



# 2025 FAMILY

REVISED 12.1.24

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# PARENT INFORMATION

## Welcome

Here at Highland, we understand how important choosing a summer camp experience is for your family. That's why we're here to help make the adventure-seeking a little easier. Highland Mountain Summer Camps offer multi-day and overnight programs for youth with a focus on mountain biking. There's no need to be intimidated, we cater to many rider abilities. Whether just starting to explore the park or near pro, we have the programs to help your child build their skills to the next level with a focus on Safety, Fun, and Learning.

And the fun doesn't end on the mountain. When not riding, campers have the freedom to relax in the camp lounges or participate in other activities such as dodgeball, basketball, pool, ping pong, disc golf, and more.

We select coaches and staff who uphold our values and want to spend time at camp just as much as our campers do. All of our camp staff brings youth camp experience to the table along with CPR/First Aid and Highland Camps training. On top of that, our coaches are respected professionals in the mountain bike industry; they have a vast knowledge of the sport and what it takes to succeed.

Get to know more about us through our website or this Family Guide, and feel free to contact us with any questions at [camps@highlandmountain.com](mailto:camps@highlandmountain.com).

Thanks for stopping by,

## About Highland Mountain

Highland Mountain Bike Park opened in 2006 as the world's first lift-accessed mountain exclusively dedicated to biking.

At Highland, a specially outfitted chairlift transports bikes and riders to the mountain summit. The park offers a network of more than thirty lift-accessed trails carefully designed and built for riders of all ability levels, plus multiple skill-building areas, multiple jump parks, and a 9,100 square foot indoor training facility known as the HTC. With no skiing operations to contend with during the winter, the entirety of our terrain is optimized for bikes.

100% dedicated to biking--we are "America's Bike Park."

## About Highland Camps

Highland's mission centers on Training and Trails: we build great trails and we teach people how to ride them. What better way to master Highland's terrain than to spend those long summer days out on the hill, riding alongside our expertly trained summer camp coaches? Take your riding and adventures to the next level in one of our summer camp programs. Three distinct camp programs cater to riders of different ages, abilities, and interests.

- Located at Highland Mountain Bike Park in Northfield, NH--about a 90-minute drive north of Boston
- Day camp and overnight options available
- All programs include skills training & progression, food, and a lifetime of memories with new friends

# PARENT INFORMATION

## Overnight Camper Housing

Summer Ride and Ayr Academy both offer Day Camp and Overnight options, while the cross-country camp is exclusively for overnight campers.

Overnight campers stay in student dorms at the Tilton School, a private boarding school about seven minutes from Highland. Campers eat breakfast and dinner in the school's dining hall and are transported daily by bus to and from the mountain. Evening activities include movie nights in the lecture hall, games in the gym and fields, or simply relaxing and socializing with new friends.

Overnight campers check in on Sunday afternoon, a day earlier than day campers. This gives them time to transition into dorm life, meet their counselors and roommates, enjoy dinner with their dorm group, and attend a brief orientation followed by yard games.



Ayr Academy campers are typically housed in the Pfeiffer Dorm, a three-story building with double and triple rooms, each pair of rooms sharing a bathroom. Some Ayr campers may also be housed in the Moore Dorm, a two-story building with double and triple rooms and communal bathrooms on both floors. Both dorms have common areas and counselors living on each floor. Summer Ride campers are housed exclusively in Moore.



Overnight campers are grouped and assigned a counselor (or counselors) as their primary contact and chaperone for the duration of camp. These groups are organized by age and grade level, with room and roommate assignments aligned accordingly. While riding groups may change throughout the week, your counselor group remains the same.

