

Parent Handbook

Walk Your Path Well Adventures, LLC

Table of Contents

Director Bio.....	3
Refund and Credit Transfer Policy.....	4
Camp History.....	5
What Makes Us Unique?.....	5
Frequently Asked Questions.....	6
Canoe Quest.....	6
Eno River.....	7
Appalachian Journey & Western Wonders.....	8
USA and BRO.....	9
Tips for Preparing Your Camper.....	11
Drop-off Locations and Times.....	12
First Aid and Risk Management Policy.....	14
Cell Phone Policy.....	15
Communication with your Camper.....	16
Camp Activities, Policies, and Procedures.....	17
Trading Post and Gold.....	23
Packing.....	24
Trip Specific Lists.....	24
How to Pack.....	28
USA and Equipment Tips.....	29
Contractors.....	30



Director Bio

All About Al



“Nature Al” Whitted created the Walk Your Path Well program, combining his passion for the outdoors and his love for teaching. The program developed through his experiences as a teacher, a camp counselor, and as a long-distance hiker.

Al has hiked the Appalachian Trail, lived all across the United States, and has studied with some of the most prominent and skilled survivalists and naturalists in the country.

Before starting Walk Your Path Well Al was a teacher both in the public school system and in environmental education. He was the Program Director for Camp Riverlea after many years there as a counselor.

He is the Director/Owner of Walk Your Path Well Adventures, which he runs with the help of his wife Megan, the Program Administrator. They have two boys, Benny and Luke.



Refund and Credit Transfer Policy*

Mountain Trip Refund Policy- This policy applies to all Appalachian Journey, Western Wonders, and Ultimate Strider Adventure, trips with Walk Your Path Well.

You may receive a full refund of your payment up to 30 days before the scheduled first day of your trip. From 30 days to 7 days before the scheduled first day of your trip you may receive a refund of your payment less the deposit for the trip.

No refunds will be made for any camper sent home due to behavior, illness, injury, or for any cancellation happening less than 24 hours from the start date of the trip.

Local Camps Refund Policy- This policy applies to all Eno River Camps, Canoe Quest, and all year-round programs.

You may receive a full refund up to 7 days before your camp start day. Any cancellations happening after this time and up to 48 hours before the start of the camp will receive a refund less the deposit paid. No refunds will be given after 48 hours due to the difficult nature of filling spaces on short notice.

Transfer policy for all camps- You may transfer payment credit to a new camp up to one week before the start date of your camp. Please call Al or Megan Whitted at 919-724-9449 to arrange the transfer of your credit to another program.

* Camp days cannot be prorated. You must pay for the full program even if you only plan to attend a certain number of days.



Camp History

Walk Your Path Well was started more than a decade ago by Al Whitted to give kids of the Triangle an opportunity to experience the outdoors. Al started his path towards Outdoor Education 20 years ago and has lead and taught in multiple companies before deciding to create Walk Your Path Well. He has taught for the Tom Brown Tracker School and has worked for Camp Riverlea where he and his wife Megan were the program directors.

After teaching in public school education for two years, Al decided that he wanted to teach kids in an environment where their imaginations could be let free and they could learn skills that are not taught frequently to kids in this day and age. That was where the idea for WYPW came about. By running summer camps and working with kids on days off from school, Al has been able to create a curriculum that teaches self-reliance, teamwork, naturalist skills, and creativity to a wide range of kids.

What Makes Us Unique?

Of all the other programs in the Triangle area what is it that makes Walk Your Path Well unique? First of all, we have an unprecedented safety record. Because of our unique practice of risk management, we have had no major injuries at our camps. Counselors are trained from the beginning that one person should always be in charge of monitoring campers and ensuring that accidents are prevented before they happen. Furthermore all our counselors are trained in Wilderness First Aid and there is always one Wilderness First Responder in all our camps.

Our program is unique from other camps because of the range of activities, games, and imagination that we involve. We do pretty much anything that campers find exciting and fun! Arts and crafts, tubing, fishing, games, hiking, river exploration, fire making, and much more are included in our Eno River Camps. The best part about this is the imagination. Most of our games and activities were invented by campers and for campers, and these activities are constantly evolving as campers find new ways to practice new skills and have more fun!

Walk Your Path Well incorporates naturalist and wilderness skills in every activity that we do. If we are playing the Dragon Game then campers are learning to use maps and direction, camouflage, and tracking to name a few things. If we are in fire making then they are learning to use primitive and challenging means of making fires as well as the various plants and trees that help build fires. Because of this, the skills that are at the heart of Walk Your Path Well are taught in a experiential way that makes learning fun for campers and brings them closer to the outdoors.

Frequently Asked Questions

Canoe Quest

What do you do if it rains?

Camp New Hope offers our camps the option of many different covered areas to continue having fun and practicing our skills. At Canoe Quest we have a rented picnic shelter to weather any storms.

What if I need to pick my camper up early?

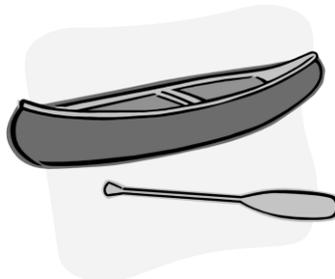
This is not a problem, but we do require that you let us know in the morning when campers are dropped off, as well as a phone approximately 20 minutes before the expected pickup. This helps maintain staff ratios at appropriate levels and allows us a window of time to get from some activities like nature hikes to the parking lot.

What is the Dragon Game?

