



Talisman Programs

Welcome to Talisman!

Below you will find information specific to your camper's program at Talisman. Here are explanations of activities and an introduction to the program to help you and your camper get comfortable with, and excited about, the coming session. Your program manager will provide you with a schedule specific to your camper's group when you arrive at camp. Please note that this list may not include all activities your child will participate in; we may have additional activities added that you and your camper will learn about as camp draws closer.

Instructions for all paperwork, webinars, seminars, and travel to and from camp are included in this packet. **Please read all instructions carefully.**

All paperwork must be returned back to our office- via mail, email, or fax- **three weeks** prior to camp (medical forms can be late if previously approved if waiting to see the doctor – physical must be completed within **12 months** of camp!). Please use the next page as a check off-sheet of what you need to turn in and get ready prior to camp.

Don't forget to download your Parent Handbook from our webpage.

We will be changing our medication packaging procedure – stay tuned for more information closer to camp.

Happy Camping!

Linda Tatsapaugh
Executive Director

Haley Mitchell
Admissions Director

Cory Greene
Camp Director

Natalie Wilcoxon
Operations Director



To Do Before Camp

- Become acquainted with your camper's program and activities (Page 3-4)
- Schedule doctor appointment for a basic physical (within **12 months** of camp)
- Sign up for optional **pre-camp** webinars for you and your camper (Page 5)
- Sign up for the optional parent seminar (Page 5)
- Arrange transportation to and from camp (Page 6)
- Purchase any items and pack for camp! (Page 7)
- Become acquainted with the **Camp-In-Touch** website. (*This is where you completed the application.*) All paperwork, communication, and photos are done through this website. [Click here to go to the login page!](#)
- Complete all **online** forms on Camp-In-Touch
 - Health History
 - Parent/Guardian Contact Sheet
 - Transportation Form
 - Waiver for On-Campus Activities Form
 - Add a credit card for incidentals (required) if you have not already
- Print**, complete, and Fax (828-697-6249) or scan/email the following forms to haley@talismancamps.com
 - Enrollment Agreement
 - Authorization to Treat (**must be notarized**)
 - Health Insurance card form
 - Camper Health Care Recommendations Form (**Signed by a doctor**)
 - Medical Clearance to Participate (**Signed by a doctor**)



7-day Session Intro to camp

Our 7-day session programs are designed for children who are new to the camp experience and who may have ASD, ADHD, learning disabilities, or social anxiety. In just seven days, campers enjoy many of our popular on-campus activities. This session program model emphasizes both consistency and compassion, as campers build foundational skills in social communication and independence within a developmentally appropriate peer group. We offer different challenges and adventures for participants to build a foundation of skills to then use on further Teen Adventure Programs. The Lake program will focus on paddling, canoeing, and water skills. The Land program will focus on hiking, climbing, and ropes course skills. This growth takes place in a safe and fun small group environment where campers can become excited about the activities they try, the friends they make, and the potential they begin to recognize in themselves. This is a great introduction to camp for younger children and first time campers (up to age 17).

During their time at Talisman, campers are given the opportunity to try a number of new activities ranging from technical tree climbing, tubing down a river, various traditional camp activities to camping. Groups structure these as challenge-by-choice activities where campers are encouraged to challenge themselves, but never forced to do an activity they feel uncomfortable with.

Campers are placed in a group of eight campers with three staff. They participate in all activities, dine with and live in a cabin with their group. This smaller group style gives campers the opportunity form friendships in a safe, comfortable environment. Cabins within the same program will spend time together in larger group games or programming throughout the session to practice larger group interaction.

We do not use food as a reward or a punishment. We provide wholesome food that is generally familiar to kids (for example, hamburgers, hotdogs, peanut butter & jelly, cereal and eggs). We also encourage our students to try new foods through the introduction of no-thank-you helping. We do have limited meal alternatives and will never let a camper go hungry. We can also meet many special dietary needs, including allergies, GF/CF and vegetarian. It is important to ensure that your camper is able and willing to eat at least half of the items on our sample menu.

We address issues when they happen, as a group. We stop what we're doing and circle up to identify the problem, have the camper take responsibility, come up with some better alternatives, and decide whether there is a natural consequence. For example, throwing food might mean eating the next meal outside; being disrespectful may require apologizing and doing something nice for the other person. This group approach allows our campers to practice expressing their opinions and feelings to others. Sensitive issues may be dealt with one-on-one with a staff person. Yelling, punishment, and physical discipline are never allowed.

The goal of everyone at Talisman Programs is to encourage growth and development in a fun and safe camp environment. Safety always comes first at camp. We are dedicated to providing an environment in which every camper feels that they can be themselves and that they are accepted. We strive to foster new friendships and a positive self-image in each one of our campers. We can't wait for the summer to start and are so happy that your family is a part of it!