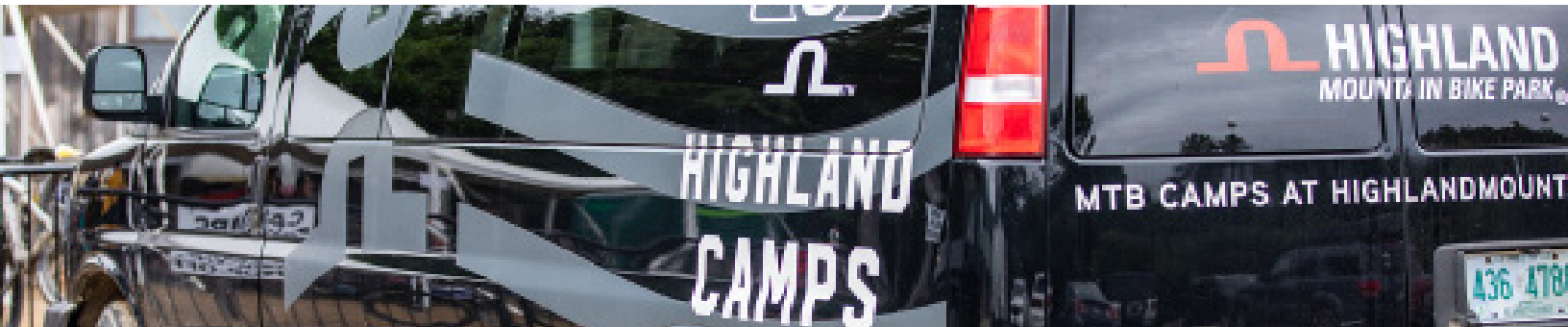
### FAQ: Can my camper choose their roommate?

Many factors go into determining room assignments, including age, grade level, and staffing. Campers can submit a "Roommate Request" when enrolling, but we do not guarantee that all requests can be honored.

# PARENT INFORMATION

## Transportation

We are partnered with First Student to bus overnight campers between Highland Mountain and Tilton School during camp. In addition to our bus arrangements Highland Camps also has several vans and certified drivers on staff to provide off-site transportation as needed.



## Meals

Lunch is provided to all campers by Highland Mountain each day. Highland provides lunch and snacks to all campers each day in Camps Village. Breakfast and dinner are provided to overnight campers at the Tilton School dining hall.

Highland Camps staff work closely with Tilton School's food service department to accommodate camper allergies and dietary restrictions. Most if not all dietary restrictions and food allergies can be accommodated provided that adequate notice

**FAQ: Is lunch provided for day campers?**

Yes, we provide lunch for all campers. We also have fruit, snacks, water, and an electrolyte drink available throughout the day. If you would prefer to pack a lunch for your day camper you may do so, but please do not pack anything containing peanuts or tree nuts.

**FAQ: Can I send my camper with extra snacks for their dorm room?**

Yes, we allow campers to keep non-perishable snacks in their dorm rooms. We ask that you not pack anything containing peanuts or tree nuts. Energy drinks are prohibited.



## Staff to Camper Ratio

Highland Camps prides ourselves on maintaining a low staff to camper ratio. In the dorms, a counselor is typically assigned 6-8 campers. While riding, coaches are typically assigned 4-6 campers. Additional and supplemental

## Communication

Our primary method of family communication is email: [camps@highlandmountain.com](mailto:camps@highlandmountain.com). When you enroll, please be sure to use an email address that you check and respond to regularly. We can also be reached by phone at (603) 731-1499.

# PARENT INFORMATION

## Cell Phone Policy

We do not allow campers to have phones (or other devices capable of calling, texting, or accessing the internet) while at camp. If your camper does choose to bring a cell phone with them, it must be checked in with camp staff upon arrival. Checked phones will be labeled and kept secure. In the event that a camper does need access to their personal cell phone, they will be able to access it through the Nurse.

## Parent-Camper Communication While at Camp

There are multiple ways to get in touch with your camper while they're at camp, even without their cell phones!

If you need to contact your camper, please reach out to our camp staff via email [camps@highlandmountain.com](mailto:camps@highlandmountain.com) or phone (603) 731-1499 and we will happily pass along the message. If there is an emergency such that you need to speak with your camper directly, our staff will also be able to coordinate a time to discreetly pull them away from their group and arrange a call home via the camp phone.

If your camper needs to make a call home, they can approach any member of our staff for help in doing so: either via the camp phone during the day, or using one of our two dorm phones in the evening.

## Homesickness

Homesickness happens! If you think your camper may have a difficult time being away from home—whether at bedtime or during the day—please contact our Program Manager so we can create a plan to support them. Similarly, if your camper has recently experienced something difficult prior to camp (such as the loss of a pet or family member) please communicate this to us in advance.

Be prepared: It may be helpful both to you and your camper to discuss homesickness prior to camp. Reassure your child that homesickness is a lot more common than they possibly realize. This kind of normalizing conversation reassures a child what it is he or she is likely to feel has been felt before and is survivable. You may find as a parent that having your child away at camp is even more difficult for you! By having these conversations in advance, your child will know how to recognize homesickness and each of you can be prepared to work through the separation.

