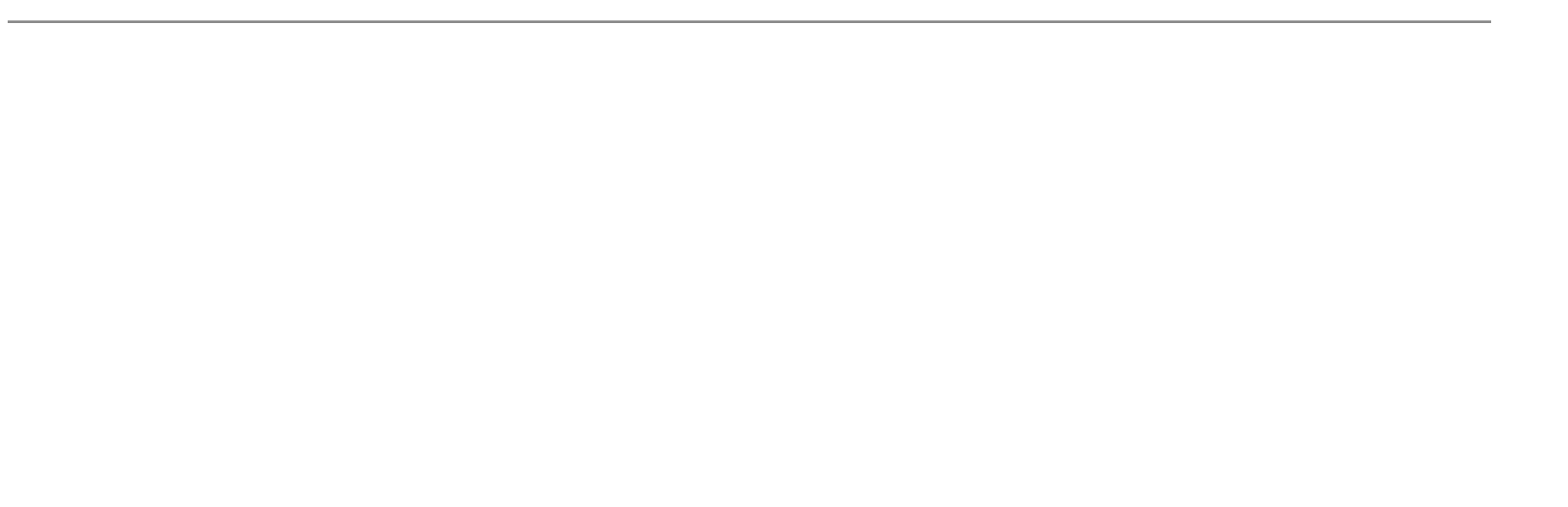


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# Parent Handbook



Adventure Camp  
and  
Kolo Bike Camp  
2023



**Dear Parents and Guardians,**

Welcome to Adventure Camp and Kolo Bike Camp at the Adventure Center of Asheville! It is our pleasure to offer an immersive and experiential adventure recreation program for you and your family.

**Adventure Camps** provide an adventure experience for your 8-13 year old camper where they will zipline, white water raft, traverse a ropes course, climb trees and much more! Campers are split up by age to allow age appropriate programming. Every day holds a new adventure that increases self-efficacy through measured risk-taking.

**Kolo Bike Camps** provide a hands-on mountain biking experience for the beginner to experienced rider 8-15 years old. There is also Kiddie Camp available for campers 6-8 years old, depending on your campers ability level. They will utilize the Adventure Center's many miles of trails, pump tracks and skills areas to work toward advancing individual goals. ***Campers must be comfortable on a two-wheeled bicycle in both bike camps.***

Our day camps are American Camp Association accredited which is a peer review process that assures that we follow over 200 standards relating to health and safety, risk management, and quality programming. Earning and maintaining ACA accreditation takes time and commitment. We set our standards high, to provide your child with an environment where he or she is having fun and is unaware of all of the work related to safety and learning, which has been carefully incorporated into the daily routine. ACA accreditation serves as an assurance to families that our camp cares enough to submit to a transparent, thorough review of our entire operation. Our goal is to provide parents with as much information about our camp, to reassure you about your camp choice. Our voluntary participation in the professional development and accreditation process of the American Camp Association demonstrates our commitment to providing you and your child with the best possible camp experience.

