

2027 FAMILY GUIDE

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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

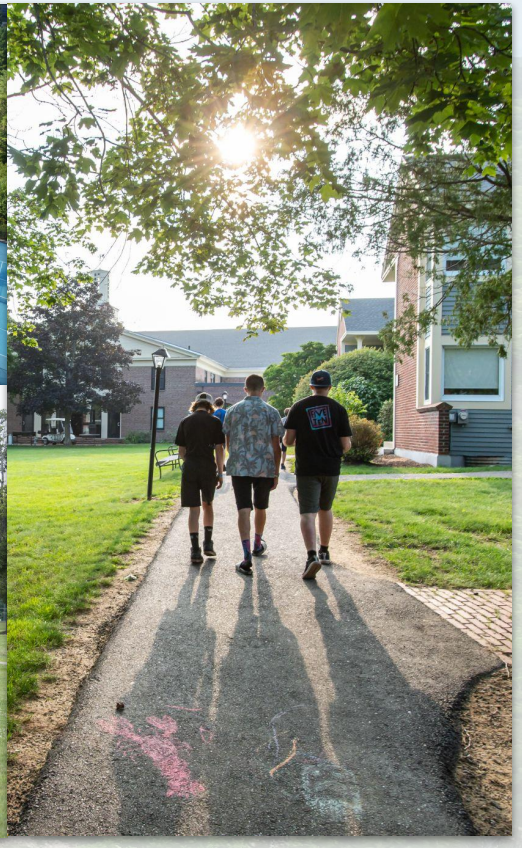
OVERNIGHT HOUSING

Summer Ride and Ayr Academy are both available as day and overnight 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!







PARENT INFORMATION

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.

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.

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.





STAFF - CAMPER RATIO

Highland Camps is proud to maintain a low staff to camper ratio. In the dorms, ratios range from 6 to 10 campers per counselor depending upon age. Riding groups are 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.



CAN I SEND MY CAMPER WITH EXTRA DORM SNACKS?

Yes, we allow campers to keep non-perishable snacks and drinks in their dorm rooms. We do not allow snacks containing nuts, or any type of energy drinks in the dorms.

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.

If you would prefer to pack a lunch for your day camper, you may do so! But be sure to avoid packing anything containing any kind of nuts.

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

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!

PHONES, HOMESICKNESS AND FAMILY COMMUNICATION FAQ

THIS WILL 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. Watching movies, shows, or reading stories that include overcoming homesickness can also be a great way to make the situation feel less unknown.

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!

I PLAN TO BE AT HIGHLAND DURING MY CAMPER'S SESSION. CAN I POP IN TO THE CAMP VILLAGE OR FIND THEM IN THE LIFT LINE IF I NEED CHAT?

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 email or phone, 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.

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!

HOW DO I PICK IF I'M ELIGIBLE FOR BOTH?

The main difference between the programs is their length. Five days of riding the bike park is a lot for younger riders. If that doesn't sound like your usual activity level, Summer Ride is a good way to start out!

SUMMER RIDE (8-14)



Summer Ride is a three-day camp for youth ages 8 to 14 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 (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.

CIT PROGRAM (16-17)



The Highland Camps CIT Program is a development-focused camp experience. CITs will learn and practice skills essential to success in both coaching and childcare roles. Coaches & Counselors in Training should be passionate about riding and interested in developing the skills needed to pursue further experiences in coaching, summer camp or childcare roles.

Over the course of the program, CITs will have group meetings to discuss some of the skills and strategies staff that make for successful camp staff. 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

As the program continues, 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 DO I BECOME A CIT?

The CIT program can be found on the camp application, for campers of the appropriate age. Once you submit an application, we will be in touch to set up an interview!

SESSION DATES

We offer seven sessions of Summer Ride and Ayr Academy!

- Session 1: June 27 - July 3
- Session 2: July 4 - 10
- Session 3: July 11 - 17
- Session 4: July 18 - 24
- Session 5: July 25 - August 31
- Session 6: August 1 - 7
- Session 7: August 8 - 14

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



SESSION BREAKDOWN	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER RIDE		OVERNIGHT					
		DAY					
AYR ACADEMY		OVERNIGHT					
		DAY					

CAMP PRICING

	SR	AYR
Tuition	$825	$1665

Tuition covers day camp attendance, and is used in discount calculations for multi-week and sibling enrollment. For those without the Protection Plan, camp credits are based on **Tuition ONLY**.

All applicants will be charged a $55 Registration Fee on their first program application of a camp season. Subsequent applications for Summer Camps or Teams within the same operating season and for the same camper will not incur an additional registration fee.

