



Since 2010, New River Mountain Guides' Teen Rock Camps have 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 like face climbing, juggy overhangs, crack climbing, 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. Campers spend the week sampling the best climbs throughout the New River Gorge proper, plus 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 challenge themselves 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 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 and it's proper use, learn climbing ethics and etiquette, and how to be safe and 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 practice a wide range of skills, but most especially risk management.

#### **OUR STAFF:**

All of 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 all our guides and support their professional development through ongoing training. Our guiding standards are among the highest in the industry and represent an above standard level of professionalism. For more information on our supervision practices, 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 average age is 14.5 years old, and we divide the camp sessions based on age as well. Our younger 12-14 year old campers are grouped together in one session, while our older campers ages 14 and up are grouped into other sessions. This ensures that the group composition is a cohesive mix of previous experience, climbing goals, and maturity level.

#### **WHAT IS INCLUDED WITH TUITION:**

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

#### **WHAT'S NOT INCLUDED:**

- Personal camping equipment (tent, sleeping pad, sleeping bag). See camping gear list below for what to bring.
- Gratuities for Climbing and SUP Guides. We recommend \$20-25 for each guide per day, which totals \$200-275
- 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 full refund of your deposit payment, less processing fees. There will be no refunds or credits issued for cancellations that occur after the 60 day window. We highly recommend trip insurance to cover your tuition in the event your camper cannot attend. Campers who leave prior to the ending of the camp program, including those who are dismissed from an active program session will not be refunded any portion of the tuition 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, religious belief, ability, 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 our code of conduct may result in the expulsion from our program without a refund.

## **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 daytime 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 4 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, or send a blue utility tarp so that we can erect a cover 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. We use a lot of hummus, bagels, beans, rice, tortillas, pita bread, peanut butter, jelly, pasta and trail mixes. 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, you may spend up to five days rock climbing. With a focus on safety, your 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 also 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 at 6:00pm.

## CAMP END:

American Alpine Club Campground: 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. If you need to arrange an early/late departure please let us know how we can help coordinate that with you.

## POINTS OF CONTACT:

Primary Elaina Arenz, NRMG Owner  
Secondary Jeff Hearn, NRMG Operations Manager

304-237-8144 (c)  
440-425-5630 (c)



## MEDICATIONS:

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for your use of the medication while on course. The container should not include other medications, vitamins, etc. We will always have our well stocked first aid and medical kits on hand. \*\*If you have a pre-existing severe allergy to food items, bee-stings, or any other irritants and you have been given a prescription for an Epi-Pen it is your responsibility to bring a non-expired Pen with you.

We strongly recommend bringing hydration mix or tablets with electrolytes to add to water bottles to avoid dehydration during camp activities.

## CASH:

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 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 \$20-25 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 baseball cap or wide brim hat (for sun protection)
- \_\_\_ 3-4 synthetic or cotton T-shirts or tank top
- \_\_\_ 1 medium-weight synthetic long underwear top
- \_\_\_ 1 medium-weight synthetic long underwear bottom
- \_\_\_ 1 synthetic fleece jacket or pullover for warmth
- \_\_\_ 2-3 pair synthetic quick-drying shorts (7" inseam or longer) or capris
- \_\_\_ 1 pair nylon or other synthetic material pants
- \_\_\_ 5-6 pair underwear
- \_\_\_ 2-3 sport tank/bras
- \_\_\_ 5 pair synthetic/wool socks

- \_\_\_ 1 pair running shoes or lightweight low top hiking/approach shoes
- \_\_\_ 1 pair sport sandals or flip flops to be worn back at camp and bath house
- \_\_\_ 1 Swimsuit + BEACH TOWEL
- \_\_\_ 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 plastic tarp (large enough to fit overtop 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 help heal tender fingertips

### OPTIONAL EXTRAS:

- \_\_\_ 1 old flat sheet (to cover up from bugs on warm nights)
- \_\_\_ 1 camp chair
- \_\_\_ Favorite Snacks
- \_\_\_ 1 sunglasses with case and strap
- \_\_\_ Second Towel for the SUP/Lake Days
- \_\_\_ 1 Solar charger/battery charger for electronic devices
- \_\_\_ 1 travel size package of wet wipes