To help us best serve your camper, please read the following information on program policies and procedures. If you have any questions, comments or suggestions, please feel free to contact the Adventure Center at (828) 225-2921 ext 4 or [camps@adventurecenterofasheville.com](mailto:camps@adventurecenterofasheville.com)

We look forward to adventuring and growing with you and your family!

Warmly,

**The Staff at the Adventure Center of Asheville**

## Contact Information, ACA Hours and Location

**Tax ID: 46-086-1096**

### **Adventure Center Of Asheville Location and Welcome Center:**

85 Expo Drive,  
Asheville, NC 28806

### **For more information, please contact:**

Adventure Center Office and Welcome Center

828-225-2921 ext 4 [info@adventurecenterofasheville.com](mailto:info@adventurecenterofasheville.com)

or [camps@adventurecenterofasheville.com](mailto:camps@adventurecenterofasheville.com)

**General hours of operation (outside of camp) are 10am-5pm. Please see [our website](#) for more info.**

### **Programs and Ages:**

#### **ACA Adventure Camp (Discovery and Exploration)**

Ages: Discovery: 8-10

Exploration: 11-13

Time: 8:30am-4pm, Monday - Friday

#### **Kolo Kiddie Bike Camp**

***(must be comfortable on two wheeled bike)***

Ages: 6-8\*\*

Time: 8:30am-3pm, Monday - Friday

#### **Kolo Flow Summer Bike Camp**

***(must be comfortable on two wheeled bike)***

Ages: 8-15\*\*

Time: 8:30am-4pm, Monday - Friday

\*\*8-year-olds are allowed in either camp. If your camper is a beginner rider or new to Kolo programs please put them in Kolo Kiddie Camp to start with. If your camper is 8, has already attended Kolo Kiddie Camp and is confident in their skills, you may sign them up for regular Kolo Flow Camp if you choose.

(The counselors reserve the right to move your child if we feel the other camp would be a better fit. This is all to ensure your camper has the best experience at Kolo camp and is in the most positive learning situation for their skill level. )

### **Camper Eligibility**

The Day Camps at the Adventure Center of Asheville want to create a fun, challenging, and nurturing environment for as many campers as possible! In order to provide the best care possible for our campers, we must address our limitations in our programming, staffing, and facilities.

In addition to our age requirements for enrollment, all campers must be able to do the following at a developmentally-appropriate level for their age:

- Communicate needs and concerns verbally with others at a conversational level of English
- Understand and comply with directions given by staff
- Refrain from unsafe and/or harmful behaviors toward self and others (including self-harm)
- Identify and avoid health/safety risks
- Maneuver rugged terrain and distances up to a quarter-mile
- Follow a varied individual schedule and manage free time
- For Kolo Bike Camps, be comfortable riding a pedal bike off-road
- For Adventure Camp, fit into and keep on properly all high adventure equipment including a helmet, harness, and PFDs
- Function in a group setting in a positive and cooperative manner that displays tolerance and respect for self and others.

Kolo Bike Camp and Adventure Camp are not therapeutic programs and are not appropriate choices for youth dealing with behavioral, motivational, or rehabilitation issues. If you are unsure if your camper would be suited for our camps, please reach out to our Camp Director ([camps@adventurecenterofasheville.com](mailto:camps@adventurecenterofasheville.com)) and we would be happy to talk more about our program and what we can offer.

## About Us

### **Adventure Center of Asheville Mission**

The Adventure Center of Asheville provides a variety of adventure experiences that promote bonding, personal challenge, growth, and nature appreciation, between families, groups, and fun-seeking individuals.

### **Adventure Camp Vision**

To inspire campers to seek adventure through personal challenge and growth, community building, stewardship, and fun.

### **We Do This Through:**

- *Positive adventure experiences* - campers will participate in a new adventure each day, encouraged by their fellow campers and our staff.
- *Camper-led choices throughout the day* - campers independently select their activity during Camper's Choice and are given group choices daily.
- *Immersive experiential education* - campers will participate in at least two nature and/or wilderness activities a week.
- *Promoting positive camper interactions* - campers will participate in group games, teambuilding, and structured play time in small and large groups throughout the week.

