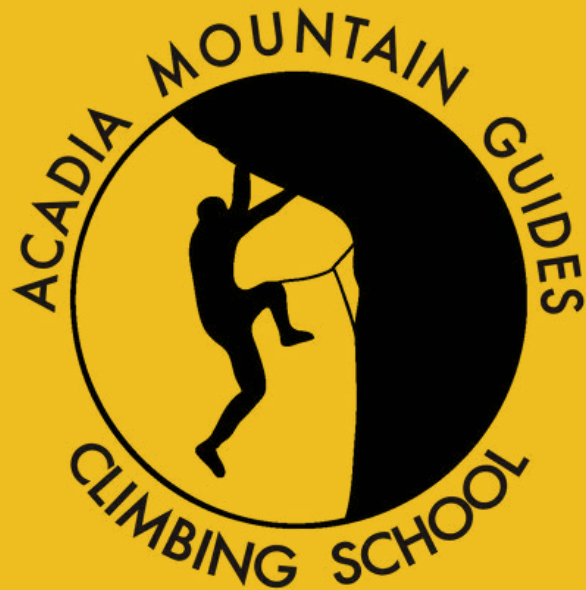


2024

# Rock Climbing & Adventure Camps Information



Accredited by  
The American Mountain Guide Association Since 1993  
and the Professional Climbing Instructors Association Since  
2007

Licensed by  
The Maine Department of Health & Human Services



*Our Young Explorers Adventure Camp  
Climbing in Clifton, ME*

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# 2024 Rock Climbing & Adventure Camps

## Ages 7-13 Grades 2nd-7th

**Ages 7-9 Grades 2nd-4th**

Mountain Monkeys Youth Rock Climbing Day Camps

June 24 - 28, Acadia National Park

July 8 - 12, Acadia National Park

August 5 - 9, Acadia National Park

August 19 - 23, Acadia National Park

\$299.00

**Ages 9-13 Grades 4th-7th**

Young Explorers Adventure Day Camps

July 8 - 12, Acadia National Park

August 5 - 9, Acadia National Park

Young Explorers Adventure Overnight Camps

July 1 - 5, Acadia National Park

July 22 - 26, Moosehead & Katahdin Region

Rock Pro I Youth Rock Climbing Day Camps

July 15 - 19, Acadia National Park

August 12 - 16, Acadia National Park

Rock Pro I Youth Rock Climbing Overnight Camps

June 24 - 28, Acadia National Park

July 29 - August 2, Acadia National Park

Day Camps - \$350.00 Overnight Camps - \$750.00





# 2024 Rock Climbing & Adventure Camps

## Ages 13-18 Grades 8th-12th

Maine Outdoor Multisport Adventure Camp \$2,200.00

July 14 - 25, Maine

RockPro II Gym to Crag Camps \$1,400.00

June 23 - 29, Acadia & Clifton, ME

July 7 - 13, Acadia & Clifton, ME

July 28 - August 3, White Mountains, NH

August 11 - 17, Acadia & Clifton, ME

Rock Pro III Sport Climbing Camps \$1,700.00

June 30 - July 6, Rumney, NH

July 14 - 20, Clifton, ME

July 21 - 27, Rumney, NH

Rock Pro IV Multi-Pitch Climbing Camps \$1,900.00

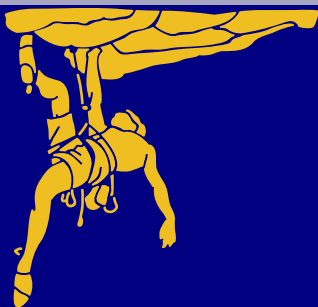
July 28 - August 3, White Mountains, NH

Rock Master Advanced Climbing Camp \$2,900.00

August 4 - 15, Maine and NH

Teen Backcountry Ski Camp \$1,600.00

2025 Dates TBD



# Words from our Owner,

## *-Welcome to Acadia Mountain Guides Climbing School-*

In 1974, at the age of thirteen, I bought my first climbing rope and began to teach myself how to climb on the walls of nearby mines in central New Hampshire. In the winter, I tried my hand at ice climbing and promptly slid all the way to the base of an ice gully. I decided it was time to learn to do this properly and earned an opportunity to travel to the Tetons in Wyoming and take climbing lessons. Returning to the cliffs and mountains of New Hampshire, I learned the art of climbing from my older mentors, Stan and Bob, and participated in my high school outdoor climbing program. Little did I know at that time how much impact these experiences would have on my life, and that decades later I would be writing this letter to you.

My thirst for adventure and love of wilderness climbing live on to this day and have allowed me to discover places on our planet that I otherwise may have never known. I hope that your summer camp experience may do the same for you. As you consider or prepare for camp I am sure you will wonder about certain things: Can I do it? Will I like the food? Will I fit in? These are all normal reactions to doing new activities and I still wonder the same questions when preparing for a big climb. So if you have concerns, please call us and let us help you out or answer your questions.

I wish you many new discoveries and thank you again for your interest in our summer rock climbing and adventure camps.



**Jon Tierney**

Owner, Acadia Mountain Guides Climbing School  
IFMGA/AMGA Licensed Mountain Guide

## Acadia Mountain Guides Climbing School

### About Us - A Brief History.

Acadia Mountain Guides, Inc. was established in 1993 by three friends who had been climbing in the local area since the early eighties. The pursuit of excellence was of utmost importance to these founding directors and remains central to our mission today. Client safety, guide safety, and quality of the experience have always been our mantra. Each of the owners had degrees in outdoor recreation management, an extensive climbing background, and over a dozen years of outdoor leadership experience to draw upon. Jon Tierney was a co-founder of the University of Maine outdoor program in 1983-84 leading that program to national prominence over the next several years. Chris Damboise and Liz Dunn were senior instructors for the university program for several years and played a large part in its success as well. Jon and Liz had the additional experience of several seasons of employment for the National Park Service as backcountry climbing rangers where they regularly dealt with rescue and climbing management. Meanwhile, Chris had been employed as an instructor and climbing director for Hurricane Island Outward Bound for many years. They were some of the first participants in formal guide training programs in the United States in the early 90s and in 1993 Jon became one of the first 20 Americans to receive the AMGA Rock Guide certification and later went on to become one of the first 30 internationally certified IFMGA/AMGA Full Mountain Guides in the U.S. Acadia Mountain Guides successfully sought accreditation from the American Mountain Guides Association in the spring of 1993 and opened doors in Bar Harbor that same season.

Over the next several years Acadia Mountain Guides steadily grew and established itself as one of the leading climbing schools in New England. The standards and practices in place at Acadia Mountain Guides in the late 90s formed the basis for the development of national standards and a teaching curriculum for climbing instruction which was developed by Jon and adopted by the American Mountain Guides Association in 1998. Today, the Single Pitch Instructor certification is highly respected as an entry-level climbing instructor certification. The Professional Climbing Instructors' Association (PCIA), co-founded by Jon in 2008 embraced these standards to an even greater degree.

In 2001 AMG transitioned to a year-round climbing school adding ice climbing, international expeditions, wilderness medicine, avalanche education, and the ever-popular winter ascents of Katahdin to our offerings. The idea of a summer climbing camp was also proposed in 2001 by two AMG employees.

At that time very few specialized climbing camps existed in the U.S. Most of those that did exist were run by well-meaning recreational climbers for summer camps, universities, and climbing gyms. AMG raised safety standards and brought a new level of professionalism and fun to specialized summer camps by utilizing professionally trained climbing guides as summer camp leaders. Three camps were offered that first season and were led by Silas Rossi and Libby Wilder. The feedback was excellent and a new era for rock climbing and adventure camps was born!

Today, Acadia Mountain Guides Climbing School offers a diverse selection of climbing and adventure camps for kids and young adults between the ages of 7 - 18 and we continue to explore innovative methods and launch new and exciting programs. Each year, we expect well over 100 campers to join us on the rocks to explore the vertical world, meet new friends, and have a summer of fun. Will you be one of them?

*Committed to providing safe, supportive, state-of-the-art instruction and guidance that maximizes the client's experience and minimizes physical and emotional risk and environmental impact.*

*Our philosophy is to continually develop and share cutting-edge ideas and techniques that improve the delivery of our instruction to our clients and that promote responsible guiding, recreational climbing, and wilderness use.*







# Summer Camp Discounts

## Volume Discounts:

Register for 2 Sessions -

Save 15% on the total w/ code: CAMP2

Register for 3+ Sessions -

save 20% on total w/ code: CAMP3+

## Sibling Discount:

Register 2 or More Siblings to the same camp, Save \$50.00 on the final price w/ code: SIBLING

## Refer a Friend Discount:

For returning Campers, bring a friend and get a \$25 credit toward your day camp or \$40 credit towards your over night camp

## EARLYBIRD Registration:

Register before January 31st, 2024 and receive 15% off the total w/ code: EARLYBIRD



# Camp Scholarships

*Circumstances are different for everyone. We ask those who can afford to pay for camp to please do so. Acadia Mountain Guides offers options to those who want to attend camp but might not have the financial means.*

- Option 1: No child left inside! Camper sends us a letter in their own words on why they want to come to camp and the parent or guardian should send an accompanying letter stating what they can contribute to camp. We seek to find sponsors to support this program.
- Option 2: REENO Foundation. This is a scholarship program honoring Nick Ruschmeyer, one of our former camp leaders who died from cancer in 2020. He did a lot in his short life. Per Nick's choice, AMG is one of four benefactors of his foundation's funds. Our campers can apply for a scholarship to attend.
- Option 3: Many businesses and organizations offer financial assistance for camp. Often, all you have to do is ask. Here are some ideas. Your place of worship may have a fund. If the camper's parent(s) or grandparent(s) served or are serving in the military, there may be funds available for camp through veteran's groups. Other civic organizations and clubs, sororities, and fraternities may have available funds.

*An example of the above: The Lee Summer Camp Scholarship Program provides up to \$300 in summer camp scholarships to children of Atlantic Acceptance and Maine Auto Credit customers. Deadline April 30th.*



Ages 7 - 9, Grades 2 - 4  
**Mountain Monkeys  
Climbing &  
Adventure Camp**



Price:  
**\$299.00 W/ Shuttle**

June 24 - 28, Acadia  
July 8 - 12, Acadia  
August 5 - 9, Acadia  
August 19 - 23, Acadia

**GET OUTSIDE!**

Experience the outdoors with Acadia Mountain Guides Mountain Monkeys Rock Climbing and Adventure Camp - an ideal starting point for young enthusiasts eager to explore a range of outdoor, human-powered activities. This program, a condensed version of our Young Explorer and RockPro I camps, offers a safe and enjoyable platform for learning outdoor skills, fostering self-confidence, and promoting teamwork. Our camps prioritize self-discovery, responsibility, fitness, and, most importantly, fun - it's all about the adventure! Parents can anticipate small-group enjoyment and outdoor excitement led by qualified, safety-conscious guides. Whether scaling Beehive and swimming at Sand Beach or engaging in seaside rock climbing and exploring lobster traps, each day promises a new and thrilling experience.



# Mountain Monkeys Objectives

- To have fun learning in an outdoor setting and to meet new friends with similar interests
- To develop safe habits related to outdoor activities
- To learn and practice principles of Leave No Trace
- To practice general camping skills including tent set up and fire building
- To work with others in a cooperative and supportive culture that fosters personal responsibility and teamwork.
- To learn about common native plants and animals and other natural history subjects such as marine and pond life.
- To learn various specific skill sets tailored to activities such as; rock climbing, canoeing, hiking, etc.

## Mountain Monkeys Sample Itineraries

This camp is offered multiple times throughout the summer. Each camp session is different enough from the others so that it's possible to do multiple camps with minimal repetition. Within each camp, we will do a variety of activities throughout the week. There are so many things to share and learn, we can't possibly list them all here. Below is a sample itinerary that is not set in stone.

### Acadia National Park

Day 1: Every session begins with get-to-know-you games and team-building initiatives. Learn to make your own harness, tie knots, and practice rock climbing. End the day with a dip in the ocean at Sand Beach.