ADD-ONS

	SR	AYR
Overnight Fee	$425	$700
Kids Bike Rental Height: 3’ 7” - 4’ 4”	$207	$345
Youth Bike Rental Height: 4’ 4” - 4’ 11”	$282	$470
Adult Bike Rental Height: 4’ 11”+	$330	$550
Adult DH Upgrade Height: 5’ 5”+	$390	$650
Safety Equipment (Included with any bike)	$39	$65
Rental Bike Insurance	$30	$50

The Protection Plan (detailed on the next page) cost is equal to 8% of your total camp cost. This includes base cost as well as all fees and add-ons.

CANCELLATION POLICY, PROTECTION PLAN & RENTAL INSURANCE

CANCELLATION POLICY

Our standard cancellation policy allows for a refund (minus the $125 cancellation fee) until 6 weeks before your selected camp session. All cancellations must be by email.

After this point, this policy does not provide refunds. Please note if a session is changed within 6 weeks of the initial selection, the original cancellation deadline still applies. In the event of injury or illness, we offer a Camp Credit. Credits are equal to your base camp cost plus any rental fees - not total amount paid. They are non-transferrable, and can be used towards another camp session or seasonal teams enrollment before the end of the following year. Credits are also available to campers that leave camp early due to injury or illness, and are prorated for the number of riding days that they missed.

Highland maintains the right to cancel enrollment for families that do not make payment, do not submit forms, or fail to comply with the standards of conduct.

If a camper fails to complete the program for any reason other than personal injury or illness such as a friend cancelling, bicycle failure or weather (that does not cause us to cancel camp), they are not eligible for a refund or credit.



PROTECTION PLAN - 8% TOTAL CAMP COST

The Protection Plan allows for a refund of your amount paid (minus the Protection Plan fee and registration fee) for any cancellation prior to the start of your session. Similarly to the Camp Credits, these refunds can be prorated based on riding days missed if your camper leaves camp early for any reason. If your camp attendance depends upon factors outside of your control such as the ability of a friend to travel, we strongly suggest you select the protection plan.

RENTAL BIKE INSURANCE

For campers renting a bike from us, we offer a discounted rate on insurance. For $10 per day, Rental Bike Insurance covers any repairs or damage resulting from normal use. This includes but is not limited to flat tires, broken derailleurs or even damaged frames. Insurance will not provide coverage in the event of abuse or neglect.

For campers renting without insurance, any repairs or maintenance needed during camp can be authorized and paid for by phone. The bike shop will reach out to you if needed. If you aren't sure, the insurance fee saves you money after a single flat tire repair. It is a great price!

DISCOUNTS & PAYMENT PLANS

We have a variety of discount opportunities available to campers and families including:

- Early Bird Discount: Apply before Jan. 1st 2027 and get $150 off.
- Pay In Full Discount: Select “Pay In Full” on your application before March 1st and get 5% off your tuition.
- Multi-Session Discount: Get 10% off tuition for each session after the first.
- Sibling Discount: Get 5% off tuition for any sibling after the first.
- Season Pass Discount: Campers with a Season Pass at the time of application will save $75 on AYR Academy and $45 on Summer Ride.

For community partners like NEMBA, Ragged MTN and more, check out the “Passes, Rates & Hours” page on our website.



We offer payment plans to help spread out the cost of camp as well. All installment plans come with a deposit of 25% due after we review your application. For Summer Camp we offer:

- Pay In Full: Save 5% on your tuition by selecting this option prior to February 1st 2027.
- Monthly Jan. - June: 25% deposit + up to 6 equal installments, charged on the first of each month. Available before May 1st.
- 2 Installment April + June: 25% deposit + two equal installments, charged on 4/1 and 6/1. Available before April 1st.

Other plans exist for other programs and will be visible on your application. Due to the structure of Campminder, billing plans are set per household, not per individual. If you are enrolling a camper in Summer Camp and a parent in Adult AYR, all household members must pay on the plan that concludes before the earliest program. Please reach out if you have any questions about payment plan selection.

SCHOLARSHIP PROGRAM

Highland runs a scholarship program each season to help make camp possible for more riders. Awards include full and partial scholarships for both Summer Ride and AYR Academy.

The scholarship application is available in the Parent Dashboard under “Forms & Documents”. You will gain access to this dashboard after submitting your first camp application. Applications must be submitted before March 1st, and recipients will be notified in mid-March. If you intend on applying for a scholarship, please notify us after submitting your camp application (replying to the confirmation email will work perfectly) so we do not take payment while we collect applications and finalize awards.

If you plan to use assistance from other scholarship or grant programs, please reach out to camps@highlandmountain.com so we can make appropriate arrangements.



1. THE APPLICATION

Applications for Summer Camp open on December 1st each year, and can be found by going to highlandmountain.com under “Training (Lessons & Camp)” then “Summer Camp”.