### **Kolo Bike Camp Vision**

To build confidence on and off the bike.

### **We Do This Through:**

- *Biking progression* - campers will participate in a new biking lesson each day that will build confidence to try new skills.

- *Camper-led choices throughout the day* - campers independently select their activity during Free Time and are given group choices daily.
- *A variety of outdoor experiences* - campers will participate in at least one adventure activity a week, and one other outdoor activity a week.
- *Promoting positive camper interactions* - campers will participate in group games, teambuilding, and structured play time in small and large groups throughout the week.

### **Who Do We Serve?**

We strive to provide a fun camp experience for as many campers as possible- we believe that all kids deserve to have a great week at camp! Our camps wish to honor and welcome campers of all diverse backgrounds and walks of life, and create a community of inclusion so that they can come to camp and just be kids. The Adventure Center of Asheville does not and shall not discriminate against campers or staff on the basis of race, color, religion (creed), gender, gender expression, national origin (ancestry), or disability.

## Registration and Enrollment

### Registration:

Parents and guardians may book [online](#)\*. They may also call or stop by our Welcome Center located at 85 Expo Drive Asheville, NC 28806, 828-225-2921 ext 4. While our general office hours are 10am-5pm, please see our website to confirm our hours as they change depending on the season.

\*(please note that online bookings have a non-refundable service fee.)

**Each camp has a cap for the number of participants in order to maintain appropriate staff-to-camper ratios as well as provide the most successful experience for all campers.** Anyone who is not able to register due to a full camp roster will be placed on a waiting list for that week if they call our office.

On Monday check in begins at 8:15am, where we will check to make sure that your camper has a completed waiver, and health history forms. *Please be aware that you might experience an extended check-in time if waivers and health forms are not completed in advance.* Please make sure that you are paid in full prior to coming to registration. If you still owe a balance on Monday, please pay by cash/credit card upon arrival. We cannot take your camper unless the cost is paid in full, or if their paperwork is not fully completed.

- [Adventure Center of Asheville AND Wildwater Rafting Waiver](#) (combined digital waiver)
- [Camper Health Form](#) (for all camps)
- Swim Waiver (paper waiver completed at Monday registration)

## Cancellation/Refund Policy

- Cancellations made prior to 2 weeks from camp start date will receive a full refund minus a \$25 cancellation fee.
- Cancellations made within 2 weeks of the camp date will receive a 50% refund.
- Cancellations made within the scheduled camp week can only receive a refund at the discretion of the owner.
- Cancellations for camp week(s) due to behavior issues/behavior reports **will not** receive a refund.

## Drop-off and Pick-up

The Adventure Center of Asheville requires that each camper be signed in and out each day by a parent or other person with written authorization. If you would like to authorize someone to pick up your camper let your camp director know in advance. Campers may not be dropped off in the parking lot.

Drop off for all camps begins at 8:15am each day, and goes until 8:45am. Campers dropped off after 8:45am will have to come up to the welcome center to be checked in by the office staff and parents should call ahead to notify camp staff.

**Pickup times for each camp are as follows:**

Adventure Camp: 3:45pm - 4:00pm

Kolo Bike Camp: 3:30pm - 4:00pm

Kolo Kiddie Camp: 3:00pm- 3:30pm

Parents, or another authorized adult, are required to sign out their camper(s) every day of camp. Any child left after 4:15pm will be considered in aftercare and a parent or guardian will owe \$10/day/person at time of pick up that day. Any parent or guardian who is late to pick up their camper (after 5pm) will receive a charge of \$1/minute/person. Please note that aftercare is not available for Kolo Kiddie Camp. If you will be picking your child up early or plan on being absent one day, please let a member of our staff know in advance (as much as possible)

If you have a child in both Kiddie Camp and Kolo/Adventure Camp please arrive for pick up at 3:30.

### Release of Campers

Students are allowed to leave with persons other than the parent/guardian/emergency contacts only if permission has been given to camp staff, in writing, or by phone message from the parent/guardian in case of an emergency. When an unauthorized individual seeks the release of a camper, the Camp Director will be contacted along with any parent or guardian to ensure the camper's safety. Any person picking up a participant that is unknown to staff must provide photo identification.