The Dragon Game is a fun, imaginative role playing game involving a dragon (counselors) that has stolen gold from a team of villagers (campers). The campers must find a way to banish the dragon using their marshmallow shooters, but if they are hit by the dragon's marshmallows they must spend the round in jail. There are seven levels of difficulty and if the campers defeat the seventh level then they have banished the dragon permanently. During the game campers focus on different wilderness and teamwork skills.

Do you really let campers bring knives?

Yes, we believe that knives are a tool that campers need to know how to use safely. With that being said, we ask that all permission to carry a knife come from a camper's parent or guardian and only certain knives are allowed to be used at certain times. We only allow locking blade or fixed blade knives to be used at fire making lessons and occasionally during Arts and Cards. At all other times we require knives to be safely secured in a backpack in the camper's cubby. Unsafe knives are generally, but not always, Swiss Army Knives and Multi-tool knives because of the lack of a mechanical locking system. Counselors will visually inspect all knives on the first day they are brought to ensure they meet our standards.



Eno River Camps

What do you do if it rains?

Our rain plan varies depending on a number of factors. If the rain is expected to be short and over the course of a warm day we will very likely weather it out at Eno State Park in a covered area. If the rain is supposed to last for several hours and the temperature is cold then we will move campers to an off-site location. Generally this involves renting several 15-passenger vans and transporting campers to Camp New Hope or the Triangle Sportsplex in Hillsborough. We generally try and alert all parents as they drop off campers that we are planning to move off-site, but if you have concerns please don't hesitate to call or ask us when you drop your camper(s) off.

What if I need to pick my camper up early?

This is not a problem, but we do require that you let us know in the morning when campers are dropped off, as well as a phone approximately 20 minutes before the expected pickup. This helps maintain staff ratios at appropriate levels and allows us a window of time to get from some areas like the Wilderness Cabin to the parking lot.

What is the Dragon Game?

Please refer to pg. 6 and the Canoe Quest questions.

Do you really let campers bring knives?

Yes, we believe that knives are a tool that campers need to know how to use safely. With that being said, we ask that all permission to carry a knife come from a camper's parent or guardian and only certain knives are allowed to be used at certain times. We only allow locking blade or fixed blade knives to be used at fire making lessons and occasionally during Arts and Cards. At all other times we require knives to be safely secured in a backpack in the camper's cubby. Unsafe knives are generally, but not always, Swiss Army Knives and Multi-tool knives because of the lack of a mechanical locking system. Counselors will visually inspect all knives on the first day they are brought to ensure they meet our standards.

What areas of Eno State Park do you use?

All of our programming takes place around the Few's Ford parking lot. We play games in the fields around the parking area, we do Arts and Cards in the covered picnic shelter, and we do fire-making in the pits in the picnic area. After lunch we often venture down to the Wilderness Cabin and Group Camping Sites for the Dragon Game and Smaug's Training Grounds. We also utilize the rapids at Fanny's Ford as well as the primitive campsites, and the Cox Mountain Trail.



Appalachian Journey and Western Wonders

What do campers eat on an Appalachian Journey or Western Wonders trip?

In the mornings we will eat fruit, oatmeal, cream cheese and bagels, cereal and orange juice. On special occasions we will have eggs, bacon, and toast.

For lunch, we will be on an outdoor adventure, whether it is whitewater rafting or high ropes, we will bring our trail mix, beef/buffalo/turkey jerky and power bars with us. We have found these lunches provide ample nutrition and energy and do not take up a lot of our time to prepare. If we have time to return to our cabins, we will provide sloppy joes, pizza, chicken sandwiches, burritos, hot dogs, fruit and vegetables.

Lastly, we will go out for dinner to the local cafeteria and stock up on vegetables, fruit, and meat. The local cafeteria offers pizza, steak, chicken, mashed potatoes, broccoli, mac 'n cheese, burritos, vegetables, spaghetti, fruit, desserts, and much more.

Where will campers be sleeping?

Campers stay in cabins or yurts with bunks for all the Appalachian Journey and Western Wonders trips. Boys and girls are in separate cabins with a counselor sleeping in each one. For a list of facilities and to see contact information please see the Contractors list at the end of this manual.

How close is the nearest hospital?

The nearest hospitals to our locations are between 20 and 40 minutes away. All trips have the location and directions to the nearest medical facilities listed in the vans and with the head staff member. In addition all our staff is certified in Wilderness First Aid and at least one staff member on each trip is certified as a Wilderness First Responder.

Do you lead these activities or does someone else?

For most of the activities, with the exception of tubing, we contract out to other companies. These companies all have proven track records in safety and working with kids. Walk Your Path Well counselors accompany every activity to make sure that these companies are leading trips at our standard of care. For a list of contractors please refer to the end of this manual.

How can I contact my child during the week?

Please refer to our cell phone policy on page 15. If for any reason you need to contact your child during the week, please call Al at 919-724-9449. He will relay your message to the head staff member who will have their phone on them at all possible times.



Ultimate Strider Adventures

What do campers eat on an USA trip?

During the backpacking portion of the USA campers will eat the food that they have packed for themselves. Please refer to the packing lists on page 32 to see the exact amounts and quantities. During the rest of the trip campers will be supplied meals through Walk Your Path Well, or they will use the money they have brought to purchase meals at restaurants like Subway and Ryan's. Snacks that campers pack themselves will be used to supplement their meals during activities.

How will water be supplied?