Day 2: Play follow the leader up Beehive Mountain while practicing mountaineering rope skills or go to the coast and explore life in the tide pools.

Day 3: Rock climb on The Bubbles then paddle across Jordan Pond.

Day 4: Hike to the fire tower on Beech Mountain then grab a swim to cool down.

Day 5: Finish your week by rock climbing over the ocean and end the day with a traverse across a suspended rope bridge.

### **Bangor and Clifton Area**

Day 1: Every session begins with a few get-to-know-you games and team-building initiatives set the stage for moving on to other activities. Visit Hirundo Wildlife Refuge, learn basic canoe strokes, paddle a war canoe, and explore the creatures that live in a pond and river.

Day 2: Practice rappelling down a rope and explore a short cave. Follow a compass back to your van, Learn about trees, and join a scavenger hunt of natural things.

Day 3: Learn about Maine wildlife, and view animal skulls and furs recovered from animals struck by automobiles. and cast track

Day 4: Survive in the Maine woods. Set up tents, and learn to build a fire.

Day 5: Climb and rappel at Park's Pond, Take a swim in Park's Pond.

### **Acadia National Park #2**

Day 1: Every session begins with a few get-to-know-you games and team-building initiatives set the stage for moving on to other activities. Practice knots and rope coiling before getting on the rocks for a short climb. Go for a swim at Echo Lake.

Day 2: Practice mountaineering rope skills while hiking the Ladder Trail to the summit of The Beehive. If time allows explore life in the tide pools. Learn how to use a map.

Day 3: Action and adventure when you build your own adventures with ropes in the forest, use your new map and compass skills to go to the top of Acadia Mountain.

Day 4: Learn to get a campfire going with flint and steel and see how fast you can boil a cup of water. Pull a lobster trap to see what you catch.

Day 5: Rock climb over the ocean and end the day with a traverse across a rope bridge.





# Mountain Monkeys Drop-Off/Pick-Up Info

Available in Bangor, Ellsworth or Bar Harbor

*7:30 am Drop-Off, 5:30 pm Pick-Up*

Alpenglow Adventure Sports, 753 Stillwater Ave  
Bangor ME

*8:45 am Drop-Off, 4:15 pm Pick-Up*

Mcdonalds Parking lot,  
Ellsworth ME

*9:30 am Drop-Off, 3:30 pm Pick Up*

Acadia Mountain Guides, 228 Main Street  
Bar Harbor ME



Ages 9 - 13, Grades 4 -7  
**Young Explorers  
Adventure Camps**

Day Camps

July 8 - 12, Acadia

August 5 - 9, Acadia

Overnight Camps

July 1 - 5, Acadia

July 22 - 26, Northwoods



Price:

Day Camp: \$350

Overnight Camp: \$750

*View Page 7 for all  
Camp Discounts*

Embark on a week of adventure and exploration, savoring the best of Maine through immersive outdoor experiences! Our objective is to impart fundamental camping, hiking, climbing, canoeing, and other outdoor skills, empowering your family to lead outdoor adventures. Throughout these five days, we'll foster friendships and independence amidst the splendid Maine wilderness.

The uniqueness of each camp lies in its location. One day may entail hiking Acadia Mountain with breathtaking views of Somes Sound, while another offers the thrill of canoeing in the Kennebec region, seeking out majestic bald eagles!



# Explorers Objectives

*The core related objectives for Young Explorers Adventure Camp are:*

- To have fun learning in an outdoor setting and to meet new friends with similar interests
- To develop safe habits related to outdoor activities
- To learn and practice principles of Leave No Trace
- To practice general camping skills including tent set up and fire building
- To work with other in a cooperative and supportive culture that fosters personal responsibility and teamwork.
- To learn about common native plants and animals and other natural history subjects such as astronomy, geology, marine and pond life.
- To learn various specific skill sets tailored to activities such as; rock climbing, canoeing, kayaking, hiking, etc.



## Explorers Sample Itinerary.

*The camp is available at various times during the summer, and we make a deliberate effort to ensure that each session differs significantly from the others, allowing participants to attend multiple camps with minimal repetition. Each camp features a diverse range of activities scheduled throughout the week. Sample itineraries for the Acadia and Moosehead Outdoor Camps are provided below.*

### Acadia Camp #1

Day 1:

- Before hitting the trail, warm up with activities to get the group knowing each other and get energized then hike to a mountain peak in Acadia National Park
- After lunch on the summit learn how to read a map showing the landscape and play some fun hide and seek games to help learn some of local trees and plants



### Day 2:

- Meet a real life park ranger and start your journey to becoming a Jr. Ranger
- Cruise over to Sand Beach for a quick dip in the Atlantic Ocean
- Learn to hang a bear bag
- It's basic first aid day. Stop bleeding, opening an airway, and building a splint are just a few valuable things to learn. Meet a paramedic and learn what they do.

### Day 3:

- Spend the morning canoeing on Jordan Pond followed by an afternoon hike up a mountain summit and a short, easy rock climb to wet your climbing appetite

### Day 4:

- Ever wondered where all the rocks come from to make bridges and wall. Visit a quarry and the Granite Museum to try your hand splitting and shaping a rock the old fashioned way
- Maybe a short hike to a fire tower and then wrap up the at the beach swimming or building castles in the sand

### Day 5:

- Try your hand with basic knots and enough rope skills to rappel down a rope into a sea cave where you can explore for starfish, sea urchins and other sea life
- Finish out the day rock climbing or rock scrambling over the sea as you wish - something for everyone
- Finish the day with our signature Tyrolean rope bridge traverse

Overnight Campers: after returning to camp for a hardy meal, overnight campers may go for a short hike, climb or paddle and sometimes simply socialize around the fire telling stories and gazing at stars.

### Rainy Day Options:

Generally, we try to proceed with planned activities for the day unless there is lightning danger or other hazardous weather.



# Northwoods Explorers Sample Itinerary.

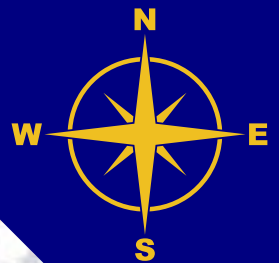
Day 1: Get the maps out and head to Greenville. Before hitting the trail, warm up with activities to get the group to know each other and energized. Set up camp on the shores of a northern Maine lake and practice canoe skills and how to right an overturned canoe in the water. Learn to set up your tents and build a campfire.

Day 2: Get ready to paddle back to camp on the moving water of the West Outlet. You may get wet but you'll probably see a bald eagle or maybe even a moose. Back at camp learn about the lives of Maine mammals by looking at real skulls, pelts, and track molds of native animals (obtained from ME IF&W). Find a track and make your own plaster track mold. Stories around the campfire.

Day 3: Get aboard the ferry for a full day on Mt. Kineo. You will have a chance to hike up the Indian Trail and climb the fire tower to see all around Moosehead Lake. If time allows, sample some rock climbs on Mt. Kineo. Learn about the weather tonight along with lightning safety.

Day 4: After learning how to cross a river safely as a group, we'll hike to the "Grand Canyon of the East" Gulf Hugas where we can hang out in water-carved river pools before heading back out a different way.

Day 5: Road trip to Debsconeag Wilderness to visit the ice caves. On the hike out, get to know some of the plants in a fun way. Head home with a week of memories, learning, and laughs.





# Explorers Camp Shuttle

## Drop-Off/Pick-Up

Available in Bangor, Ellsworth or Bar Harbor

Bangor, 7:30 am Drop-Off, 6:00 pm Pick-Up  
Alpenglow Adventure Sports, 753 Stillwater Ave,

Ellsworth, 8:45 am Drop-Off, 4:45 pm Pick-Up  
Mcdonalds Parking lot

Bar Harbor, 9:30 am Drop-Off, 4:00 pm Pick-Up  
Acadia Mountain Guides, 228 Main Street

• • • • •

### Acadia Explorers Overnight Camp Drop-Off

7:30 am, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

9:30 am, Acadia Mountain Guides, 228 Main Street, Bar Harbor ME

### Acadia Explorers Overnight Camp Pick-Up

4:00 pm, Acadia Mountain Guides, 228 Main Street, Bar Harbor ME

6:00 pm, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

### Northwoods Explorers Overnight Drop-Off

7:30 am, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

### Northwoods Explorers Overnight Camp Pick-Up

7:00 pm, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME



Ages 9 - 13, Grades 4 - 7  
**RockPro I Youth Rock  
Climbing Camps**

Day Camp

July 15 - 19, Acadia

August 12 - 16, Acadia

Overnight Camp

June 24 - 28, Acadia

July 29 - August 2, Acadia



Price:

Day Camp: \$350

Overnight Camp: \$750

*View Page 7 for all  
Camp Discounts*

Embark on a thrilling five-day journey with RockPro I campers, where the focus is on rock climbing and mastering essential safety skills. Our objectives include gaining proficiency in fundamental rock movement, mastering belaying and rappelling techniques, and acquiring expertise in various knots. Amidst the breathtaking landscapes of Maine, this experience not only enhances self-confidence but also fosters friendships, independence, and physical strength.

Every day promises a unique rock climbing adventure, offering a diverse range of climbs, from easy to challenging. The RockPro I Youth Rock Climbing Camp caters to youngsters eager to dedicate most of their day to the exhilarating activity of rock climbing. When muscles and minds need a break, participants can engage in hiking, climbing, swimming, paddleboarding, canoeing, or simply unwinding in the midst of nature. Our exploration extends to the mountains and coastal cliffs of Acadia, with some camps venturing to Clifton Crags and Camden Hills State Park.

# Rock Pro I Objectives

The curriculum at Acadia Mountain Guides camp is thoughtfully structured to provide ample time for in-depth learning and skill development, fostering the growth of intelligent and capable climbers. We strongly emphasize the establishment of a robust foundation in fundamental climbing skills, recognizing its pivotal role in shaping the development, appreciation, and understanding of young climbers. This commitment extends beyond climbing, instilling values of responsibility towards peers and cultivating trust in various aspects of life.

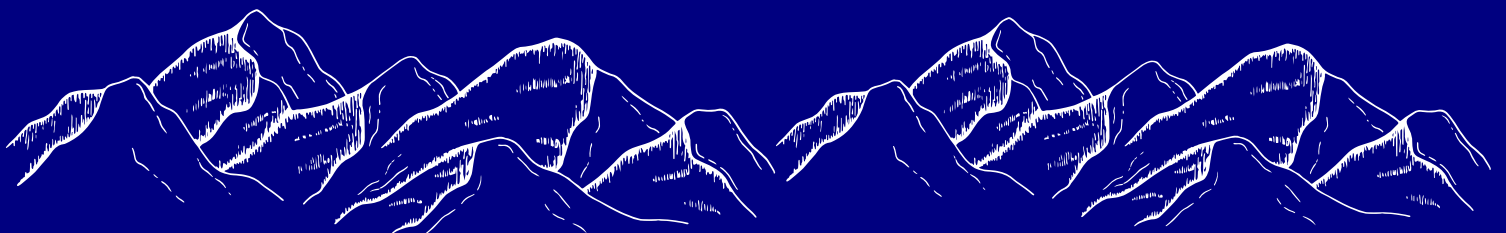
This program is designed for individuals eager to explore climbing, regardless of prior experience. No previous climbing knowledge is necessary. From day one, campers dive into roped climbing with the guidance of experienced instructors handling the belaying. Throughout the camp, participants cultivate a sense of responsibility and trust as they acquire proficiency in belaying and rappelling skills.

As confidence grows with easier climbs, campers are encouraged to push their limits on a diverse array of routes, honing their techniques for climbing slabs, faces, and cracks. Progressing through the week, participants expand their knowledge, delving into essential knots and advanced rope techniques.

## Learning Objectives

The core climbing-related objectives for RockPro I are:

- To have fun learning and improving rock climbing physical skills
- To understand and develop important safety rope skills as knots and belaying
- To understand and practice safe habits related to outdoor activities
- To become proficient at rappelling
- To set goals and complete tasks that require good communication, teamwork and taking responsibility for actions.