**If parental/guardian contact is not received 5 minutes after closing time (5pm for camps), staff are required to call parents (if possible) and exhaust all emergency phone contacts to ensure camper's safe pick-up.** If no contact is made within 30 minutes, staff will follow this contact procedure to alert proper supervision: Camp Director, Owner. After 1 hour of no parent/guardian contact, the Department of Child Services will be notified and local authorities will be contacted to address the situation.

### Absences

If your camper will not be attending camp because of scheduled appointments, vacations, or other planned absences, please notify the Camp Director and/or office in advance (see cancellation policy). If your student is ill, please call the Adventure Center of Asheville Office at 828-225-2921 ext 4. Messages may be left on voicemail.

If a camper does not arrive at the program as intended, the staff will contact the parents. Refunds are not provided for absences unless your camper is ill or experiencing any symptoms of COVID-19, and only under the discretion of the Camp Director and/or Owner.

## Camper Expectations and our Behavior Management Policy

*Adventure Center of Asheville Camps seek to provide an inclusive environment in which all campers can thrive. To do this, we MUST know in advance if your camper has any special needs, behaviors, food allergies or personality characteristics that may need specialized attention and/or planning.*

Since we want this to be a fun and rewarding experience for all campers, we ask that all electronics be left at home, with the exception of the Wednesday rafting trip for Adventure Camp. If phones are needed for communication, we ask that they are kept off and away. Campers may bring books, toys or other supplemental items to camp to utilize during free time throughout the week. Campers are completely responsible for these items and the Adventure Center of Asheville is not responsible for any lost, damaged or stolen items.

A variety of methods are used to cultivate positive relations with campers and staff. Our environment is warm and welcoming so all campers feel a sense of belonging and membership. Our goal is to foster positive relationships to create a sense of community which allows for open communication should a challenge arise. In this environment campers are able to learn and challenge themselves at their own pace based on their individual temperaments, development, and culture. Campers will be taught and encouraged to express themselves, understand the feelings of others and how to communicate their wants, needs, and feelings in a proactive, age-appropriate manner.

All campers are entitled to a respectful, pleasant and harmonious environment at camp. The Adventure Center of Asheville cannot serve campers who display chronically disruptive behavior that is unsafe for themselves or others at camp. Examples of these behaviors may include but are not limited to behavior that inflicts physical or emotional harm on other campers, abuses the staff, or ignores or disobeys rules designed to keep all campers and staff physically, emotionally, and mentally safe. We rely on positive rewards and redirection for behavior management. If these strategies are not effective, camp staff will contact the family to discuss strategies to help the participant be successful.

**Repeated behaviors that are unsafe or inflict physical or emotional harm on others will be addressed in the following manner:**

1. A staff member will verbally redirect the camper's behavior.
2. If the disruptive behavior continues or repeats, a staff member will privately speak with the camper and will decide upon an appropriate natural consequence such as a brief time-out. The staff member may also reasonably modify privileges for that day's activities.
3. If the behavior continues or repeats, the Camp Director will be notified and will speak with the camper. A Behavior Report will be completed and sent home.
4. If a camper receives three written Behavior Reports, the camper will be suspended at the end of the day of the third report (unless the behavior is severe). Camper suspension may last for one or several days depending on Camp Director and Owner's discretion. No refunds will be issued for any missed days of camp.
5. If the camper is reinstated in camp and receives a fourth behavior-related behavior report, the Camp Director may suspend the camper immediately and notify the parent to pick up the camper. The camper will be discharged from all camp programs effective the next day. Parents are still responsible for payment of camp, but are eligible to receive a refund for future weeks of camp if they are registered for them.
6. **If the severity of a problem/behavior is great enough that it could endanger the safety of the camper, other campers in the program or any staff, discharge will be effective immediately. This includes but is not limited to any type of physical abuse or aggression inflicted by the camper on staff or other campers.**

***Our goal is to create a positive camp experience where campers can thrive. Please review these expectations with your camper.***



## How Our Camps Work

### Attendance and safety

Upon arrival and periodically during the day attendance will be taken to confirm a camper is present and accounted for at all times both on and off site (if traveling with Adventure Camp for rafting).