All the water we drink will be purified. Streams and springs are available every 2-3 miles on the trail and adventurers will be encouraged to drink at every water source. We will use WYPW's UV water purifiers and hand pump and no water will be consumed unless it has been purified. Adventurers do not need a water purifying system, only 2 good Nalgene water containers.

How close is the nearest hospital?

The nearest hospital to the USA is 20-40 minutes away during the activities portion of our trips. While in the backcountry medical help can often times be far away due to the remoteness of the terrain or the nature of the illness or injury. Because of this all campers are reminded to make good decisions and use an "expedition mentality" that focuses their intentions on the good of the group. All staff members are Wilderness First Aid and CPR certified, and the head staff member is a Wilderness First Responder.

Do you lead these activities or does someone else?

WYPW counselors are experienced in many outdoor recreation activities. Counselors will be leading the backpacking trip, caving, and any tubing that we do. For activities that require gear that is expensive and costly to maintain we contract out to companies that have good reputations in the outdoor industry. We use these companies mainly for the zipline, rafting, and rock climbing portions of our trips.

Where will you be staying?

During USA III we will be staying in cabins after we complete or backpacking segments. These sites feature restroom facilities, picnic tables, and we set up tarps to help keep campers dry in the event of rain. WYPW will supply all tents for any trip use.

Will I be able to hear from my child during the week?

Please refer to our cell phone policy on page 15. If for any reason you need to contact your child during the week, please call AI at 919-724-9449. He will relay your message to the head staff member who will have their phone on them at all possible times.

What about thunderstorms and other severe weather?

WYPW counselors are well trained in the art of campsite selection and set-up, and we will be teaching these skills to the campers that join us. In the event that a storm does blow in we will “batten down the hatches” and weather it out. All the campsites that we are staying at in the backcountry are in valleys and other low spots so our camps will be reasonably safe from lightning. Any developed campgrounds we will be staying at have solid structures for us to hang out in, and as in a really bad situation we have the van to keep us safe. During activities that are contracted out our guides have their own plans of action to keep us safe, and if it looks too threatening we will cancel or postpone the activity and find something else to do. If bad weather looks like it will threaten a majority of a backcountry portion, we have several trip specific alternative itineraries we can fall back on.

What is your Emergency Plan?

All counselors will be required to carry their phones with them on all segments of the trip except for the rafting portion. Every night on the backpack one counselor will find service close to camp and call AI to let him know our location and the safety of the group. We will also be updating Facebook periodically throughout the trip with photos of your campers.

In the event of an emergency, counselors would call the local EMS and rescue squads and then call AI to relay any information as soon as possible to parents. Our Trip Leader is hired with many years of experience and has discussed and planned actions for scenarios along the trail with AI so that the best decisions can be made.



Tips for Preparing Your Camper

1. Camp = Fun

Before your camper heads off to camp, especially an overnight camp, remind them how excited you are that they are getting to go and how much fun they are going to have. Don't dwell on "I'm going to miss you" thoughts, even though you will miss them. Remember that positive thoughts breed positive thoughts in your camper.



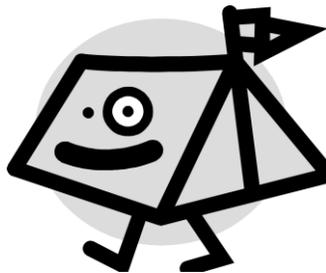
2. No Deals

Campers go to camp to have fun. The last thing to tell your camper is "If you don't like it you can come home." Saying this causes campers to evaluate every minute of their day instead of living in the moment with new friends. The constant weight of this deal can cause camp to seem like a trial instead of a place of enjoyment



3. Good Times

Remind campers that having a good time is **OKAY**. Ensure them that it doesn't mean they love you any less if they are having fun. If you were a camper in the past tell them some stories of the fun you had while you were away from home at camp.



Drop Off Locations and Times



Eno River Camps

Drop-off for campers is between 8:30 and 9:00 a.m., and pick-up is between 4:00 and 5:00 p.m. in the Few's Ford Parking Lot at the end of Cole Mill Rd.

We have extended day hours available for an extra \$10 charge per day. Extended day drop-off is 8-8:30 a.m. and 5-6:00 p.m.

Please drive the speed limit of 25 mph in the park boundaries. This has been a major complaint of rangers in the past and they can and will give you a ticket.

Canoe Quest

Trip meeting time is at 8:30am each day in Hillsborough, NC at the Daniel Boone Inn parking lot. Pick up will be each day at 5:30pm in the same location.

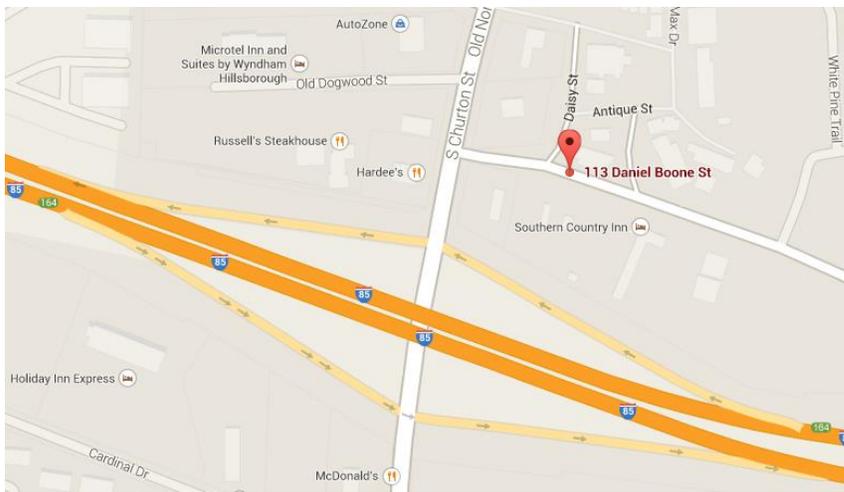
We will be traveling in 15-seater vans with the Walk Your Path Well canoe trailer to Rolling View State Park each day.