The application will help you generate a profile for your household including parent and camper details. If you submitted an information request previously, you will already have a profile!

Once you have selected your session(s) and any add-ons like rentals or the protection plan, you will head to billing. In this step you will provide / update credit card information, and select a payment plan or to pay in full. Once that is set up, you will submit your application!

WHEN DO YOU START TAKING PAYMENTS?

No payments will be charged before you submit your Standards of Conduct (SoC) form (step 2). If you are applying for our scholarship, need to request a specific payment arrangement, or plan to use other assistance / grant programs, please reach out to camps@highlandmountain.com **BEFORE** submitting the SoC so that we can all get on the same page.



2. STANDARDS OF CONDUCT

Once your application is submitted, you will get an “Application Confirmation” email. This means you have reserved a spot for the next 4 weeks.

In order to move from “applied” to “enrolled” you will need to fill out the “Standards of Conduct” which can be found in the Parent Dashboard link in the confirmation email. Just open the Dashboard and head to “Forms & Documents”.

Forms & Documents is also where you will find the Scholarship Application, and all required forms and instructions to complete ahead of camp.

3. COMPLETING FORMS

Once you are enrolled, the next step is getting all of our required forms sorted out. These include:

- The Rider Questionnaire
- Highland Waiver
- Medical Authorization & Release Form
- Health History Questionnaire
- Physician Statement & Immunization Record

We provide 8 weeks for families to submit these forms, starting in the first week of January or on your enrollment date, whichever comes second. We will send you reminder emails with a list of remaining forms at 4 weeks, 2 weeks and 1 week remaining - plus a due day reminder if forms are not already in.

We understand that life is busy and scheduling visits with a doctor can take time. So if you need an extension please let us know. As long as you are communicative and making progress, we are happy to make accommodations. Just know that all required forms must be submitted in order for campers to participate!



FORMS OVERVIEW

RIDER QUESTIONNAIRE

This form is pretty straightforward and can be completed fully within the Parent Dashboard. We would like you to have your camper help with this form so that they get some voice in it, as we will use it to help build riding groups.

HIGHLAND WAIVER

This form is hosted on the Highland Store, (https://highlandmountain.connectintouch.com/) rather than the dashboard. This is so that it can provide information to Guest Services (for lift access) and Mountain Patrol (in case of emergency). You will need to make an account on the Highland Store, add the “Under 18” waiver to your cart and complete the checkout process. This form may not be available when applications first launch. We will let you know when it is!

MEDICAL AUTHORIZATION & RELEASE

This form is very quick to complete in the Dashboard, and authorizes treatment by our medical staff and any off-site facility.

HEALTH HISTORY QUESTIONNAIRE

This form is hosted in the Dashboard and is your means of providing us with details about your camper such as history of injuries, allergies, medications and more.

PHYSICIAN STATEMENT & IMMUNIZATION RECORD

The Physician Statement can be handled two ways. First, we provide a form that you can download / print for your camper’s Primary Care Provider to fill out. Second, if their PCP has a form available with the following information, we can accept it:

- Any allergies (or lack of allergies)
- Any medications the camper takes regularly. Or any medications they normally take but won’t be taking at camp.
- Approval for full participation in sports / physical activity.

Regardless if you use the first or second method, the form must be signed off and dated by the Physician within 2 years prior to your camp session. It must also come with a full list of all immunizations your camper has received.

MULTIPLE SESSIONS

Some of our campers attend multiple sessions in a summer! For AYR Academy, we strongly encourage you to limit your camper to no more than two consecutive sessions in order to manage fatigue.

Weekend supervision is available only between sessions 4 & 5, and only for AYR Academy Overnight Campers.. All other weekends, campers must be picked up on Saturday and returned on Sunday. Weekend spaces are limited. If you want a spot, sign up early!





WAITLIST POLICY

When a camp sessions sells out, we still allow families to express interest via the camp application and get on the waitlist. When a spot opens for a waitlisted session, we will reach out to the first person in line that is NOT enrolled in camp already. This means that if you are waiting for a spot to do a second week, or are enrolled for one session but are waitlisted for a week you like more - we will first clear all campers with no other enrollment.

We take no payment for waitlist spots unless we can enroll you for the session, but given the nature of the waitlist means spaces tend to open close to camp - we will ask you to submit required forms on the same schedule as enrolled families. After June 1st, all forms must be completed before we can offer waitlisted campers a spot.

MEDICAL SERVICES

Highland Camps has nursing staff onsite or on call for staff and campers 24/7. Our nurses oversee medication delivery and treatment of any injuries or illnesses that may occur during camp.

At least one nurse is always on duty, on site whenever campers are at the bike park. And an on call nurse is available by phone and video call 24/7 during camp operation. The on call nurse can be on site at any time for non emergency care.