# Rock Pro I Sample Itinerary.

This camp is available at various intervals during the summer, and we make a concerted effort to ensure that each session maintains sufficient distinctiveness, enabling participants to engage in multiple camps with minimal repetition. Each camp presents different climbs and activities every day of the week, delving into new routes, trails, and skills. Here's a sample itinerary for a week in Acadia National Park.

**Day 1:** Introduction to climbing equipment and learning of basic skills such as harness use, knots, and safety guidelines. Learn basic principles of climbing movement. Practice roped climbing skills on low-angled rocks such as the Canyon and the South Bubble.

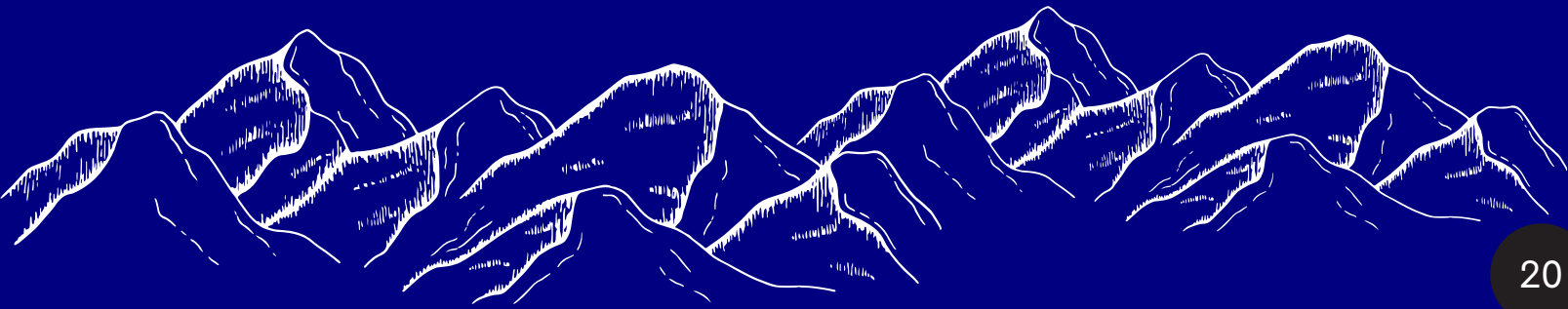
**Day 2:** More climbing with an emphasis on balance, body awareness, and weight transfer, Introduction to rappelling down and belaying a partner. Wrap up the afternoon with a swim in one of the many freshwater swimming spots on the island.

**Day 3:** Hike to the summit of one of Acadia National Park's open summits. Spend the afternoon climbing. Swimming in one of the many freshwater swimming spots on the island.

**Day 4:** Canoe across Jordan Pond to climb on South Bubble. Continue honing rope safety skills.

**Day 5:** More climbing by the sea on some of the greatest sea cliffs in the U.S. Finish the day building and traversing a rope "zip line" bridge across a gorge.

Overnight campers will get additional climbing and bouldering practice and options for summit hikes along with a multitude of evening activities ranging from additional knot practice, use of climbing protective gear, basic first aid and rescue skills, to hanging out with new friends camp while assisting in meal prep and camp tasks.





## Rock Pro I Shuttle Drop-Off/Pick-Up

Available in Bangor, Ellsworth and Bar Harbor

Bangor, 7:30 am Drop-Off, 6:00 pm Pick-Up  
Alpenglow Adventure Sports, 753 Stillwater Ave

Ellsworth, 8:45 am Drop-Off, 4:45 pm Pick-Up  
Mcdonalds Parking lot

Bar Harbor, 9:30 am Drop-Off, 4:00 pm Pick-Up  
Acadia Mountain Guides, 228 Main Street

### Rock Pro I Overnight Camp Drop-Off / Pick-Up

Any of the above locations & times on Day One  
and any of the above locations & times on last day.

*RockPro Camper crushing at  
Otter Cliffs in Acadia  
National Park!*



Ages 13 - 18, Grades 7 - 12

## RockPro II Gym to Crag Climbing Camp



### Overnight Camps

June 23 - 29, Acadia

July 7 - 13, Acadia

July 28 - 3, White Mountains

August 11 - 17, Acadia

Tuition: \$1,400.00

*View Page 7 for all  
Camp Discounts*

Everyone can climb! RockPro II Teen Rock Climbing Camp is all about embracing the challenge and refining your fundamental climbing abilities. Whether you're a beginner, a graduate of RockPro I, or have prior rock experience, this camp is designed to enhance your existing skills.

The focus is on learning or improving essential skills crucial for becoming a proficient climber. Participants will cultivate confidence, take on responsibilities, develop trust in others, and learn to assess and manage risks responsibly.

Campers can choose to concentrate on technical skills, movement skills, or a combination of both. Those inclined towards technical skills will master state-of-the-art anchor techniques using natural anchors and climbing protection to create robust top-rope anchors. The setup of simple, universally functional top-managed belays and bottom belays will also be covered.



For campers aiming to refine climbing techniques, the opportunity to climb on diverse terrains, including faces, cracks, chimneys, and corners, will be provided, fostering well-rounded movement skills.

The initial goal is to establish a cohesive climbing team by focusing on essential skills like knot tying, proficient belaying, and precise communication. As these skills are honed, campers can venture into easy, challenging, and even seemingly impossible climbs with the assurance of a secure rope system and belay. Building self-trust progresses further as campers take the leap to rappel down sheer cliffs. Both belaying and rappelling involve numerous techniques and nuances, with the primary goal being mastery of common techniques, incorporating technical variations based on each camper's skills and preferences.

As these proficiencies solidify, the strength of the climbing team grows. Campers not only refine their climbing skills but also get to know each other better—exploring backgrounds, interests, and motivations—fostering friendships, independence, and strength amidst the stunning outdoors of Maine.

Throughout the week, ample climbing opportunities await at various cliffs, allowing campers to problem-solve under the guidance of experienced instructors. The emphasis on skill mastery opens the door to introducing new skills, making the camp a continuous journey of growth and development.

## Rock Pro II Objectives

- Enjoyably enhance rock climbing physical skills.
- Cultivate risk assessment and safe habits in outdoor activities.
- Comprehend and advance safety rope skills, including knots and belaying.
- Demonstrate or further develop basic rappelling skills.
- Set and achieve goals through effective communication, teamwork, and responsibility.
- Foster personal confidence, responsibility, and healthy risk assessment.
- Connect with other active teenagers.
- Understand and apply Leave No Trace principles.



## Rock Pro II Sample Itinerary

*This camp is available multiple times throughout the summer, and we make a concerted effort to ensure that each session offers a unique experience, allowing participants to attend multiple camps with minimal repetition. Within each camp, a diverse array of activities is scheduled throughout the week. The final itinerary is tailored to specific locations and the campers' needs. The richness of experiences and learning opportunities is vast, and while we can't detail them all here, we're excited to share them with you.*

*Day 1: Commence with introductions and get-to-know-you activities. Delve into the fundamentals of climbing, covering knots, harnesses, belaying, communication, and fostering a safety mindset. Engage in rock climbing, emphasizing specific movement techniques. Set up camp and savor the evening.*

*Day 2: Continue honing movement skills by exploring a variety of climbs, refining rope skills, and introducing rappelling.*

*Day 3: Dive into a day filled with ample climbing opportunities.*

*Day 4: Introduce the principles of anchoring and utilizing trees and rocks for anchors. Campers will set up, critique, and climb on routes of their choice, with guidance and final adjustments provided by guides.*

*Day 5: Familiarize campers with the use of climbing protection such as stoppers, cams, and hexes. Participants will set up climbs, receive critique, and climb on routes of their choice.*

*Day 6: Continue building skills and take on new climbing challenges.*

*Day 7: Return to base and either head home or recharge for the next camp.*

*Rainy Day Options: We aim to proceed with planned activities for the day unless there is lightning danger or a significant storm, ensuring a dynamic and engaging experience even in less-than-ideal weather conditions.*

# Rock Pro II Pick-Up/Drop-Off

## Rock Pro II Acadia Camp Drop-Off

11:00 am Sunday, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

## Rock Pro II Acadia Camp Pick-Up

11:00 am Saturday, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

## RockPro II White Mountain Based Camp Drop Off

11:00 am Sunday, AMC Pinkham Notch Visitor Center, Route 16, Gorham, NH

## RockPro II White Mountain Based Camp Pick Up

11:00 am Saturday, AMC Pinkham Notch Visitor Center, Route 16, Gorham, NH

**Alternative Pick up / Drop of for the White Mountain Camp: Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor, ME. Drop-Off: Saturday the day before after 5:00 pm. Pick-Up: Saturday after 3:00 pm**





Ages 13 - 18, Grades 7 - 12  
**Rock Pro III**  
**Sport Climbing Camp**

Overnight Camps:

June 30 - 6, Rumney, NH

July 14 - 20, Acadia & Clifton

July 21 - 27, Rumney, NH



Our aim is to introduce aspiring climbers, to the exciting world of sport climbing, focusing on climbs with pre-drilled bolts. The week is dedicated to enhancing climbing techniques, particularly in steep climbs, and transitioning from climbing to descending from fixed anchors. Amidst the scenic outdoors of Maine or New Hampshire, participants will forge friendships, independence, and strength.

This camp specifically centers on climbing bolted sport routes and mastering the art of leading them. Previous campers have successfully led routes ranging from 5.5 to 5.12 in difficulty.

Campers will acquire essential sport climbing skills, including bolt placement and assessment, correct hanger clipping, lowering off, and transitioning to rappels from climbing.

Price:

Tuition: \$1,700.00

***View Page 7 for all  
Camp Discounts***





Experience the thrill of FIRST ASCENTS! Campers in the Maine session may collaborate with IFMGA guide Jon Tierney to select, clean, drill, and place bolts on new routes in the Clifton Crag. As the creator, you'll have the opportunity to lead and name your route.

With a strong emphasis on time spent on the rock, campers will refine movement skills and learn new techniques and tricks to enhance climbing efficiency—whether leading or with the added mental security of a top-rope, depending on readiness as assessed by campers and guides.

## RockPro III Pre-requisites



Prior to deposit payment, please complete an application to ensure that RockPro III campers possess the fundamental skills needed to maximize their experience. This camp is suitable for those with sufficient climbing experience, either in a gym or outdoors, and comfort with fundamental skills such as belaying, top-roping, and basic climbing movement. Completion of RockPro II is highly recommended, as there is less focus on introductory climbing techniques in this course and a greater emphasis on mastering the skills required to lead bolted sport climbs.

This camp requires campers to hike short distances (up to 2-3 miles) with a 15 - 20 pound backpack.





# RockPro III Sample Itinerary.

This is a sample itinerary. The final itinerary will be built around what is appropriate for the campers. We will make each week different enough to make it exciting to do multiple weeks if a camper desires.

**Day 1:** Meeting & get-to-know-you activities. Get a short climbing or bouldering session before traveling to the primary area. Review and validate climbing fundamentals. Get on the rock and climb focusing on specific movement techniques. Set up camp. Enjoy getting to know each other around the fire.

**Day 2:** Continue solidifying technical and movement skills by trying a variety of climbs.

**Day 3:** Begin practicing lead climbing skills of bolt clipping, transitioning to lowering or rappelling.

**Day 4-6:** Continuing individual and small group development focusing on climbing, technical skills, or a combination of each. Choose climbs, set up, and receive feedback. Repeat.

**Day 7:** Return to base and travel home or rest up and get ready for the next week of camp.

It is our goal to send RockPro III campers home with basic technical competencies related to sport climbing and a greater desire to climb more. Each camp is seven days but may be combined with a variety of other camps to create up to a full summer of climbing and outdoor adventuring.