Appalachian Journeys and Western Wonders

Pick-up and drop-off both occur at Daniel Boone Village in Hillsborough.

The address is 113 Daniel Boone Street, Hillsborough, NC.

Drop-off is at 8:30am on Monday and pick-up is between 6:00 and 6:30pm on Friday.



First Aid and Risk Management Policy



Walk Your Path Well acknowledges the inherent risk present in outdoor recreation and strives to go above and beyond in our practice of risk management and first aid. All guides are required to be certified with Wilderness First Aid and CPR. One staff member, typically the head staff, per trip is certified as Wilderness First Responders which adds another 40 hours of course materials and practice to a standard Wilderness First Aid course.

All staff members carry a small first aid kit with supplies to treat common minor injuries and two large first aid kits are carried into the field on every activity. These kits are fully stocked and carry epinephrine and Benadryl. First aid training is also reviewed and practiced extensively during staff training.

WYPW recognizes that not only does a counselor need a first aid kit to deal with injuries that occur in the woods, but that having a good risk management plan is essential for preventing injuries in the first place. At WYPW one counselor is always asked to monitor the Safety, Quality, and Harmony of any given activity by taking a step back and looking at the “big picture.” This staff member’s sole job is stopping any accidents before they happen and ensuring that campers are working together in a safe and positive manner.

In the event that an accident does happen you will be notified by the emergency contact numbers listed on your registration. Please make sure these numbers are up to date and that any concerns are shared with the staff before a trip leaves.

Cell Phone and Electronic Devices Policy



Eno River Camps and Canoe Quest

Rarely do campers in the group have a cell phone with them, but in the case that they have brought one our policy is simple. Please keep your phone in your backpack and don't use it unless you need to. If your camper has a special reason that they need to keep their phone on their person all day please let a counselor know at the beginning of the day. Campers with special circumstances will be allowed to carry their phones, but will be asked to keep them out of site until they are needed. **We recommend putting cell phones in a Ziploc bag in case it rains while we are away from backpacks.**

Appalachian Journeys and Western Wonders

We want this camp to be an opportunity to unplug and experience nature and community without electronic interference.

However, campers may bring cell phones and other electronic devices for communication and entertainment during van rides. At any other time we ask camper to keep their electronics off and stowed away in their bags. If your camper brings an electronic device please have them bring a charger for it that they can use at night (with the device off). Staff needs to use the few 12v outlets in the vans so campers will not be allowed to charge in the vehicles unless it is necessary.

Ultimate Strider Adventures

Our policy for USA trips is identical to Appalachian Journey and Western Wonders trips. During the backpacking leg, however, we will store electronics in the trailer so they stay safe and undamaged. If your camper wants to use their cellular device as a camera they will be asked to keep it off or in airplane mode.

Communication with Your Camper

Since campers will not have access to their cell phones most of the times that we are at camp, the best way to reach your camper is to contact our director Al at (919) 724-9449. He will relay your message to the head counselor who will relay it to your camper. **Please only contact your camper if there is an emergency!** We want camp to be a place where campers are living in the moment. If there is a homesick camper, one of the worst things to do is have them talk to a parent in most circumstances. It often makes them feel worse and dredges up more homesickness.

Campers will call home Wednesday night. On Appalachian Journey, Western Wonders, and Ultimate Strider Adventures campers will call home on Wednesday nights. The time varies due to dinner plans, activities, and the size of the group, but we try to do it between 5 and 8 p.m. Often times there are only a few phones to go around, so please keep conversations short and sweet so other campers can talk as well.



Camp Activities, Policies, and Procedures

This section is broken down by the individual camps and trips. It lists the activities that each camp offers along with some of the policies and procedures that Walk Your Path Well uses to participate in these activities safely. If you have any questions about the policies and procedures of an activity please contact AI.

Just because an activity is listed does not mean that your camper will participate in it during their time at camp, it only means that it is a possibility. **For Western Wonders, Appalachian Journey, and Ultimate Strider Adventures please refer to the itineraries on the website to see which activities are scheduled for your trip.**

Eno River Camps

Games

Morning Field Games: Campers start out with free play until a large enough group forms that a bigger game can be played. Once all campers have arrived we play at least one large field game like Capture the Flag, Ultimate Frisbee, or Windago. These organized games focus on teamwork and imagination as well as allowing campers to meet and interact with other campers that they have only just met. During this time there are at least 2 staff members present to arrange games, monitor the group, and encourage participation. They are often helped by a large cadre of CIT's.

War and Peace: War and Peace is an imaginative game that, like the Dragon Game, was created and developed by campers. In the game campers are divided into three kingdoms with their own special boundaries. The kingdoms are given a specific item that they can trade with others as well as gold to buy things with. Many campers will spend the days leading up to War and Peace creating different items so they can sell and trade them during the game. The kingdoms must protect their borders and their ruler, and they must successfully trade, enact peace treaties, and start marshmallow wars with other kingdoms to take them over and win the game. There is plenty of room for theatre and acting in this game and there are many characters that belong to neither group and are allowed to create competitions, cause trouble, or aide the different kingdoms. This game is a way for kids to practice their acting and exercise their imagination all while learning about trade, politics, and resources in our world.



