not allow or encourage your participant to pack their phones. They will be confiscated!

## Saving Money when Packing

You do not need to buy all gear at camping stores or specialty stores. You can find many of these items at discount outdoor stores, or at thrift stores such as Goodwill. BOLD & GOLD has limited quantities of most of the following gear to loan for personal use at no additional fee. If you don't have something, contact Nell Pears at 803.222.2850 or [nellicapears@upymca.org](mailto:nellicapears@upymca.org). Please contact us as soon as possible, as we have a limited amount of gear to loan out!

## Gear Check

We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored securely in our office if we think it will be unnecessary or inappropriate.

## What to Pack

You will be living outside, so having the right clothing is important for your comfort and safety. There could be rain, hot sun, or strong winds on your course. Our clothing list reflects the importance of the "layering" principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in the minibus and in your backpacks, so please bring only what is on this list.

### HEAD

- ❖ **1 Warm Hat:** wool, fleece, or polypropylene
- ❖ **1 Sun Hat:** baseball cap or wide-brim hat
- ❖ **1 Pair Sunglasses:** with a neck strap if possible

## UPPER BODY

Upper body clothing should consist of three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer.

- ❖ **1 Lightweight Long Underwear Top:** polypropylene (100% polyester).
- ❖ **1 Warm Pullover or Sweater:** polyester, fleece, or wool.
- ❖ **1 Waterproof Rain Jacket:** 100% waterproof, not water resistant! Must have a hood.
- ❖ **4 Short-Sleeve Tee-Shirts:** preferably synthetic but cotton is okay- we will be providing one upon the start of the course.
- ❖ **\*GOLD SPECIFIC\* – 2-4 Sport Bras (if worn):** jog/sport bras are generally preferred (+)

## LOWER BODY

Lower body clothing should consist of two insulating layers plus a durable wind/rain layer.

- ❖ **1 Pair Long Underwear Bottoms:** polypropylene (100% polyester).
- ❖ **1 Pair Synthetic Long Pants:** synthetic quick dry material.
- ❖ **1 Pair Rain Pants:** 100% waterproof, not water resistant! Coated nylon or waterproof/breathable fabric.
- ❖ **1-2 Pairs Shorts:** Lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
- ❖ **5-7 Pairs Underwear:** cotton is okay, although, synthetic with cotton lining is preferred. (+)

## FEET

- ❖ **2 Pairs Lightweight Liner Socks:** Polypropylene (or polyester). OPTIONAL. (+)
- ❖ **5-6 Pairs of Socks:** wool or synthetic. (+)
- ❖ **1 Pair Light-Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical to your being comfortable while backpacking.
- ❖ **1 Pair of Sport Sandals:** Sandals need to be securely fastened over heel (no flip flops).

## MISCELLANEOUS CLOTHING

- ❖ **1 Pair Gloves:** suggested if the trip is in Fall-Spring; light-weight fleece or polypropylene.
- ❖ **2-3 Bandanas:** cotton is ok.
- ❖ **1 Swimming Suit:** nylon blends are the best.

## GEAR

- ❖ **Synthetic Sleeping Bag (+25° or warmer):** no cotton-lined, down, or feather bags.
- ❖ **Compression Stuff Sack:** to compress and store sleeping bag.
- ❖ **Sleeping Pad:** a three-quarter or full-length open or closed-cell foam pad.
- ❖ **Daypack/Book Backpack:** to carry your personal items for any day hiking, many backpacking packs have a detachable “brain” (the top part of the pack) that can be used as a day pack.
- ❖ **1 Large Internal-Framed Backpack:** 3500-4500 cubic inches (60-75L) with adjustable straps and hip belt. YMCA Camp Cherokee has backpacks for participants to use, so don't feel you have to go purchase this item!

