What to Expect  
CABIN & CAMPSITE RETREATS 2020

We are so excited to welcome you to the cabins at Camp Kanuga for a time of renewal, reflection, and adventure. More information can be found at [www.Kanuga.org/CabinRetreats](http://www.Kanuga.org/CabinRetreats).

**ADDRESS AND DIRECTIONS**

221 Camp Kanuga Circle / Hendersonville, NC 28739
For more detailed directions go to [https://campkanuga.org/contact/maps-directions/](https://campkanuga.org/contact/maps-directions/)

**CHECK-IN:** 5-7 p.m.  
*Please make prior arrangements with our reservations team if you need to arrive after 7 p.m.

**CHECK-OUT:** 10 a.m.  
**QUIET TIME:** 11 p.m.-7 a.m.

**UPON ARRIVAL**

Please follow the signs to check in at the Camp Kanuga office. Before you get out of your car, please call [828-337-0299](tel:828-337-0299) to let us know of your arrival. If you do not have Verizon cell service, you may want to call about 15 minutes before you arrive at Camp Kanuga, so that we can be on the lookout for your car. A team member will approach your car with a non-contact thermometer to take the temperature of each guest, and upon completion of our health screening, you will be provided with check-in information. Please have your mask on at this time.

**CABIN AMENITIES**

Every Camp Kanuga cabin, although rustic with screen doors and windows, is newly remodeled and has lighting and electrical outlets. Each has five bunkbeds, two showers and two sinks with hot and cold water, and two flush toilets. Camp Kanuga DOES NOT supply linens, pillows, or towels. There are no kitchens or refrigerators. Camp will provide initial toilet paper and paper towels.

**CAMPSITE AMENITIES**

1. **Tent Camp Sites:** Tent camp sites are in Bowen Field. Each site has a fire ring, a picnic table, and site marker. Bowen Field has 3 potable water spigots, but no gray water pits. Please wash dishes in dishwashing sinks outside Verduin Dining Hall. The common bathrooms (no showers) are a short walk across campus to the area left of Verduin Dining Hall. Guests may drive vehicles up to campsites to load/unload and then park vehicles on gravel lot at the end of the field.

2. **Pavilion Camp Sites:** These campsites have two large sleeping shelters and a rock fire ring. This site is hike-in only by way of a short, easy, and mostly flat walk from Camp Kanuga. There are no bathrooms or running water. The common bathrooms (no showers) and dishwashing sinks are located near Verduin Dining Hall on the Camp Kanuga campus. For disposal of waste in the
“backcountry” guests are to use Leave-No-Trace practices and dig “catholes.” Secure food and waste properly overnight at a distance from campsite in sealed containers and in a bear hang.

3. **Rustic Hike-In Camp Sites:** These campsites are hike-in only. They are both scenic and rustic, having only an established rock fire ring, flat ground, spaces for tents, and plenty of trees for hammocking. There are no bathrooms or running water. For disposal of waste in the “backcountry” guests are to use Leave-No-Trace practices and dig “catholes.” Secure food and waste properly overnight at a distance from campsite in sealed containers and in a bear hang.

**WIFI**
WIFI is not available in cabins or at campsites. Public WIFI is available near the Office, Infirmary, Verduin Dining Hall, and the Fox Pavilion. Note that these spaces are closed for inside use due to COVID-19 health and safety guidelines. Public WIFI information including network name and password are provided to guests at check in.

**FOOD AND BEVERAGE**
You may provide your own food and beverages, or meals can be provided at the Kanuga Conference Center with the purchase of a meal plan. For more information go to Kanuga.org/CabinRetreats and review the food and beverage section. There is also a small snack shop located at the Kanuga Bike Park check-in office located at Camp Kanuga.

**COOKING**
You will need to provide all the items necessary to cook and store food safely. We ask that all food prep, cooking and eating be done on the cabin porch or outside. Grills are permitted but please leave outside of the cabin.