**FAQ: I plan to be at Highland during my camper's session. Can't I just pop into the Camps Village or find them in the lift line if I need to talk to them?**

While we understand the instinct to just check in with your camper if you see them, this can create a lot of confusion for our staff—especially when it concerns change-of-plan arrangements such as early sign-outs. By communicating via our camp staff, we're able to help you coordinate any changes to your camper's schedule without impacting other campers' experience. The safety and well being of all of our campers and staff is very important to us: therefore we ask that you do not enter the Camps Village outside of dropoff and pickup times without coordinating with a staff member.

**FAQ: This is going to be my child's first experience away from home. How can I help them prepare?**

We recommend arranging some practice weekends with friends or family! Getting to experience a couple of nights away from home in a still-familiar environment is a great stepping stone toward being comfortable at overnight camp.

**FAQ: Can I call my camper during their session?**

We strongly discourage phone calls except in an emergency or for birthdays. More often than not phone calls cause homesickness rather than provide comfort for your camper. Feel free to reach out to our staff for an update on how your child is doing! (See "Parent-Camper Communication" above.)

**FAQ: Can I send my camper mail?**

You can! Camper mail is passed along by staff at lunch or dinner. Mail can be addressed to:

Camper Name  
Highland Mountain Bike Park  
75 Ski Hill Drive  
Northfield, NH 03276



# CHOOSING YOUR PROGRAM

Highland offers two different summer camp programs: Summer Ride and Ayr Academy. For campers who have recently aged out but still want to be a part of camp, we now offer a Counselor-In-Training Program!

## Summer Ride (Ages 8-13)

Summer Ride is a three-day camp for youth ages 8 to 13 who are interested in downhill mountain biking. Our Summer Ride sessions are designed to introduce riders to Highland Camps and help them feel prepared for the more rigorous Ayr Academy. Campers of all abilities will learn new skills, develop more confidence, make new friendships, and take their riding to the next level. Riders have the opportunity to focus on specific freeride and downhill skills with an emphasis on safety and rider etiquette.



## Ayr Academy (Ages 11-16)

Ayr Academy is a weeklong mountain bike summer camp for youth ages 11 to 16, led by Highland's dedicated coaching staff and select guest pro coaches. Ayr Academy caters to both experienced teenage riders and young rippers who already have a solid skill base. No matter your ability level, if you like to ride we can teach you to do it better.



**FAQ: My child is eligible for both Summer Ride and Ayr Academy. How do I decide which program is the better fit?**

The most significant difference between Summer Ride and Ayr Academy is simply the length of the program. Five full, consecutive days of riding is a lot for young bodies, no matter how good of a rider you already are! Other factors to consider are age and social dynamics. Both programs cater to a broad range of riding abilities and experiences. Don't hesitate to reach out to our camp staff to talk through your options!



## Cross-Country (Ages 11-16)

XC Camp is a week long cross-country mountain bike summer camp for kids ages 11-16. Campers explore New Hampshire's best riding destinations with Highland's dedicated coaching staff.

Daily excursions include skills development, fun gameplay, and trail rides, helping youth form a lifelong passion for mountain biking and the outdoors. Each day begins and ends at the Tilton School alongside our other camp programs.

Breakfast and Dinner will be served at the Tilton School. Lunch and snacks will be provided by the Highland Pub.

Only Available

Session 3: July 6 - July 12

Session 4: July 13 - July 19

Daily Schedule:

7:30am-8:00am Breakfast at the school dining hall  
9:00am-12:00pm Morning activities, progression, and riding  
12:00pm-1:00pm Lunch, either at Highland or picnic at trail head  
1:00pm-4:00pm Riding at Highland or remote trail network  
6:00pm-7:00pm Evening activity and downtime\*  
10:00pm Lights out

\*On select nights, overnight campers return to Highland for bike maintenance or trail building. On nights when we stay at the school, activities may include outdoor games such as ultimate frisbee or capture the flag, or indoor activities such as basketball, foosball, or movie night.

# COUNSELOR IN TRAINING PROGRAM (17)

The Highland Camps CIT Program is a two-week development-focused camp experience. CITs will learn and practice skills essential to success in both coaching and childcare roles. The CIT program will run from July 20 to August 2 (overlapping with Summer Camp sessions 5 & 6). CITs will be staying at the Tilton School through the weekend.