Dragon Game: The Dragon Game is at the center of our program and is unique in that it is completely imaginative and created entirely by campers. During the game campers are a group of villagers that have had their gold stolen by a dragon. The dragon is played by a counselor and on harder levels he or she has dragon assistants. The dragon is banished from a level when all his or her gold is taken back by the villagers, or they lose all their lives by getting hit with marshmallows and are sent to jail. In the game campers must learn to move through nature and the most successful players are the ones that can master this skill. Campers also learn to put their naturalist and wilderness skills to the test by creating scaled maps of the playing area, using primitive methods of direction finding, camouflaging themselves, and tracking to defeat the dragon. The dragon itself represents fear and as the levels get harder the villagers must use more teamwork and strategy to confront the dragon and banish their fears. Overall it is the most fun thing for most campers at WYPW and many would gladly play the Dragon Game all day long if they could.

Educational Activities

Arts and Cards: In Arts and Cards campers are encouraged to express their creativity and develop their talents and skills. Activities that we often do in Arts and Cards include: building marshmallow shooters, survival bracelets, top shot activities like slingshot and nerf bow and arrow, drawing and sketching, whittling, primitive baskets, pioneer cooking, naturalist walks, and singing. Arts and Cards is a place for teaching and learning to take shape. Campers can focus on the skills that interest them: marksmanship, craftsmanship, or naturalist knowledge all while being instructed on a personal level by counselors that are great teachers and skilled in these areas.

One counselor is always in charge of the Safety, Quality, and Harmony of the group during Arts and Cards and does not lead an activity or craft. Activities like top shot, fire making, and creating marshmallow shooters always have a dedicated counselor leading them to ensure that individual rules for those activities are followed.

Fire Making: In fire making campers progress through the different levels of fire skills. We begin with modern skills like one-match fires and magnesium rods, then we progress to historically modern skills like flint and steel. Lastly campers learn primitive skills such as bow and drill and hand drill to craft fires. We also learn how to collect tinder, identify certain plants, use teamwork, and use knives safely. CIT's are assigned to each group to make sure they are following all the fire rules. During the course of a week campers learn between 5 and 15 different plants and trees that can help them or hurt them in their quest to create fire. At the end when each group has made their fire they cook a snack before putting the fire out together.

Smaug's Training Ground: Smaug's is a place for campers to hone their skills in relation to the Dragon Game. Every day new skills like fox walking (walking quietly in the woods), slack-line balance, top shot and marksmanship, and navigation are taught to increase the camper's skill in the Dragon Game. Most campers come with skills that they want to practice in order to learn something new or find a way to play to their strengths. Campers are split into small groups of 4 or 5 and rotate between different activities run by a CIT or Counselor.

Hiking: Sometimes during the week we like to branch away from our usual activity spots and experience other parts of Eno. During these hikes we often stop to learn about different plants and wildlife, find and discuss the history of the Eno and the area around it, and find different trails like Cox Mountain to hike and challenge campers physically and mentally. We never hike merely for the sake of walking; instead we always try to incorporate games, learning, and opportunities to create new friendships into our walks.

Other Activities

River Play: During the summer one of the camper's favorite activities is playing in the river. This can include everything from swimming, to tubing, to river ecology. During these activities there are always counselors assigned to lifeguard and watch the campers. On the first day of camp counselors lead a river safety talk that shows campers the boundaries of their area and teaches them how to walk safely on the slick rocks. Campers review frequently throughout the week.

Wild Wednesdays: This activity is throwback to the older days of Walk Your Path Well when AI would take a group of kids, a backpack full of food, lots of different activities, and head into Eno for the day. Campers get to decide what activities they want to do during the day and can choose from a range of different options like shelter making, fire building, fishing, swimming, slack lining, learning wild edibles, playing big group games, and much more. At the end of the day campers will have gotten to spend a whole day entirely in the woods.



Canoe Quest

During Canoe Quest campers will participate in Arts and Cards, Fire Making, Field Games, Swimming, and some of our larger group games. Please refer to Summer Skills Sessions and Eno River Camps activities for information on these.

Outdoor Activities

Canoeing: Canoeing is different in Canoe Quest than in the Summer Skills Sessions mainly because of the focus of this camp. Over the five days of Canoe Quest campers will learn many more strokes and paddling techniques than they would at a Summer Skills Session. In addition to technique there is a larger repertoire of games as well as ample opportunity to explore all the aspects of Falls Lake. During this exploring campers will learn naturalist skills, observe animals like bald eagles and ospreys, and learn the history of our area by exploring old homesteads and historical sites. All campers are required to wear life jackets in boats and any time we are swimming outside of a designated swimming area. If at any point during the week we cross a larger body of water than one of the nearby small coves campers will be instructed how to handle boat wake, how to stay together, and a counselor will be in the lead boat as well as the sweep boat.



Western Wonders

Western Wonders incorporates the Dragon Game and other large imaginative games, Canoeing, Arts and Cards, Fire Making, Swimming, Hiking, and Archery. Please refer to the previous sections to learn about these activities.

Outdoor Adventure Activities

Zipline: The Zipline at Western Wonders is not like some of the larger ziplines on our USA and Appalachian Journey trips. This line starts at the edge of the lake and stops in the middle where they hop off the seat into the lake and swim back to shore.

