



Phoebe Needles Center, Inc.
732 Turners Creek Road
Callaway, VA 24067
(540) 483-1518
Email: PNCenter@gmail.com
www.Phoebeneedles.org

Summer 2022

Dear Outdoor Expedition Camp Parents/Guardians and 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, Inc..

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 Phoebe Needles Center, Inc. **Parents pick up campers at 5:00 p.m.**

*The itinerary is subject to change due to weather, closures, or other unforeseen circumstances.

Activities: Backpacking, camping, outdoor cooking, caving, rock climbing, rappelling, hiking, and traveling on a bus. The section of the Appalachian Trail is moderately strenuous. The caving, and rock climbing sites are appropriate for beginners, intermediates, or those with advanced experience.

Clothing: Bring two pairs of sturdy shoes (one pair for hiking, another for caving) with laces and warm clothing. Older clothing and shoes are preferred for caving since they will get wet and muddy.

Risks/Hazards/Dangers: Use of backpacking stoves (propane or butane), purifying water from natural water sources, exposure to steep cliffs, weather, plants, 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, on the trail, or at the climbing site. Phoebe Needles Center, Inc. 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 homesick for more than 24 hours 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 call us at (540)483-1518 or e-mail us at PNCenter@gmail.com.

Sincerely,

John H. Heck
Executive Director