CAMP RIVA-LAKE

for girls

A TRADITION IN SUMMER FUN

welcome packet

FOR CAMPERS & PARENTS/GUARDIANS

Camp Riva-Lake, located on the first plateau of the Cumberland Mountains, will provide a fun-filled, wholesome environment for girls. We are committed to fostering character development, and building leadership and physical skills through age-appropriate camping activities.

"Welcome to Riva-Lake, we're glad you're here. We have a great big handshake and a rousing cheer for you so join in our happy song we'll have lots of fun! We hope your stay will be until our happy camping days are done!"

This is a song you will hear and sing often while you are at camp. It is our hope that you will catch the Riva-Lake spirit and have the best, unplugged summer and create the most incredible memories of your life.

This packet is filled with information to get you started on your camping journey. We look forward to having fun with you this summer.

ronnie thompson preuss
director of camp programs
[cell] 404-626-6881

claudia alexander haney
director of camp administration
[cell] 954-822-5807

ARRIVAL:

All campers are asked to arrive at camp between 1:00 p.m., and 3:00 p.m. (Central Time) on the first day of the session. You will check in with the Directors, meet our nurse and pick up uniforms if necessary. While parents/guardians will have the opportunity to see the camper's cabin, meet the cabin's counselors and take a quick tour, we encourage a quick drop-off and goodbye for the benefit of both your camper and her fellow campers.

DEPARTURE:

Pickup is between 9:00 a.m., and 11:00 a.m. (Central Time).

DIRECTIONS TO CAMP RIVA-LAKE:

Map quest and Google Maps are useful tools when driving to Camp Riva-Lake. Enter "1281 Riva Lake Road, Winchester, Tennessee 37398" into Destination for directions. At the end of this packet we have listed several motels and hotels in the vicinity if you would like to spend the night before drop-off or pick-up.

TRANSPORTATION:

If your daughter travels by plane the camp Directors will help coordinate flights from each city and transportation from Nashville to Winchester. The Directors keep all plane tickets, cell phones, PDA, iPods and any other electronics with chargers locked in the Rock House during camp. These items otherwise are NOT allowed at camp. Please supply a list of the items your child is bringing so we can be sure to put them away for safe-keeping. Please consult the Cell Phones section of the packet for more information.

CATHOLIC CAMPERS:

