



CAMP READINESS FOR PARENTS

Summer 2011

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“We’ve got GOOOD Hy-dration!”

Go Water! Here at Adventure Links, we can’t get enough of the stuff. It’s the best thirst quencher, and a must have when we are out climbing or paddling down the Shenandoah. Stay “cool” like us this summer and keep up good hydration!

Looking at your packlist, you’ll notice we’ve listed 2 water bottles for camp. Often we have campers bring only one, lose it, and that puts them in an unhealthy position: they aren’t getting enough water, and the water they get comes from AL (Adventure Links) Staff and other campers. It is always in your best interest to pack multiple water bottles.

That brings up the issue of size and dura-

bility. Nalgene water bottles, made of an impact-resistant BPA-free plastic, are great options for campers. They come in various sizes (big 32 ounce bottles are the best!) and can be washed and reused, reducing waste. Plus, they are fun to personalize! Look at any AL Staff member’s Nalgene, and you’ll see how stickers make each one special and distinct!

This summer, help your child stay hydrated and healthy by making sure to pack enough water. Remember— your body needs eight 8 ounce glasses a day. That’s 64 ounces! No wonder we recommend two Nalgene’s...

Beware These Leaves!

Hiking through wooded trails can sometimes bring you close to some mean plants. Poison ivy (three leaves on one stem with a larger plant), poison sumac (broad, flat leaves with v-shaped points) and poison oak (cluster of three oak-like leaves) all contain oils which can cause irritation and rashes.

During the summer, we educate campers on the appearance of these leaves and encourage them to stay on the trail in the woods. Contact is inevitable sometimes, so we’ve outlined some precautions you can take to avoid oils from the plants from spreading.

- Wash exposed areas with soap after camp.
- Wear new clothes each day, and wash them before wearing again.

SPF 101: Safe Sun

Exposure to the sun is hard to avoid, but taking precautions against sunburns is a necessity. Studies have found Vitamin D absorption to benefit children, while sunscreen prevents the damaging effects of the sun’s rays. We’ve illustrated a few measures you should take to maximize your child’s outdoor experience.

- Put sunscreen on in the morning before coming to camp, and make sure the lotion makes its way into your camper’s backpack as well. AL Staff often initiates times to reapply sunscreen throughout the day.
- Spray sunscreen is easiest to apply
- Don’t forget—the higher the SPF the better!
- Hats and sunglasses are never a bad idea.
- Long sleeve water jerseys or rash-guards are a good idea for water day especially, as the Shenandoah’s reflections are intense.
- Go Green—use non-aerosol and recyclable sunscreen bottles!

Some Things to Know About Ticks

As we spend most of our summer outside, we need to be mindful of deer ticks and would like to educate families about these little fiends.

Deer Ticks

These little buggers are reddish brown and in their adult stage about three millimeters in size. In the nymph stage, they are considerably smaller (about the size of a pencil tip) and harder to spot.

To remove a tick, use tweezers to grab the head closest to the skin and pull directly outward. Try to be steady as you do this, and follow up by cleaning the bite site with disinfectant.

Prevention

Perform tick checks after spending any time outside. Washing exposed areas with soap after camp is a good idea too. Campers participating on overnights and expeditions are reminded to do tick checks regularly.

Long sleeved shirts and pants cover the skin, reducing the possibility of exposure to ticks,

but may not be feasible options during the hot summer months.

What to Watch For

- An expanding rash, typically in the shape of a bulls-eye, around the bite site
- Stiffness or pain in the neck
- Fever, headache, and fatigue
- Muscle and joint pain

These common symptoms may not be present in all instances of Lyme disease. You can find more information online through the American Lyme Disease Foundation.



THREE STAGES OF GROWTH FOR DEER TICKS—THE NYMPHS (FAR LEFT) POSE THE HIGHEST THREAT OF LYMES