



Dear Outdoor School Campers,

Welcome to C.H.O.S.!!! I'm so glad you've decided to become one of the participants in this fun and exciting program! I will try to answer most of your questions in detail as you read on, but right up front I want to express my sincere hopes for you as you attend Camp Henry Outdoor School. First, I hope that you will walk away with a deeper appreciation for God's presence in nature; after all, the program's motto is "learning to experience God's creation simply." Secondly, I hope that you learn our techniques of lightweight backpacking, how to experience and enjoy hiking in the mountains simply, safely and efficiently. And lastly, I hope that you have LOTS OF FUN and enjoy yourself and the company of others.

It is important that both you and your parents read the following information carefully. A lot of the group's common experience depends on you being fully prepared for this new adventure. And if you find that you have other questions, please call (828) 475-9264 or you can email us any time at director.campheny@gmail.com.

Now to the business of getting you ready for your CHOS program. So far, we've received your application and your deposit. Thank you! So now, along with this letter, you will find the following information that you and your parents or guardians will need to review and/or complete. Please Do NOT Staple any forms together.

1. Please fill out and return the necessary forms. They are found online in your CampDoc account. Most can be completed online, or they can be completed and scanned and emailed, faxed, or mailed back into Camp Henry. If you have any questions or concerns, please feel free to contact us.
2. Packing List... **PAY SPECIAL ATTENTION** to this, and please follow it closely!

PLEASE TAKE NOTE:

The completed forms and the balance of registration fee should be received by Camp Henry 3 weeks prior to the session start date.

CHOS registration will begin at 3 p.m. on the Sunday that begins your week of CHOS. And if you find you are going to arrive after 5:00 please call the camp phone at (828) 646-0095. Otherwise we will be calling you.

All medicines, non-prescription or prescription, will be collected at registration, held, and administered by the CHOS staff.

Pick-up is at the conclusion of the program on Saturday at 10:00 a.m. Please be prompt in arriving for pick up, if you find that you are going to arrive after 10:30 please call the camp phone at (828) 646-0095. Otherwise, we will be calling you.

Frequently Asked Question

Q. What is lightweight backpacking and why do it?

A. Lightweight backpacking is essentially hiking with a lightweight pack instead of the “traditional” way of backpacking that suggests images of trudging along with a crushing load on one’s back while wearing large and awkward boots. So, lightweight backpacking is the practice of carrying lighter weight and less equipment. This will enhance your outdoor experience by allowing you to focus more on what’s around you and less on the burden of your pack. It will also help you to travel faster, be more mobile and safer. Our backpacking method reduces the stress and strain on your body, your risk of injury, and your environmental impact.

Q. What are we going to be doing?

A. When you arrive, you will be spending the night at Lake Logan at our primitive outdoor school. Here you will learn such things as how to use the equipment we provide, how to cook on the trail, how to stay warm and dry, outdoor hygiene, basic first aid, alpine tower climbing, and much more! Then the whole group will head out on the trail for a few days to hone in your new skills. As if spending a few days trekking through the mountains isn’t awesome enough, rock climbing and whitewater rafting day trips are also a part of the CHOS wilderness experience!

Q. Do I have to climb if I’m scared of heights?

A. Nope. First, CHOS operates under a philosophy called “challenge by choice.” This recognizes that we all have different comfort levels and different skill levels in any given activity. So, we ask you to challenge yourself and to encourage others. Secondly, it’s a good and natural thing to have at least some fear of heights; almost everyone does.

Q. What is expected of me in terms of my abilities and fitness?

A. Attitude is everything. Well... mostly everything. You will need to be able to put on a 25ish pound pack and hike a few miles. In other words, if you hate physical activity, this might not be for you. But if you keep a good attitude everything should work out just fine.

You are in for the time of your life. Have a great CHOS session!

Sincerely,

Kathryn Florack
Camp Henry Director

J.T. Rhoades
Camp Henry Outdoor School Assistant Director

Camp Henry Outdoor School Packing List 2017

Much of what makes lightweight back packing possible is paying *VERY* close attention to what you bring. CHOS partners with Mast General Store in providing most of the equipment you will need. We are trying to teach everyone a consistent way of packing, you may bring your own gear if you wish, however our staff might ask that you leave it behind if it doesn't fit in with our program. Examples might include, gear that is too big or too heavy, rain jackets that aren't actually waterproof, shelters, tents and so on. Otherwise please follow this list closely and feel free to give us a call if you have any questions.

Trail Items

- 2 pairs of synthetic (non-cotton) hiking shorts
- 2 synthetic (non-cotton) t-shirts
- At least 3 pairs of synthetic (non-cotton) underwear
- 2 sports-bras, if applicable (non-cotton)
- 1 long underwear top and bottom (non-cotton)
- At least 2-3 pair of light hiking socks (yep, you guessed it, non-cotton)
- 1 pair of hiking boots/shoes (if you are purchasing a new pair of boots for your summer trip it is, *STRONGLY ADVISED*, that they are broken in too help prevent your chance of foot injuries, such as blisters)
- 1 pair of shoes or sandals (with ankle strap) that you don't mind getting wet and dirty during our rafting trip. (Crocs and similar sandals are a great base camp shoe, however the chances of them staying on your feet during our whitewater rafting trip are slim!)
- L.E.D. Headlamp w/ extra batteries
- 2 durable water bottles, At least 1 liter in size
- A few gallon and quart sized Ziploc bags
- Feminine hygiene products, if applicable
- 1 travel sized toothbrush/toothpaste
- 1 small bottle of insect repellent
- 1 small bottle of sunscreen
- 1 bandana

Base Camp Items (not necessary to take on trail)