# RockPro III Objectives

- To have fun learning and improving advanced rock climbing physical skills.
- To understand and develop critical sport climbing skills such as proper bolt clipping.
- To learn to assess risk and practice safe habits related to outdoor activities.
- To demonstrate anchor transitions from ascent to descent.
- To set goals and complete tasks that require good communication, teamwork, and taking responsibility for actions.
- To foster personal confidence, and responsibility, and develop healthy risk assessment skills.
- To participate in the development of a new route or routes (available only to camps visiting Clifton Crags).

## RockPro III Drop Off and Pick Up

### Drop Off and Pick Up Location for Acadia / Clifton Camps

Alpenglow Adventure Sports: 753 Stillwater Ave, Bangor, ME

Drop-Off: 11:00 am Sunday • Pick-Up: 11:00 am Saturday

### Drop Off and Pick Up Location for Rumney Camp

Baker River Campground, Rumney, NH

Drop-Off: 11:00 am • Pick-Up: 11:00 am

Alternative Pick up / Drop off for the Rumney camp

Alpenglow Adventure Sports: 753 Stillwater Ave, Bangor, ME

Drop-Off: Saturday before camp after 5:00 pm\*

Pick-Up: Saturday after camp after 3:30 pm\*

\*One night Stayover Fee applies



Ages 14 - 18, Grades 8 - 12

## Rock Pro IV Multi-Pitch Camp

July 28 - 3, Acadia & North  
Conway, NH

If you have a passion for climbing, gear, and conquering big cliffs, this camp is tailor-made for you. With a smaller camper-to-guide ratio, you'll receive maximum individual attention and tackle more complex climbing routes.

Distinguished as one of the few climbing camps in the U.S. guiding teens on multi-pitch climbs and imparting the skills of traditional lead climbing, this camp offers an opportunity for proficient participants to lead routes after demonstrating their skills on "mock" leads.


The primary objectives are to introduce traditional lead climbing skills and engage in climbs with greater commitment compared to RockPro II or III. The emphasis is on refining efficiency in climbing techniques while fostering friendships, independence, and strength amidst the stunning outdoors of Maine.



Tuition: \$1,900.00  
*View Page 7 for all  
Camp Discounts*








Camp begins in Acadia National Park, renowned for its high-quality pink granite, offering continuous cracks and corners ideal for learning traditional lead climbing. Later in the week campers travel to the NH granite of Whitehorse and Cathedral Ledges, where the stonemasters of New England established historic and now popular routes.

Each day encompasses full-day climbing, often multi-pitch, and gear placement. Between climbs, instructional sessions cover technical skills, including placing both active and passive protection, setting up anchor systems, placing gear on lead, and managing more complex climbs independently. Participants in this camp should possess RockPro II or equivalent skills, with RockPro III highly recommended.



The camp also dedicates ample time to honing movement skills and learning new techniques and tricks to enhance climbing efficiency, whether leading or with the added mental security of a top-rope, depending on readiness as assessed by campers and guides.

## RockPro IV Pre-requisites

Prior to deposit payment, please complete an application to ensure that RockPro IV campers possess the fundamental skills needed to maximize their experience. This camp is suitable for those with sufficient climbing experience, either in a gym or outdoors, and comfort with fundamental skills such as belaying, top-roping, and basic climbing movement. Completion of RockPro II is highly recommended, as there is less focus on introductory climbing techniques in this course and a greater emphasis on mastering the skills required to lead bolted sport climbs.

This camp requires campers to hike short distances (up to 2-3 miles) with a 15 - 20 pound backpack.

# RockPro IV Objectives

- To have fun learning and improving advanced rock climbing physical skills
- To learn to assess risk and practice safe habits related to outdoor activities
- To demonstrate safe anchor construction with artificial gear.
- To demonstrate sound placement of passive and active artificial gear while on lead and demonstrate safe spacing of protective gear.
- To set goals and complete tasks that require good communication, teamwork and taking responsibility for actions
- To foster personal confidence, responsibility, and develop healthy risk assessment skills
- To meet and get to know other active teenagers
- To understand and practice principles of Leave No Trace



## RockPro IV Drop Off and Pick Up

### Rock Pro IV Acadia / North Conway Camp Drop-Off

11:00 am Sunday, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

### Rock Pro IV Acadia / North Conway Camp Pick-Up

11:00 am Saturday, Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

Alternative Pick up Only: May be arranged for 5 - 6 pm in North Conway on Friday.



# RockPro IV Sample Itineraries

This is a sample itinerary. The final itinerary will be built around specific climbing sites and what is appropriate for the attending campers.

Day 1: Meeting & get-to-know-you activities. Get a short climbing or bouldering session before traveling to the primary area. Review and validate climbing fundamentals. Get on the rock and climb focusing on specific movement techniques. Set up camp. Enjoy getting to know each other around the fire.

Day 2: Continue solidifying technical and movement skills by trying a variety of climbs.

Day 3: Work on the construction of multi-point anchor systems and fully understand artificial anchor systems and how to secure yourself to them. Multi-pitch climb in the afternoon.

Day 4: Begin practicing gear placement and clipping gear while climbing on the top rope. transitioning to lowering or rappelling. Multi-pitch climb in the afternoon.

Day 5-6: Continuing individual and small group development focusing on climbing, technical skills, or a combination of each. Choose climbs, set up, and receive feedback. Repeat.

Day 7: Return to base and travel home or rest up and get ready for the next week of camp.

Ages 14 - 18, Grades 8 - 12

## Rock Master Advanced Climbing Camp

August 4 - 15, 12 days  
Maine and New Hampshire



Tuition: \$2,900.00 *View Page 8 for all Camp Discounts*

We are psyched to bring this camp back at the request of RockPro IV campers and leaders. The Master of Rock Advanced Climbing Camp is a one-of-a-kind climbing camp for teens in the U.S. An expanded 12-day version of our RockPro IV this camp is highly individualized for the climber with prior climbing experience who is looking to progress onto more challenging terrain and learn advanced technical climbing skills. The 12-day option offers many more opportunities for multi-pitch climbing and skill development.

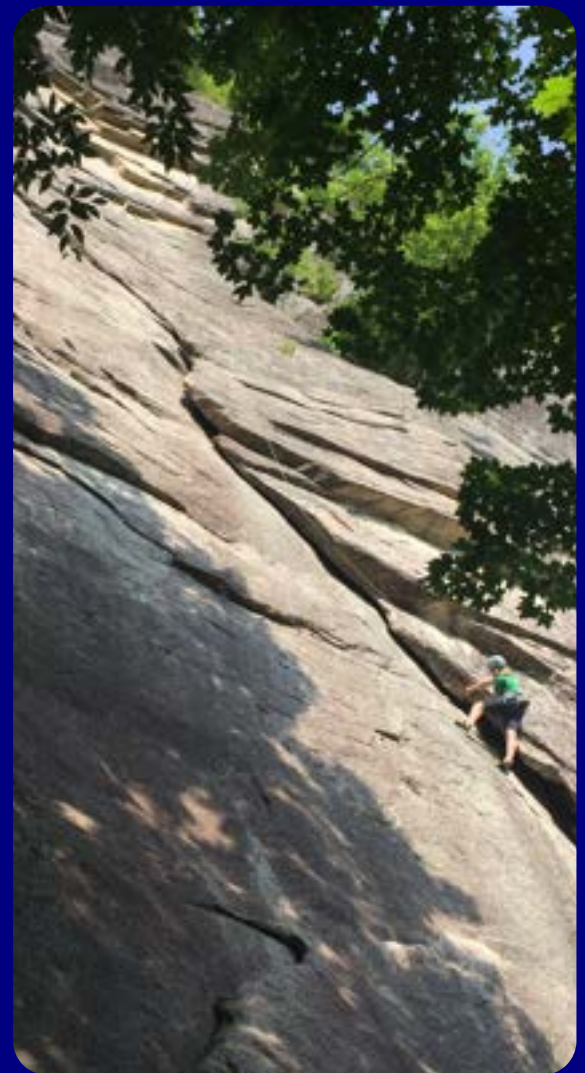
This camp will travel to New England's most spectacular terrain to climb such renown classics as Whitney-Gilman or Moby Grape on Cannon Mountain, Pinnacle Buttress on Mount Washington and the Armadillo on Katahdin. We will climb many traditional routes between 5.6 and 5.10 in difficulty in Acadia and in North Conway, NH. The alpine nature of many of the areas requires more efficient movement skills and a higher degree of fitness and stamina.

The lead guide(s) for this trip will be AMG senior guide staff. Campers will have the opportunity to climb with multiple guides on routes of varying difficulty as desired including with school owner who is one of only 200 internationally licensed mountain guides in the U.S. Daily skill clinics will focus on topics of interest to campers. This camp is about having fun while climbing great routes and learning.



## Rock Master Objectives

- In addition to RockPro III and IV objectives
- Artificial gear and natural anchor construction
- Multiple belay and rappel alternatives
- Self-rescue skills for top rope and multi-pitch terrain
- Route selection and route finding
- Multi-pitch stance management and transitions
- Efficient movement skills



## Rock Master Pre-requisites

Campers entering this program should have completed at least RockPro II or have equivalent skills. Campers must be capable of climbing at least 5.8. Qualified campers will be given opportunities to lead climbs although lead climbing ability is not a prerequisite. Camp is limited to 3-4 campers per guide and an interview is required prior to registration.

Prior to deposit payment, please complete an application to ensure that Master of Rock campers possess the skills needed to maximize their experience. This camp is suitable for those with prior outdoor climbing experience who are comfortable with fundamental skills such as belaying, top-roping, and basic climbing movements. Completion of prior RockPro camps is highly recommended as there is less focus on introductory climbing techniques in this course and a greater emphasis on climbing longer, more challenging routes.

This camp requires campers to hike moderate distances (up to 10-12 miles round trip) with a 15 - 20 pound backpack.

# Rock Master Sample Itinerary.

Each day of the camp will center around a primary climbing goal and a specific skill objective. The itinerary is designed to be flexible, guided by the participants' interests.

Day 1: Dedicate the day to skill review and team bonding. This is an opportunity to acquaint ourselves, refresh fundamental belaying, rappelling, and climbing skills as needed, and delve into climbing activities.

Day 2 - 3: Concentrate on multi-pitch routes on the South Wall of Champlain Mountain. Emphasis will be on cultivating efficient movement and mastering rope management in a multi-pitch environment.

Days 4 - 7: Journey to North Conway, NH, to tackle 4 to 8-pitch routes on the granite of Whitehorse and Cathedral Ledges, known for numerous historic climbs. Perhaps mix in some sport climbs at Rumney. Refine personal lead climbing and rescue skills.

Day 8 - 9: Elevate the challenge with longer and more demanding climbing days. Opportunities will arise to conquer some of New England's most iconic routes, such as the Eaglet, Whitney Gilman Ridge or Moby Grape in Franconia Notch and Pinnacle Buttress on Mount Washington. Further refine personal lead climbing and rescue skills.

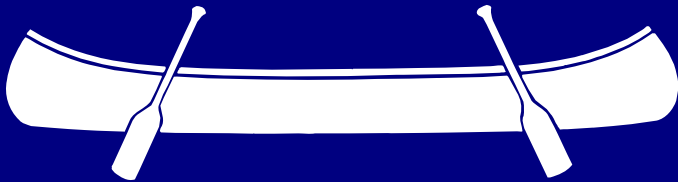
Day 10 - 11: Head north to Katahdin to ascend one of the classics in New England's premier alpine area. Hone route-finding skills and efficiency on routes like Hanta Yo, Pamola IV, The Armadillo Buttress, or the Flatiron.

Day 12: Return to base and bid farewell, reflecting on the incredible journey until next time.



