



2026 FAMILY GUIDE

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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 Camps offers day and overnight summer camp programs for youth with a focus on downhill mountain biking. There's no need to be intimidated, we cater to many ability levels. From new descenders to aspiring pros, 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, ping pong, card games, 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 are CPR / First Aid Trained, as well as SafeSport certified on top of a full 3 days of Highland Camps Training. Our coaching team is lead by 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.

Thanks for stopping by,
Highland Camps Staff

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. Our selection of camp programs cater to riders of different ages, abilities, and interests.

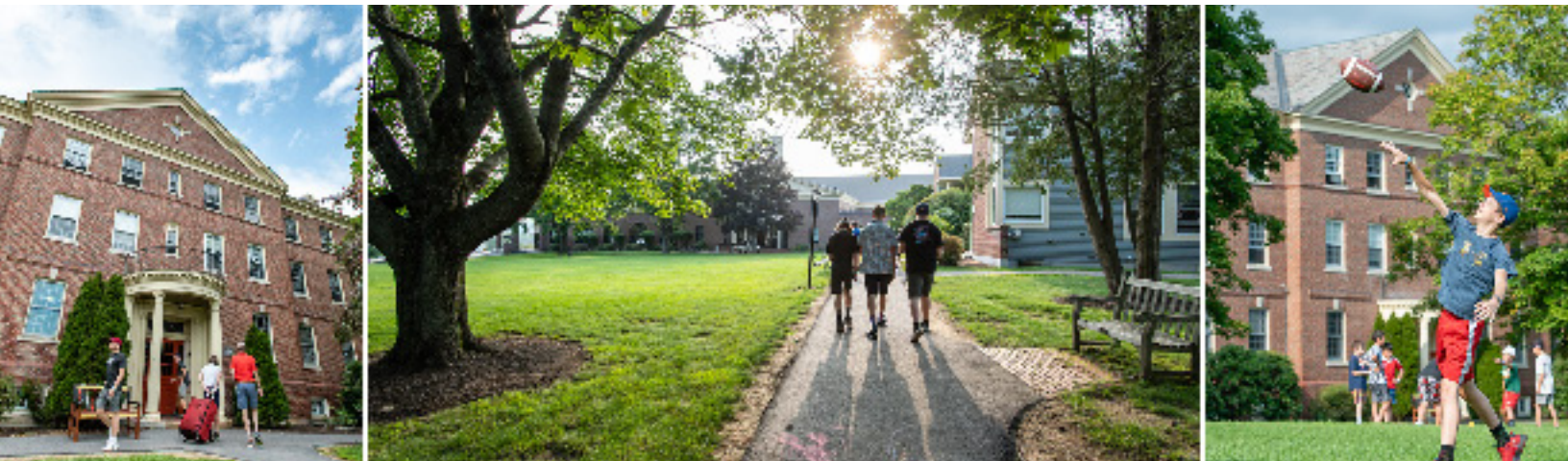
- Located at Highland Mountain Bike Park in Northfield, NH--about a 90-minute drive north of Boston
- Day camp and overnight options available
- All programs include skills training & progression, food, and a lifetime of memories with new friends

PARENT INFORMATION

Overnight Camper Housing

Summer Ride and Ayr Academy are both available as day camp programs. Ayr Academy is available as an overnight camp in all sessions, while Summer Ride Overnight is offered only during select weeks.

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. 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. Evening activities include movie nights in the lecture hall, games in the gym and fields, trail building and bike maintenance workshops, evening riding sessions at Highland, or simply relaxing and socializing with new friends!



Pfeiffer Hall is a three-story building with double and triple rooms, each pair of rooms sharing a bathroom. This building is used for Ayr Academy campers as well as the CIT Program. Some Ayr campers will also be housed in the Moore Dorm, a two-story building with double and triple rooms and communal bathrooms on both floors. This building will also host Summer Ride Overnight campers during select weeks. Both dorms have common areas and counselors living on each floor.



Overnight campers are grouped and assigned a counselor (or counselors) as their primary chaperone during non-riding activities. Room assignments are built primarily around campers of similar age and grade, and while the dorm buildings are co-ed, individual rooms and bathrooms are not.

