



2026 Welcome Packet: San Ramon Program

Adventure Day Camp offers a safe and positive environment where all children; regardless of race/ethnicity, class, gender identity, sexual orientation, and abilities, are able to build confidence and self-esteem while enjoying a fun-filled summer in the outdoors.

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To keep up with all the events, announcements and fun, please “LIKE US” on Facebook and follow us on Instagram!

In our eyes, there is nothing more important to our program than hiring creative, diverse, experienced, and positive staff to share the summer with your child. Your child will be assigned Co Camp Counselor that will guide them through their experience, creating what we hope to be a truly special bond. In addition, our Program Directors are always available for increased supervision and overall program support. You will receive an email during week one from the Program Director associated with your child’s age group. We welcome your feedback at any time during the session and are happy to provide feedback on how your child is doing in camp. Just ask! Please do not hesitate to contact us with questions, comments, or concerns.

We greatly appreciate you choosing Adventure Day Camp for your child’s summer camp. We can’t wait to meet your child!

Warmest regards,

*Kevin and Sunshine Welch
and The Adventure Day Camp Staff*

Adventuredaycamp.com Phone: 925.807.9764 email: Sunshine@adventuredaycamp.com

What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Clothing	Optional
Bathing suit & towel for water days - you'll see on schedule	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Closed Toe shoes	Sunglasses
REUSABLE water bottle	Sweatshirt for colder days	Hat
Snack for 3 snack breaks We do not provide snacks		
LABELED Bike helmet (to be left at camp unless you email SRDirectors@AdventureDayCamp.com to send it home daily)		

Pikmykid app

This summer we are once again teaming up with PikMyKid to help simplify the pick up process. Complete information on how this process will work will be emailed separately.

You will use this app for

- Picking up your child
- Changes to your child pick up schedule (absent, picking up early, no bus service on a given day)

Allergies & Other Health Concerns

If child has allergies, or takes medication while at camp, we require you to complete the enclosed Medication Log and bring both the Medication Log and medication on the first day of your session. We will collect these at drop off. Also, if your child requires an epipen on file we require that you complete the form Anaphylaxis Emergency Care Plan which is included in this packet.

We cannot administer any medications unless the Medication Log is completed and signed. If you are dropping off medication or an epipen on the first day, please place in a sealed, plastic bag that is labeled.

Cell Phone Use

We have a no cell phone use policy, if your child brings their phone to camp, then it needs to be off and in their backpack. All communication with your child during the day can go through the camp office.

To keep up with all the events, announcements and fun, please "LIKE US" on Facebook and follow us on Instagram!

Parent Communication: Who to Contact For What

The San Ramon Camp Office PHONE: (925) 807 - 9764

Adventure Day Camp will contact parents by phone for all emergencies and incidents. Even if the incident appears insignificant we will call you so you will be informed before your child arrives home.

Important Contacts:

Sunshine@adventuredaycamp.com - Director of Operations / Health Care Coordinator

Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S,
- Information on your child's health care / medications
- Adding a Adventure Day Camp session

SRDirectors@Adventuredaycamp.com

Please contact for:

- Any concerns or questions regarding your child's experience
- To receive an update on how your child is doing at camp
- Lost and found
- Swim level changes

Daily Schedule and Special Event Days

To help you plan for your child's day we will be posting each week's schedule on our website. **The schedules will be available on Sunday before the start of each week.** You will be emailed when they are available.

Checking in & out procedures and "extended care"

Drop off and pick up is at 1 Annabel Lane, San Ramon: The Dorris-Eaton School

Morning drop off: We expect morning drop off to be a busy time of the day. There are several critical steps we will be taking to allow campers to enter camp safely.