Ages 13 - 18, Grades 8 - 12

## Maine Outdoor Multi-Sport Adventure Camp



July 14 - 25, Acadia to Katahdin

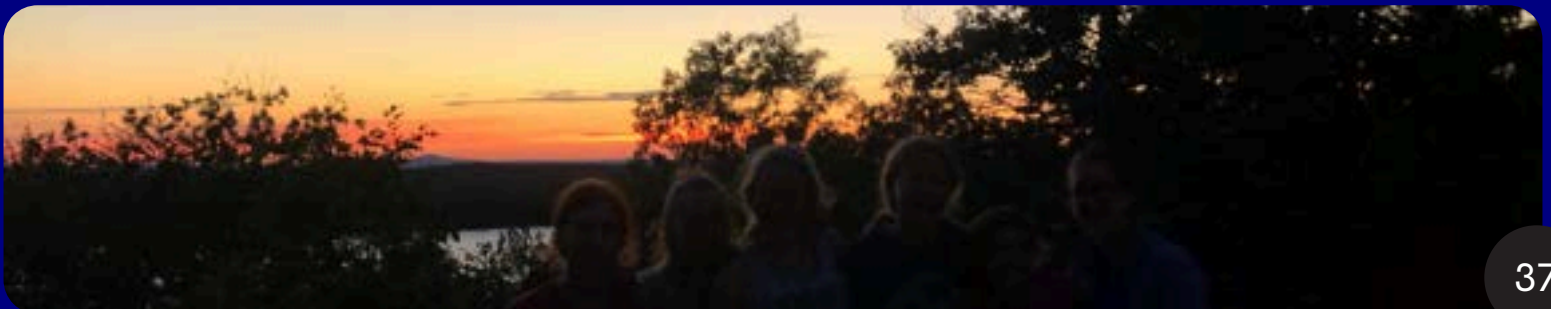
Price:

Tuition: \$2,200.00

*View Page 8 for all  
Camp Discounts*

Question. What's the best way to figure out which outdoor adventures suit you best? Answer: Sample some different activities and just maybe you will find you like them all!

Embark on an exhilarating 12-day summer adventure in the heart of Maine, where the thrill of the outdoors meets the expertise of seasoned leaders! Our immersive camp is designed for teenagers seeking an unforgettable blend of rock climbing, backpacking, canoeing, rafting, teamwork, leadership development, and, of course, heaps of fun.





Under the guidance of experienced outdoor leaders, participants will scale towering rock faces, exploring the rugged beauty of Maine's natural rock formations.

The journey continues as teens delve into the art of backpacking, traversing scenic trails that lead to breathtaking vistas, fostering resilience and self-discovery along the way.

The exploration extends to Maine's pristine waterways, where canoeing becomes a communal experience, navigating through tranquil lakes and rivers. Teamwork takes center stage as participants learn to paddle in sync, fostering a sense of unity and camaraderie.

Our leaders bring a wealth of outdoor expertise, ensuring an educational and fun experience. Through carefully curated activities, participants will develop essential leadership skills, gaining confidence in their ability to navigate challenges both on and off the trail.

Beyond the adventure, our camp is a hub for friendships and building memories. As the days unfold, laughter and shared experiences create a vibrant tapestry of camaraderie, forming the cornerstone of a tight-knit community.

Join us in the picturesque landscapes of Maine for a transformative 12-day journey where outdoor exploration, leadership development, and pure, unbridled fun converge for an unparalleled summer camp experience!



# Teen Multi-Sport Sample Itinerary.



This well-rounded 12-day itinerary offers a mix of rock climbing, hiking, caving, backpacking, canoeing, and rafting, showcasing the diverse outdoor experiences that Maine has to offer.

Here is a sample itinerary. The final itinerary will be built around water levels, appropriateness for the attending campers, and campsite availability.

## **Day 1: Rock Climbing, Rappelling and Caving**

Gather with fellow camp participants for introductions and team-building activities. Begin the trip with rock climbing, rappelling, and caving to set the adventurous tone. Enjoy the evening bonding around a campfire, fostering a sense of camaraderie.

**Day 2-4: Canoeing on the Moose River Journey to Jackman, ME,** to start the iconic 3 day Moose River "Bow" Trip—a quintessential classic canoe adventure in Maine. This well-balanced expedition encompasses lake paddling, a brief portage, serene river canoeing, and a touch of excitement from Class 1 and 2 rapids. Great wildlife viewing.

## **Day 5 - Rest day at Indian Pond**

**Day 6 - 8: Hiking and Backpacking over the Barren Chairback Range** Hit the trail a challenging 3 day backpacking adventure over the Barren -Chairback Range ending with a stream crossing to reach the waterfalls and swimming holes in Gulf Hagas - the "Grand Canyon of the East."

# Teen Multi-Sport Sample Itinerary

## Day 9: Raft the Mighty Kennebec River Gorge

Enjoy an exhilarating day shooting the rapids of one of Maine's greatest rivers in a raft.

## Day 10: Hike to the Top of Maine - Katahdin

The BIG Day. An early start leads to the summit of Katahdin by native americans meaning "The Great One."

Day 11-12: Acadia National Park Wrap up camp in Acadia for a day of exhilarating rock climbing and rappelling over the ocean and our signature Tyrolean rope bridge traverse.

## Multi-sport Adventure Camp Objectives

- To have fun learning and improving in a variety of outdoor physical skills including backpacking, canoeing, rock climbing, and camping skills.
- To learn to assess risk and practice safe habits related to outdoor activities.
- To set goals and complete tasks that require good communication, teamwork and taking responsibility for actions
- To foster personal confidence, responsibility, and develop healthy risk assessment skills
- To meet and get to know other active teenagers
- To understand and practice principles of Leave No Trace

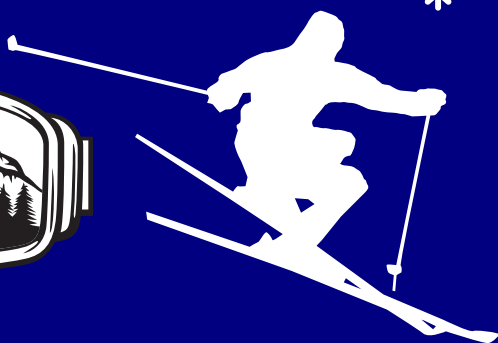
## Multi-sport Camp Drop Off and Pick Up

Drop-Off: 11:00 am Sunday, Camp Pick-Up: 11:00 am, Thursday,  
Alpenglow Adventure Sports, 753 Stillwater Ave, Bangor ME

Ages 14 - 18, Grades 9 - 12

## Teen Backcountry Skiing Camp

2025 Dates TBD



Tuition: \$1,600.00  
*View Page 8 for all  
Camp Discounts*

Acadia Mountain Guides presents a week-long backcountry skiing adventure spanning across the picturesque mountains of Maine and extending into New Hampshire. Drawing inspiration from our successful summer camp program, we are excited to introduce the Teen Backcountry Ski Camp. This seven-day immersive experience visits some of New England's best backcountry skiing while also including winter camping, avalanche instruction, and a plethora of enjoyable activities.

Commencing in the mountains of Western Maine, our journey will unfold across various backcountry skiing zones, including Greenville, Saddleback, and Sugarloaf. The adventure continues to Mount Washington Valley, renowned as the Northeast mecca for backcountry skiing and riding, for two final days of exhilarating exploration. During the expedition, participants will not only indulge in the thrill of backcountry skiing but also learn new outdoor skills and refine existing ones.

Limited to six (6) participants. Register now.



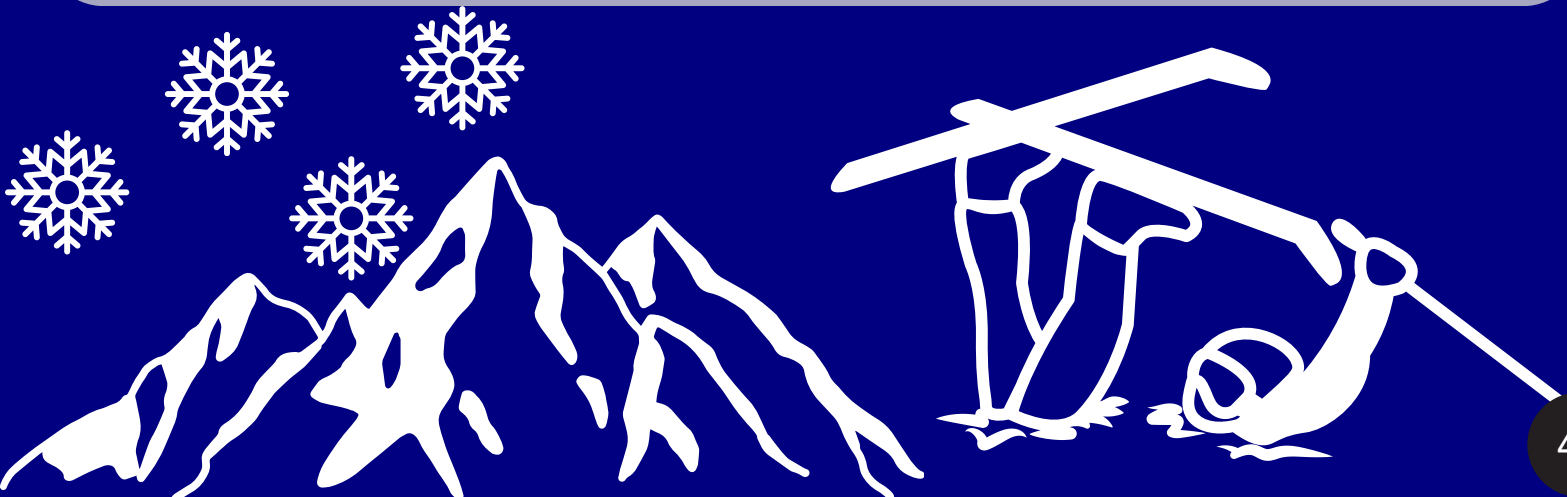
## Backcountry Ski Objectives

- There is always the opportunity to learn while on a trip with Acadia Mountain Guides. While the primary focus of this trip is to ski or ride some of the best snow in the northeast, there are plenty of skills to be learned depending on your interests such as:
  - Developing backcountry tour plans both digitally or with tried and true map and compass
  - Practicing effective companion rescue
  - Skinning skills - kick turns, edging, etc
  - Carrying it all - how to set up you ski pack
  - Improving downhill ski technique
  - Practicing travel skills in avalanche terrain
  - Any number of winter travel skills
  - Improving your avalanche awareness

## Backcountry Ski Pre-requisites

Designed for high school students in grades 9th to 12th, this camp caters to strong intermediate and expert skiers/riders, regardless of their prior backcountry experience. Skiers should be able to safely ski or ride black diamond trails at major ski resorts.

Pre-requisites: Fitness, clothing, and equipment to ski up to 8 miles round trip with a 10-pound pack daily for 7-days.



# Backcountry Ski Sample Itinerary

Each day we will choose appropriate ski objectives based on weather, snow and avalanche conditions, and personal interest. Here is a sample itinerary.

Day 1: Meet in Bangor, ME. Gear shakedown. Travel to Greenville, ME. Shake down tour on Big Moose Mountain. Evening tour planning, avalanche training.

Day 2: Full Day tour or laps to top of Big Moose working on uphill techniques - track setting, pacing, kick turns, track cutting. Continued avalanche training.

Day 3 - 4: Tour at Saddleback, Sugarloaf or Black Mountain. Work on basic ski mountaineering skills - ski anchors, simple belays.

Day 5: Glade skiing. Practice companion rescue skills.

Day 6: Mount Washington. East side. Use of crampons and ice axe. Consider summit climb and ski descent.

Day 7: Mount Washington. West side tour on Cog and Ammonoosuc Ravine. Travel back to base.

# Backcountry Ski Lodging and Meals

Some nights will be spent camping and others in hostel or AirBNB style lodging. Winter camping will be in shared tents provided by Acadia Mountain Guides. Meal preparation will be done as a team with the guide providing guidance.

Meals will be nutritious and well balanced using locally sourced products when possible. AMG is able to accommodate plant forward and vegan needs.