- At least 2 sets of comfortable base camp clothes (cotton is acceptable)
- 1 deodorant
- Shampoo and soap
- 1 towel
- 1 duffle bag or suitcase to store your belongings while we're on trail

Optional Items

- Hat/Sunglasses (do NOT bring anything that shouldn't get dirty or can't handle wilderness travel)
- A book (remember that this is a lightweight program, and you will be carrying this, so maybe don't bring your hardback copy of War & Peace)
- 1 small pocket knife (please let CHOS staff know at check-in if you choose to bring one, we will hold it for you and administer them at a time when their use is appropriate.)
- A small camera (disposables may be a thing of the past, but they're mighty convenient on trail if/when they are lost or damaged, leave your DSLR's at home)

****Attention**** - Due to this past winters conditions being extremely mild, we are expected to have a very buggy summer! That means flies, mosquitoes and ticks!! Here are some precautions that the CHOS staff will be implementing on trail and some suggestions for you as a camper and hiker.

- Have your bug spray, this doesn't guarantee you won't get bit but it will deter bugs while on trail and at basecamp.
- Tall socks! (unique designs and funky colors are recommended), if you want to take extra precautions long pants and/or long sleeves are hot, but will protect you.
- Check for ticks daily, as CHOS staff we are very avid hikers and we check all the time! Removing ticks appropriately is nothing new to us!
- Stay on trail!!! We always abide by this rule, as it is a Leave No Trace ethic!
- Most, not all, of our hiking will be done at elevations above 3500ft, which are not ideal conditions for bugs!

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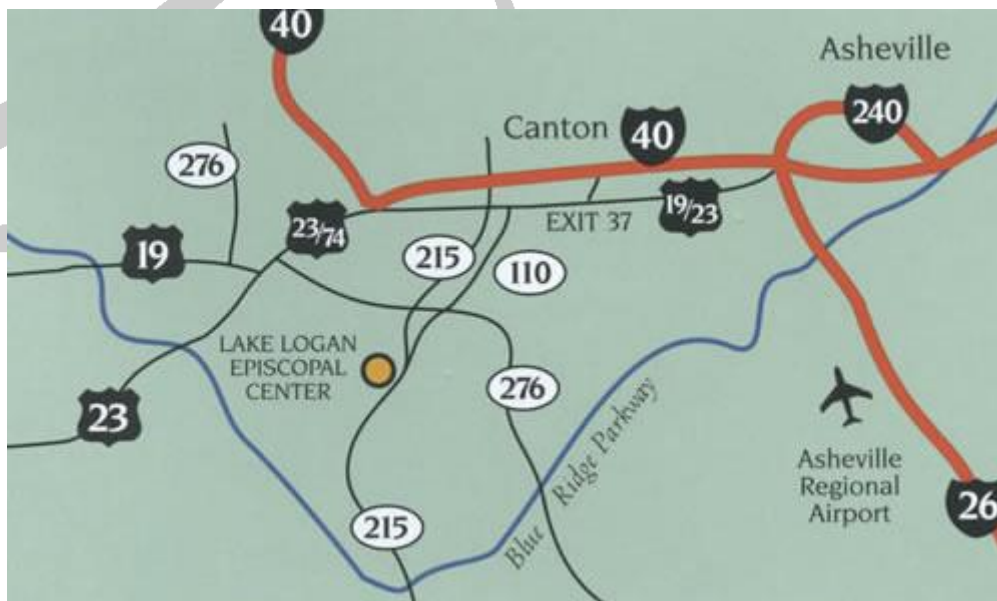
How to get to Camp Henry...

Camp Henry is located at Lake Logan Conference Center in Canton, NC. For directions, you can use our address:

25 Wormy Chestnut Ln, Canton, NC 28716.

***The cell service as you approach Lake Logan is EXTREMELY LIMITED!! So be sure to download or print off directions before you leave.

Here's a map and directions to assist!



From the East (Asheville—1-40 West)

- Travel on I-40 West to Exit #37 (E Canton).
- Turn left at the bottom of the ramp.
- At red light turn right on Hwy 19/23 South.
- Travel 4.8 miles to 2nd traffic light in downtown Canton.
- Veer right across intersection to remain on 19/23 South.
- Travel only 0.2 mi. (about 5 blocks).
- Turn left on Hwy 110 South (Sorrels St) just before bridge.
- Travel 5.4 mi. to traffic light at Hwy 276.
- Go straight onto Hwy 215 South.
- Travel 2.8 mi. to Lake Logan Road. Turn left.
- Travel 3.6 mi. to Lake Logan Conference Center

FROM THE WEST (KNOXVILLE –I-40 EAST)

- Travel on I-40 East to Exit #31.
- Turn right at bottom of ramp (Hwy 215).
- At the intersection of Hwy 215 & Hwy 19/23, turn left.
- Travel .7 mile and Hwy 215 veers to the right.
- Travel 6 miles on Hwy 215 to Hwy 276.
- Turn left in front of Bethel Grocery, go 1 mile.
- Turn right onto Lake Logan Road (just past Bethel Grocery),
- Travel 6, miles on Lake Logan Road to the main entrance of Lake Logan Episcopal Center

FROM THE SOUTH (ATLANTA)

- Travel East on Hwy 23/74 to Exit #98 (W. Waynesville).
- Turn right at bottom of ramp. Travel 1/10 of a mile.
- Turn left onto Hwy Business 23.
- Travel 2.0 miles into Waynesville.
- Turn right onto Hwy 276 South and travel 5.7 miles.
- Turn right onto Lake Logan Road (just past Bethel Grocery).
- Travel 5.8 miles to Lake Logan Episcopal Center.

