

What To Bring To Camp - Day Camp Pack List

To make sure campers come to Adventure Links summer adventure camps prepared, we've generated several summer camp pack lists for our Day Camps.

***You will receive an **itinerary on Monday morning** of day camp at the bus. This will explain what the activity is for each day and what to pack. **Mondays of all camps will begin with our Team Development Course.**

DAILY PACK ITEMS (M-F)

- Compact & comfortable backpack for the day
- Lunch
- Water bottle/ Nalgene (large durable bottle, they can refill throughout the day)
- Sunscreen and/or Bug Spray
- Close toed shoes
- Rain Gear or Poncho

TEAM DEVELOPMENT AND SURVIVAL SKILLS DAY (specific activity)

For our team development and survival skills, the campers will spend the day at Hemlock Overlook Regional Park. Please just make sure they have the above daily items, and they will be completely fine. Make sure they are wearing comfortable summer clothing (shorts/t-shirt) and closed toed shoes (sneakers).

RIVER DAY (specific activity)

For River Day we paddle on a section of Bull Run that runs behind our base camp at Hemlock. The launch site, where we also store our boats and paddles, is reached via hiking trail. The hike to the river usually takes 20 minutes and on the way out, 40 minutes. To ensure that this hike is enjoyable for your camper, we suggest packing the following items. Our goal is to ensure that our campers are not carrying excess weight on the hiking portion of the river day. Student's day packs will be kept in a secure place on shore while the group is on the river.

Hiking Gear:

- 1 pair of sneakers for hiking (that will stay dry)
- 1 pair of socks
- 24-32 ounce water bottle (anything larger will be too heavy to carry. Our instructors carry extra group water)

On water Gear:

- Water Shoes (NO Crocs or Sandals. They need to stay on the foot the whole time with a back and a closed toe)
- Swimsuit

Lunch Considerations:

- Please pack lunch in a 1 gallon sized zip-lock bag
 - Ensure that the camper's name is written on the bag in permanent marker
- Note: All camper lunches are stored in a large dry bag that instructors carry with them in a boat. For this reason, large cooler box and college bag lunches are not ideal for packing as there is not space for the in our dry bags.

Optional Gear (to be left on the bus for the end of the day):

- Towel
- Dry Clothes

CAVING DAY (specific activity)

For Caving Day, the cave is a constant 55 degrees all year long. We drive to Shepherdstown, WV and will stop at a nature preserve down the street from the cave, to eat half of our lunch, use the restroom, and to change into our caving clothes. The other half of their lunch will be eaten on the drive home. Our goal is to ensure that campers stay comfortable and warm within the cave, so please pack the following items.

- Warm layers that can get DIRTY - old sweatshirts and jeans work well
- Boots or athletic sneakers that can get WET & DIRTY!
- Trash bag, labeled with name, to store wet & dirty items
- Clean change of clothes for after caving
- Kneepads (optional)

ROCK CLIMBING DAY (specific activity)

For our rock climbing day, they will be driving to Carderock, MD. We use this site due to the amazing rock climbing routes and the beautiful view of the Potomac river. The campers will be climbing all day, so please pack the following items so they can be the most comfortable.

- Longer shorts (for campers comfort and to prevent from harness rubbing)
- Sneakers that have tread on the bottom (they will have better grip of the rock)
- Please do not bring personal gear (we will provide harnesses, helmets and all of the climbing gear needed)

OPTIONAL ITEMS

- Camera/film (Adventure Links is not liable if camera is lost or damaged)

PLEASE DO NOT BRING

- Cell Phones
- iPods
- Electronics
- Knives
- Jewelry
- Expensive Personal Belongings

Should you have any questions about these items or if other items are appropriate for camp, please call Adventure Links at **(800) 877-0954**. Please note Adventure Links will not be responsible for lost, stolen or damaged goods.