Coaches & Counselors in Training should be 17 (or turning 17 over the summer), passionate about riding and interested in developing the

## The Training

Over the course of their first week, CITs will have training sessions meant to prepare them with knowledge and strategies critical to successfully leading in a camp environment both on and off the bike.

The training topics include:

- Group Management Strategies
- Leadership Strategies
- Professional Conduct
- Effective Communication

In the second week, CITs will take on a more leadership oriented role with responsibilities such as running group activities, coordinating activity transitions and managing riding groups in partnership with their coach.

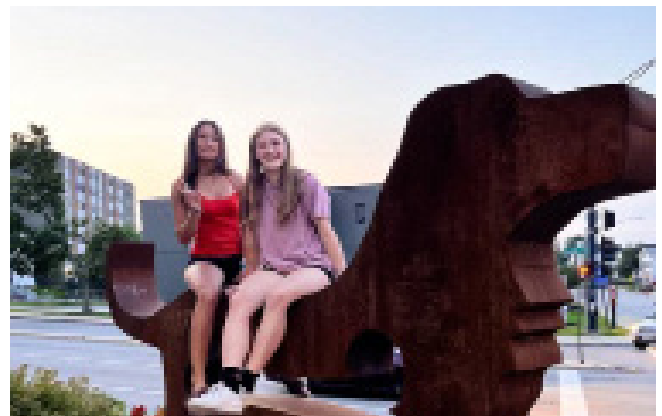
## How To Apply

Applicants should complete the CampMinder application, selecting the CIT program as their session choice. Then email our Program Manager at [sam@highlandmountain.com](mailto:sam@highlandmountain.com) using the subject line "2025 CIT Program". Include in the email a description of your favorite camp memory (Highland or elsewhere) as well as a challenging camp experience you would be comfortable discussing in an interview.

Space in the CIT Program is limited to ensure that every participant gets the attention they need to grow as a leader. Not all applicants are guaranteed admission to the program. Although similarity with Highland and our camps is helpful to potential CITs, past camp attendance is required.

**FAQ: Do CITs have to be former campers?**

Nope! While the familiarity a former camper has with both the mountain and the program is helpful, it is not required. A former camper with a good reputation is a strong candidate, but we are interested in any future leaders who love to ride!





# ENROLLMENT PROCESS

## 2025 Session Dates




We now offer seven sessions of Summer Ride and Ayr Academy!

- Session 1: June 22 - June 28
- Session 2: June 29 - July 5
- Session 3: July 6 - July 12\*
- Session 4: July 13 - July 19\*
- Session 5: July 20 - July 26
- Session 6: July 27 - August 2
- Session 7: August 3 - August 9

\*All of our camp weeks are coed, but if your looking to ride alongside a strong group of like-minded girls, consider signing up for Sessions 3 & 4 where we plan to connect female riders with female guest coaches.

The below graphic visualizes which days of a given session each program is present at camp:



SESSION BREAKDOWN	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OVERNIGHT						
	DAY						
	OVERNIGHT						
	DAY						
	OVERNIGHT						



# ENROLLMENT PROCESS

2025 PRICING:	SUMMER RIDE	AYR ACADEMY	CROSS-COUNTRY
<b>BASE CAMP PRICE</b> Camp tuition.	\$775	\$1,575	\$1,575
<b>+ OVERNIGHT</b> Includes lodging, meals, and transportation to and from Tilton School.	\$390	\$630	\$630
<b>+ KIDS BIKE RENTAL</b> For riders between 3'7" and 4'4" tall. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$195	\$325	Not Applicable
<b>+ YOUTH BIKE RENTAL</b> For riders between 4'4" and 4'11" tall. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$270	\$450	\$450 Does not include gear Includes Dropper Post
<b>+ ADULT BIKE RENTAL</b> For riders 4'11" or taller. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$306	\$510	\$510 Does not include gear Includes Dropper Post
<b>+ ADULT UPGRADED DH BIKE RENTAL</b> Only available to riders 5'5" or taller. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$366	\$610	Not Applicable
<b>+ SAFETY EQUIPMENT ONLY RENTAL</b> Includes all required safety equipment: full-face helmet, elbow pads, and knee pads. Does not include a bike.	\$36	\$60	Not Applicable
<b>+ PROTECTION PLAN</b> Protects your camp investment in case of injury or illness. See "Cancellation Policy" for full details.	7% of your tuition & add-ons	7% of your tuition & add-ons	7% of your tuition & add-ons
<b>+ MANCHESTER SHUTTLE</b> One-way camper shuttle to Manchester Logan airport.	\$75	\$75	\$75
<b>+ BOSTON SHUTTLE</b> One-way camper shuttle to Boston Logan airport.	\$125	\$125	\$125



# ENROLLMENT PROCESS

## Enrolling in Multiple Sessions

You may enroll your camper in multiple sessions! For Ayr Academy campers, we strongly encourage you to limit your camper to no more than two consecutive in order sessions to manage fatigue.

