

WELCOME

BEFORE CAMP BEGINS

At least one week before your camper's arrival, please ensure the following forms on your online account have been completed:

- Camper Health History*
*If you are unable to complete the online shot record, a copy can be emailed to info@camprockfish.org
- Photo & Video Release
- Behavior Agreement
- Adventure Waiver
- Permission to Transport

In addition to the online forms, if your camper needs to bring medication to camp, it must be checked in with the on-site Nurse. Please have your child's physician complete a Medication Authorization Form. Your physician's office provides this form and permits Camp Rockfish to administer the prescribed medication. Please email a copy of this form to info@camprockfish.org.

Camper medication will be collected during Check-In on Monday. Prescription medication needs to be in the original bottle with the proper label. Please provide only the amount for your child's stay at camp, plus two doses. Medication will be administered per the doctor's instructions printed on the bottle. We stock common over-the-counter medications such as Advil, Benadryl, Tylenol, etc. Campers prescribed inhalers and/or EPI-Pens will have access to them as they will remain in their counselor's first aid kit during the week.



We are so glad you have decided to send your child to Camp!

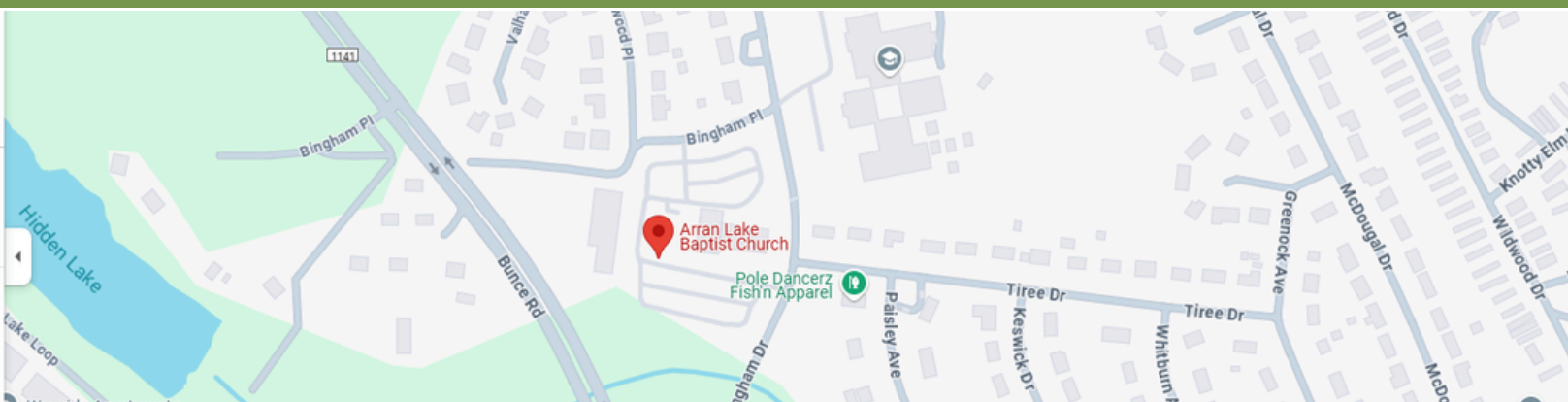
Return the registration form to

CONTACT INFORMATION
Camp Office Hours
Monday through Friday,
9:00am to 6:00pm

(910) 425-3529
info@camprockfish.org
Physical Address: 226
Camp Rockfish Road,
Parkton, NC
Website:
www.CampRockfish.org



WHERE TO GO



DROP-OFF Daily drop-off is 8:00 AM to 8:30 AM

At Arran Lake Baptist Church. 1130 Bingham Dr, Fayetteville, NC 28304
Camp HEAL staff will be on the bus. There will not be any staff available for drop-off at the camp.

PICK-UP · Daily pick-up is from 5:15 PM to 5:30 PM

At Arran Lake Baptist Church
1130 Bingham Dr, Fayetteville, NC 28304

Whoever is picking up your child, including parents, must have a valid photo ID to show staff at the ID checkpoint AND be listed on your child's Authorized Pick-Up List. To add someone to your camper's pick-up list, sign in to your Camp Rockfish online account and add an authorized pick up person.



THE STAFF

Rockfish counselors are selected after extensive interviews, background, and reference checks are completed. Only those of the highest moral quality and caliber are chosen. Staff undergo an intensive nine to twelve day training before summer begins depending on position. During training, staff learn what it means to be a part of the Rockfish community and show the love of Christ. The training includes counselor skills, safe sanctuary guidelines, program area operations, outdoor living skills, and how to alleviate everything from homesickness to inner-group conflict.