Rock Climbing: Rock climbing at Western Wonders is either on a man-made wall or on one of the smaller cliffs on the Holston Center's property. It is run by their staff, but WYPW staff will be present during the entirety to make sure our safety standards are met. Walk Your Path Well practice Challenge by Choice. This means that we do not force any camper to challenge themselves more than they want to. All campers are told that their best is all we will be proud of whether that is making it 3 ft up, all the way to the top, or just putting on a helmet and cheering.

Tubing: During Western Wonders we may do some tubing on the New River or other small creeks and rivers in the area. When we tube at Walk Your Path Well campers are required to wear a life jacket and, depending on the body of water, a helmet. During Western Wonders we will not tube on anything that requires a helmet. All our tubing sites for Western Wonders will feature only flat and shallow moving water.



Appalachian Journey

Appalachian Journey trips participate in many activities already mentioned including: Tubing, Field and Imaginative Games, Fire Making, Arts and Cards, Archery, Smaug’s Training Grounds (Activity Rotations on these trips), Swimming, Hiking, and Canoeing. Please refer to the other descriptions to learn more about these.

Outdoor Adventure Activities

Rock Climbing: Rock climbing on Appalachian Journey is done on man-made rock climbing walls using auto-belay systems. This means that a mechanical device does all the work to keep your child safe during this activity. Often times gold is given for reaching certain points along the way.

Whitewater Rafting: All of our Appalachian Journey trips contain an element of whitewater rafting. The rivers that we choose are appropriate for the age group that is on the trip, and the outfitters that we choose have a history of safety and professionalism. While on the river we try to put a counselor in every boat and we try and choose rafting groups based on groups of friends that have developed over the week.



High Ropes and Zipline: During several of our mountain trips we participate in High Ropes Courses and Ziplines. All of these courses vary in length and difficulty and are chosen to give an appropriate challenge for the trip’s age group. During Appalachian Journey II campers are split. Some go to the High Ropes and some on the Zipline course. Any camper who wishes to participate in the High Ropes may, but only campers exceeding the weight minimum are allowed to do the Zipline on this trip.

Ultimate Strider Adventure

USA trips participate in the same activities as Appalachian Journey trips with a few extras thrown in. Please refer to the Appalachian Journey section, as well as any applicable previous sections to see descriptions for these activities.

Outdoor Adventure Activities

Caving: Caving is an exciting opportunity that we are thrilled to share with our USA III campers. Walk Your Path Well counselors take campers underground in Tennessee to a muddy and exciting world that few people get to see. In Worley's Cave we often encounter bats and cave salamanders, and sometimes we can even see albino crayfish. The classic Scout Loop is the route that we take. It loops up and over the Devil's Staircase and comes around by wading through the creek on the lower level. This cave is great for people who have never caved or are nervous since there are no mandatory small or extremely claustrophobic sections. Instead there are places where those who want a challenge or a belly crawl can squeeze through, while those who don't can walk around in larger passage. While ascending the Staircase we use a hand line for the top part and put campers on a short belay for the initial 6 foot step up. To keep the group together we let a counselor lead and sweep and position counselors in the group. We stop frequently to point out interesting features and to make sure everyone is accounted for.

Rock Climbing: Rock Climbing for USA III is done through Holston Retreat Center in Banner Elk. Campers can choose from several different routes on the in-camp rock walls. Experienced rock climbers will be belaying students.

Backpacking: The main activity on USA III is backpacking. Campers on this trip start their backpacks on the first day of their trip, and are in the woods for three nights. Campers learn different aspects of living in the woods like cooking food on stoves, setting up tents and tarps, packing backpacks, and purifying drinking water. During the course of the backpack challenges are given like "The Dakota Challenge" and the "Hundred Gold Challenge" where campers can choose to push themselves to feel even more accomplished or earn more gold. For each backpacking trip all potential evacuation points are set beforehand, and all routes have contingency plans for the threat of bad weather.



Trading Post and Gold

During the course of any of our camps counselors have a reward system for campers. “Gold” is the official monetary system of Walk Your Path well and is earned several different ways. At Eno Camps and other local camps gold is given for winning the Dragon Game, helping counselors with clean-up and carrying things, and for challenges in Arts and Cards or Smaug’s Training Grounds. On Mountain Trips we give gold for helping out, showing good citizenship, or for completing challenges on ropes courses, rafting, backpacking trips, rock climbing, and any other adventure activity that we do.

Gold is just a small part of our time at camp, and we stress to campers that it is not the main focus. We want kids to be outside, enjoying their friends and surroundings instead of focusing on accumulating gold the entire time.



Campers are responsible for their own gold. If gold is given out in credit, they must keep track of it by writing it down or in their heads. If gold is given out with little plastic and gold gems then campers need to keep it safe in their day bags.