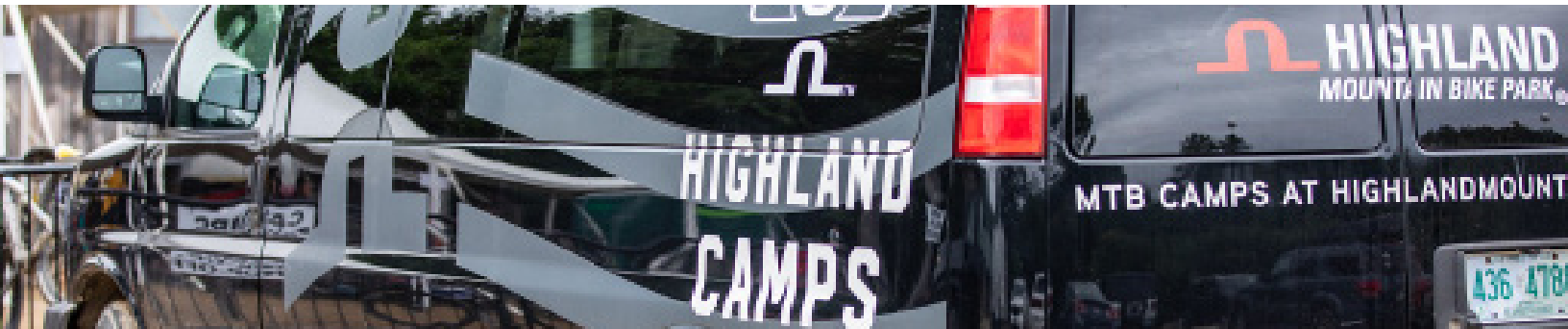
FAQ: Can my camper choose their roommate?

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 support the bus schedule and 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.

We work closely with Tilton School's food service department to accommodate allergies and dietary restrictions. While we are able to accommodate most if not all food needs, please note that the kitchens serving us are unable to accept and use outside food.

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 nuts of any kind.

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 nuts of any kind. Energy drinks are prohibited.



Staff to Camper Ratio

Highland Camps is proud to maintain a low staff to camper ratio. In the dorms, we do not exceed 8 campers per counselor. Riding groups are typically 4-6 campers. Additional supervision is provided by our lead coaches, head counselors, and other administrative staff.

Communication

Our primary method of family communication is email: 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

Phones, Homesickness, and Family Communication

Highland Camps are phone free. We understand this can be challenging for campers and families who have grown up together with a great level of constant communication. However, we find that the benefits of being phone free are great.

Across the summer camp world, leaders and staff find that phones inhibit campers in a variety of ways. Constant family contact generally worsens homesickness, and can lead campers to rely on their existing relationships rather than taking that intimidating first step towards new friendships. When tension or disagreements arise between campers, they may retreat to their devices rather than seek resolution or even bring the matter to the attention of staff for help.

Our goal is not to isolate campers, but to remove the hurdles and pitfalls that exist between them and a meaningful, memorable camp experience.

Ideally, your camper will leave their phone with you or the adult dropping them off. If for any reason their phone must stay at camp, it can be checked in at the Health Center upon arrival. It will be labeled and locked up securely until your camper leaves camp. Should you need to provide an update to your camper, you can email us (camps@highlandmountain.com) and we will happily pass along your message or schedule a call if appropriate. Should your camper need to contact you, they will be able to do so at the Health Center via the nurse phone, or at the dorms via one of two dorm phones kept by our counselors.

If your camper (or their parent) is concerned about homesickness, it is important to remind them that this is normal and okay! It is a challenge that everyone faces in some capacity, even if not everyone shares or talks about it. In our experience, the best way to help homesickness is to stay busy, and to wait until day 2 or 3 for any family communication. The first night is always hard. However, saving that first call for a story of success is an important part of building a narrative of perseverance that your camper can rely on when tackling future challenges. For the parents that worry - the best case is to hear from your camper briefly and infrequently. That's a sign that they are busy and having fun!

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 emergencies. More often than not phone calls cause homesickness rather than cure it, especially when they are unscheduled or poorly timed. 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 a selection of camp experienced for riders of a variety of ages, skill levels and schedules. For riders who are interested in a future at camp beyond Ayr Academy, we also offer a Counselor-In-Training Program!

Ayr Academy (Ages 10-16)

Ayr Academy is a weeklong mountain bike summer camp for youth ages 10 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.



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.



Daily Schedule:

7:30am-8:15am Breakfast at the school dining hall
9:00am-12:00pm Morning riding and skills
12:00pm-1:00pm Lunch at the Camp Village
1:00pm-4:00pm Riding / afternoon activities at Highland
6:00pm-7:00pm Dinner at the school dining hall
7:00pm-8:30pm Evening activities at Tilton and Highland*
9:00pm/10:00pm Lights out for Summer Ride / Ayr Academy

*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.



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!

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 19 to August 1 (overlapping with Summer Camp sessions 4 & 5). 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 skills needed to pursue employment at Highland and beyond.

The Training

Over the course of their first week, CITs will have group meetings to discuss some of the skills and strategies staff will employ throughout the week. Further meetings will review events of the week and discuss what has worked and not worked. 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 Camper application, selecting the CIT program as their session choice. Then email our Program Manager at sam@highlandmountain.com using the subject line "2026 CIT Program". Include in the email a description of your favorite camp memory (Highland or elsewhere) as well as a challenging camp experience (or similar environment involving similar age peers) 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 a spot in the program. While familiarity with Highland and our camps is helpful to potential CITs, past Highland Camps attendance is not 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

2026 Session Dates

We offer seven sessions of Summer Ride and Ayr Academy!

