



# CHEERIO ADVENTURES HANDBOOK

A Guide For Parents and Campers

## New River Outdoor Center

(Summer Mailing Address)

Cheerio Adventures  
754 Fox Knob RD  
Mouth of Wilson, VA 24363  
Phone: 276.579.6731  
E-mail: info@cheerioadventures.com

## Cheerio Adventures Office

(Fall, Winter, Spring)

Cheerio Adventures  
1430 Camp Cheerio RD  
Glade Valley, NC 28627  
Phone: 336.363.2604  
E-mail: info@cheerioadventures.com

## Business Address

Cheerio Adventures  
PO Box 6258  
High Point, NC 27262-6258  
336.869.0195

Mark Woodall, Cheerio Adventures Director  
Sarah Schliesmann, Cheerio Adventures Asst. Director  
Matt Laurens, Cheerio Adventures Program Director

## Cheerio Adventures

Cheerio Adventures (CA) is located on a 60-acre site along the New River near Mouth of Wilson, VA. While at CA, participants sleep in 14' x 16' tents on wooden platforms, or in cabins. Each group has a set, one for girls and one for boys. Their trip leaders stay with the participants.

CA has a bathhouse with hot showers, toilets and sinks. Other facilities at this site include: directors' residences, equipment storage, paddle shed, dining hall, staff cabins, camp office, and picnic shelters. The layout of the land includes nearly ¾ of a mile of riverfront, with a combination of open fields and forested areas. The site allows us ample area for programming needs.

## Medical Examination and Health History (form enclosed)

Every child is required to have a medical examination by a physician within 12 months prior to attending camp. **Do not mail the health form to camp or the business office.** The health form, and any medications, must be brought to camp on opening day and checked in with the camp nurse. Campers are not permitted to keep medications with them. The health history must be completed by the parent/guardian. **A new form must be completed each year.**

## Medications

All medications should be brought with the camper on opening day. **If any medications require refrigeration please consult with your doctor as the trip your child may be on may not have the ability to refrigerate any medications.**

**Refrigerated Medications** – During all Cheerio Adventures trips campers are often away from the availability of refrigeration for medications. Options should be considered with your doctor.

## ONLINE FORMS

To help simplify things for parents and camp, the confidential form is online to be filled out and submitted. The raft waiver is online and pre-filled with your information but must be printed and brought with you to check in. This will shorten the time it takes to fill out the form, as contact information will be filled in for parents.

## Confidential Form (Online)

Simply go to [www.cheerioadventures.com](http://www.cheerioadventures.com) and click on the Register for Camp link. This will take you to the login page. Log in and in the upper right-hand area where it says, "Your Campers:", you will see a link for the confidential form. Please fill it out and submit. Done!

The information on this form will be shared with your child's counselors to help them prepare to care for and understand your child. The form is for you to share information about your child's hobbies, life away from camp, and to alert counselors to any issues that may arise such as bedwetting, sleepwalking, or homesickness. Please be candid, as this information helps us better care for your child. This form should be **Completed by May 1<sup>st</sup>.**

## Rafting and Lake Waivers (Online)

Simply go to [www.cheerioadventures.com](http://www.cheerioadventures.com) and click on the Register for Camp link. This will take you to the login page. Log in, and in the upper right-hand area where it says, "Your Campers:", you will see a link to **print** the lake and rafting waiver. The waiver has been pre-filled with your information. Click the button to print. **The raft waiver does need to be signed and brought to camp.** If you are **not** going to be dropping off you child, please print it, sign it and send it with them. Parents or legal guardian must sign waivers. Done! These are waivers from the rafting company and must be complete in order for your child to participate in these activities.

### **Arrival And Departure**

Plan to arrive at the New River Outdoor Center between 2:00-3:00 PM on opening day. If you arrive early, you will be asked to wait in the drive way until check-in time. Camper pick-up is between 8:00-9:30 AM. If you want your child to be picked up by someone other than you, parent or legal guardian, a signed permission slip, specifying who can pick up your child must be brought to camp. If you will be late picking up your child, please let the camp know as soon as possible so arrangements can be made.