Campers use the buddy system while at camp to ensure that they are always with another camper. If a camper needs to separate from the rest of the group, most likely to use the restroom, they will need a buddy and to let a counselor know before they leave.

In the case a camper does become lost, staff will search the premises then notify the parents and local authorities. Any lost camper is reported to the police and Department of Social Services.

### \*A Typical Day at Adventure Camp:

8:15-8:30	Drop-off at Adventure Center with ice breakers/team building games
8:45-9:15	Begin Adventure Camp Activity
11:30-12:00	Lunch
12:00-1:15	Post-lunch games and adventure immersion activity (e.g. flora/fauna ID, fire building, bouldering)
1:15-2:30	Camper's Choice (independent art projects, Frisbee golf, slackline, card games, rest time)
2:30-3:30	Walk to pool at Asheville Racquet Club and/or water games (weather permitting)
3:30-3:45	Walk back to Adventure Center
3:45-4:00	Pick-up at Adventure Center
4:00-5:00	Aftercare (ONLY if signed up @\$10 per day)

### Adventure Camp Activity Information

*When	*Activity	*Important Information
Every day	<b>Pool or water activity</b>	Weather permitting, campers and counselors walk to Asheville Racquet Club's pool on swim days ( <i>which are Tuesdays and Thursdays for Adventure Camp</i> ). To swim in the deep end, the campers must pass a brief swim test conducted by a lifeguard on duty. On non-swim days, campers will participate in other water activities (like a giant slip-n-slide or water balloon games). <b>Please remember to bring a swimsuit, towel, and sunscreen daily.</b>
M	<b>Treetops Adventure Course</b>	Campers will challenge themselves on this high-ropes adventure course. Campers must be in athletic clothing with close-toed shoes (like tennis shoes or boots) to participate. Campers will utilize special equipment, like a harness and helmet, during this activity.
T	<b>Kid Zip (Discovery) or Asheville Zipline Canopy Tour (Exploration)</b>	Campers in the Discovery Program will zipline for 2 hours on the KidZip, with 9 ziplines in a circuit. Campers in the Exploration program weighing 70+ lbs. can participate in the Asheville Zipline Canopy Tour (5 ziplines), or can opt to do KidZip if they would be more comfortable closer to the ground. Campers must be in athletic clothing with close-toed shoes (like tennis shoes or boots) to participate. Campers will utilize special equipment, like a harness and helmet, during this activity.
W	<b>Whitewater Rafting</b> (at Wildwater in	We will travel to Wildwater in Hartford, Tennessee to raft the Upper Pigeon, which has class II and III rapids. <b>To raft, your camper must wear shoes with an ankle/heel strap.</b> Keens, Chacos, Tevas, water shoes, and old sneakers are all

	Hartford, Tennessee)	acceptable. <b>No flipflops, slides or Crocs.</b> Electronics are permitted for the approximately one hour bus ride, or campers may bring books, crafts, or other independent items. Remember to bring lunch, a towel, and a dry change of clothes, and money for the Dog House if desired.
Th	<b>Mountain Biking with KOLO</b>	Campers will learn the basics of mountain biking, and try out our trails and pump tracks. Bike and helmet rental for your camper is included but <b>we encourage your camper to bring his or her own bike.</b> If your camper brings their own bike, they must also bring a helmet. Campers who bring their own bike will have the opportunity for extra biking time during Camper's Choice and during pickup.
F	<b>Tree Quest and Funky Friday!</b>	Campers will gear up in a harness and use a special rope to climb to the top of a tree. Campers must be in athletic clothing with close-toed shoes (like tennis shoes or boots) to participate.  We will end the week with a "Funky Friday" celebration! Campers will get to dress as zany as they would like, and participate in the week's favorite activities such as the slip n' slide, gaga ball, a talent show, etc!

**\*A Typical Day at Kolo Bike Camps:**

8:30am Drop off begins.  
9:00am Stretch & Bike Check  
9:30 am Warm up ride  
10:00am Daily skill intro  
10:30 am Morning snack  
11:00am Bike skills building  
12:00pm Lunch  
12:45pm Bike games  
1:15 pm Trail rides  
2:15 pm Park Free time ( campers pick)  
2:45 pm Afternoon snack  
3:30pm Pump track training til pick up  
4:00pm Pick-up

Kolo Bike Camp will climb the Treetops Adventure Park on Thursdays. Campers will utilize special equipment, like a harness and helmet, during this activity. Weather permitting, campers and counselors to Asheville Racquet Club's pool on swim days (*which are Mondays and Wednesdays for Bike Camp*). To swim in the deep end, the campers must pass a brief swim test conducted by a lifeguard on duty.

