



Since 2010, Teen Rock Camp has set the bar for outdoor rock climbing summer camps for teens. Our co-ed camp program is 100% outdoor climbing focused and based in the New River Gorge National Park, a world class single pitch climbing destination. The New is the perfect training ground for teen climbers to gain experience with outdoor climbing in both sport and trad climbing on a variety of styles from technical faces, juggy overhangs, crack climbs, and deep water bouldering.

Our aim is to give super stoked indoor climbers the opportunity to climb outdoors and learn how to transfer their indoor experience to an outdoor setting. Our campers spend the week sampling the best climbs throughout the New River Gorge, Summersville Lake, and the Meadow River Gorge.

The week is a transformative one for indoors climbers who want to learn more about climbing outdoors and learn new skills. From day one, we make sure everyone has a solid foundation to build upon with an emphasis on safety and sound judgment.

In addition to climbing a wide variety of climbs, campers will practice and refine top rope and lead belaying, learn how to clean anchors, learn jamming techniques for climbing cracks, anchor principles and tactics to aid in redpointing their outdoor projects. Through that process, they will expand their knowledge of gear, learn best practices for climbing outdoors including ethics, etiquette, and how to manage personal risk, and become competent outdoor climbers.

Campers who are certified to lead by their local climbing gym/climbing teams will be checked out by our AMGA Certified Instructors to ensure they are following best practices. Then, they will be allowed to lead routes that are appropriate for their ability. For those who aren't yet lead certified, they will work towards that goal by mock leading which will allow them to gain experience for a time in the future when they are ready to take to the sharp end of the rope.

OUR STAFF:

Our staff are accomplished climbers who not only specialize in teen climbing programs, but are certified by the American Mountain Guide Association as Single Pitch Instructors or higher. Since 1994, we have required formal training and evaluation of our staff and support their professional development through ongoing training. Our standards are among the highest in the industry and represent an above standard level of professionalism and a clean track record. For more information on our supervision practices, please see that section on the following page.

CAMPER PROFILE:

Our camps are co-ed and 80% of our campers participate on their local climbing teams and are stoked to gain outdoor climbing experience. The median age is 14.5 years old, and ages range from 12-17* years old. Furthermore, we offer multiple camp sessions that group kids of similar ages together. This ensures that the group composition is a cohesive mix of age, climbing experience, goals, and maturity level. As a reminder, the safety and security of our campers and staff is always at the top of our minds. That said, our camp is not a therapy type program and we reserve the right to remove campers that display behavioral patterns that compromise the physical and emotional safety of the group.

WHAT IS INCLUDED WITH TUITION:

- 24 hour adult supervision by our co-ed staff
- Shuttle service during the camp by commercially licensed and insured drivers
- 4 days of climbing instruction by AMGA Certified Single Pitch Instructors
- Low ratio 4:1 campers to instructor to maximize climbing time
- All climbing equipment
- 5 nights of tent camping with "basecamp" group camping supplies provided
- 1 day Stand Up Paddle Boarding with rental equipment
- All catered meals during the camp (breakfast, lunch and dinner)

WHAT'S NOT INCLUDED:

- Personal camping equipment
- Gratuities for Climbing Instructors
- Incidental spending cash

PAYMENTS/CANCELLATION POLICY:

A 50% payment is due at the time of booking to reserve a space. The remaining balance is due 60 days prior to the Session Start Date and will be automatically processed on the same card used for your deposit. If you wish to use another credit card, please contact us at your earliest convenience and we can update your card information.

Should your plans change and your camper cannot attend, you must provide written notice at least 60 days in advance of the camp start date to be eligible for a refund, less processing fees. There will be no refunds or credits issued for cancellations that occur within the 60 day window. We highly recommend trip insurance in the event your camper cannot attend due to unforeseen circumstances. Campers who are dismissed or leave prior to the ending of the camp program will not be refunded any portion of payment.