# Backcountry Ski Equipment & Clothing

Any gear you may need can be purchased ahead of the course from our gear store - [Alpenglow Adventure Sports](#) - where you get a 25% off purchases made prior to the course and up to a week later as well as 15% discount off MSRP for life!!! Purchases may be made in-store or online. Gear purchased in advance of course can often be brought to you on the course. Alpenglow will also price match any in stock inventory if you find a better deal on the web for the same item. Simply send a link when you are ready to order to [shop@alpenglowgear.com](mailto:shop@alpenglowgear.com).

## Ski or Ride Equipment

- Skis or splitboard with alpine touring setup
- Adjustable ski poles
- Appropriate, warm AT or snowboard boots
- Skins for skis or board
- Skin wax glob stopper
- Compass with baseplate
- Mountaineering ice axe (provided if needed)
- Crampons (provided if needed)
- Avalanche equipment - transceiver, probe, shovel (provided if needed)

## Clothing

- soft shell
- soft shell pants
- 2 base layer long sleeve shirts (wool or synthetic)
- 2 base layer pants (wool or synthetic)
- Sock liners and / or vapor barrier sock
- 1 fleece top or similar mid weight base layer
- 2 prs of ski socks
- Heavy gloves
- light gloves (soft shell, windstopper)
- Mittens with water resistant shell
- Winter hat covering your whole head
- Balaclava
- Ski hat/helmet
- Medium weight jacket or vest
- Down coat/puffy/insulation layer
- Goggles
- Sunglasses

## Camping / Personal Equipment

- Personal lightweight Sol style bivy sack or heavy-duty plastic bag
- -20-degree sleeping bag (rental available)
- EVA 1/2" foam full-length ground pad (rental available)
- EVA 1/4" foam pad 3/4 length or ThermoRest ground pad (rental available)
- Headlamp with spare batteries (rental available)
- Unbreakable bowl, insulated cup, & spoon
- Personal toiletries, sunscreen, & lip balm
- 2 Insulated, wide-mouthed, water bottles or thermos
- 30 - 40 l pack ski/ride pack that you can attach skies or split board to
- 2-4 nylon stuff sacks to sort and organize gear
- A second pair of winter boot when not in ski boots

## In Town Wear

- Pants
- Shirt
- Shorts
- T shirt
- Socks



# Backcountry Ski Equipment & Clothing

- Down coat/puffy/insulation layer
- Goggles
- Sunglasses
- 

## Camping / Personal Equipment

- Personal lightweight Sol style bivy sack or heavy-duty plastic bag
- -20-degree sleeping bag (rental available)
- EVA 1/2" foam full-length ground pad (rental available)
- EVA 1/4" foam pad 3/4 length or ThermaRest ground pad (rental available)
- Headlamp with spare batteries (rental available)
- Unbreakable bowl, insulated cup, & spoon
- Personal toiletries, sunscreen, & lip balm
- 2 Insulated, wide-mouthed, water bottles or thermos
- 30 - 40 l pack ski/ride pack that you can attach skies or split board to
- 2-4 nylon stuff sacks to sort and organize gear
- A second pair of winter boot when not in ski boots

## In Town Wear

- Pants
- Shirt
- Shorts
- T shirt
- Socks



# Stayover Camp & Coming from Afar

**STAYOVER CAMP:** *Extend your camp with our Stayover option!*

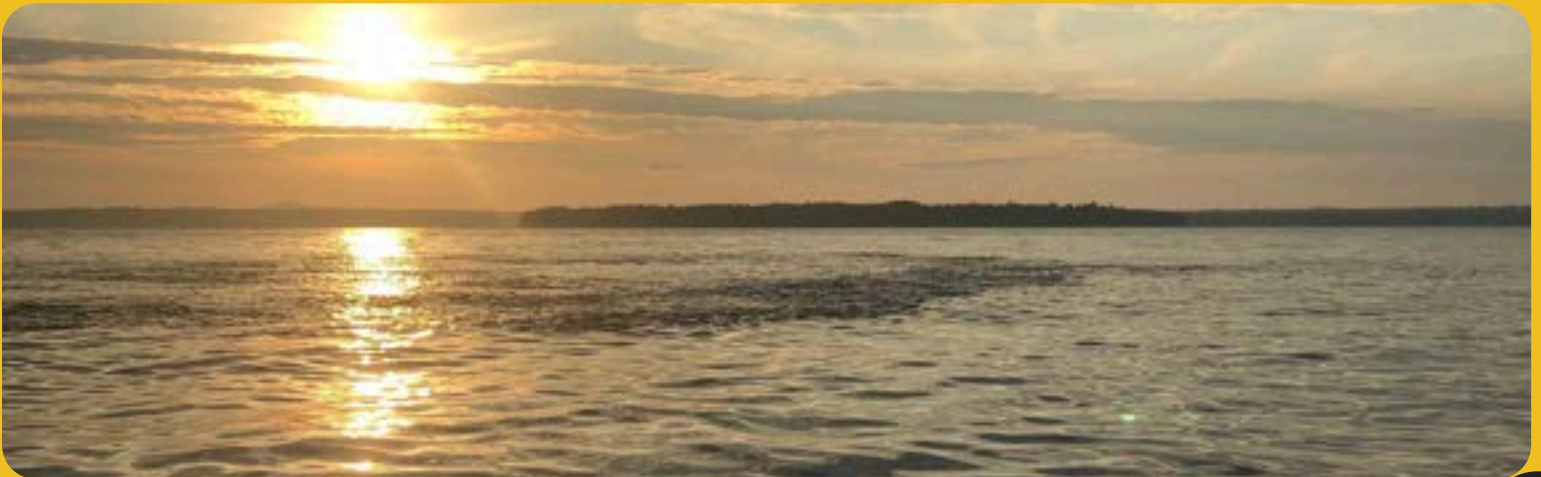
Stayover is for campers who are participating in multiple weeks of camps. Between most camps, there is a one-day break. This is a good time to get some downtime, do your laundry, etc. We provide supervision and schedule limited activities such as bouldering sessions, hiking, and swimming. \$100.00 per Stayover.

## **AIRPORT OR BUS STATION PICKUP**

For campers who choose to fly or take a bus to camp, we offer pickup and drop off in Bangor, ME for an additional \$75.00 or in Portland, ME for an additional \$150.00 per pick up or drop off.

Unaccompanied minor services from the airline or bus service are required for campers aged 7-12 and optional for ages 13-18. Please prepay for this service and arrange it in advance. Please use the name **Rowan Ballman** as the person who will arrange pickup for your child. In order to simplify departures and avoid problems at the airport please complete all of the necessary airline forms before your child's arrival at camp. Campers are met at the terminal by camp personnel wearing Acadia Mountain Guides apparel and are escorted to our vehicle for the trip to camp. These participants will either stay with staff at our Orono base or stay at a nearby campsite with leaders.

Campers should carry a list of phone numbers, including Acadia Mountain Guides numbers (listed in this packet), and a small amount of travel money. We will telephone you when your son/daughter arrives.



# General Camp Information

## CANCELLATIONS AND DISMISSALS:

- Cancellations made prior to June 1st forfeit \$250.00 of the initial deposit.
- Cancellations made after June 1st forfeit 100% of the tuition. Exceptions are rare and based on whether we can fill the spot and the reason for your cancellation.
- Acadia Mountain Guides will not refund or reduce tuition for late or non-arrival or early withdrawal.
- Acadia Mountain Guides reserves the right to cancel or alter any aspect of our program, including program itinerary, trip dates, activities, or location, as a result of unforeseen circumstances, including weather, environment, or health hazards.
- A full refund will be given if Acadia Mountain Guides must cancel the course.
- If Acadia Mountain Guides alters or cancels a program, it will not be held responsible for any incidental or consequential costs, damages, or fees, for example, fees associated with your canceled travel reservations, equipment purchased for the trip (including non-refundable air tickets), substituted programs, or other costs or fees.
- If the participant is dismissed or departs early from a program for any reason, no refunds can be granted, and guardian/s are responsible for any and all costs of an early departure, whether for medical reasons, personal emergencies, or otherwise. These costs include, but may not be limited to homesickness, medical evacuation and costs, medical treatment, plane, train, or other transportation costs or fares, meals, lodging, and expenses incurred by staff who may accompany participants.

## QUESTIONS?

If you have any remaining questions please contact our office by phone or email and we will be happy to help you out.

### CONTACT PHONE NUMBERS / EMAIL:

Bangor office (home office), open 10-6 daily, 207-866-7562

Bar Harbor office, open 10-8 daily, 207-288-8186

Director Jon Tierney- cell phone: 207-461-4338 (please use only for emergencies)

Email: [climb@acadiamountainguides.com](mailto:climb@acadiamountainguides.com)



## **RISKS:**

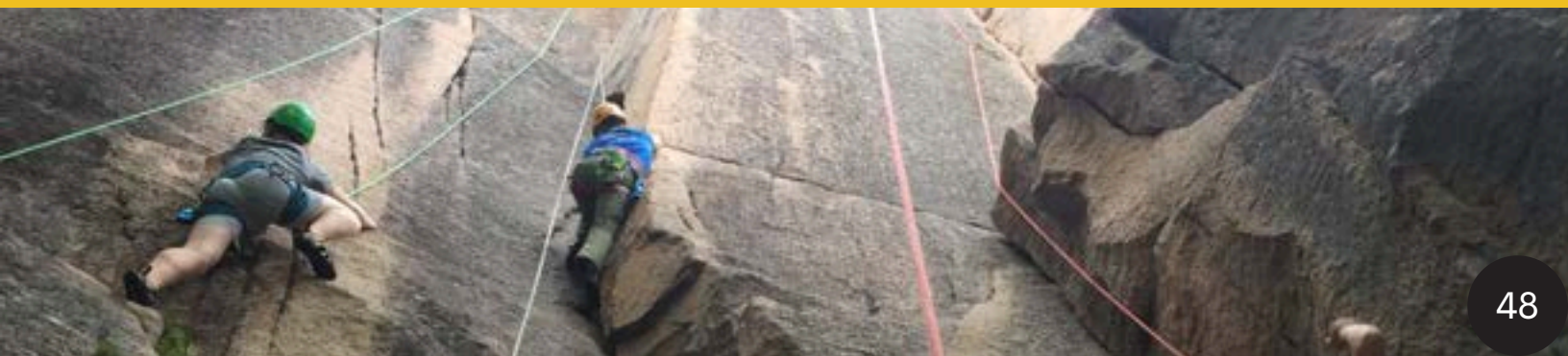
As in any activity, participants will encounter risk in this program. Adventure sports such as rock climbing, rafting, hiking, and canoeing can be dangerous! While these risks can be minimized through instructor training and leadership, they can never be eliminated. It is our goal to maximize your learning while minimizing the risks. Some of the risks include but are not limited to; extreme weather, travel to and from the activity, typical hazards of trails, falling rocks and other objects, cuts, abrasions, entanglements, burns, and other injuries from falls and contact with climbing ropes and the climbing surface, and falls associated with walking on slippery surfaces and near cliff edges. Minor cuts and scrapes are likely.

## **SUMMIT OR BUST POLICY:**

All AMG camps operate under a Challenge by Choice philosophy. No camper will ever be forced to do something against their will although they may be encouraged to try new experiences. Young people need outdoor adventure. Outdoor sports and rock climbing offer an almost infinite number of options and every camper will succeed at their own level. Campers may hike further than they thought they could or try climbs that they cannot yet do - we all do - and that keeps us coming back to try again. At times weather, fitness, or park closures may limit our ability to complete all desired activities. Play Hard, Play Fair, and Play Safe!

## **ACCOMMODATIONS FOR OVERNIGHT CAMPERS DURING CAMP:**

AMG provides both gender-specific and all-gender camping options. Campers sleep in tents separated by gender. Our goal is to create a safe sleeping space for campers of all genders. We stay in public campgrounds such as Bar Harbor Campground and Park's Pond Campground. Campgrounds have bath and shower facilities and some have swimming areas.