In the event there are any changes, emergencies or location changes in the pick up or drop off of your child you will be notified by either phone, mail and/or email.

### **Permission to Ride Home** (form located online)

Please download and fill out the permission to ride home form if your child will be picked up by anyone other than the parents or legal guardian. Bring to camp with you.

### **Airport Pickup and Drop Off** (form located online)

Please schedule all flights out of the Piedmont Triad International Airport (GSO) in Greensboro, NC. **All flights must be scheduled between 9:00 am and 12:00 noon. Fee is \$60 for one way and \$70 for both ways.** Cheerio Adventures staff will be doing all pickups and drop offs. The person picking up your child will have a photo I.D. and will be wearing a shirt identifying them as a staff member of Cheerio Adventures. The staff will greet your child at the gate and on returning them to the plane, will ensure they are checked in and board the plane at the proper time. Your child will be transported to camp in a camp vehicle. While in the vehicle all participants are required to remain seated, wear a seat belt and follow the instructions of the driver. **PLEASE BE SURE YOUR CHILD HAS A PHOTO ID.**

### **Itinerary**

Please note due to various unforeseen situations we may encounter, such as weather conditions or another group on a site we planned to use, it may be necessary to change the order of activities. Be assured any changes will be made only when absolutely necessary and the change will result in an equal or better experience for your child.

### **Packing List**

A detailed packing list is enclosed or downloadable from our web site. Please follow the list closely as all items listed will help to ensure your child will have an enjoyable experience. Also, note most of our trips take place at elevations of 3000 to 5000 feet, so it can be considerably cooler, especially at night, than it is at your home. If you have any questions about specific gear needed, please call.

### **Spending Money**

It is recommended \$25 be brought to camp with the camper for one-week sessions, \$35 for Trekkers or Seekers, and \$75 for Mountains to the Sea. **Spending money is not included** in the camp fee and should not be sent with the fee. Extreme campers only need money for the first week at adventures and for the weekend to go out to eat and see a movie. **Campers are responsible for their money.**

### **Safety**

All group leaders during a trip will have access to phones or cell phones for emergency use. If a child requires medical attention, they will be brought off their trip and taken to a medical facility and/or physician to be treated. Evacuation times will vary due to location and type of injury. Staff carries emergency phone numbers for the areas they will be in, which include; hospitals, forest service, rescue squads, police offices and others.

All trip leaders with Cheerio Adventures are certified in Wilderness First Aid, CPR and carry first aid kits at all times.

The camp will contact you if your child sees a doctor, the camp nurse or if they spend a night in our infirmary.

As with all programs of this nature there are environmental and physical risks inherent such as falls resulting in cuts, bruising and abrasions, bad weather, etc .... Although it is extremely rare, the potential of broken bones, torn ligaments, bruising, minor and major cuts, drowning and loss of life are present

### **Telephone Policy**

The camp telephone number should not be called except for urgent business or emergency. A camp official will call the parent /guardian if any matter requires prompt attention. Cheerio Adventures participants are **not allowed to use the phone during their stay** at camp. After a long hard day, a call home could create homesickness. **Please do not ask your child to call home.** The staff carries cell phones to use in case of emergency.

### **Cell Phones**

#### **NO CELL PHONES ARE ALLOWED.**

Please do not bring cell phones, iPhones, iTouches, etc. to camp. We strive to make camp a unique experience for campers and being able to communicate with the "outside world" can hinder our efforts. Your child's time at camp will be enhanced without these items, allowing them to fully invest themselves in making friends at camp and all of the activities Cheerio has to offer. If cell phones, etc. are found at camp, we will hold them until closing day. If your child uses a cell phone for taking photos, please find another option.

### Electronics

We do allow mp3 players to be played in tents/cabins at our facility or during travel time in buses. We do not allow mp3 players on outings, so they would be left at camp or on the bus. If your child's mp3 player is their phone, please find another option. These items are in no way a necessity at camp and may be damaged. Please call our office if you need clarification on any of this information. Cheerio Adventures assumes no responsibility.