CAMP ACTIVITIES

Camp is a place for everyone to try something new, at least once. Most of our activities take place outdoors unless weather dictates we must move inside for safety. It is important you and your camper know we continue to do activities outside even if it is raining. While our staff positively encourage campers to participate in all activities, all activities are "challenge by choice." That means while our staff will encourage their campers to challenge themselves to try each activity, it is ultimately left up to the camper if he/she will participate. Regardless of participation, all campers are expected to remain with the group and their counselor at all times. Campers should come to camp with an adventurous attitude, ready and prepared to get dirty and have fun. Please see the camp website for age specific activities.



GENERAL SCHEDULE

- 8:00am- 8:30am Check-in at Arran Lake Baptist Church
- 8:30 am Bus departs for Camp
- 9:00am- 9:15am Camp Arrival
- 9:15 am -10:15 am Devotion
- 10:30am - 11:30 am Activity Block
- 12:15pm - 1:40pm Lunch and Rest
- 1:40pm - 2pm Activity Block
- 2:15pm-3:15pm Activity Block
- 3:30pm-4:30pm Activity Block
- 4:45pm Bus Departs Camp
- 5:15pm-5:30pm Pick Up at Arran Lake Baptist Church

Camp Rockfish has partnered with Bunk1 to bring easy-to-access, sortable photographs of your camper's experience to your fingertips. Access to Bunk1's photo gallery and basic resolution photos is completely free through the Bunk1app. Within the app, you can opt to purchase higher resolution photos and photo gifts if you choose. The 2025 access code is ROCKCRC26.



PACKING LIST

Camp HEAL at Camp Rockfish

Campers will be outdoors most of the day. Campers should wear attire suited to that environment. Please label all of your campers' belongings with their first and last name. Camper belongings should be contained in a backpack or zippered bag-please no tote bags.

What To Bring:

- Swimsuit (*wear to camp each day*)
- Change of Clothes
 - Shorts
 - Short-Sleeved Shirts
 - Undergarments
 - Socks
- One Outfit To Be Thrown Away (T-Shirt and Shorts)
- Towel
- Plastic bag for wet clothes
- Tennis Shoes/Sneakers
- Water Shoes (Required for Lake Activities)
- Hat or Visor
- Refillable Water Bottle
- Prescription Medications listed on Medical Forms
- Rain Jacket or Poncho
- Rain Boots or a Change of Shoes for Wet Weather
- Backpack or zipper bag



What Not To Bring:

- Weapons of ANY kind
- Drugs and/or Alcohol
- Electronics and Cell Phones
- Hammocks
- Pets
- Trading Cards, Sticky Hands, and Slime
- Personal Sports Equipment
- Gum

All toys are discouraged. If your child chooses to bring a toy, please note it may be lost, damaged, or stolen. We are not responsible for belongings in these cases.

CELL PHONES

LEAVE CELL PHONES AT HOME · We have found the use of cell phones during a camper's day can be a negative influence on the camp atmosphere, as well as a hindrance to the relationships campers form during their experience. Therefore, we ask that you do not send cell phones with your camper. If an emergency arises at home, contact the camp office, and we will get word to your camper. Likewise, if any emergencies arise at camp, we will contact you at the numbers you provided. If a camper is found with a cell phone in their possession, the phone will be held in the Camp Office until the end of the day.

DRESS CODE

Please send your child ready for outdoor play each day. Sturdy shoes must be worn at all times. While sandals with a backstrap are acceptable, there are camp activities that require closed-toe shoes. No flip flops or slides, please. We strongly encourage the children to wear play or old clothes for comfort to participate in "messy activities" without having to worry about ruining their clothing. Extra clothes are encouraged. Clothing must not have inappropriate words, suggestions, or pictures. Please have your child pack a poncho for continued fun in the rain. Rain boots are encouraged on wet days so children can enjoy jumping in puddles.



CAMP ACCREDITATION

Rockfish Camp is accredited by the American Camp Associations (ACA). This means that Rockfish Camp submitted to a thorough review of its operation by the ACA. From staff qualifications and training to emergency management, safety aspects to intended camp outcomes, ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to ensure that current practices at Rockfish Camp reflect the most up-to-date, research-based standards in camp operation. At Rockfish we are committed to maintaining the highest levels of safety.