- Campers may be dropped off between **8:30 am - 9:15 am**
- Please pull into The Dorris-Eaton parking . You will see Adventure Day Camp signs.
- Please pull into the drop off / pick up line keeping the sidewalk on your right.
- We kindly ask that you remain in your car during drop off.
- Campers should remain in the vehicle until staff gives "thumbs up" to get out of the car.
- If you have medication to drop off, please make sure it is in a labeled, plastic bag with the medication log inside. Please hand the bag to our staff at check in.

Afternoon Pick Up:

- Please announce your arrival on your PikMyKid app
- Pick up is between **3:45 pm - 5:00 pm**. Please know that our closing show ends at 3:45 so if there is not a staff at the gate to check out before 3:45, they will be there soon. If you need your child before that time, please call our office.
- You will pull up to the same area as drop off.
- Please exit the same way as morning drop off.

Lunch and Snack

Campers have the option to bring their own lunch or enroll in the option lunch program from School Foodies. Once again, Adventure Day Camp is excited to partner with School Foodies, the Bay Area's premier kids' lunch caterer, to provide delicious, nutritious HOT & COLD lunches to its campers. Please review School Foodies ordering process by visiting www.SchoolFoodies.com. Click Login, select Register Now and create your account. **PLEASE BE SURE TO CHOOSE THE ADVENTURE DAY CAMP SAN RAMON OPTION.** We have included a School Foodie informational flier at the end of our Welcome Packet. YUMMY!

- You may select your lunches for your session once you receive your **Camp Group Roster**. This will be emailed on the MONDAY before your session starts.
- Please be sure to indicate your child's Camp Group when selecting your lunches.
- For those days your child is not enrolled in the lunch program, please send your child with a bagged or cooler packed lunch. We cannot microwave lunch items or provide utensils.

Adventure Day Camp does not provide snack so please send enough snacks with your child to keep them energized for the day. Each group will have a morning and afternoon time period designated for a snack. Camp Counselors will monitor their campers to make sure they are eating their snack each day. Occasionally Adventure Day Camp will provide fruit, Popsicles, and limited amounts of candy. Please be sure you have indicated on your child's application if they have any food restrictions we should be aware of.

NUTS!

Each session we will have 5-10 campers in our program that are fatally allergic to nuts. We aim to work together to allow these campers to have a safe and worry-free experience at ADC. **PLEASE DO NOT SEND NUT PRODUCTS TO CAMP WITH YOUR CHILD.** We recognize that this might be an inconvenience for some families. With that said, we ultimately understand the seriousness of food allergies and trust you will join our effort and dedication to keep all of our campers safe and healthy. **PLEASE BE SURE TO NOTIFY ADVENTURE DAY CAMP IF YOUR CHILD HAS NUT ALLERGIES. THIS INFORMATION WILL BE GIVEN TO THE CHILD'S CAMP COUNSELOR.**

If Your Child Forgets Their Lunch

We understand that preparing your child for camp each day can be a hectic process. After your child is off to camp we all go through the check list in our heads. "Backpack? Check! Water bottle? Check! Favorite hat? Check! Lunch? Wait, why is that lunch I worked so hard to make still sitting in the fridge"? Yes, we appreciate these things happen from time to time. If your child forgets his / her lunch during the session we will notify you and make sure they are provided a lunch for the day. There will be a \$8 charge for the lunch replacement.

Enrichment Afternoon Campers

It is required to be enrolled in The Dorris-Eaton morning workshops to enroll for Adventure Day Camps Enrichment Afternoon Camps

If you are enrolled in either:

- Enrichment Afternoon Plus - Week One is Full Day, Week 2,3 is PM ONLY
- Enrichment Afternoon PM ONLY

During your PM ONLY weeks, campers that are utilizing our Extended Care will be escorted to their classes at 8:55 am. If you are not utilizing our Extended Care from 8:30 am - 8:55 am, please check your child in directly with The Dorris Eaton Enrichment Staff. All campers will be picked up from their classes at 12:00pm to begin their summer camp program.



MEALS MADE
FRESH DAILY

www.SchoolFoodies.com

Fresh, Local, Reliable, Every School Day



Made Fresh Daily

Meals are prepared fresh every morning, never reheated.