\*Please note programming is subject to change without notice due to unforeseen circumstances and weather. Thank you for understanding.

## Meals and Snacks

During camps, families/guardians are required to provide snacks and a lunch for their campers. We encourage those snacks and lunch to be healthy and nutritious as well as not require additional preparation (e.g. reheating, refrigeration, etc.) as we do not have the capability to prepare or store meals. Campers are not permitted to share food with other campers. Occasionally, camp will provide treats for special occasions (i.e. popsicles on hot days). These items are special and are not provided daily.

Canteen snacks are also available for camper treats through our store. We sell energy bars, chips, Gatorade, Whit's Ice Cream, candy, and water ranging from \$1-4 in price. If you would like your camper to have this option, you register your credit card on registration on Monday with our office staff. Counselors will take treat orders for the afternoon and campers will receive their treats during afternoon snack (around 1:45pm). Campers may not order more than 1 drink and 1 other item (ice cream, chips, candy, etc) per day. Campers are only permitted to use their Canteen account to buy items for themselves, and are not allowed to purchase any non-food items from the store.

Adventure Camp campers may have the option to purchase lunch or snack items from the Dog House at the rafting location on Wednesday. They sell hot dogs, chips, and other light fare, and *campers must bring cash with them on Wednesday if they would like to purchase food*. Because of this, they will not use Canteen on Wednesday. We recommend around \$4-7.

Please inform the Camp Directors of any food allergies your camper might have.

## Health and Safety Policies

### **COVID-19 Precautions:**

To protect all campers, families, and staff, we are taking all necessary precautions to ensure everyone can have a fun, safe and healthy summer! In accordance with guidance from the CDC and NCDHHS, the Adventure Center of Asheville does not have a universal mask requirement for the summer of 2023. Please read over the below practices that we will be following per most recent guidance:

- Asking any campers/staff to stay home/do not come to camp for at least 5 days after symptom onset, testing positive for COVID-19, or have had exposure to COVID-19.
- After isolation, asking any campers/staff to wear a mask for at least 10 days after symptom onset, testing positive for COVID-19, or have had exposure to COVID-19.
- Asking any campers/staff who are at high risk for severe disease, are unvaccinated or are not up to date on vaccines, wear a mask in indoor settings.
- Encouraging all campers and staff to practice good hygiene through frequent hand washing and hand sanitizer
- Limiting indoor time and sending campers in small groups to use bathrooms - and instead enjoying the great outdoors!
- Reviewing expectations daily with campers on best practices at camp

Please know that we take every precaution to keep your child injury-free while at camp. However, due to the nature of the physical activities involved, we may encounter a couple scrapes and/or bruises. Should your child encounter a minor injury at camp that does not require removal from the remaining day's activities, we will alert parents/guardians of the incident upon pick-up of the camper. If the injury is severe enough for the camper to need to sit out on the rest of the day's activities, we will call the parent/guardian for an early pickup, and the camp will complete an incident report.

All campers are required to have a completed Health History Form to participate in camp. This allows us to make informed decisions surrounding the care of your camper. Campers are responsible for keeping all emergency/fast-acting medications on their person at all times. If the camper in question is unable to self-carry his/her own medication, a counselor will carry the medication and the camper will be assigned to that counselor's group for the duration of camp. Please contact your Camp Director for the appropriate

forms for camper medications.

