



## What to Expect CABIN 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 [Kanuga.org/Autumn](https://www.kanuga.org/Autumn).

### **ADDRESS AND DIRECTIONS**

221 Camp Kanuga Circle / Hendersonville, NC 28739

For more detailed directions go to <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 (not the Ride Kanuga Adventure Center). About 15 minutes before you arrive, please call **828-692-6611**. A team member will then meet you at the Camp Kanuga office to process your health screening and check you in. We will come to 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.

### **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 by pre-arrangement. If you need firewood after you arrive, please call **828-692-6611** to make arrangements for delivery.

## **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.

## **EMERGENCIES**

In the event of an emergency, please call 911, and then notify Kanuga at 828-692-6611 between the hours of 8 a.m. - 5 p.m. and 828-337-0299 after 5 p.m.

## **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.

## 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