The Trading Post is an opportunity for campers to spend their “gold” on things that they may want like suckers, knick-knacks, compasses, whistles, fire starters, and knives. Trading Post typically happens on Wednesdays and Fridays during local camps, and on the last day of a Mountain Trip. When the Trading Post is open it is run by a goofy man named Billy Bob that teaches campers about wood lore and naturalist skills. Billy Bob doesn’t set prices at the Trading Post, but instead allows campers bargain with him for the price of items. Campers must budget their gold and decide what they really want before spending it frivolously on small items. **Campers that wish to purchase a knife or a fire starter need to have a signed permission slip from a parent or guardian in order to do so.**

Packing for Camp

Eno River Camps and Canoe Quest

- Full Water Bottle
- Lunch
- Rain Jacket
- Swimsuit
- Towel
- Water Shoes
- Duct Tape
- Layers in case the temperature drops
- Sunscreen and Bugspray

Optional

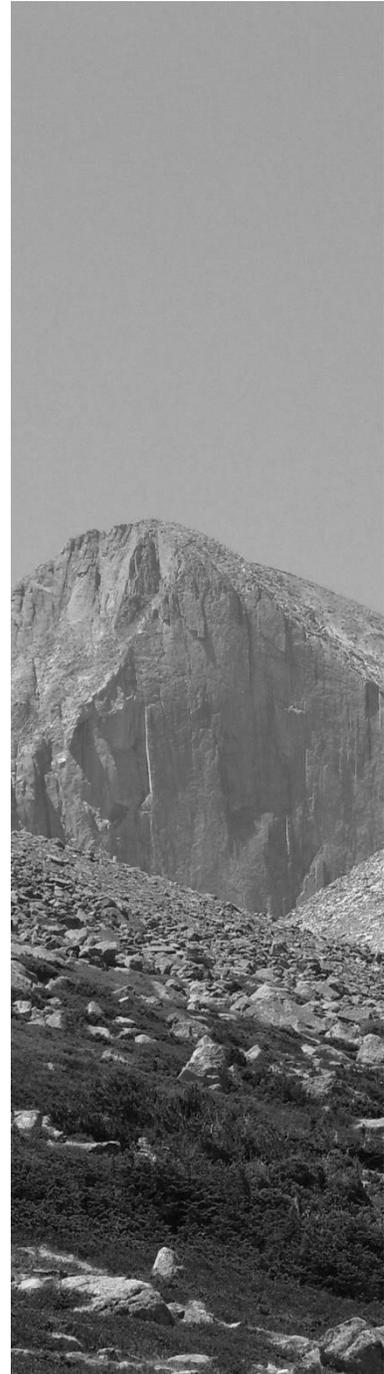
- Pocket Knife (Needs to be a locked blade or fixed blade knife. Must be checked by a counselor. May not be used until campers complete a knife safety lesson. May be taken up and returned to parents if used in an unsafe manner.)
- Fire Starter (Needs to have been purchased in our Trading Post and may only be used during fire time.)

All of these items should be brought in a backpack that can be left in a cubby near the van. We frequently visit the cubbies to get items that campers might need for the activities. Please remember to have your camper grab their personal items every day when they leave to cut down on the amount of lost and found we need to return.

During the summer, it helps with time management if your camper wears his or her swimsuit to camp each day. We don't typically go swimming until later in the afternoon, but there is still plenty of time to dry off in the sun before you pick up your camper.

Several items may be made during Arts and Cards and brought with a camper on subsequent days. These include:

- Marshmallow Shooter
- Duct Tape Shield
- Dragon Game Duct-tape armor





Appalachian Journey and Western Wonders

Hiking Gear

- ___ Duffel Bag, (to place ALL belongings in)
- ___ Sleeping Bag and single fitted sheet for bunks
- ___ Day Pack / Book Bag
- ___ Water Bottle
- ___ Small plastic bowl and spoon/spork.
- ___ Hygiene kit (toothbrush, toothpaste, 1 small towel)
- ___ High pitched whistle
- ___ Headlamp / Flashlight
- ___ Sunscreen / Bugspray

Clothes

- ___ 5 pairs of athletic socks
- ___ 2 Synthetic camp T-shirts
- ___ 3 Shirts
- ___ 2 Pairs of long pants
- ___ 4 Pairs of shorts
- ___ 1 Pajamas
- ___ 2 Pair of wool blend socks for hiking
- ___ 2 Bathing suits

Footwear

- ___ Hiking shoes/boots
- ___ Old tennis shoes
- ___ River Shoes

Rain gear

- ___ 1 waterproof poncho or water proof jacket w/ hood
- ___ 1 warm fleece or wool sweater

Snacks to Supplement meals

- ___ 1 Box of Power Bars
- ___ 3 bags of Beef or Turkey Jerky
- ___ Create your own large Ziploc bag of GORP
(Granola, Oatmeal, Raisins, Peanuts)

Cash for meals evening meals: \$45

USA III

Gear

- ___ Internal frame backpack (lightweight if possible) (**Starting in Summer 2013 WYPW can provide backpacks at no extra cost**)
 - ___ Lightweight sleeping bag
 - ___ Thermarest or sleeping pad (suggested, but not essential)
 - ___ 2 wide mouth Nalgene water bottles (or 1 Nalgene and 1 Camel Back --Wide mouth is necessary for Steripen water filtration)
 - ___ Small plastic bowl and spoon/spork
 - ___ Hygiene kit: toothbrush, small toothpaste, 5 sanitizer wipes
 - ___ High-pitched whistle
 - ___ Head lamp/flashlight
 - ___ Hiking boots (must be broken in, must have ankle support)
 - ___ 1 winter hat for cooler nights (6000ft in the Appalachians is the equivalent climate to Newfoundland)
 - ___ Lightweight poncho to cover your backpack as well as your body.
 - ___ Backpack Cover (Walmart has one for \$4)
- OPTIONAL: pocket knife (fixed blade or lock blade only), bandana, fire-starter, paperback book, small deck of cards

Clothes

- ___ Wear a shirt, shorts or pants, socks, boots under clothes to begin hiking
- ___ Bring extra clothes: 1 shirt, 1 shorts or pants, 3 pairs underwear, 2 pairs of socks--not cotton!--wool blend socks are best.

