

Camp Gray Rock - Frequently Asked Questions

Updated: 8/01/2022

Can you accommodate dietary restrictions?

We can accommodate most food allergies in our kitchen - peanuts & tree nuts for example. There are dairy-free options available - we can usually serve a camper a sandwich instead of lasagna, or we can make our scrambled eggs without milk in the case of food allergies. However, we do not offer a gluten-free menu, and we don't have the kitchen staff or the space available in our kitchen to accommodate gluten-free campers bringing their own food. We serve meat at each meal, so while we have non-meat components of each menu, we cannot accommodate a vegan diet. Our menu is available upon request, but is subject to change due to product availability.

My child is a picky eater. Can I send separate meals for her?

There are plenty of options in our kitchen, and your camper will not starve. We make sure each child is fed. You are welcome to send snacks in sealed containers for the cabins, but most picky eaters do just fine at camp, and they even learn to try new things!

How much spending money does my camper need?

Snacks are our campers' biggest expense at camp. Our vending machines take change and \$1 bills. Most items in them are \$1. Campers are allowed to bring their own snacks in sealable containers if they don't wish to visit the vending machines.

Our river tubing field trip location does not have a place for campers to spend money, so spending money is really not necessary for the field trip.

Please keep in mind that your camper will spend every dime they bring to camp. It just happens. We do not monitor their spending or take any responsibility for valuables or money left in the cabins.

What bedding does my camper need?

Most campers bring a fitted sheet to cover the mattress, a sleeping bag, and a pillow. They can bring sheets & blankets if they prefer. Each cabin has 3 full-size beds and 7 twin beds, available on a first-come first-served basis. Later arrivals may want to bring both sizes of bedding just in case. We do have a limited supply of camp bedding if you get to camp and your size isn't available.

How many campers are in a cabin?

8-10 campers share a cabin with a counselor. We limit our sessions to 40 campers per week.

Can my camper bring a camp buddy to be placed in the same cabin?

There is a place on the registration form for requesting a camp buddy. Cabin assignments are made on a number of factors, mainly by age and grade level. If your camper has a camp buddy *within a year of age*, feel free to put their name on that part of the application. We will do our best to accommodate, but cannot guarantee, camp buddy requests.

Can my camper be in the same cabin as his/her sibling?

We have been doing this a long time, and in most cases, one or both siblings are not happy being in the same cabin, particularly when they are not the same age. Since we place campers in cabins by age and grade level, the camper who is not the same age as the rest of the cabin is usually unhappy with their assignment and does not have the best camp experience. Kids grow and develop a lot each year; a camper who has had a year of middle school or high school is very different from a camper just a year younger. A younger camper in an older cabin may be exposed to conversation you aren't ready for (i.e. talk about periods, members of the opposite sex, body changes, etc.). An older camper in a younger cabin is usually unhappy because they feel like they are being babied.

Sometimes groups of friends ask to be in a cabin. We try, but sometimes cannot accommodate groups. Please limit your camper to one camp buddy request within a year of age.

Your camper will be fine. We spend very little time in the cabins, and campers spend time with other campers all day during camp activities.

Can you ship items from the Lost & Found to my home after camp?

We do not have the budget or the staff available to ship items home. Your camper is reminded several times throughout the camp week and on Fridays and Saturdays when packing up to check the lost & found, the cabins, the porch rails and all activity areas for lost items. After camp, everything is donated to our local Goodwill. Please have your camper's name on everything he/she brings to camp.

My camper lost a ring with sentimental value. Can you ship it to us?

PLEASE do not bring valuables or good clothes to camp. We play hard all day, and camp is not the place for nice clothing or jewelry. Anything your camper brings to camp could be ruined, stained, torn, or lost. This is not the environment for items that are expensive or irreplaceable.

Can my son bring his fishing pole and tackle box to camp?

Of course! However, we are not responsible for any personal items at camp, and we cannot replace lost or damaged items. We strongly recommend putting his name on his rod & reel and tackle box if he brings it. Please keep in mind that we already have all of the supplies we need to fish in the pond.

My camper has special needs. Can you accommodate her?

Our camp is not ideal for a child with diabetes, severe allergies, moderate to severe autism, intellectual disability, etc. We just don't have the staff or medical personnel to accommodate special needs. Camp cabins can be loud and overwhelming for a camper with sensory issues. Campers are expected to be independent and able to participate in all camp activities without personal assistance. We don't have the staff to provide one-on-one care for disabilities, and we don't expect other campers to provide it, as they are also paying for a fun camp experience.

Why can't my child bring a cell phone to camp?

Beginning with the 2023 camp season, camper cell phones will be prohibited at camp. For the past couple of years, we have asked for parent assistance in explaining our cell phone policy to their campers, but cell phones have continued to cause problems at camp. Please see our 2023 cell phone policy for a better explanation of why cellphones are not allowed at camp.

Can my camper call me on Wednesday from the camp phone?