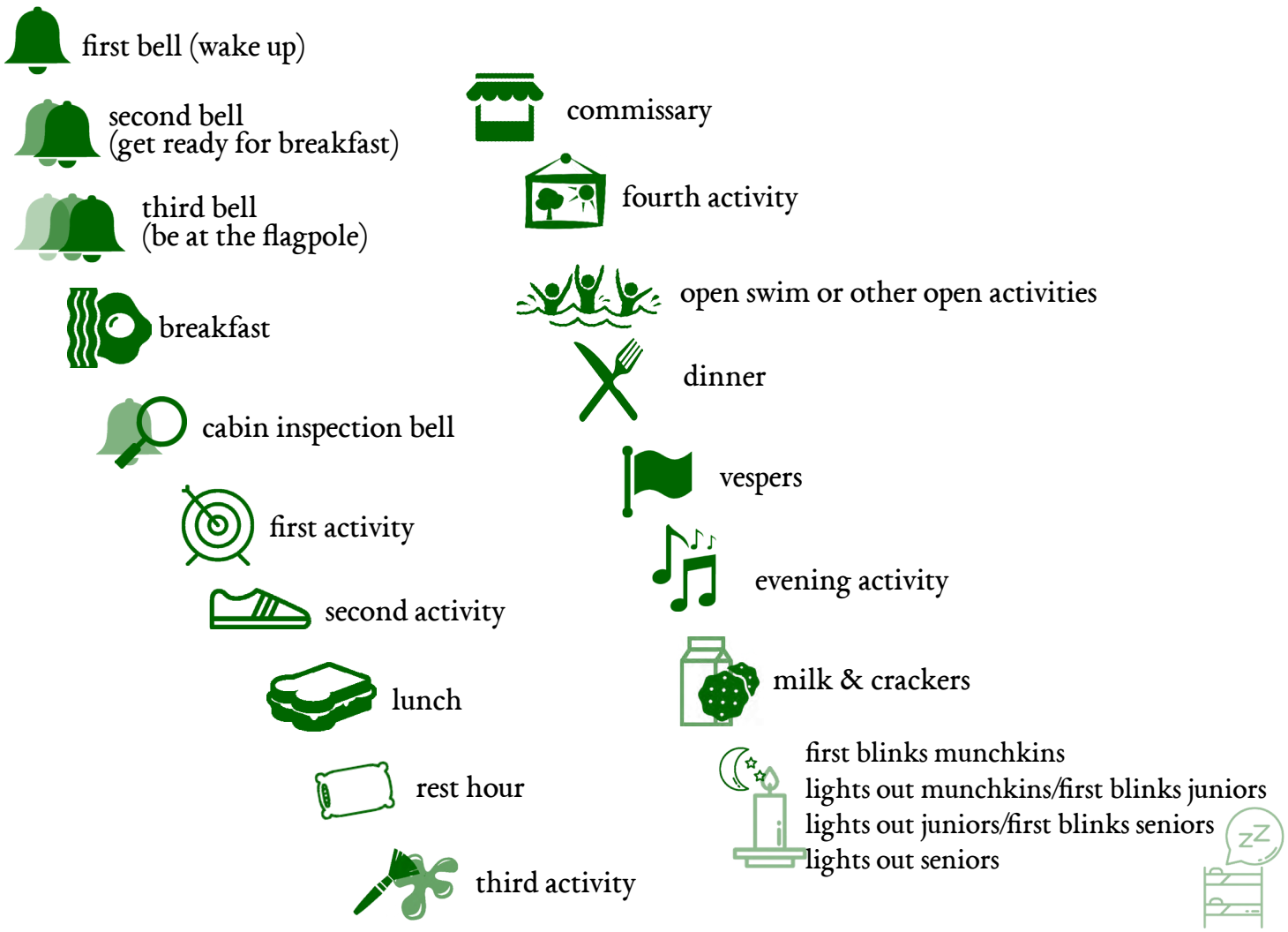
Catholic campers have the opportunity to attend Mass on Sundays. If parents have indicated on the initial camper application that they would like their daughter(s) to attend, there will be a $10 fee added to your commissary to cover the cost. ($5 to Good Shepherd Collection Basket, $5 transportation.)

CAMP LIVING:

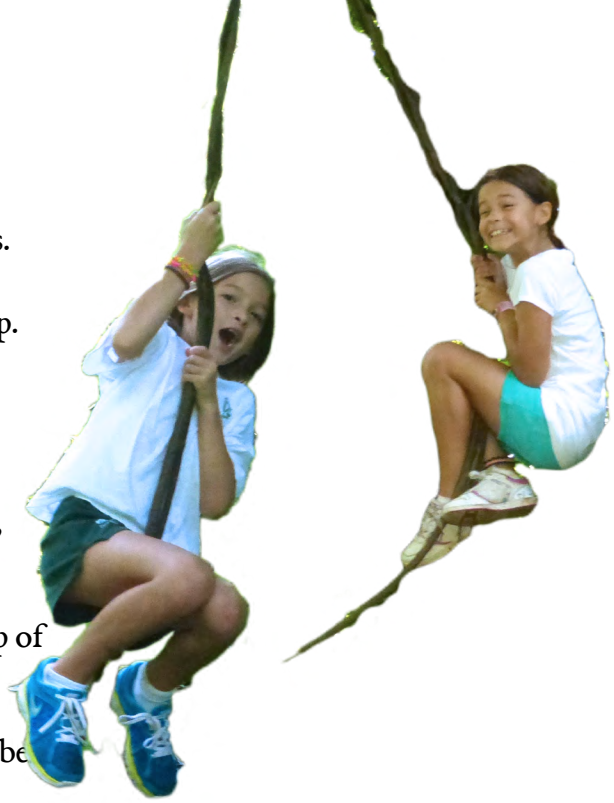
Campers make new friends from all over the United States in their cabin. Requests for certain campers to live together in the same cabin must be submitted in writing by both families to the Co-Directors prior to camp opening. Please remember that the cabins are close together which creates a real sense of community. There are also opportunities to be in the same activity groups or on the same team if we're not able to fulfill all cabin requests.