SUPERVISION:

Each session is staffed with a male and female counselor who are on duty 24 hours throughout the camp session. This enables us to provide a level of supervision throughout the camp to ensure that everyone regardless of race, age, gender identity, religious belief, and experience level, has a positive experience.

We establish group norms at the start of camp and create an inclusive atmosphere where all feel welcomed and accepted for who they are. We do not tolerate any behavior that compromises the physical or emotional safety of campers or staff and any violations of group norms or bullying may result in the expulsion from our program.

TENT CAMPING & SHELTER:

We will be "car camping," American Alpine Club Climbers Campground. The AAC campground has a community pavilion to provide additional shelter during inclement weather, and a place to hang out during the evening to play card games, read, and slackline with friends. There's also a bath house with running water, flushing toilets, and hot showers.

In total we reserve 5 campsites, and each site has 2 8x8 elevated platforms for campers to set their tents upon. The platforms are separated from one another so everyone can maintain their own private unshared space and we segregate campers in the sites according to gender identity. We also have a common area tent in our campsite to share meals and good times.

With the help of parents and counselors, campers will set up their tents on the first day of camp. The tent should be large enough to sleep in and store the personal items you bring along, but not so large that it cannot fit on the 8x8 foot platform. We recommend a tent with a full coverage rainfly, and send a blue utility tarp to help keep any rain out.

FOOD & COOKING:

Our meals are catered and delivered daily at meal times, with food allergies and dietary preferences in mind. All food, and cooking supplies are provided, although some campers may wish to bring their own favorite snacks to supplement what we provide. We suggest a lockable cooler or plastic crate, so that campground critters don't help themselves.

The catered menu will be a mix of protein, grains, fresh fruits and vegetables. If you have special diet requirements, please make sure we are aware of these well before you arrive for camp. We may also enjoy a dinner out at one of our local restaurants, so please bring a little extra cash with you for that meal.

ROCK CLIMBING/RAPPELLING:

Weather permitting, campers spend up to 4.5 days rock climbing. With a focus on safety, each session will start with assessing and refreshing your knowledge of skills and move on to more advanced skills as the week progresses. All climbers will start out on top-rope climbs (rope anchored to top of climb) and on an individual basis move on to "mock leading". Return campers and those who are lead certified at their local climbing gym will be assessed by their climbing instructors and be allowed to lead on a case by case, route by route basis.

WEATHER & REST DAYS:

Your climbing instructors know all of the dry spots so you will still get some climbing in even if it rains. Rainy days are an opportunity to learn skills like gear placement and anchor building practice, take advantage of some rest and relaxation, heal tender fingertips, go for a hike, swimming or stand up paddle boarding on Summersville Lake while we wait for the rock to dry out.

CAMP START & MEETING LOCATION:

American Alpine Club Climbers Campground 97 Pudds Rd, Lansing, WV 25862

We will meet at Campsite #3 12:00 pm on the day your camp session begins. As you drive into the campground, Site #3 will be the third one on the right. (See map below). Look for our Banner and EZ UP tent with our logo on it. Our staff will be on hand to greet the parents and participants, answer questions, help set up tents, and make sure campers have everything they'll need for the week. Please eat lunch before your arrival. We will have snacks available, and the first meal will be served at 6:00pm.

CAMP END:

American Alpine Club Campground: 10:00 and 12:00 PM on the last day of camp. Pick up your camper at the same campsite location as the drop off point, Campsite #3.

POINTS OF CONTACT:

Primary	Elaina Arenz, NRMG Owner	304-237-8144 (c)
Secondary	Jeff Hearn, NRMG Operations Manager	440-425-5630 (c)



MEDICATIONS:

Prescription medications must arrive in the original container with the prescription label intact. The label is documentation for prescribed use of the medication while on course. The container should not include other medications, vitamins, etc. Campers will be allowed to self administer and maintain possession of their medications throughout camp unless otherwise arranged with our staff. If your camper has a severe allergy to food, bee-stings, or any other allergens and have a prescription for an Epi-Pen, it is your responsibility to bring a non-expired Pen.

