



**The Phoebe Needles Center**  
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[www.PhoebeNeedles.org](http://www.PhoebeNeedles.org)

Summer 2018

Dear Parents/Guardians and Phoebe Needles Campers,

This letter is to provide you with information on our **Outdoor Expedition Camp**:

**Itinerary:**

Sunday and Wednesday nights are spent camping out at the Phoebe Needles Center.

Monday - transported to the trail head near Mountain Lake to begin backpacking through Wednesday noon.

Wednesday - caving near Mountain Lake.

Thursday - transported to Pilot Mountain State Park & Hanging Rock State Park (NC) for climbing, hiking, & camping.

Friday - return to the Phoebe Needles Center. **Parents pick up campers at 5:00 p.m.**

The section of the Appalachian Trail is moderately strenuous. The caving, and rock climbing sites are appropriate for beginners or those with intermediate experience.

**Clothing:** Bring sturdy shoes with laces and warm clothing. Older clothing and shoes are preferred. Clothes and shoes will get wet and muddy.

**Activities:** Backpacking, camping, outdoor cooking, caving, rock climbing, rappelling, hiking, and traveling on a bus.

**Risks/Hazards/Dangers:** Use of backpacking stoves, purifying water from natural water sources, weather, animals, the use of specialized equipment (rock climbing and rappelling equipment, etc.).

**Precautions:**

The staff has experience and has been trained in the use of all specialized equipment, and activities. The staff hold current certifications in Red Cross Wilderness First Aid/CPR/AED. The staff are trained to handle emergency situations while out of camp or on the trail. The Phoebe Needles Center has a written Emergency Action Plan for this camp program.

**Situations in Which You Can Expect Us to Call You**

It is important to remember that all decisions to contact parents or guardians are made by the Executive Director. The Executive Director (or other staff member specifically designated) will notify parents or guardians by phone of an illness or injury to their camper in the following situations:

- Camper contracts a contagious disease.
- Camper is home sick and requests to go home or talk with parents.
- Camper requires treatment from the local Emergency Medical Service.
- Camper is taken to the emergency room, or hospitalized.
- Lost camper

If you have any questions about Summer Camp @ Phoebe Needles, please do not hesitate to give us a call at (540) 483-1518 or e-mail us at [PNCenter@gmail.com](mailto:PNCenter@gmail.com).

Sincerely,

John H. Heck  
Executive Director