Eco-Friendly

Compostable meal trays and utensils, certified green business.



Flexible

Up to 8 daily options. We streamline during the summer.



Simplified

Every meal is labeled with your camper's name for easy distribution.

School
Foodies
Kids Have Great Taste

Register at

SchoolFoodies.com

Registration Code: **ADC-M / ADC-**

SR NO SPACES in CODES

Adventure Day Camp Parents,

This summer, fuel your camper's adventures with chef-prepared meals delivered fresh to your camper every day.

- Multiple daily choices, including vegetarian and vegan options
- Fresh, seasonal fruit and vegetables included with every meal
- Most meals can be customized gluten-free, dairy-free, and more
- Most meats and dairy are hormone- and antibiotic-free
- Compostable meal trays and utensils

How Do I Order?

1. Visit SchoolFoodies.com → "Register" and create your account.
2. Click "Add Student" and enter registration code **ADC-M** (Moraga) or **ADC-SR** (San Ramon).
3. Add a payment method and review the Order Policy.
4. Go to New Order → Manually Select, then click + on calendar days to choose meals.
5. Check out — you'll receive an email receipt.

Order deadline: 3 days in advance, before 9am. Emergency meals available until 5am same day. **Changes / cancellations:** Log in → Modify Order before the deadline, or contact us directly.

Pricing

Regular Size (K-5 th)	\$7.25
Large Size (6 th and above)	\$8.00

All meals include seasonal fruit, vegetables, sporks, napkins and condiments.

Get the SchoolBitez App

Order on the go from your phone.



Questions?
We're here to help.

(510) 556-8900

contact@schoolfoodies.com

Our Menu

Sample Menu Highlights – Rotating Monthly

American & Classics

- Chicken Nuggets
- Lemon Herb Chicken Drumsticks
- Chicken & Biscuit
- Chicken & Waffles
- Turkey Chili w/ Cornbread
- Pancakes & Berries
- Mac & Cheese
- Chicken Pot Pie

Italian

- Baked Ziti w/ Meat Sauce
- Lasagna w/ Meat Sauce
- Spaghetti & Meatballs
- Cheese Pizza
- Pepperoni Pizza
- Chicken Parmesan
- Pasta w/ Butter & Parmesan
- Pesto Pasta w/ Grilled Chicken

Mexican

- Chicken Soft Tacos
- Beef Soft Tacos
- Chicken Chile Verde Tacos
- Cheese Quesadilla
- Chicken Enchiladas (Red Sauce)
- Grande Beef Burrito
- Grande Chicken & Rice Burrito

Asian

- Chicken & Veggie Fried Rice
- Chicken & Veggie Pot Stickers
- Teriyaki Chicken
- Garlic Noodles
- Chicken Biryani
- Grilled Sweet & Sour Chicken
- Yellow Curry Chicken
- Pineapple & Chicken Apple Sausage Fried Rice

Hot Off The Grill

- Hamburger
- Cheeseburger
- All-American Cheeseburger
- Western Bacon Burger
- Breaded Chicken Sandwich
- Hot Dog
- Chicken Corn Dog Bites

Sandwiches

- Turkey & Cheddar Melt
- Roast Turkey & Cheddar on Wheat
- Ham & Cheese Sandwich
- Crispy Chicken Ranch Wrap
- Salami on Sourdough
- SunButter & Jelly on Wheat
- BLT Wrap
- Wheat Bagel w/ Cream Cheese

Plant Power Entrees

- Fiesta Rice Bowl
- Cuban Black Beans & Plantains
- Red Lentil Dal
- Veggie Spring Rolls
- Green Thai Curry w/ Tofu
- Teriyaki Tofu
- BBQ Grilled Tofu
- Chana Masala