### How To Get Ready For Summer

Things you can do before camp which will make an easier and more enjoyable trip are: **1) Walk in the boots or trail shoes you plan to use for backpacking. If your boots aren't broken in before you come to camp, blisters may be possible on the trail.** 2) Being in reasonable shape will help ensure an enjoyable trip. Get used to using those leg muscles. Start an exercise program a couple of months before your session. This can be walking, jogging or riding your bike three or four times a week or getting involved in an organized sport.

### Identifying Clothing

All clothing and personal articles should be clearly marked with your child's name. If something is left at camp, it will be forwarded to you COD.

### Camping Equipment

The most important equipment for any backpacking trip is footwear. Your trail shoes or boots should be comfortable, sturdy and provide good support in both the ankle and sole. Be sure there is ample room in the toes. You can test this by lacing the boots properly and walking down a steep incline. If your toes touch the end of the boot, it is not a good fit. Try a different size or boot. Also, be sure there is not any slippage in the heel. Spend a little time walking around the store to be sure the boot fits well. It is best to try on boots at the end of the day as your feet swell during the day. If possible, go to an outdoor specialty store. Most of these stores have trained staff to help you select the proper boot. Wool or synthetic socks are best to wear with your boots because they absorb moisture from the skin and cushion the foot. Wearing a lightweight wool or synthetic sock liner under the thicker sock will help prevent blisters.

When buying clothing for those chilly nights, a wool sweater or a synthetic fleece pullover or jacket, such as polartec, polypropylene or capilene work best. These keep you warm, even if wet, unlike cotton which only gets heavy when wet.

For your rainwear a rain suit, jacket and pants, are recommended instead of a poncho. It is much more versatile. A rain suit will keep you warmer and drier than a poncho. Hoods or hats are essential.

When looking for rainwear, socks, shorts, boots etc., important questions to ask yourself are, "Is it functional?", "Can it have multiple uses?" and "Is it durable?". Fancy and expensive is not always best. If you have any questions about the type of gear you need for your adventure, please give us a call.

### Camp Provided Equipment

Equipment such as tents, sleeping bags, canoes, bikes and backpacks, helmets and cook gear is provided by Cheerio Adventures for all trips.

### Bringing Your Personal Gear

If you want to bring any of your personal gear you will need to have it checked by one of the Cheerio Adventures staff to be sure it will be appropriate for your trip. Any personal sports equipment will be your camper's responsibility, with camp assuming no responsibility.

### What Not To Bring

Do not bring any animals, weapons of any type, tobacco products, alcohol or drugs other than those prescribed by your child's physician. Possession of these may result in your child being sent home without a refund of fees. **No aerosols of any type are allowed (this includes sunscreen).**

### Vehicles

Campers are not allowed to have vehicles in camp. Even if your child is old enough to drive you as parent/guardian will have to check them in and out.

### Mail

Everyone looks forward to mail call. Participants' mail is delivered as often as possible. If they are in camp, they get their mail every day. If they are on the trail, away from camp, the mail is brought to them whenever a shuttle is in their area. In most instances participants receive their mail every 1-3 days. Mail should be addressed to your child with the name of their session (i.e. Ultimate 1, Supreme 4, etc.) and sent to the Cheerio Adventures address located at the beginning of this booklet.

### E-mail

Your child can also receive e-mail. While at Cheerio Adventures, you can send your child e-mails. Please be aware that the administrative staff person will see the e-mail as they are printed. These will then be distributed with the regular mail. Go to <http://www.cheerioadventures.com> and look for the button on the upper left-hand corner of the home page and follow the instructions. This year the User Name is: **campcheerio**; the Password: **apple tree**.

### Visitation And Food Packages

Due to the nature of the program, family and friends are asked not to visit a camper while camp is in session. Visits tend to create homesickness even with well-adjusted campers. Camp food and snacks are adequate, and campers have the opportunity to buy additional

snacks with their spending money. Please do not leave or mail "care packages" containing food due to the tendency to attract wildlife to the camping area. However, packages containing books, games, etc. are encouraged.

### **Motels and Campgrounds Near Cheerio Adventures**

If you wish to stay overnight, please call the Alleghany Chamber of Commerce 336.372.5473 for lodging recommendations.