Explanation of a few activities

“This Schedule is subject to change – as is your camper”

Arts and Crafts: Time for a little creativity! The Art Room is filled with supplies to let your imagination run wild!

Initiatives: Through team building games and initiatives, these will help the group on communication, teamwork, and of course having fun!

Trail Hiking: To practice for their camping trip, groups will take a hike on a local trail. During this day hike, groups will practice “Trail Etiquette”, have a picnic lunch, and learn about the local history.

Movie Celebration: Welcome Back! After returning from a long hike or campout, cleaning gear and getting cleaned up, campers have a night of watching a movie and celebrating. It’s quite a nice treat after ending trail.

Opening Day: Campers will decorate their cabins and familiarize themselves with the facilities such as the buildings, pool, and trails. Parts of the day will involve opening day routines including the swim test and health check. Campers will also be getting to know their staff and the expectations and rules here, as well as learning about some of the activities we will be participating in.

Packing, skit show, and closing: Packing, packing, packing! After all the work is done, groups will participate in Talisman’s skit show. They will then prepare for the Final Banquet! After the banquet, campers will work on final goodbyes and pull it all together during their closing ceremony.

Primitive Skills: Campers will learn various primitive living skills-knots, packing a back pack, shelters and fire building! Preparing for our big camp out!

Pool Party: Whether you are Marco or Polo, a shark or a minnow, or stuck in a whirlpool, pool party is when our campers beat the heat making a splash in the pool. We may even boogie down to some beach boys!

Science: There are lots of cool and fun science experiments we do at camp. Campers learn about Chemistry and more through fun, safe science experiments.

Trees: Technical tree climbing is one of the fun adventures we have here on the Talisman campus. Campers climb into harnesses and put on helmets and climb trees around campus.



Pre-Camp Webinars

To help you and your camper get excited for camp, Talisman offers pre-camp webinars in which you can learn more about what we will be doing this summer, “meet” fellow families, ask questions and more.

All of these webinars are online: all you need is a computer, pad, or cell phone with an internet connection and speaker. All webinars are in EST and will be recorded and emailed out.

Session 1 Webinar (Insight & Teens): May 11th, 6:30 pm

Session 1 E-Campfire (Insight & Teens): May 25th 6:30 pm

You will receive an email with details and links for connecting to the webinar.

Parent Seminar

Talisman offers optional parent seminars at the end of every session. Seminars for the 7-day programs take place from 1pm – 4pm the day before camp is over. Through these seminars we explain the activities we do with our campers, why we do them, and what we hope to achieve from them. We describe our group problem-solving process, use of natural consequences, and other tools we use to help our campers develop a sense of personal responsibility, improve decision-making skills that utilize elements and principles of our camp philosophy in the home so that each camper’s growth and progress can continue beyond the camp experience. The seminars also give us a chance for discussion about targeted concerns of parents and sharing of solutions. Finally, the seminar offers the opportunity to build a community of support with other families.

During the seminar, lunch will be on your own at break. We will not have childcare at the seminar, but your children are welcome to participate or to bring entertainment and relax nearby.

Session 1: June 16th 1pm – 5pm

Locations: Blue Ridge Community College. An email will go out a few weeks before camp to remind you and provide details.

[Click Here to Register for Seminar.](#)



Transportation to/from Camp

Please complete the Transportation form on Camp-In-Touch regardless of how your child is traveling to our campus.

It is the policy of Talisman Programs that all transportation information is confirmed with parents and/or guardians. **If your child is flying alone**, please take care to include all flight information on the Transportation form. Talisman also requires that parents pre-pay unaccompanied minor and luggage fees prior to camp or include money for baggage.

Airport Procedures:

Talisman Programs only picks up from two airports, at no extra charge, in our region. One is just north of our campus (AVL) and one is just southwest of us in South Carolina (GSP). We do **not** pick up from any other airport.

We ask that you try to schedule all arrival and departure flights between **8 am EST** and **3 pm EST** into either **Asheville Regional Airport (AVL)** or **Greenville-Spartanburg Airport (GSP)**. If this is not possible, please call us to identify best possible options. **An additional fee of \$50 each way may be required for pick-up outside these time parameters.**

We recommend Unaccompanied Minor or Passenger Assistance if your child has never flown alone or has any anxiety about flying. Please let us know if you are using either of these services so that we can provide staff names for pick-up and drop-off.

Both of these airports are very small, which allows us to greet the child at the only exits from the gates as they make their way to baggage claim. Our staff will be wearing Talisman shirts and are known to airport staff and security. Talisman's policy for airport transportation is to arrive ahead of each child's flight prior to the wheels touching down, gain physical custody of the child, and then phone the parent to let them know the child has arrived safely. For departures, staff accompanies the child to the gate, remains there for 5 minutes after take-off to ensure there are no delays on the tarmac, and then phones the parent to let them know that the child is on their flight.