Gourmet Salads

- Taco Salad w/ Ground Beef
- Chicken Caesar Salad
- Buffalo Bleu Chicken Salad
- Chinese Chicken Salad
- Southwest Chicken Caesar
- Thai Chicken Salad
- BBQ Ranch Chicken Salad

Finger Foodies

- Muffin & Yogurt
- Cold Cuts & Cheese
- Egg & Cheese
- Egg Salad & Crackers
- Apples & SunButter
- Tuna Salad
- Hummus & Pita

Drinks

- Clover 2% Milk
- Clover 1% Organic Milk
- Fat-Free Chocolate Milk
- Chocolate Soy Milk
- IZZE Clementine Sparkling Juice
- Pineapple Spindrift
- Canned Water

Snacks

- Chobani Blueberry Greek Yogurt
- Fresh House-Baked Chocolate Chip Cookie
- Apple Slices
- Baby Carrot Sticks
- Organic Apple Sauce
- Organic Dried Mango
- Sabra Guacamole & Tostitos Rolls
- Sabra Hummus & Pretzels
- Multigrain Sun Chips
- BBQ Pop Chips
- Organic Cheddar Bunnies
- Mott's Fruit Snacks
- Apple Strawberry Fruit Bar
- Crispy Rice Bar
- Organic Roasted Seaweed
- Chocolate Pudding
- Pumpkin Bread
- Grass-Fed Beef Stick

Why Bay Area Families Choose Us

- ✓ Consistent, on-time delivery every day
- ✓ Meals stay hot & safe in powered warmers

- ✓ Real-time GPS vehicle tracking
- ✓ Support you expect from a small family business

3667 Depot Road, Hayward, CA 94545

Adventure Day Camp
MEDICATION LOG

Name of Camper: _____ (Please use back of medication log if needed to document information)

Name of Medication	Dosage	Time	Special Instructions (Please be specific)	Purpose	Side Effects

This medication is for the campout only; please return Friday after the campout. Please keep this medication at ADC for emergency use during the session.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Signature of parent or guardian responsible for the child named above _____

Date _____

Additional Helpful Information:

Information Below Is To Be Completed By Adventure Day Camp Staff

Name of Medication	Date Administered	Time	Dosage	Any Side Effects After Administered	Administering Staff Signature

Medication given to ADC: _____ Medication returned to parents on: _____

Adventure Day Camp
Allergy Action Plan

Camper's Name _____ D.O.B. ____/____/____

ALLERGY TO: _____

Is allergy airborne? Yes ___ No ___ Explain if yes: _____

Asthmatic Yes* ___ No ___ *High risk for severe reaction. Does camper carry an epipen? Yes ___ No ___

SIGNS OF AN ALLERGIC REACTION

<u>Systems:</u>	<u>Symptoms:</u>
MOUTH	itching & swelling of the lips, tongue or mouth
THROAT *	itching and/or sense of tightness in the throat, hoarseness, and hacking cough
SKIN	hive, itchy rash and/or swelling about the face or extremities
GUT	nausea, abdominal cramps, vomiting and/or diarrhea
LUNG *	shortness of breath, repetitive coughing, and/or wheezing
HEART *	"thready" pulse, "passing-out"

The severity of symptoms can change quickly. *All above symptoms can potentially progress to a life-threatening situation.

Severe Allergy, therefore:
() If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.
() If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

ACTION FOR MINOR REACTION

1. If only symptom(s) are: _____,
give _____
Medication/dose

Then Director will call:

2. Mother _____ Father _____

Continue to monitor child. If condition does not improve within 10 minutes, follow steps for Major Reaction below.

ACTION FOR MAJOR REACTION

1. If symptom(s) are: _____
give _____ IMMEDIATELY!
Medication/dose

Then call:

2. 911

3. Director will call Guardian.

Please also complete a Medication Log. Provide all medications needed, labeled with your child's name. Turn all forms and medications in to the camp office. All medications will be kept in the camp office unless camper goes off site.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Parent's Signature _____ Date _____