In addition to the nurse, Highland Mountain also has a team of EMT's that make up Mountain Patrol. Patrol is on duty whenever Highland is open for riding and whenever campers are on bikes. Mountain Patrol operates just like Ski Patrol, acting as emergency first responders for any incidents at the bike park.

Both Highland Mountain and the Tilton School are within minutes of our local Police and Fire Departments. These departments are notified whenever our camp is operating.



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.

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.

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 SCHEDULE

A TYPICAL DAY AT CAMP

- 7:30am – 8:15am — Breakfast at the school dining hall
- 8:15am–8:30am — Bus over to Highland Mountain (8:30am-9:00am — Day camper drop-off at Highland)
- 9:00am–12:00pm —Riding skill of the day instruction
- 12:00pm–1:00pm — Lunch break at Highland (lunch is provided for all campers)
- 1:00pm–4:00pm — Ride Mountain* / Afternoon Activity Block
- 4:45pm — Bus back to school (4:15pm-4:45pm — Day camper pick-up at Highland)
- 6:00pm–7:00pm — Dinner at school dining hall
- 7:00pm–9:00pm — Evening activity/downtime
- 9:00pm — Summer Ride Lights Out
- 9:30pm / 10:00pm — AYR Academy Lights out

*Coaches may also choose to take groups to ride the dirt jumps or HTC (indoor training center)

**Schedule is a rough overview, not down to the minute. It is also subject to change based on weather and participants



ALL CAMPERS

REQUIRED:
- Full face helmet
- Elbow pads
- Knee pads
- Tote bin / bag for riding gear storage, labeled with name
- Any prescription medication in original container with clear name, dosage, doctor and frequency on label.

RECOMMENDED
- Chest Protector
- Goggles / eyewear
- Gloves
- Jersey, pants / shorts for riding
- Riding shoes (closed toe, flat sole)
- Multi-tool
- Water Bottle
- Sunscreen + bug spray
- Rain gear

OTHER IDEAS
- Spending money ($20-50 for souvenir / lodge snacks)

OVERNIGHT CAMPERS

REQUIRED:
- Enough clean riding + casual clothes for their stay (laundry is only available to weekend campers)
- Bedding + pillow (dorm beds are twin long / twin XL)
- Toiletries (toothbrush / paste, soap, shampoo, deodorant)
- Bath towel

RECOMMENDED
- Shower caddy / toiletry bag
- Box fan / other window fan (dorms are not air conditioned)
- Flashlight (it is possible to have a power outage in the dorms)
- Non-perishable snacks / bottled drinks (no caffeine or energy drinks)

OTHER IDEAS
- Padlock / lockbox for any valuables (dressers and desks have at least one drawer with a latch for a padlock)
- Preferred books, cards or similar for downtime
- Small alarm clock / watch for timekeeping

LIFE AT CAMP - BIKE AND EQUIPMENT STANDARDS

BIKE STANDARDS:

- Full suspension bike with at least 130mm suspension travel
- Appropriate sizing: consult a local bike shop if you are not sure!
- Thru axle wheels instead of quick release
- Front and rear disc brakes (hydraulic strongly preferred)
- Platform / flat pedals (preferred unless rider is significantly more confident with clipless)

GEAR STANDARDS:

- Full face helmet: convertible helmets with removable chin bar are strongly discouraged. If shopping, look for a helmet with ASTM F1952 certification. (Appended numbers such as 1952-15, -22 etc represent updates to the F1952 certification and are also sufficient.)
- Chest protectors are the first piece of protective equipment we suggest after the required pads and helmet. They will help to distribute force in the event of a crash to the chest or back.
- Goggles / eyewear are helpful as the trails can kick up a lot of dust in certain conditions. Sun is less of a concern given the amount of tree cover. Untinted riding goggles can be found very affordably in our bike shop and many others. Even just wearing normal prescription glasses can be very helpful for this, and fit fine in a full face helmet.
- Gloves are another affordable and impactful piece of gear. We do a lot of riding and they will help protect camper's hands. Especially those who haven't built up calluses!

CLOTHING AND OTHER ADVICE:

- Both shorts and pants are suitable for riding at camp. Pants are often favored for the extra protection from light debris / pedal scrapes when standing or walking with the bike. Jeans can work if they are baggy enough to allow knee pads underneath if that is the rider's preference.
- Riding clothes should allow for plenty of movement and be breathable. You might be surprised how much of a sweat you can work up without pedaling uphill!
- Riding shoes must be closed-toe and should lace up / fit snugly. Ideal riding shoes have a stiff and relatively flat sole without chunky tread. Somewhat similar to skate shoes.

CHECK YOUR BAG!

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