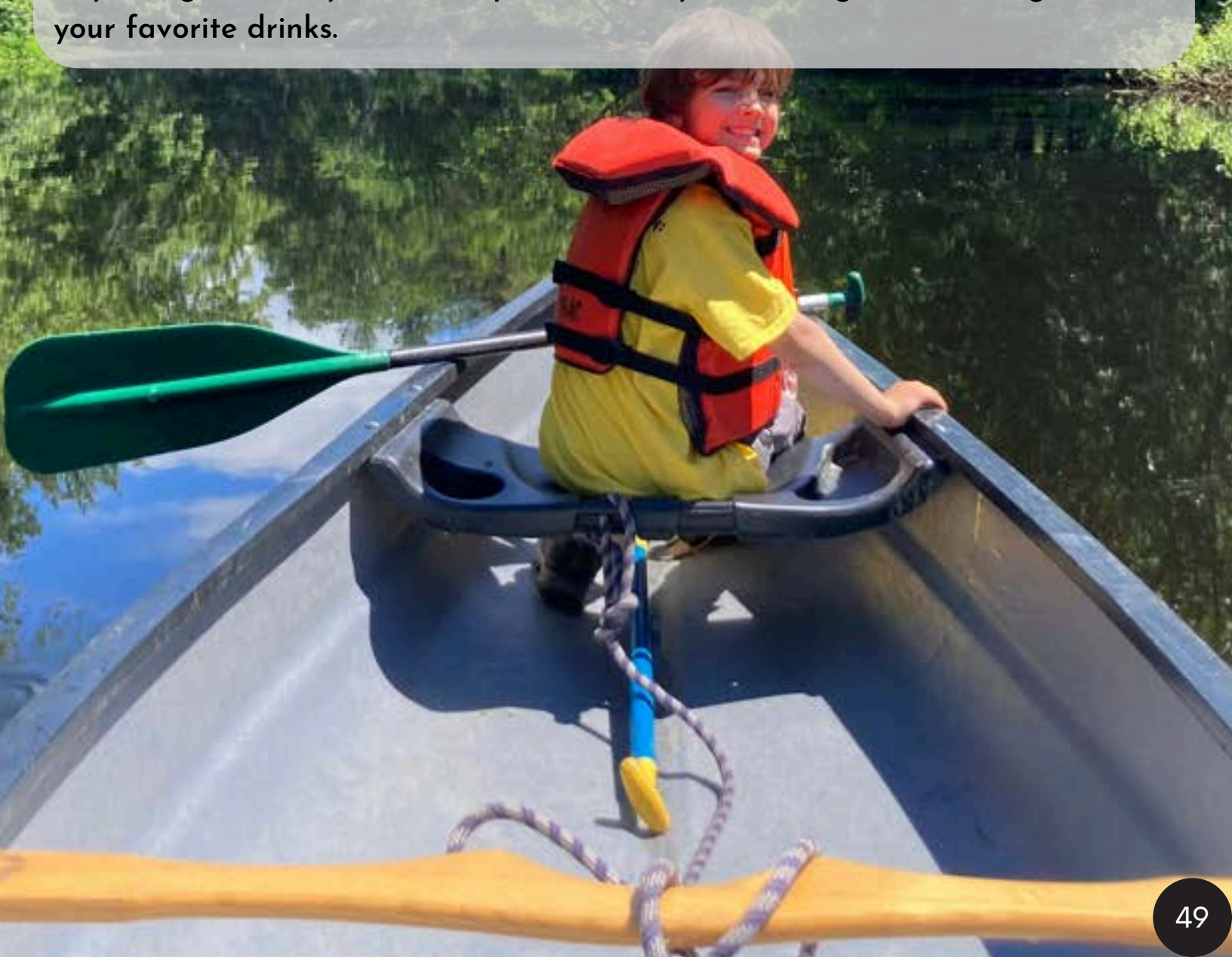




## FOOD INFORMATION FOR OVERNIGHT CAMPERS

- Nutritious, from-scratch meals are provided on our overnight camps.
- Breakfasts, lunches, snacks, and dinners will be provided. We will eat well!
- Meal preparation is part of the camp experience and participants will share in the creation of each meal.
- Vegetarian options are available as well and we strive to use locally-grown fresh food as much as possible
- Sample evening meals include pasta with sauce and salad, vegetable stir fry w/ chicken side, etc.
- Please let us know if you have any food allergies or requests. We will also do our best to accommodate various food requests and preferences

Day Campers: It's best to have a good breakfast at home before you start the day. Bring a healthy lunch comprised of easy-to-eat finger food along with your favorite drinks.





# Diversity, Equity, & Inclusion

Acadia Mountain Guides summer camp program was founded on the principle of helping young people develop more enriching and healthier lives through outdoor activities. Our philosophy involves actively creating a culture of acceptance and inclusion while focusing on personal growth and enriching group experiences.

While we hope that our school and camp program has always been equitable and welcoming, we acknowledge that historically we have had limited representation of people of color and that the summer camp experience has predominantly been a white experience available only to those with privilege. We seek to change that.

Acadia Mountain Guides welcomes campers and staff representing a diversity of races, color, national origins, religion, sex, sexual orientation, gender identity and expression, military status, age, socioeconomic status, outdoor experience, and life experience. Explicit and implicit racism, bullying, or any kind of discrimination has no place in our community. Acadia Mountain Guides embraces change and will nurture a culture of diversity, equity, and inclusion where each person feels seen, heard, and supported now.

Our pledge to inclusion includes:

- Removing financial barriers for families wanting to attend camp by providing scholarship assistance.
- Seeking out opportunities to promote diversity and inclusion in our programming and in partnerships with other organizations.
- Fostering a culture of community, humility, and open communication among every individual (camper, staff, or parent) in our program.
- Providing training, professional development, and support to help staff with future professional and personal endeavors in the outdoors.
- Listening to and serving members of the BIPOC and LGBTQ communities.
- Recognizing that the land we work and play on was stolen by colonists from the Wabanaki people, causing lasting harm to them and their ways of life.
- Continuing to seek a more diverse community of campers and staff.



# Handling Homesickness

*Adapted from the American Camping Association*

Campers often say their week at climbing or adventure camp is the best of the summer. However, for many campers, this may be their first experience away from home and friends. Summer camp is a wonderful place to exercise independence and learn and grow. In the process of adjusting to new friends and different surroundings, it is natural to experience a level of homesickness.

Acadia Mountain Guides' policy on homesickness has three parts:

1. Children who come to camp together are encouraged to mix with other campers and are often placed in separate tents to encourage independence. The American Camping Association has found that this discourages disruptive behavior at bedtimes and helps children forge friendships with others faster. Discuss this guideline with your child before camp begins. Explain that campers do get to participate in daily activities with their friends.
2. Campers are not permitted to make or receive phone calls while at camp. Some campers may be feeling fine until the sound of a parent's voice triggers a setback. Letters from home that reassure and encourage confidence are always welcome. Also, we ask that parents not visit during the camp week.
3. Our staff's approach to helping a homesick camper is: Be supportive, encouraging, and empathetic but firm. Keep the camper busy. Try to identify and solve any underlying problems (being teased) or help the camper learn to adapt to the unsolvable ones (it's raining, the weather's cold). Keep you informed. A camp leader will call you if your camper is homesick.

The following are some guidelines to help you and your child prepare for the ups and downs of a week at camp:

Please don't say, "If you have problems, call and I'll come get you." A camper is thus invited to fail and may abandon efforts to adjust to camp life. Instead, you might say, "This is a commitment for one camp session. If it's hard at times, stick with it. If you don't like it you don't have to go back, but no changing your mind in the middle."

Avoid statements like, "I'm going to be so lonely without you!" Don't make your child feel guilty about going away. Rather, acknowledge in a positive way that you will miss your child. For example, say "I'm going to miss you, but I know you will have a good time at camp."

If for some reason you do wind-up on the phone with a crying, homesick child, be supportive and positive about his or her ability to adjust and be absolutely firm about sticking it out. "Just try it one more day" likely translates to "I'm going home in a day." Again, such statements invite the child to fail. Alternatively, "You must stay," is more likely to translate to, "I don't have a choice so I might as well make the best of it."

Don't feel guilty about encouraging your child to stay at camp. For many children, camp is the first step toward independence and plays an important role in their growth and development.

Do not berate children or make them feel like a failure for being homesick. When your child completes a visit away from home successfully, praise him or her.

Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Speak openly of possible homesickness. Feeling homesick and missing family, friends and pets is normal. Knowing this, your child may accept homesick feelings with less anxiety.

Pack a personal item from home, such as a stuffed animal or favorite blanket.

Heighten your child's interest by pointing out some of the exciting activities at camp. At the same time, be sure your child's expectations are realistic. He or she will be challenged and have to work hard at some activities, such as learning to rock climb or canoe. Overnight campers also share in camp chores such as setting up tents, assisting with meal preparation and cleanup and picking up litter around camp.

When dropping your child off at camp, meet the leaders, then depart. This is not a good time to visit and watch activities. A cheerful, confident attitude on your part will go a long way toward supporting a good week at camp.

# Preparing For Camp

## PRE-CAMP PAPERWORK:

Please fill out the following forms and return them to [climb@acadiamountainguides.com](mailto:climb@acadiamountainguides.com)

1. AMG Health Statement and Emergency Contact Form
2. AMG Acknowledgement for NPS areas,
3. AMG Acknowledgement for non-NPS areas
4. Supplemental Health Record
5. Immunization Record
6. Medication Drug Administration

## PHYSICAL PREPARATION:

A week of solid outdoor activity can be physically demanding. Arriving at camp in good physical shape will make it even more fun and take away evening muscle aches. Prior to camp, we recommend 30 minutes of daily stretching exercises combined with aerobic activity and strengthening exercises. This will help ensure that your camper has the stamina and fitness to accompany us on all adventures we might do during the camp in a comfortable manner. You don't need to do anything fancy - plain old crunches, push-ups, and pull-ups combined with a bike ride or run will do. We also suggest forearm and finger exercises such as squeezing a tennis ball periodically during the day.



## MENTAL PREPARATION:

*Properly preparing for camp is the best way to ensure a positive camp experience. Our camps consist of consistent activity from the time our campers wake up each day until they go to sleep that evening. Here are a few ways you can get your camper prepared for all the fun activities they'll be doing at summer camp*

*Here are some tips to help your child have a great time at camp. (From Bottom Line Secrets by Bruce Muchnick and the American Camping Association)*

- **Think of Camp as a learning experience.** Sending your children to camp offers a wonderful opportunity for both you and your children to practice "letting go". Learning to let go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more.
- **Don't buy a whole new wardrobe.** Camp is more rugged than life at home. A child doesn't need new clothes... and having well-worn clothes and familiar possessions will help ease the transition. This is especially important for first-time campers.
- **Listen to and talk about concerns.** As the first day of camp nears, some children understandably experience uneasiness about going off to camp. Rather than acting on what you believe their feelings to be, ask good questions such as: "We've been busy packing your gear. What are your thoughts about heading off to camp in a few days?" Communicate your confidence in their ability to handle being away from home.
- **Have realistic expectations.** Camp, like the rest of life, has high points and low ones. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of Camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp either. The main purposes of camp are to relax and have fun.
- **10 minutes of goal-making.** Sit down with your child a week or so before they are destined to head for camp and help them make a goal sheet not only for camp but for after camp. What do they want to learn during camp? Why do they want to learn that? And what will they do with the skills they gain after camp is over?
- **5 minutes of talking.** Attending summer camp may put your child in situations where they are a bit uncomfortable such as camping overnight for the first time by themselves. Take a few minutes to talk to them about how these experiences might make them feel or any concerns they may have.

## PACKING FOR CAMP:

The majority of our camps travel by vehicle to different locations. It is important to minimize the size of all backpacks/duffels in order to facilitate the loading of vehicles. Try to pack as compactly as possible as we need to fit everyone's gear into vehicles. If you are debating about whether to bring something, you probably don't need it. Campers attending multiple weeks may store extra clothing and gear at our base. Please include a labeled stuff sack or laundry bag for such items.