Weekend supervision is ONLY available between Sessions 3 & 4 and Sessions 5 & 6. All other weekends, you must pick up your camper on Saturday and return on Sunday.

## Discounts

We have several different discounts available for summer camp:

- **Early Bird Discount:** Enroll in the month of December and get \$100 off your camp session.
- **Pay In Full Discount:** Pay in full at the time of enrollment and receive an additional 5% off your base camp price.
- **Multi-Session Discount:** Enroll in multiple sessions and receive 10% off your second session's base camp price.
- **Sibling Discount:** Enroll multiple campers from the same family, and each additional sibling will receive 5% off their base camp price.
- **Season Pass Holder Discount:** Ayr Academy will receive \$75 off. Summer Ride will receive \$45 off. The camper must have a 2025 Season Pass at the time of their application.

## Payment Plans

You will be required to make a 25% deposit in order to enroll in camp. We offer three different payment plan options so that you can choose the one that works best for your family:

- **Pay In Full:** Pay in full at the time of your enrollment. If you choose this option, you will receive a 5% discount off your base camp price.
- **Two Payment Plan:** Following your initial deposit, pay in two equal installments charged on April 1st and June 1st.
- **Monthly Payment Plan:** Pay in monthly installments, charged on the 15th of every month.

## Scholarships

The Highland Camps scholarship program was created to help assist a handful of motivated, passionate young riders for whom summer camp may represent a financial hardship. Highland Camps is pleased to be able to offer the following scholarships for 2025:

- **Ayr Academy Full Ride:** Covers one session of Ayr Academy, including optional overnight and rental add-ons. Awarded to one applicant.
- **Summer Ride Full Ride:** Covers one session of Summer Ride, including optional overnight and rental add-ons. Awarded to one applicant.
- **\$500 Camps Scholarship:** Can be applied to any available Summer Ride or Ayr Academy session. Awarded to two applicants.
- **\$250 Camps Scholarship:** Can be applied to any available Summer Ride or Ayr Academy session. Awarded to two applicants.

The Highland Camps Scholarship Application can be submitted via the "Forms" tab of your parent dashboard. Applications are due on February 28th. Recipients will be notified in March. You do not need to make a deposit in order to apply for a scholarship, and being actively enrolled will not affect your consideration.



# ENROLLMENT PROCESS

## Cancellation Policy

Cancellation of a camp up to 6 weeks prior to camp session start will be refunded less a \$125 cancellation fee. All cancellations must be submitted in writing to Highland Mountain Bike Park. Cancellations made by phone will not be accepted.

Highland Mountain Bike Park reserves the right to cancel a participant's enrollment for lack of payment, failure to complete required camp forms, or failure to comply with the standards of conduct.

If you would like to change your session dates, this can be done 6 weeks prior to the start of the session and only if there is available space in the session you'd like to move to.

If a participant does not complete the program due to personal injuries and/or illness, you will receive a prorated credit of your base camp price (and rental cost, if applicable) for days missed.

Credits are valid for 12 months and are not transferable. Unused or expired credits are non-refundable and non-transferable. Campers who are not eligible for future years of camp due to age or any other circumstance will not be refunded credits. We strongly recommend you purchase our protection plan or other travel insurance.

If a participant does not complete the program for any reason other than personal injury or illness, including but not limited to change of plans, friend's early departure, bicycle failure, or weather (when the session is not canceled by Highland Mountain Bike Park), their tuition will NOT be reimbursed, credited or moved to a later session.

## Protection Plan

Purchasing the Highland Camps Protection Plan will allow you to receive a refund of payments made minus the registration fee and protection plan fee for any camp days missed. You can purchase the protection plan for 7% of your balance.