Our camp week is packed with activities, and we do not usually have time for phone calls. Our phone line must remain open for emergencies. During your camper's downtime, they are more than welcome to write a letter home, and we will put outgoing mail in the mailbox each morning. You will also see your camper in Facebook photos and videos. If there is a problem at camp that we cannot resolve, we will certainly call you.

What if my child gets homesick?

Some homesickness is natural, particularly with younger campers. Your child should have plenty of experience with overnights and being comfortable for a night or a weekend away from home before they come to camp for a week.

Two things fight homesickness better than anything else - staying busy and getting sleep. Please encourage your camper to participate in camp activities before they arrive at camp. If they are first-time campers, don't linger at drop-off. Parents usually set the tone for how well a child does at drop-off; try to be encouraging about camp. Calls home actually make the problem worse - a camper may be having a great time at camp, but the second they hear mom's voice on the phone, they start crying. If homesickness becomes an issue, we will call you and ask for some advice.

My son is 8. Can I send him to camp?

Most of our campers are aged 11-15, with boys usually being a bit older than girls when they are first-time campers. We don't like to turn anyone away, but usually children younger than 10 are not ready for overnight camp. Boys are especially attached to their mothers, and most of our boys are 12-15. You know your child better than anyone, so if your child is used to spending time away from home and is independent, you can try it. Please understand we do not offer refunds once camp has started. We have to plan and pay for appropriate staffing levels, field trips, food and supplies before camp begins, whether your camper stays through the camp week or not.

How do I know my child is safe with Camp Staff?

All camp staff have background checks as a start. Anyone who spends any amount of time with the campers also pass a course on Child Sexual Abuse and Molestation. Our lifeguards are Lifeguard/CPR/First Aid certified. Our summer camp director is CPR/First Aid certified and ServSafe Food Protection Manager certified, and as a school district employee, also passes Safe Schools certification courses on a variety of topics each year. There are always eyes on your child!

What time is drop-off on Sunday?

The gates open at 12:50, and check-in begins when our nurse arrives at 1:00. Check-in is from 1:00 - 3:00. Please do not arrive earlier than 12:50, because we do not have staff available to check you in. Because our camp activities begin at 3:30, everyone needs to be checked in, moved in, and parents out of the gate by 3:15. Late arrivals will be charged for the nurse's time. Please be on time with your check-in, so our camp activities are not delayed and it will save you fees associated with the nurse.

Can I visit my camper one evening at camp or during a field trip?

For the safety of our campers, our camp is closed to visitors during the camp season. Most parents would not want people they don't know spending time at camp with their child, and most children would be embarrassed to be the only kid with a parent tagging along at camp. Let's leave them to enjoy their camp experience with their fellow campers.

What if my camper forgets his toothbrush?

We have a supply of personal items and bath linens in the camp office. However, we do not offer a concierge service. We cannot make trips to Dollar General or to Boone for specific brands or luxury items.

Why does my son wear the same thing every day at camp?

Because that's what boys do. Don't overpack clothing, because they won't use it. We make sure to dunk them in the pool or send them down the slip & slide each day if they refuse to get a shower. It's camp. Don't overthink it. They will be just fine.

What if my camper wets the bed or has a period leak?

Camp Staff has been trained to discreetly handle personal accidents, and we will gladly launder bedding or clothing as needed as a result. We don't want your camper to be embarrassed or to go without clean bedding or clothing.

Can my child bring prescription medications, neosporin, tylenol or vitamin supplements to camp?

For the safety of all campers, we do not allow any medications (OTC or prescription), vitamins or supplements in the cabin unless they are life-saving emergency medications like inhalers or epi-pens. All prescription and OTC meds should be turned in to the nurse at Check-in, and will be available as needed upon request by the camper. We keep a supply of OTC medications in the office, so it really isn't necessary to bring your own.

Prescription medications are dispensed 4 times a day by the summer camp director - at each meal and at Bedtime. If a vitamin or supplement isn't prescribed or absolutely necessary for your camper for the week they are at camp, we ask you to please leave them at home.

My daughter identifies as a boy. Which session should he join you for camp?

Camp Gray Rock is not the ideal camp for your child. We currently serve cis-gender campers only; Our facility is not large enough to accommodate more than one gender of camper, or campers who may need more privacy than is available in our cabins.

My child is gay. Will she be welcome at camp?

A child is a child, and their sexual orientation is none of our business.

Sexuality has no place at summer camp; when we are at camp, we are like a family. Therefore, *no romantic relationships are allowed at camp*. We do not have the staff available to handle the drama that comes with romantic relationships, and we want all of our campers to be happy and comfortable while at camp. Campers who become romantically involved at camp will be sent home.

Do you have co-ed camp for both girls and boys at the same time?

Please see the previous answers. Sexuality has no place at summer camp; when we are at camp, we are like a family. Therefore, *no romantic relationships are allowed at camp*, and they are inevitable when you put boys and girls together. We do not have the staff available to handle the drama that comes with romantic relationships, and we want all of our campers to be happy and comfortable while at camp.