- Alleghany Inn, 12 miles from Cheerio Adventures in Sparta NC, 15 miles from Camp Cheerio, 336.372.2561
- Grayson Inn & Suites, 12 miles from Cheerio Adventures in Independence VA, 276.773.3313
- Hampton Inn, 25 miles from Cheerio Adventures in Galax VA, 276.238.4605

### **Refunds**

A written statement must accompany any cancellation due to illness or accident, from the child's physician. Only those will receive a full refund of deposit. Any cancellation received prior to April 3, for any other reason will be refunded one half the deposit. After April 3, **no deposit refund**. No refund of any fees will be given if a child cancels one week before opening day unless cancellation is due to accident or illness. Any camper leaving prior to the end of the stated period of encampment is not entitled to a refund except in the case of accident or illness. If your child does not show up on opening day, the camp director will try to contact you. If no contact is made, it will be assumed your child is not coming and their place will be filled by someone on the waiting list. There will be no refund of fees.

### **Still Have A Question?**

The Camp Cheerio Business Office is open 9:00 AM-4:00 PM Monday - Thursday. If you have questions concerning the program, equipment or financial account, please call 336.869.0195. If you need to speak with a director, please call September through April 336.363.2604 or May through August 276.579.6731 or at [info@cheerioadventures.com](mailto:info@cheerioadventures.com).

### **Pictures**

Because of the limited internet capabilities and nature of the program at Cheerio Adventures daily pictures cannot be uploaded. However, at the end of the camper's session, you will receive information on how to view the photos and video of the camper's time with the adventure program.

Pictures will ultimately be uploaded to the web site. This usually takes several weeks. Go to [www.cheerioadventures.com](http://www.cheerioadventures.com) and look for the link on the navigation bar - top right - "camp photo's" & follow the instructions. The User Name: **campcheerio**; the Password: **apple tree**.

### **Directions to Cheerio Adventures**

If you have questions about directions from your city, please call us. If you are using a GPS beware! They sometimes send you down roads you don't want to be on.

#### **COMING FROM THE SOUTH - CHARLOTTE, NC & STATESVILLE, NC**

- Take I-77N to Highway 21N bypass at Elkin (exit 83)
- Take Highway 21N bypass at Elkin to Sparta, NC
- Go through Sparta on Highway 21N to Highway 221S (all you need to do is go straight you will automatically change from Highway 21N to Highway 221S)
- Take Highway 221S to Highway 93
- Take Highway 93 to the Virginia state line (before reaching Virginia you will come to a stop sign, turn right). Cross into VA and look for Potato Creek RD.
- Turn right onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mailbox. (someone will be there waiting for you)

#### **COMING FROM THE NORTH - ANYWHERE IN VIRGINIA EXCEPT ABINGDON OR MARION**

- Take I-77S, I-81S to Wytheville, VA whichever is closest to you (exit #70 off I-81)
  - If coming down I-77S, take I-81S to reach exit #70 and Highway 21S
- At Wytheville take Highway 21S to Independence, VA and Highway 58W
- Turn Right onto Highway 58W and go towards Mouth of Wilson, VA and Highway 93
- Turn left onto Highway 93 and go to Potato Creek RD just over bridge of New River
- Turn left onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mailbox (someone will be there waiting for you!)

#### **COMING FROM THE WEST - ABINGDON/MARION, VA**

- Take I-81N to Marion, VA and Highway 16E (exit #45)
- Take Highway 16E to Mouth of Wilson, VA and Highway 58E
- At Mouth of Wilson, VA take Highway 58E to Highway 93 (all you need to do is go straight you will automatically change from Highway 16E to Highway 58E)
- Turn right onto Highway 93 and go to Potato Creek RD just over bridge of New River
- Turn left onto Potato Creek RD and go to Fox Knob RD
- Turn Left onto Fox Knob RD and go to our gate with the mail box (someone will be there waiting for you!)

#### **COMING FROM THE EAST**

See "Coming from the North" or "Coming from the South" use whichever seems easiest.