Cooking gear, ropes, hardware, and tents will be provided by AMG. Campers will also have access to climbing books, magazines, and training tools such as slack lines and rock rings in the evenings.

## TIPS FOR PACKING:

- Each overnight camper is limited to a day pack and a large backpack or duffel.
- For those doing multiple camps, laundry will be done between weekly sessions.
- Label all of your gear including sleeping pads, headlamps, and socks. Acadia Mountain Guides, Inc. is not responsible for lost, stolen, or damaged gear or personal belongings.
- Gear should not be cost-prohibitive. Please call Acadia Mountain Guides. if you need to borrow or rent gear. If you are having a difficult time finding gear in your area for a good price: try purchasing gear from second-hand stores, or borrowing from friends, and if Acadia Mountain Guides has what you need you may borrow it (first come first served).

## What Not to Pack:

- Cell phones
- Electronic Devices such as iPads, music players, and video games.
- Hair Dryers
- Expensive clothing, jewelry, and valuable items that may get lost, stolen, or damaged.
- Food/ Candy/ Gum (Overnight Camp)
- Pets
- Vitamins, marijuana, and medications of any kind that are not listed on your Health Form
- Weapons (knives, guns)
- Large pillows

# PACKING LIST: ALL DAY CAMPS

## Clothing:

- 2x Wool or synthetic blend hiking socks
- 1x Hiking Shoe/Closed Toed Sneakers
- 1x Water shoes, Sandals w/ straps
- 1x Quick Drying shorts
- 1x Quick Drying pants
- 1x Rain Pain
- 1x Rain Jacket
- 1x Light Baselayer top
- 1x T-shirts / Sports Bras to last a week
- 1x Long sleeve Sun Shirt
- 1x Warm Synthetic Fleece
- 1x Brimmed Hat for sun protection
- 1x Swimsuit
- 1x Bandana
- 1x Day Pack (25L-30L)
- 1x Camp Towel (Quick Drying Preferred)
- 2x 1 Liter Water Bottles
- 1x Whistle on String (not needed if Pack has one)
- 1x Travel Notebook & Pencil
- 1x Mess Kit - Bowl/Plate/Utensils/Cup (No Glass)

## Toiletries:

- 1x Sunscreen (SPF 30 Minimum)
- 1x Lip balm w/ Sunscreen
- 1x Insect Repellent
- Feminine Hygiene Products(Enough for the day/week)

## Optional:

- 1x Mosquito Head Net
- 1x Disposable Camera (NO CELL PHONES)

## Climbing Equipment(Essentials will be provided if

### Camper does not have):

- Climbing Shoes
- Climbing Helmet
- Climbing Harness
- Belay Device & 2x Locking Carabiners
- Chalk Bag & Chalk

## **BRING AS NEEDED**

### Medication Bag:

- 1x Waterproof Ziplock bag
- Any Meds used to improve or maintain health
- Prescription meds must be in original packaging with camper's name & instructions for consumption



Need Gear for camp?  
Head over to  
[Alpenlowgear.com](http://Alpenlowgear.com)  
or give us a call and  
let us help you find  
exactly what you  
need today!



# PACKING LIST: ALL OVERNIGHT CAMPS

## Clothing:

- 3x Wool or synthetic blend hiking socks
- 1x Hiking Shoe/Closed Toed Sneakers
- 1x Water shoes, Sandals w/ straps
- 1x Shower
- 2x Quick Drying shorts
- 2x Quick Drying pants
- 1x Rain Pain
- 1x Rain Jacket
- 1x Light Baselayer top
- 4x T-shirts / Sports Bras to last a week
- 1x Long sleeve Sun Shirt
- 1x Warm Synthetic Fleece
- 1x Pajamas
- 1x Brimmed Hat for sun protection
- 1x Swimsuit
- 1x Bandana
- 1x Day Pack (25L-30L)
- 1x Camp Towel (Quick Drying Preferred)
- 2x 1 Liter Water Bottles
- 1x Whistle on String (not needed if Pack has one)
- 1x Travel Notebook & Pencil
- 1x Mess Kit - Bowl/Plate/Utensils/Cup (No Glass)
- 1x Backpack/Duffle 60-70L (Clothing storage)
- 2x Unscented Trash Bags to cover a pack
- 1x Compression sack for your Sleeping bag
- 1x Sleeping Pad - Closed foam or Inflatable
- 1x Headlamp w/ extra set of batteries
- 1x Small Camp Pillow
- 4x Large Ziplocks for trash & rain protection

## Toiletries:

- 1x Sunscreen (SPF 30 Minimum)
- 1x Lipbalm w/ Sunscreen
- 1x Insect Repellent
- Feminine Hygiene Products(Enough for the week)

## **BRING AS NEEDED**

- Medication Bag:**
- 1x Waterproof Ziplock bag
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- Prescription meds must be in original packaging with the camper's name & instructions for consumption

## **Optional:**

- 1x Mosquito Head Net
- 1x Disposable Camera
- (NO CELL PHONES)**
- 1x Book for reading

## **Climbing Equipment(Essentials will be provided if Camper does not have):**

- Climbing Shoes
- Climbing Helmet
- Climbing Harness
- Belay Device
- 2x Locking Carabiners
- Chalk Bag & Chalk

**Need Gear for camp?**

**Head over to**

**Alpenlowgear.com**

**or give us a call and let us help you find exactly what you need today!**





# Camp Policies

*Campers are not allowed to have visitors during their stay at camp. Summer camp is an opportunity to gain independence and self-reliance and often a visit from parents or relatives can interrupt their progress. Having to readjust to camp following a visit is difficult. Parents and friends are welcome to join our camps on closing day.*

## STAYING CONNECTED - CELL PHONES / TELEPHONE / ELECTRONIC DEVICE USE

Acadia Mountain Guides Rock Climbing and Adventure Camp are electronics-free. Camper cell phones are **NOT** permitted during the camp sessions. Campers are welcome to use cell phones while traveling to and from camp in order to facilitate parental contact and shuttle pickups, etc. However, the use of telephones or cell phones is not permitted while camp is in session. If there are an emergency, camp leaders will contact you directly. We have found that cell phone usage can significantly disrupt the camp experience and interfere with group dynamics often causing the camper to have a difficult time adjusting to camp life. Any electronic devices brought to camp will be collected at the start of camp and kept secured in the office. We thrive off of the experience of being in the wilderness, away from the screen and it allows your camper to gain independence and to more genuinely connect with their fellow campers. Although we encourage you to “let your child experience camp” with all its ups and downs, we understand that you may want to check up on your camper. The best way to do that is by contacting our office and leaving a message for the camp leaders. Camp leaders check in every night to ensure any messages that have come in will be relayed to the camper. We will also provide occasional camp updates.

In the event of an at-home emergency, word will be delivered to the camp leaders in the most expeditious manner.



# Camp Policies

## MAIL AND PACKAGES

Campers love to get mail - especially those on multiple-week camps. This may be sent to: "Camper Name" in care of Acadia Mountain Guides, PO Box 121, Orono, ME 04473. You may send electronic mail to [climb@acadiamountainguides.com](mailto:climb@acadiamountainguides.com). Write often and encourage friends and family to do the same. This is a chance for campers to use their letter-writing skills. You may want to send a note before camp starts. E-mail messages will be printed and included with the mail delivery. Campers on trips will not receive their mail until their camp returns to the local area late in the week.

## DISRUPTIVE BEHAVIORS

Camp is meant to be educational, fun, and a positive experience. If a camper displays disruptive behavior and is a hindrance to the progress of a camp, that student and his/her parents will receive one warning. If the behavior continues, the camper will be asked to leave camp permanently with no refund granted.

## TIPPING CAMP LEADERS

Tipping is never expected but always greatly appreciated. Like many in service industries, leaders supplement their income with tips generated from satisfied clients.

## CAMP PHOTOS

Leaders take and share photos with us when they have enough cell signal. We then share all of the photos via Google where we grant you access to download them for 90 days.



# Medical Concerns & Emergencies

## FAMILY EMERGENCIES & CONTACTING PARTICIPANTS

The camp director maintains daily contact with each camp unless the camp is in a very remote location. If there is a family emergency that requires contacting a participant, please call our Bangor office: 207-866-7562 or Bar Harbor office: 207-288-8186.

## MEDICAL EMERGENCIES AT CAMP

Should a medical problem or accident occur while at camp our first priority is to insure the safety of the involved person(s) and other campers. All of our staff are trained in first aid, CPR, and specialized wilderness medical skills and immediate first aid care will be provided up to the highest level of available training on scene. If additional care or further evaluation is needed, the camper will be transported to the nearest appropriate facility either by camp leaders or the emergency response system as dictated by the type of emergency. As soon as possible parents will be contacted and informed of the situation. If additional medical care is required, resulting prescriptions, doctor or hospital bills will be mailed to you. You will be responsible for filing medical bills with your insurance company for reimbursement.

Field medical kits are stocked with necessary over the counter medications and first aid supplies and are dispersed as needed by camp staff. Staff are also trained in the use of epinephrine for anaphylaxis and severe asthma.

## MEDICAL SCREENING

All participants are required to complete a medical form. You will be sent medical forms to be filled out and returned to Acadia Mountain Guides before arrival at camp. Please be thorough on these forms. Campers will not be admitted without the signed health and emergency consent form. These are reviewed by the camp leaders. Any questions or concerns are forwarded to the camp director who is a critical care flight paramedic. If concerns remain then we will consult with an MD on the issue.



# Medical Concerns & Emergencies

## CAMP NURSE

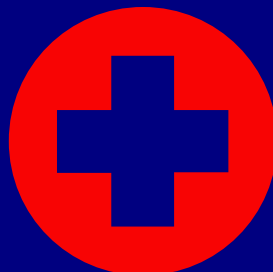
Acadia Mountain Guides Rock Climbing and Adventure Summer Camps are travel camps moving from one activity location to another. The school owner is a registered nurse and a flight paramedic and is available 24/7 for camp staff to consult with if needed. Our medical protocols are approved and overseen by an emergency physician.

## CAMPER PRESCRIPTION MEDICATIONS

Campers who are required to take daily medication should bring a backup dose with them if possible. Please pack prescriptions in original containers that are clearly marked with instructions. List the medications on the health form as well. All prescription medications will be kept in the possession of the leaders during camp and given out at the appropriate time to the camper. Each use will be documented on camp forms.

### Preparing Medications for Camp

- Medications should be placed in a see through, water proof bag such as a Ziploc and labeled with camper initials)
- Medications include any substance a person takes to maintain and/or improve their health including vitamins and supplements
- Send enough medication to last the entire time
- Prescription medication brought must be in original pharmacy containers with labels that show the camper's name and how the medication should be given
- All medications, except emergency medications, are kept secure by the trip leaders and administered to camper as needed by the leaders
- We suggest sending a second set of prescription medications as a backup
- A record is kept of all medications administered at camp



# Medical Concerns & Emergencies

## Self-Administration of Emergency Medications By Campers

Campers are permitted to have readily available (carry or possess outside of the regular supervision of the camp's staff) and to self-administer emergency medications (primarily epinephrine and albuterol) only when the following conditions are met.

- The camper's parent or guardian must submit written verification to the camp from the camper's primary health care provider confirming that the camper has the knowledge and the skills to safely self-administer the emergency medication in camp; and
- The camp health staff must evaluate the camper's technique to ensure proper and effective use of the emergency medication in camp.
- If the medication to be self-administered is within the scope of training and certification of the trip leader then the trip leader may evaluate technique. If medication is outside their scope of practice (ie insulin) then technique must be evaluated by camp RN.

If a camper is known to have a severe allergy that would require immediate medication, it is suggested that they bring their own self-injecting Epi-pen.

Standard medications carried by camp leaders include: epinephrine, diphenhydramine, acetaminophen, ibuprofen, aspirin, Immodium, bismuth salicylate, and ophthalmic antibiotic. Guide staff taking advanced campers into Katahdin to rock climb will also carry ketamine for severe pain control.





# See You at Camp!