DAILY ACTIVITY SCHEDULE:

Each day campers go to 4 assigned activities such as basketball, horseback riding, swimming, canoeing, sailing, tennis, dance/production, archery, and arts & crafts. Campers will go to the lake daily and will ride every other day, weather permitting. They will participate in other activities as



WHAT TO PACK:



- A trunk and duffle bag should hold all your camper's belongings. The Army Surplus Store and The Container Store are good resources. There is an online store called everythingsummercamp.com that carries trunks, duffles, cot sheets, blankets, laundry supplies, etc.
- On Sunday white shorts and a white knit collared shirt are worn the entire day. These may be ordered from our uniform supplier, Bendinger Brothers (see below).
- Please tape a packing list of items brought to camp inside the top of your trunk.
- Please mark all items with your camper's name. Name tapes can be ordered from Bell of Maine (www.bellofmaine.com) or found at everythingsummercamp.com, or you may use a waterproof, black Sharpie to label their belongings.
- Frequency of laundering is dependent on session length. If you have any questions please do not hesitate to contact our Directors.
- Since the bathhouses are a short distance from the cabins, campers should pack a shower caddy or bucket to tote their supplies to the showers.
- Green shorts and white shirts, affectionately referred to as "green and whites," are our official camp uniform and should be worn to lunch, dinner and vespers. Returning campers may wear uniforms they purchased previously. We think it is important for our campers to have common uniforms to wear while at camp, during camp outings and on Sunday.
- We will partner with Bendinger Brothers again this year to supply our logo wear and camp uniforms. Please go to www.bendingerbrothers.com and place your order. Please note we also have a re-tread program for gently used uniforms. Please visit the website and/or contact our Directors for more information.
- We serve only fresh eggs and fresh milk. If your camper has a special diet, it is imperative that you contact the Directors to discuss your camper's unique needs. You may need to provide special snacks and meals for your gluten-free, dairy-free or vegetarian camper. Unfortunately, at this time we cannot accommodate vegan diets.

SUGGESTED PACKING LIST:

4 pairs of shorts and shirts any color (2 for Session 1A)
8 green shorts; 2 should be CRL logo shorts
3 white shorts (2 for Session 1A)
9 white t-shirts; 2 should be CRL logo shirts
2 white collared CRL logo polo shirts (required for Sunday)
3 pairs of blue jeans (2 for Session 1A)
10 pairs of underwear
10 pairs of socks
3 pairs of pajamas (2 for Session 1A)
1 sweatshirt/jacket
1 bathrobe
1 pair of shoes with heel for riding
2 pairs of tennis shoes
1 pair of shower shoes/flip flops/crocs for shower use only
1 pair of lake shoes (NO flip flops or Crocs)
3 bathing suits (2 for Session 1A)
2 white swimming caps
1 raincoat/poncho
1 cap/visor
2 sets of twin sheets and 1 blanket (1 for Session 1A)
2 pillow cases (1 for Session 1A)
1 pillow
4 towels (2 for lake use, 2 for bath use)
2 washcloths
1 sleeping bag
2 laundry bags, nylon best (1 for Session 1)
1 tennis racket
1 can tennis balls (low compression for ages 7 to 9)
1 flashlight with batteries
Books
Stationary/pens/stamps/address list
Insect/Bug Repellent
Sunscreen
1 costume (optional)
Shampoo and Conditioner (for lice and ticks) like Fairy Tales Rosemary Repel, So Cozy Boo!, and OBX Tea Tree Mint all available at Target or Babo Botanical at ULTA
Liquid gold Dial hand soap in pump bottle
Toothpaste, toothbrush, toothbrush holder and floss
Bucket to hold shower items
Brush/combs
Fingernail brush, clippers, fingernail file
1 water bottle and cup
Other age appropriate hygiene items

PRINT
PACKING LIST

MAIL CALL:

It is always exciting to have mail from home, relatives and friends. Please send letters often to:

Camper's Name
Camp Riva-Lake
1281 Riva Lake Road
Winchester, Tennessee 37398

COUNSELOR LETTERS TO PARENTS:

Our counselors will have letters for Session One Parents/Guardians waiting for you the day you pick up your daughter. All other campers will have a letter from their counselor mailed home during the sessions.

PACKAGES:

We feel that packages/large manila envelopes interfere with the camp experience and lead to unintentional hurt feelings. All packages (with the exception of birthday related packages) will be kept at the Rock House and given to campers as they travel home. We stress that letters from home and being at camp is your gift to them. The only exceptions are for birthdays at camp or for sending forgotten items to campers. Please notify the Directors BEFORE mailing a package and please put it in C/O one of them. You can bring the birthday box to camp on opening day, saving postage; we will be glad to hold it for you and distribute on the camper's birthday. For the safety of our campers/staff, we will not distribute food items mailed to camp.