If a camper has any one of the following conditions, the parent will be notified to pick up the student immediately: **contagious disease, fever over 100° F., vomiting or diarrhea, or an accident requiring medical attention or parent/guardian attention. Campers may not return to the facility for 24 hours and/or until their condition resolves.**

In case of a serious **accident or illness**, parents of the camper and the emergency number (911) will be called immediately. Emergency Medical Services will assume the immediate care and responsibility if parents/guardians are not on the scene. **All medical expenses will be the responsibility of the parent and/or legal guardian including but not limited to ambulance fees, hospital fees and all affiliated care fees relating to the incident.**

Staff are to make every effort to keep a student from getting into a car with a parent or guardian under the influence of drugs or alcohol. They will call the police to give the camper and parent a ride home. Staff will not under any circumstances give transportation to a parent and/or guardian who appears to be impaired by drugs or alcohol. Staff will notify local authorities in the instance of neglect or parents who appear to be impaired by drugs or alcohol.

### Transportation of Campers (Adventure Camp Only)

The Adventure Camp uses transportation to travel to the Wildwater facility located in Hartford, Tennessee for rafting. The Center will utilize buses or vans that are insured by the facility or will contract with a transportation company that can provide written proof of insurance that will stay on file at the Adventure Center offices. Adventure Center of Asheville does not permit transportation of campers in any staff's personal vehicle.

Adventure Camp utilizes the Wildwater facility for whitewater rafting on Wednesdays. If a camper arrives late (i.e. after the group has left for an excursion) the parent/guardian is responsible for the care of that camper and will not be reimbursed for the missed program/excursion. Campers must conduct themselves respectfully during all trips.

Any emergencies that occur on the road or during field trips will be handled in the following manner: move all students to a safe place, contact 911 if it is a life-threatening emergency, contact the Camp Director, contact the parents. All excursions follow recommended NC State guidelines for ratios. Buses will be supervised by at least one staff member at all times.

#### **The camp staff will enforce the following bus safety policies:**

1. Passengers shall be instructed and required to keep the seat belt properly fastened and adjusted.
2. All body limbs of passengers will be kept inside the vehicle at all times.
3. Conversation should be kept at a low volume, as to not distract the driver during transport.
4. If an emergency should occur during transport the passengers shall do exactly as instructed by staff according to the situation.
5. All the rules and regulations that have been established in the Adventure Center of Asheville Camps apply during transport.
6. A roster of all passengers will be left with our front desk for verification.

*\*Trips are subject to change without notice due to unforeseen circumstances or weather.*

## Camper Personal Property

Camper's personal property (clothing, bags, sunscreen, water bottles, etc.) must be cleared from the camp area by the end of the week. Any personal property which remains will be taken to the lost and found box, and any unidentified items at the end of the summer will be donated. Although the program attempts to help campers stay organized, the facility and camp staff cannot be responsible for lost, stolen or damaged personal property.

The Adventure Center of Asheville Day Camps have a *strict zero-tolerance policy for camper possession of any alcohol or drugs (including, but not limited to: non-authorized prescription medication or over-the-counter medication, any tobacco or nicotine products including vapes, marijuana, etc.), weapons (including, but not limited to: pocket knives, machetes, and firearms, any imitation weapons), fireworks, or other items that have the potential to put themselves or other campers at risk.* Any camper found in possession of these items will have the item confiscated, and the Camp will contact parents for immediate dismissal for the rest of the week and local authorities will be contacted if applicable.

Camper should not bring money, electronics, or other items not necessary for program activities without checking with the staff and/or Camp Director. Campers are not permitted to bring pets or animals to camp, unless it is a service animal previously approved by the camp. Anything brought to the program is the responsibility of the participant.

### **What you will need EVERY day at Camp:**

- ✓ Labeled personal items
- ✓ Water bottle
- ✓ Comfortable/athletic clothes
- ✓ Closed toe shoes
- ✓ Swimsuit
- ✓ Towel
- ✓ Sunscreen
- ✓ Backpack
- ✓ Lunch and snacks
- ✓ Extra sanitizer
- ✓ *For Bike Camp only:* Bike, Helmet, and protective gear

### **Additional items you will need for Rafting (Adventure Camp):**

- ✓ Rafting suitable shoes on Wednesdays (like water shoes, old sneakers, chacos, tevas, etc.)  
**NO CROCS, FLIP FLOPS OR SLIDES!**
- ✓ Electronics for bus ride (today only)
- ✓ Dry change of clothing after rafting/towel

### **Things you won't need:**

- ⊗ Electronics (except Wednesday for traveling during rafting trips)
- ⊗ Phones (unless needed for emergency)
- ⊗ Any valuables