**CLEANING**
There are sinks for dishwashing centrally located outside the Verduin Hall in camp. DO NOT use the sinks in the cabins to wash dishes.

**BEARS & RACOONS**
Beware of bears and racoons. Keep ALL edible items and coolers inside your cabin in a safe storage container or in your vehicle.

**PETS**
Camp Kanuga is a pet-free property. Service animals are permitted.

**GARBAGE & RECYCLING**
Put garbage and recycling in plastic bags in large outdoor bins. Be sure to secure the lids.

**LAUNDRY**
Camp does have free laundry machines available to guests. You will need to bring your own detergent.

**CAMPFIRES**
Campfires are allowed only within established fire rings. Fire rings or pits are not to be moved. Fires must be attended at all times, and extinguished before leaving the site.

**FIREWOOD**
Firewood is available for purchase at the camp office from 12-5 p.m.
ALCOHOLIC BEVERAGES
Intelligent, mature use of alcohol is acceptable in or in the vicinity of your accommodation or at designated areas or events. No intoxication. No one under 21 years of age can possess or consume alcohol.

SMOKING AND VAPING
Camp is a smoke-free and vape-free campus. Please respect your neighbors.

FIREARMS / WEAPONS
The use, display and possession of firearms, air arms, paint ball guns, fireworks, explosives, and/or weapons is strictly prohibited.

PARENTS / GUARDIANS
Parents/Guardians are responsible for the safety and behavior of their children at all times. Children under 18 must always be under adult supervision.

SWIMMING
Absolutely no swimming allowed unless a lifeguard is on duty.

VEHICLES
Limit two vehicles allowed per cabin area. Additional vehicles must be parked in the main parking lot. You may load and unload at your cabin. Speed limit is 7 MPH. Remember there are children and guests all around; please be aware of your surroundings.

VISITORS
Registered guests may have day visitors, but they will be required to check in at the camp office and complete health screening upon arrival.

ACTIVITIES
We invite you to explore Kanuga’s 1,400 acres of western North Carolina’s best mountains to enjoy nature hikes, walking trails and the lakes for fishing (catch and release). Please respect social distancing guidelines. Please be respectful on the trails. If you meet another group, pause, let them go by and get a reasonable distance ahead before you continue your path.

Program Purchase Options
Guests may purchase programs to add on to their experience. Programs must be sign up for and purchased the day before and before the cut off time. Program offerings include blacksmithing, archery, guided hikes (both on property and off property), orienteering, and more. For a full list, more details, and to purchase go to this sign up page: https://www.signupgenius.com/go/9040a4badab23a3f58-archery
Suggested Packing List

Linens/blankets/sleeping bags/pillows/towels
- Camp Kanuga will not be providing these items.

Necessary Items
- Sunscreen
- Bug spray
- Flashlights, Head Lamps, lanterns
- Hand sanitizer
- First Aid Kit
- Laundry bag and detergent
- Water bottles
- Rain jackets
- Mask or other facial covering

Food Prep and Storage
- Foldable table
- Storage container to protect food
- Coolers
- Camp stove or grill
- Collapsible Sink
- Plates
- Bowls
- Forks / spoons
- Mugs
- Frying pan
- Pot w Lid
- Pot grabber
- Slotted serving spoon
- Spatula/tongs
- Cleaning supplies
- Pot scraper
- Wooden spoon
- Measuring cups
- Knives
- Cutting board
- Egg carton
- Dish soap
- sponge
- dish cloths
- paper towels
- Clorox Wipes
- Foil
- Ziploc bags
- Kettle
- Percolator
- Trash bags / a few contractor bags
- Paper products
- Camp Stove / Fuel
- Can Opener
- Lighter / matches
- Firestarter / lint
- Water Purifier
- Water Containers
- Cooler
- Insulated bag/small cooler

Optional Items:
- Hammocks and webbing
- Outdoor camp chairs
- Games, cards puzzles
- Other outdoor activity supplies
- Yoga Mats
- Fishing gear