If you opt out of purchasing the Highland Camps Protection Plan, our standard Cancellation Policy will apply to your camp sessions and you will not be eligible for a refund in the event of a cancellation for any reason. If you opt out of our protection plan we strongly recommend purchasing travel insurance independently.

## Waitlist Policy

When a session of camp sells out, you will still be able to add your camper's name to the waitlist. Waitlisted spots only open up in the event that a currently enrolled camper cancels. If a spot does become available in a waitlisted session, we will reach out to the first camper on the waitlist who is not currently enrolled in camp. In doing so, we hope to allow as many kids as possible the chance to experience a week at camp.

Waitlist offers are sent via email. You will be given a deadline by which to respond confirming whether or not you still want the spot. After June 1st, you must have submitted all of your required camp forms in order for your enrollment to

# MEDICAL SERVICES

Highland Camps has nursing staff onsite or on call 24/7. Camp nurses handle medication delivery and any injuries that may occur during camp.

In addition to our camp nurse, Highland Mountain also has a team of EMTs (Highland Patrol) who are at the mountain whenever it is open for riding. They operate just like a ski patrol team, and respond to injuries on-hill.

## Camp Health Center

The Health Center is located in the mountain's base area, and is home to both Highland's EMT Mountain Patrol and the Camps Nurse. You may also hear this building referred to as "First Aid Base."

The building features include:

- AED
- Bathrooms
- Adjustable patient beds
- Quiet isolation room
- First-Aid essentials
- Basic over-the-counter meds

## Camper Medication

ALL medications will be dropped off to the nurse during check-in and stored in the health center. This includes any over-the-counter medications. Please refer to the health forms for bringing medication.

Medications should arrive in the original bottle, legibly display the camper's name, name of medication, strength, prescribed dose, frequency/time due, and method of administration.

If the current prescription label does not match a parent's noted dose change, an updated prescription or letter from the provider noting the change is needed.

**FAQ: My child carries an EpiPen or asthma inhaler. Do they need to check that in with the nurse?**

Yes, all medication must be brought to the Camp Nurse on your check-in day. We will have Self-Carry Waivers available during check-in for campers who want to carry their medication with them while at camp.



# MEDICAL SERVICES

## Responding to Camper Injury

Like any sport, mountain biking carries a risk of injury. All our camp staff are trained on how to respond to injuries at camp, and carry a radio to call for additional support if needed.

Universally, our first step is to assess the situation and prevent further injury. Depending on the injury and location, Patrol may be called via radio to provide care. Patrollers are familiar with all of our trails, features, and access roads and use all-terrain vehicles to respond to and transport injured riders to the Health Center. There, our team of Mountain Patrol EMTs and Nurses work together to assess a patient and determine the best course of action.

In the event of an emergency, parents will always be notified first. If for some reason you are unreachable, your emergency contact will also be notified.

In the case of minor emergencies, certified Highland Camps staff are available to provide transportation to a hospital or urgent care in one of our camp vehicles. In the event of a more severe injury, our community has a local ambulance team about 5 minutes from the mountain. Our local police and fire chief are notified when our camp is in operation.

In any situation where your camper may be leaving Highland property for medical attention, parents will be contacted to discuss options, coordinate details, and arrange a communication plan between yourself and the camp staff accompanying your camper offsite.



## Responding to Camper Illness

Camp Nurses are available to care for any illnesses that occur during camp. The Health Center is equipped with a quiet room isolated from the rest of camp. We also have a dedicated quiet/isolation dorm room at the Tilton School for any overnight campers.

If the illness is contagious your child will be isolated to limit or prevent contamination to anyone they may come into contact with. Parents will be notified of any illness and possibly asked to make arrangements to collect your child from the program ASAP, both for the comfort of your camper and the health of others.

# DAILY SCHEDULES

Below are sample daily schedules for both overnight and day campers. Note that coaches will take regular breaks during both riding blocks to get water, snacks, and rest as needed.

## Overnight Campers

- 7:30am-8:00am Breakfast at the school dining hall
- 9:00am-12:00pm Morning activities, progression, and riding
- 12:00pm-1:00 pm Lunch
- 1:00pm-4:00pm Ride Mountain
- 6:00pm-7:00 pm Dinner at school dining hall
- 7:00pm-9:00 pm Evening activity and downtime\*
- 10:00pm Lights out

Coaches may also choose to take groups to ride the dirt jumps or HTC  
\*On select nights, overnight campers return to Highland for bike maintenance or after-hours riding in the HTC, dirt jumps, and/or slope course. On nights when we stay at the school, activities may include outdoor games such as ultimate frisbee or capture the flag, or indoor activities such as basketball, foosball, or movie night.