As it takes several days to a week for USPS mail to arrive, on opening day please feel free to leave several letters with us to be placed in your daughter's mailbox over the first few days of camp.

EMAIL:

Letters are the best way to communicate with your camper - they love seeing your handwriting and knowing the letters have been sealed with a kiss! In addition to your letters, you have the option to send email.

» Email may be sent to camprivalake@gmail.com with your daughter's full name in the subject line.
» Emails are $1.00 per email, and will be charged to your daughter's commissary account.
» Email will be printed by 11 a.m. every day and put in your camper's mailbox daily.
» NO attachments should be sent. Our remote location will not support large file sizes, so we may not receive and are unable to print emails with photos and/or attachments.
» You may want to discuss with your daughter which family and friends will have access to the email account, as all email addressed to your daughter will be charged to her account.
» Email is ONE WAY ONLY! Campers may not send emails to parents, family or friends.

SOCIAL MEDIA:

While we are a camp that cherishes traditions, we also have Facebook, Instagram and Youtube as other methods of communication.

FACEBOOK PAGE:

The CRL Facebook page, together with our website, is our public face to the world. We will use it to communicate general information to our camp community including prospective families. Here you will find information on recruiting parties, off-season updates and similar information. If you are on Facebook, please "Like" us, as this is a great way to spread the word about Camp Riva-Lake. Please be mindful that this is a public site, so we will not post personal information and we ask you to refrain as well in your comments.

FACEBOOK CLOSED GROUP:

CRL also has a closed Facebook group. This group is for campers, their families and alums, and requires Admin approval to join. We will post more specific updates about camp during the summer sessions for this closed group. Parent surveys have made it clear privacy is as important to you as it is to us. To ensure privacy and a great online experience, please be mindful of the following:

- Our goal is to post every day but please understand this may not happen because the top priority for our staff is always camper fun and safety; social media updates will occur whenever possible.
- Pictures will be posted every few days but we cannot guarantee a photo of your camper. Look forward to sharing your daughter's experiences with her through letters and stories when she returns home.
- Please do NOT "tag" campers in photos as this can post the camper photos to more public sites. If you want to share, download and forward the photo to your friends and family.
- Continue to direct all personal questions or concerns about your daughter to the Directors via phone, as postings are often made by offsite Admin, not someone at camp.
- Health matters are confidential, so all health questions or comments should be directed to the staff or camp nurse.
- We reserve the right to remove posts that we deem inappropriate for the site.
- The authorized group is reviewed periodically, so you may need to re-register before the camp session.

ITEMS NOT ALLOWED AT CAMP:

ELECTRONICS:

Electronics such as cell phones, iPods, CD players, radios, MP3's, video games, laptops, tablets, headphones and Kindles are not permitted at camp. Additionally, Camp Riva-Lake, it's staff and Directors cannot be held responsible for damage of any kind to such devices.

MUSIC:

If you choose to bring an iPod (or similar) for the entire cabin's musical enjoyment, please DELETE all games and inappropriate or offensive music/lyrics. These devices will be kept securely in the Rock House. There will be one docking station for these devices in each cabin. The cabin counselor will rotate the devices (kept in the Rock House) at the cabin's request.

E-READING:

If your camper's summer reading is on an e-reader, we encourage your child to complete this reading prior to or after camp. However, if you need to bring it, on Opening Day the parents must check in with the counselor in charge of electronics. This counselor will make sure all games are archived or deleted and create a password to restrict access.

HEADPHONES:

Please do not bring headphones, as these keep campers from interacting with their cabin-mates and connecting with nature.

CELL PHONES:

Campers are NOT allowed to have cell phones at CRL. If your child is traveling alone and needs a cell phone for the trip, we will secure it in the Rock House for the session. Please remind your daughter to completely turn OFF the phone prior to handing it in. Camp will make every effort to return cell phones with some battery charge on the camper's departure day.

Thank you for working with us to make this the most positive and fun, unplugged time for your daughter.

FOOD ITEMS:

No food, candy or snacks are allowed from home, as they attract bugs and critters. Gum is allowed, but should be in Tupperware containers.