Food

- ___ Power Bars or Clif Bars (7)
- ___ 2 bags of jerky
- ___ Create 2 Ziploc bags of trail mix (granola, dried fruit, Chex mix, raisins, peanuts, cashews, etc.)
- ___ 4 instant oatmeal packages OR 3 instant grits package
- ___ 3 instant noodles packages (Ramen or other brand) OR 2 Mountain House/Backpacker's Pantry meals
- ___ 4 tuna/chicken salad ready to eat kit with crackers

Vegetarian Option:

1. Power Bars (7)
2. 4 bagels and a small container of nut butter
3. 2 Ziplocs of Trail mix, (Granola, dried fruit, Chex mix, raisins, peanuts, cashews etc.)
4. 4 instant oatmeal packages
5. 3 instant noodles packages (Ramen or other brand) OR 3 Mountain House/Backpacker's Pantry meals

After Backpack Items

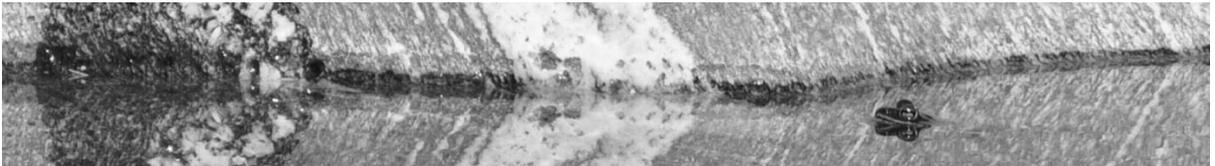
- ___ Extra clothes (2 socks, 3 underwear, 2 pants/shorts, 2 shirts)
- ___ River shoes (closed toe)
- ___ 2 bathing suits if possible, 1 bathing suit necessary
- ___ 1 large towel
- ___ 1 single fitted sheet
- ___ Cards/board games
- ___ Snacks and extra food
- ___ \$65 dollars cash for food after the backpacking portion of the trip.

USA III Continued

Additional Clothing

This is for caving so it needs to be old, beat up, dirty clothing. If it isn't when you send it, it will be when it gets back.

- ____ 1 Pair of Jeans or other long pants
- ____ 1 Long sleeved shirt
- ____ A pair of old Tennis Shoes or boots



How to Pack

Eno River Camps, Canoe Quest

Campers should bring everything they need for the day in a backpack. All items should be able to fit inside the pack or inside the milk crate cubbies that we use to store items.

Campers will be allowed to go to cubbies between activities to retrieve anything they might need.



Appalachian Journey and Western Wonders

Campers should pack a lunch and their money (in a small Ziploc) in their Day Bag. They may also put their book or electronic device into this as well.

All other items should be stored in the camper's duffel.

To improve organization please pack like items into Ziploc bags or stuff sacks so campers can find them easier.

Ultimate Strider Adventures

Gear

All the items on the Gear List need to be packed into the Internal Frame Backpack. Please refer to the Packing Tips on page 35 for a diagram on how to pack a backpack.

Clothing

All the clothing, except what is worn on the first day, or what is in the "After Backpacking Clothing", should be packed into Ziplocs and put into the internal frame backpack.

Food

All food, except for one bag of trail mix and 2 Power Bars, should be put in a food tote bag and packed into the internal frame backpack. The tote bag should be a reusable grocery bag.

All Other Items

Anything not already mentioned should be stored in a day pack or small duffel bag. This includes clothes for after the backpack, money, snacks mentioned above, and electronic devices.

USA and Trip Equipment Tips

Packing and Packaging Tips

- Use a trash compactor bag to line the inside of your backpack. These heavy duty bags stand up well to abuse and work wonders when combined with a backpack cover.
- Pack like items in Ziploc bags. Gallon sized Freezer bags are the best. Not only do they give things an extra layer of waterproofness, they help save space. Simply pack what you want in them, seal them most of the way, squeeze all the air out, and then seal completely. It's like vacuum packing your gear.
- Line your sleeping bag with a trash bag. This helps waterproof, and compresses as well. You do not need to tie the bag after you have gotten the air out; simply twist and stuff the tail down the side of the stuff sack.
- Make sure medications, snacks, cameras are packed in places where they can be reached quickly.
- For longer backpacks campers may find that a pair of cheap trekking poles (\$20 at Walmart or Dick's Sporting Goods) helps with stamina during the day.



moderate terrain

Pack your pack using this image. Remember that items you will need quick access to should be packed close to the top, on the side, or in the lid of the pack.

Contractors

If you have any questions or concerns please call Al Whitted first at (919) 724-9449. He is the contact person for Walk Your Path Well and will know details of your child's trip better than our contractors.

Western Wonders

Location/Lodging: Holston Presbytery Camp and Retreat Center (828) 898-6611

Appalachian Journey

Lodging: Nantahala Outdoor Center (828) 785-4851

Rock Climbing: Nantahala Outdoor Center (828) 785-4851

Rafting: Nantahala Outdoor Center (828) 785-4851

Ultimate Strider Adventures

Lodging: USA Raft and Crockett Cabin 1866-872-7238; Holston Presbytery Camp and Retreat Center (828) 898-6611

Rock Climbing: Holston Presbytery Camp and Retreat Center (828) 898-6611

French Broad Duckies: Blue Heron Rafting (888) 426-7238



The End