## Day Campers

- 8:30am Day camper drop-off at Highland
- 9:00am-12:00pm Morning activities, progression, and riding
- 12:00pm-1:00pm Lunch
- 1:00pm-4:00pm Ride Mountain
- 4:30pm-5:00pm Day camper pick-up at Highland

Coaches may also choose to take groups to ride the dirt jumps or HTC  
Schedule subject to change based on weather and participants



# PACKING LISTS

Remember to label your camper's belongings! If you are bringing your own bike to camp, we strongly recommend also bringing backup derailleur hangers and brake pads. Highland's bike shop is available to service camper bikes, but cannot guarantee that they will have the appropriate parts in stock in the event that you need a replacement.

Coin-operated laundry is available in the dorms (you must provide your own detergent). Overnight campers are welcome to bring their own non-perishable snacks to keep in their dorm rooms. For the safety of our campers and staff, no peanuts or tree nuts are permitted. Campers may not bring or consume energy drinks at camp.

Drugs, alcohol, tobacco, vapes, weapons, and any related paraphernalia are strictly prohibited by the Highland Camps Standards of Conduct. Bringing any of these items will result in immediate removal from camp.

Cell Phone Policy: We would prefer that campers do not bring cell phones, Apple watches, or any other device with internet or texting capabilities with them to camp. If your child does choose to bring their device, it will be checked in with staff upon arrival. Devices will be kept secured and locked within camp facilities. Camper cell phones will only be returned during their camp session in the event of an emergency. Dorm staff, camp nurses, and camp coordinators will all be accessible via mobile phone for any parent questions or concerns during camp.

## Summer Ride & Ayr Academy

### ALL CAMPERS:

#### Bike & Riding Equipment Standards

- Wheel and frame size appropriate for the size of the rider
- Full-suspension MTB with 130mm of travel or more
- Hydraulic (preferred) or cable actuated disc brakes
- Platform flat pedals (preferred) or clipless pedal with associated footwear
- Full face helmet (mandatory)
- Elbow (mandatory)
- Knee pads (mandatory)
- Goggles/Eyewear
- Gloves
- Jersey, shorts / riding pants
- Appropriate riding shoes (closed-toe, flat sole)
- Multi-tool
- Water bottle
- Sunscreen
- Rain gear
- Spending money (bike shop, store, etc. Visa gift cards work well.)
- All riding gear must be stored in a clear plastic tote bin labeled with their name

### OVERNIGHT CAMPERS:

- Street clothes & pajamas
- Bedding & pillow (dorm beds are twin size long)
- Toiletries in shower caddy (toothbrush, toothpaste, deodorant, soap, shampoo)
- Bath towel
- Fan (a box fan will fit comfortably in the dorm windows)
- Any prescription medications in their original container, with clear name, dosage, doctor, and frequency on label
- A padlock if you would like to securely store any items in your desk drawer (cameras, wallets, etc.)

## Cross-Country

### ALL CAMPERS:

#### Bike & Riding Equipment Standards

- Wheel and frame size appropriate for the size of the rider
- Full-suspension MTB with 130mm of travel or more
- Hydraulic (preferred) or cable actuated disc brakes
- Platform flat pedals (preferred) or clipless pedal with associated footwear
- Helmet (mandatory)
- Elbow (mandatory)
- Knee pads (mandatory)
- Goggles/Eyewear
- Gloves
- Jersey, shorts / riding pants
- Appropriate riding shoes (closed-toe, flat sole)
- Flat repair & multi-tool
- Water bottle or Hydration pack
- Sunscreen
- Rain gear
- Spending money (bike shop, store, etc. Visa gift cards work well.)
- All riding gear must be stored in a clear plastic tote bin labeled with their name

### OVERNIGHT CAMPERS:

- Street clothes & pajamas
- Bedding & pillow (dorm beds are twin size long)
- Toiletries in shower caddy (toothbrush, toothpaste, deodorant, soap, shampoo)
- Bath towel
- Fan (a box fan will fit comfortably in the dorm windows)
- Any prescription medications in their original container, with clear name, dosage, doctor, and frequency on label
- A padlock if you would like to securely store any items in your desk drawer (cameras, wallets, etc.)