MONEY:

No money is necessary at camp.

VALUABLES:

No valuables, whether items of personal value or expensive items, especially jewelry. Inexpensive stud earrings for ears only are permitted.

NO FLIP FLOPS, CROCS OR OPEN-TOE SHOES:

These shoes are a tripping hazard and may only be worn to "Egypt" (our term for bathhouse).

HEALTH FORMS AND MEDICATION:

campdoc.com:

In order to provide your child with the best health services, we will be using a secure web service, developed by camp doctors and nurses, that is a member of the American Camp Association, the Christian Camp and Conference Association, the Association of Independent Camps, and the Western Association of Independent Camps - campdoc.com. This will streamline our health forms and make it easier for you to update your child's health information.

The camp nurses will review each form prior to the opening of camp and contact new campers and those with special medical needs.

MEDICATION:

All medication will be kept in Kottage Komfort ("KK") with the camp nurse. The nurse will only dispense medications as prescribed in writing by your child's physician. All medications must be sent in their original bottles with detailed instructions from your physician on when and how to administer to your child.

Please make a copy of your health insurance card and add the social security number of the parent who carries the health insurance. This information is needed if we need to take your daughter to the emergency room.

IF YOUR CHILD HAS BEEN EXPOSED TO ANY CONTAGIOUS DISEASE THREE WEEKS PRIOR TO CAMP, PLEASE CALL AND INFORM THE CAMP DIRECTORS BEFORE BRINGING HER TO CAMP.

FEES:

DEPOSIT:

Your $400 deposit was made with your application. Full deposits are refundable until March 1. After March 1st a processing fee will apply.

TUITION:

Upon payment of the tuition, refunds are not available for late arrival or early departure, except in cases of withdrawal due to medical illness with a doctor's letter. In that case, Camp Riva-Lake and parents/guardians will share the loss equally.

SIBLING DISCOUNT:

A discount of $100 on the balance remaining after deposit can be applied to each sibling of a full-paying camper.

COMMISSARY:

Camp fees are inclusive except for optional commissary items such as drinks, ice cream treats, laundry, bus fees and contributions for Mass, transportation if needed to and from Camp to the Nashville airport ($20.00 each way), purchased clothing, stamps, toothpaste, stationary, water bottles or other items that campers may have forgotten or run out of during the session, and/or special food, doctor visits or medication needed during the session.

If your camper's commissary balance at the end of the summer is $25 or less, it will be applied as a donation to our scholarship fund. If you would prefer a refund, please send us a request in writing.

BALANCE:

The tuition balance is due no later than May 1. Please pay via campdoc.com, or mail a check made out to Camp Riva-Lake to:

Camp Riva-Lake
c/o Claudia Haney
P.O. Box 58332
Nashville, TN 37205

HOMESICKNESS TIPS:

Going to camp for the first time is a new experience for the entire family. To help your child prepare for CRL, talk positively about it. Be honest about the not so glamorous parts of camping, like bugs or rainstorms. Speak to your child about homesickness and let them know that many kids miss home the first few days of camp but once they get involved and get to know their counselors and new friends camp will become an exciting new adventure. We hope not have any homesick campers, but if it does occur please be comforted knowing that the counselors, Directors and staff work diligently to make your child feel more "at home." It may be helpful to tape pictures of family, pets and friends to the top inside lid of your camper's trunk so that when she opens it, she has a visual of her loved ones back at home.

While letters from home are always exciting to receive, experience tells us that talking on the phone is likely to cause homesickness. For that reason, please do not expect to call and speak with your child during the session (birthdays and family emergencies are exceptions). Please call the Rock House in those situations. Cell phones and messaging devices are not allowed during camp. This builds independence and helps the girls "get away from it all" for this short period of time. Please support us in helping your daughter gain the best camping experience.