- Session 1: June 28 - July 4
- Session 2: July 5 - 11
- Session 3: July 12 - 18
- Session 4: July 19 - 25
- Session 5: July 26 - August 1
- Session 6: August 2 - 8
- Session 7: August 9 - 15

Summer Ride Overnight Camp will only be offered during sessions 1-3.
 Summer Ride Day Camp is available all 7 sessions, as well as both Day and Overnight Ayr Academy.

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					



ENROLLMENT PROCESS

2026 PRICING:	AYR ACADEMY	SUMMER RIDE
BASE CAMP PRICE Camp tuition. (Includes only Day Camp)	\$1665	\$825
+ OVERNIGHT Includes lodging, meals, and transportation to and from Tilton School.	\$685	\$415
+ KIDS BIKE RENTAL For riders between 3'7" and 4'4" tall. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$345	\$207
+ YOUTH BIKE RENTAL For riders between 4'4" and 4'11" tall. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$470	\$282
+ ADULT BIKE RENTAL For riders 4'11" or taller. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$550	\$330
+ ADULT UPGRADED DH BIKE RENTAL Only available to riders 5'5" or taller. Includes all required safety equipment: full-face helmet, elbow pads, and knee pads.	\$650	\$390
+ SAFETY EQUIPMENT ONLY RENTAL Includes all required safety equipment: full-face helmet, elbow pads, and knee pads. Does not include a bike.	\$65	\$39
+ PROTECTION PLAN 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
+ MANCHESTER SHUTTLE One-way camper shuttle to Manchester Logan airport.	\$75 each way	N/A
+ BOSTON SHUTTLE One-way camper shuttle to Boston Logan airport.	\$125 each way	N/A



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 sessions in order to manage fatigue.

Weekend supervision is **ONLY** available between Sessions 4 & 5. All other weekends, you must pick up your camper on Saturday and return on Sunday. Weekend spaces are limited, so make sure to sign up early!

Discounts

We have several different discounts available for summer camp:

- **Early Bird Discount:** Enroll before the end of 2025 and get \$150 off your camp session.
- **Pay In Full Discount:** Pay in full before March 1st and receive an additional 5% off your base camp price.
- **Multi-Session Discount:** Enroll in multiple sessions and receive 10% off your each additional session's base camp price.
- **Sibling Discount:** Enroll multiple campers from the same family, and each sibling after the first 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 2026 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 before March 1st 2026, you will receive a 5% discount off your base camp price.
- **Two Payment Plan** (available before March 1st): 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 2026:

- **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 be accepted.

MEDICAL SERVICES

Highland Camps has nursing staff onsite or on call for staff and campers 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 during biking activities 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 the first contact we reach out to. 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 an urgent care or local emergency department 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 and afternoon activities
6:00pm-7:00 pm Dinner at school dining hall
7:00pm-9:00 pm Evening activity and downtime*
9:00pm/10:00pm Lights out for Summer Ride / Ayr Academy

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 (8:15am on day one)
9:00am-12:00pm Morning activities, progression, and riding
12:00pm-1:00pm Lunch
1:00pm-4:00pm Ride Mountain and afternoon activities
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.

Ayr Academy, Summer Ride & Weekends

ALL CAMPERS:

- Full face helmet (mandatory)
- Elbow pads (mandatory)
- Knee pads (mandatory)
- Goggles/Eyewear (recommended)
- Gloves (recommended)
- 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
- Any prescription medications in their original container, with clear name, dosage, doctor, and frequency on label

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)
- A flashlight
- A padlock if you would like to securely store any items in your desk drawer (cameras, wallets, etc.)

Bike & Equipment Standards

Bike & Riding Equipment Standards

- Wheel and frame size appropriate for the size of the rider (feel free to consult a local bike shop for advice!)
- Thru Axle is strongly recommended versus Quick Release wheels.
- 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): Convertible helmets with a removable chin bar are not permitted.
- Elbow and Knee pads (mandatory)
- Chest protectors are strongly suggested but not required. They will help spread force out in the event of a fall onto the chest or back. These can be purchased at a discount on check-in day at the bike shop.
- Goggles/Eyewear are strongly recommended to help with dust. Even prescription glasses are very helpful and will fit just fine while wearing a full face helmet.
- Gloves are strongly suggested to help with rider comfort and prevent blisters.
- Riders commonly wear either pants or shorts at Highland. Both work well, but pants help avoid shin scrapes from pedals and debris if your knee pads don't cover the shin.
- Appropriate riding shoes should be closed toe with a flat sole, and fit snugly during physical activity / sports play.
- Spending money in the event of necessary bike repairs such as a new tube, broken derailleur hanger etc. For repairs / purchases the camper cannot cover, the bike shop is able to contact a parent and make a transaction by phone.
- All riding gear must be stored in a clear plastic tote bin labeled with their name