## PERSONAL ITEMS

- ❖ **2 Water Bottles:** durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type)
- ❖ **Eating utensils:** one spoon, one plastic bowl or Tupperware with lid, and one plastic mug.
- ❖ **1 Headlamp:** with extra batteries
- ❖ **Whistle with neck strap:** string or cord for the neck strap works fine. To be worn at all times
- ❖ **3-4 Heavy Duty Trash Bags:** to keep clothes and sleeping bag dry
- ❖ **2-3 Large Ziploc freezer bags:** to waterproof items
- ❖ **1 Small Towel:** quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine
- ❖ **Small Journal and Pen or Pencil**
- ❖ **Toilet Kit:** toothbrush, toothpaste, comb or brush
- ❖ **Sunscreen and Lip Balm:** SPF 15 minimum
- ❖ **Insect repellent:** small/personal size
- ❖ **2 Pair Prescription eyewear:** if necessary – don't forget your case, and saline/cleaning solution
- ❖ **Prescription Medications/Inhaler:** Please give to instructor
- ❖ **\*GOLD SPECIFIC\*** – Tampons or Pads

## OPTIONAL ITEMS

- ❖ **Camera:** waterproof disposables work great
- ❖ **Watch w/ alarm**

## BOLD & GOLD WILL PROVIDE THE FOLLOWING GROUP GEAR:

- ❖ Tents
- ❖ Safety equipment
- ❖ All food
- ❖ Cooking stoves and supplies
- ❖ First aid kits
- ❖ Reference books
- ❖ Maps
- ❖ Compasses
- ❖ Water dromedaries
- ❖ Water purification drops
- ❖ Repair kits

## What NOT to Pack

- ❖ **COTTON!**
- Cotton is not a good fabric for the outdoors because it will not keep you warm when it gets wet, and it takes a very long time to dry. Also, avoid any blends with cotton. **PLEASE CHECK YOUR TAGS!**
- Wool, fleece (aka pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors!
- Note: Only t-shirts, underwear, and bandanas should be cotton.
- ❖ **MP3 players; iPods or other electronic devices**
- ❖ **Cell phones**
- ❖ **Pocket-knives or Hatchets**
- ❖ **Jewelry or other valuables**
- ❖ **Make-up or perfume**

**DO NOT BRING:** alcohol, drugs, tobacco products including e-cigarettes, firearms, lighters, knives, fireworks, shaving cream, water guns, and expensive items such as cell phones, nice clothes, Ipods, I pads, CD player/radio, portable gaming systems, A/C units, etc. Camp Cherokee and its programs are alcohol, drug, and tobacco free environments. Possession of any of these items could be grounds for immediate evacuation from the course at the family's expense. **PLEASE DO NOT BRING CELL PHONES!**

## Confirmation of Application

Each participant will receive acknowledgment within three weeks of registering. Health forms and a Parents' Manual will be included with the confirmation. Other updated information will be sent at a later date.

## Sample Daily Schedule

- Wake up
- Breakfast
- Stretch time
- Solo time
- Activity time (hiking, climbing, canoeing, etc)
- Morning snack
- Activity
- Lunch
- Activity
- Afternoon snack
- Activity
- Structured downtime
- Chow circle
- Dinner
- Evening circle
- Bed
- Lights out
- Instructor check-in

## Lost and Found

Camp Cherokee does not keep any Lost and Found items after each session. If items are not claimed by the conclusion of checkout, they are taken to the Salvation Army or thrown away. Please label all your child's belongings, as this makes it easy to identify if the items are misplaced. Please check your child's baggage before departing after check-out at the end of the week.

## Photos

Any photos taken on the trip will be available for viewing on CampMinder after each session.

## Character Development

Through the BOLD & GOLD program, learning to pitch a tent and cook on a camping stove are just small facets of the skills gained. Participants will take on new roles, leading peers through daily aspects of trail life as well as group activities. Learning to work with others through new experiences and challenging environments will serve them above and beyond their week in the woods, transferring into school and daily life values. Your participant will break barriers, challenge their mind and body at their own pace, and build self-confidence to last a lifetime as they discover what they are truly capable of!