PLACES TO STAY IN WINCHESTER/DECHERD/COWAN/BELVEDERE, TN:

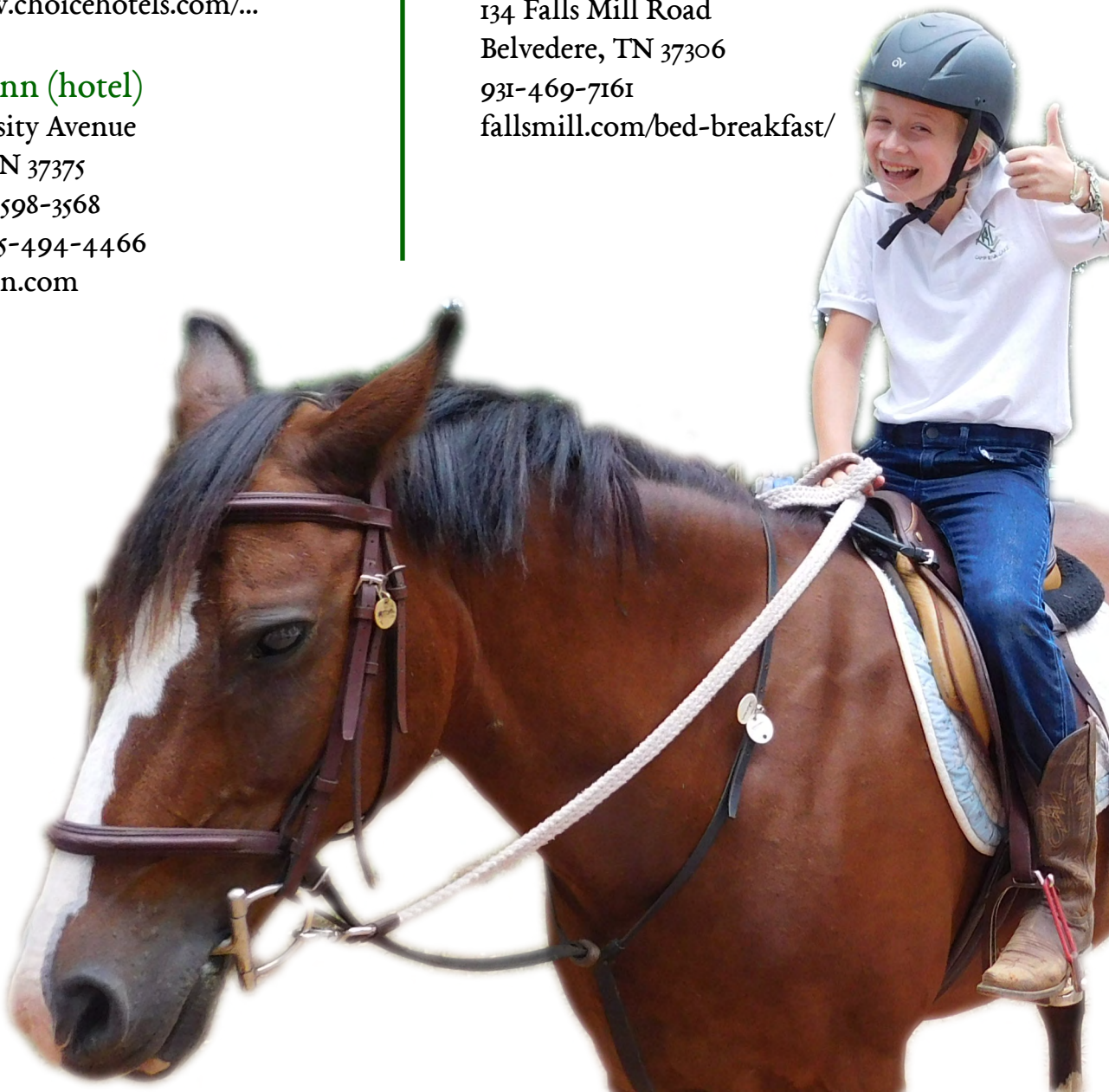
(10 to 20 minutes from Camp):

Best Western Royal Inn (motel)
1602 Dinah Shore Blvd.
Winchester, TN 37398
931-967-9444
https://www.bestwestern.com/...

Quality Inn (motel)
1838 Decherd Blvd.
Decherd, TN 37324
931-962-0130
https://www.choicehotels.com/...

Sewanee Inn (hotel)
1235 University Avenue
Sewanee, TN 37375
phone: 931-598-3568
toll free: 855-494-4466
sewanee-inn.com

Tims Ford State Park (camping):
931-962-2706

The Franklin-Pearson House
108 Cumberland St.
Cowan, TN 37318
931-962-3223
Franklin-Pearson.com

Falls Mill B&B Cabin
134 Falls Mill Road
Belvedere, TN 37306
931-469-7161
fallsmill.com/bed-breakfast/