CASH & GRATUITY:

Fayetteville has been voted one of America's coolest small towns by Outside magazine and we'll be sure to take at least one special trip to check it out. \$40-60 should be sufficient to get your camper through the week for incidental purchases in town. Tips for guides are not included in the tuition price, parents may wish to hold on to that until the last day of camp when you pick up your camper, and to tip the SUP Guide. We recommend \$20 per day (5), per climbing guide (2), and one day for the SUP Guide (1).

ELECTRONIC DEVICES:

The use of electronic devices is allowed but will be limited throughout the daytime hours. Campers will be able to stay in touch with you (and you with them) during camp. Due to geography of the area there may not be cell service at some of the climbing areas. There are power outlets at the bathhouse and pavilion for charging devices.

STORAGE:

Campers will store all of their personal belongings in their tents at the campground while they are out climbing. Please keep non-essential items to a minimum. NRMG is not responsible for damaged, lost, or stolen items.

WHAT TO PACK: CLOTHING

- 1 synthetic/wool cap that covers your ears (Really, it can get chilly when camping even in the summer time).
- 1 hat with a visor (for sun protection)
- 3-4 T-shirts or tank tops
- 1 medium-weight synthetic long underwear top
- 1 medium-weight synthetic long underwear bottom
- 1 synthetic insulated jacket for hanging out in the evenings
- 2-3 pair synthetic quick-drying shorts (7" inseam or longer), capris, or tights
- 1-2 pair pants
- 5-6 pair underwear
- 4-5 sport tank/bras
- 5 pair synthetic/wool socks
- 1 pair lightweight low top hiking/approach shoes
- 1 pair sport sandals or flip flops to be worn back at camp and bath house
- 1 Swimsuit

- 1 extra set of casual clothes for trip home
- 1 waterproof rain jacket

REQUIRED CAMPING GEAR:

- 1 synthetic fill sleeping bag rated at minimum 40 degrees
- 1 tent with rain fly. Footprint must be no greater than 8x8'
- 1 sleeping pad (foam or inflatable)
- 1 blue plastic tarp (large enough to fit ovetop of your tent)
- 1 backpack for carrying your personal climbing gear each day (recommended 25-30L)
- 2 32oz/1L water bottles
- Hydration tablets/mix to supplement electrolytes while out climbing
- 1 duffel bag or soft luggage for your clothes while traveling to and from camp
- 1 tube of lip balm with SPF protection
- 1 small tube of sunscreen SPF 30+
- 1 small plastic bottle of insect repellent like "Natrapel" (DEET free, as DEET melts plastic and climbing ropes)
- 1 LED type headlamp with 1 spare set of batteries
- Personal Hygiene Kit (toothbrush, paste, deodorant, hairbrush, sanitary items, contacts, etc)
- Feminine hygiene products
- 2 TOWELS (1 for showering, 1 for swimming at the lake)
- 1 bottle hand sanitizer to last you the week
- \$40-\$60 extra cash for incidental purchases in town and on the way to the climbing

PERSONAL CLIMBING GEAR:

These items can be provided by New River Mountain Guides, but some campers may wish to bring their own personal climbing equipment if you own it. We will provide all technical climbing equipment such as ropes, anchoring material, quickdraws and other necessary hardware.

- 1 UIAA approved climbing harness
- 1 CE rated climbing helmet (loaners available if needed)
- 1-2 pairs rock climbing shoes
- 1 chalk-bag with loose chalk or liquid chalk
- 1 Belay device with locking carabiner
- 1 Climb On/Joshua Tree Hand salve, to heal tender skin

OPTIONAL EXTRAS:

- 1 old flat sheet (to cover up on warm nights)
- 1 camp chair
- 1 sunglasses with case and strap
- Book, notepad
- 1 Solar charger/battery charger for electronic devices
- 1 travel size package of wet wipes
- Favorite snacks
- Hydration tablets