If you are flying in with your child, please plan to rent a car and drive to camp. We will want a chance to meet you and show you around our campus. We cannot provide round-trip transport to and from airports for parents. **Please complete Transportation Online Form as arriving/departing by CAR or we will think you expect us to pick up your camper.**

Lodging

If you and your family are looking for somewhere to stay the day before drop-off or pick-up, the Asheville and Hendersonville areas have numerous hotels, B&B's and more. If you are looking for a great hotel close to campus, we recommend the Mountain Lodge in Flat Rock, NC. The Mountain Lodge offers suite style rooms, a pool, complimentary hors d'oeuvres and a wonderful breakfast. See their website below for a full list of their accommodations.

Mountain Lodge: <http://www.mountainlodgeflatrock.com/>



	#	Description
Sleeping Bag	1	Fiber-filled 30 degrees with no down or cotton stuffing (needs a stuff sack case)
Sturdy Shoes	1 pair	For hiking over rugged ground and trails. <i>Clearly labeled</i>
Sneakers	1 pair	Play shoes that will get dirty and wet. <i>Clearly labeled</i>
Sport sandals w/ a back strap	1 pair	For water play and showers (close toed). <i>Clearly labeled</i>
Socks	8 pairs	For sneakers
Underwear	8 pairs	
T-Shirts	7	No inappropriate slogans or pictures
Shorts	7	Quick-drying shorts are best (like soccer/running shorts)
Pants	2-3	Quick drying pants and khakis are best (no blue jeans)
Pajamas	1	Summertime weight-not too heavy or "hot"
Bandanas	2	For use on camping and canoe trips
Dry bag for personal clothing	1	For use during canoe trip. 20 to 30 quart is best size to accommodate several days worth of clothing (optional)
Swimsuits	2	Females must be one piece or tankini- NO bikinis please
Light jacket or sweatshirt	1	Nighttime temps in the 60s
Rain jacket or poncho	1	The rain poncho is cheapest, best, and strongly recommended.
Thermals (AKA-Long underwear or base layer)	1 set (top & bottom)	Light weight (AKA silk weight to keep warm at night, prevent sunburn, and keep bugs off at night. No cotton please-synthetic material please.
Laundry bag	1	Clearly labeled please
Twin sheet set	1 set	Please send an extra set if nighttime enuresis is an issue.
Pillow	1	
Towels & washcloths	2 sets	No beach towels please. They will not dry between uses. Clearly labeled
Toiletries & shower bag/case		Toothpaste, toothbrush, deodorant (non-aerosol), comb/brush, shampoo, conditioner, soap, shaving cream & razor, face wash, etc...
School sized backpack		
School sized backpack	1	For day trips. (Talisman provides backpacking/camping packs)
Flashlight & Batteries	1	Head lamps are best
Water bottles	2	Large size-32 ounce (We suggest Nalgene brand).
Rubbermaid box/tub or duffel bag		Can purchase at Wal-mart or similar. Only clothing and hygiene products need to fit into this.
Optional items		
Hat or cheap sunglasses	1	For sunny and hot days. (All forms of glasses should have a strap/cord/croakie, or lanyard to prevent loss of glasses during water activities.)
Writing materials		Letter writing materials include stamped and addressed return envelopes please.
Books		Age and camp appropriate please
Family & pet photos		
Games		Card and travel games are easy to carry in their day packs.
Permethrin clothing or the clothing spray		Talisman provides bug spray but some campers are sensitive to bug bites and may need more prevention.

Land or Lake Packing List

All clothing & belongings must be clearly labeled with first and last name with a laundry marker. We can only send home lost items that are clearly labeled if found. All other unmarked items will go to Goodwill. **Please be aware that all items brought to camp may be lost or damaged.** We encourage you to fulfill as many of the above items with hand-me-downs, or purchasing very inexpensive or gently used items. **If your camper loses items at home then we promise they will lose items at camp as well!**



ITEMS NOT ALLOWED AT TALISMAN: Electronic equipment, alcohol, drugs, pets/live animals, guns or weapons of any kind.
Land or Lake pack list examples

Rubbermaid box/tub and/or duffel bag:



Sleeping bag and stuff sack:



Sport sandals with back strap:



Thermals (AKA long underwear/base layer):



Headlamps:



Water bottles:



Dry Bag:



Item	# Required	PARENT: Description & labeled	Staff: checked-in	Staff: Sent home
Sleeping Bag	1			
Sturdy Shoes	1 pair			
Sneakers	1 pair			
Sport sandals w/ a back strap	1 pair			
Socks	8 pairs			
Underwear	8 pairs			
T-Shirts	7			
Shorts	7			
Pants	2-3			
Pajamas	1			
Bandanas	2			
Dry bag for personal clothing	1			
Swimsuits	2			
Light jacket or sweatshirt	1			
Rain jacket or poncho	1			
Thermals (AKA-Long underwear or base layer)	1 set (top & bottom)			
Laundry bag	1			
Twin sheet set	1 set			
Pillow	1			
Towels & washcloths	2 sets			
Toiletries & shower bag/case				
School supplies				
School sized backpack	1			
Flashlight & Batteries	1			
Water bottles	2			
Rubbermaid box/tub or duffel bag				
Optional items				
Hat or cheap sunglasses	1			
Writing materials				
Books				
Family & pet photos				
Games				
Permethrin clothing or the clothing spray				

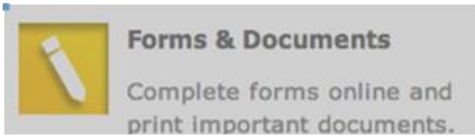
To be completed by parent and taped to inside of clothing container (in a zip lock for duffels)

Staff to complete final 2 columns



Paperwork






All paperwork can be downloaded and completed through your Camp-In-Touch account. Log into your account by this [Camp-In-Touch Login](#) or through our website: <https://talismancamps.com/>.



Once logged into your Camp-In-Touch account, click on the forms and documents button as pictured on the left.

Once in the Forms & Documents section you will see two types of forms that you will need to complete.

- All forms with the computer icon next to them, like the Health History form shown in the photo below, are online forms that can be completed directly on the computer.

	Green River Adventures (72.33kb PDF)
	Health History [more info]
	Health Insurance Card (form) (204.43kb PDF)
	Medical Clearance to Participate [more info] (88.30kb PDF)
	Parent/Guardian Contact Sheet

- All forms with a bar code icon next to them, like the Green River Adventures and Health Insurance Card forms, are pages that need to be printed out, completed and scanned and emailed back to info@talismancamps.com or haley@talismancamps.com. We do have the ability to receive faxed documents or they can be mailed back.
 - When you print these sheets out they will print with a barcode on the lower right hand side of the page, this barcode is specific to your camper.
 - If you fax this form back it will automatically file into our system and you can see a copy of that form on your portal once it has been reviewed by one of the office staff.
- If you need a copy of any of the paperwork you have submitted, click the printer icon on the far right of any row to pull up that paperwork and print out a copy.
 - Your receipt for your deposit or full payment will be available if you click the print icon in that row.

Please mail or bring a hard copy of your Authorization to Treat on opening day as some notaries don't show up well via scan or fax.



Opening and Closing Day Procedures

Opening and closing days can be hectic and confusing. Follow these guidelines to help us ensure the smoothest possible transition to and from camp. Opening days for programs differ. Please check twice which days are opening and closing for you camper!

Opening Day check-In time

Opening Day check-in time for all sessions will run from 9am until 2pm. Your camper will be assigned a timeframe two weeks prior to their Opening Day. Campers flying in will be enrolled upon arriving to campus from their designated airport.

1. When you arrive on the Talisman campus for opening day, you will be directed to park behind the main office. Staff will assist you with gathering your camper's luggage and camper to begin the process of settling into their camp environment.
2. **It is important** to encourage your camper to go with their staff as it will actually ease their anxiety to meet their bunk mates, get comfortable with their surroundings, and prepare to show you around. You will be completing the check-in process with lots of other parents and this can be overwhelming for your camper. Let your camper know that you will NOT leave campus until they have given you a tour of their bunk and introduced you to their bunk mates.
3. You will go to the blacktop to check in with your Program Manager at their assigned tent.
4. Proceed to the dining hall, even if your camper does **NOT** have medications, to go over medical paperwork with the nurses and package any necessary medications.
5. When you have completed the above, proceed to your camper's cabin (staff will direct you). Here you will have your camper show you around and meet his/her peers and staff. Please do not linger too long as it can make your camper's transition more difficult. Quick photos, hugs, and lots of love are encouraged.

***Please, no dogs on campus during opening day.** We have several campers who have a strong fear of dogs and all of our campers will be anxious about their transition. It can also be very overwhelming for the campers and the canines due to the high level of activity.

Closing Day pick-up Time: 9am-11am for all programs. You will be assigned a pick-up time.

Be sure to do the following things before you leave with your child.

1. When you arrive on the Talisman campus for Closing Day, you will be directed to park behind the main office. All campers and their luggage will be located on the blacktop.
2. Go by the nurse to pick up any leftover medicines and sign out your camper through the infirmary.
3. Spend time at the Lost & Found table. Please go over their inventory sheet and make sure you have all your child's belongings.
4. Check out your child with the Assistant Camp Director as you exit the parking lot.

If there is a problem and you are not able to pick your child up at the allotted time (9am-11pm) on closing day, please contact your program manager to be approved through admissions. We can provide housing and coverage for your child. The fee is \$145 per half day and \$290 per full day.

