



# 2026 Welcome Packet: Moraga 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 2 Camp Counselors that will guide them through their experience, creating what we hope to be a truly special bond. Our younger groups also have a Counselor In Training (Highschool age) for added supervision. In addition, our Program Directors are always available for increased supervision and overall program support. 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 and can’t wait to see you and your amazing child at camp!

Warmest regards,

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

*Adventuredaycamp.com ● Phone: 925.937.6500 ● email: campinfo@adventuredaycamp.com*

# Meet our AMAZING Camp Directors

We are so excited to announce that Rachel Albrecht and Rosie Mickle are returning for yet another summer as our Camp Directors! They are talented, experienced, and dedicated leaders that will be front and center during your child's experience at Adventure Day Camp. Of all the aspects of camp Sunshine and I are thankful for, having these two fabulous people running our camp is certainly at the top of the list. Rachel & Rosie have been a huge part of our success over the years and since we know you have and/or definitely will come in contact with them this summer, we wanted to give them a formal introduction.

## **Rachel Albrecht** - Camp Director

Rachel started at ADC when she was in 4th grade, since then, she has been a Junior Counselor, Camp Counselor, Program Director of our Counselors in Training, and is now our Camp Director celebrating her 7th summer in this role! You can find Rachel at pick up and drop off and in the office sending emails and making schedules to make sure all the logistics are running smoothly! During the school year, Rachel will be entering her 9th year as an educator and currently teaches 1st grade at Lighthouse Community Charter in East Oakland.

## **Rosie Mickle** - Assistant Director and Staff Development Director

Rosie started as a Camp Counselor 10 years ago, and through the years has done it all from supervising our very youngest groups to working with our Counselors In Training. You'll find her running around camp making sure everything is organized, running smoothly, and creating ways to always make the program even better. During the school year, Rosie will be entering her 7th year as an educator and currently teaches 8th grade English at Stanley Middle School in Lafayette.

## **Annalise Huckaby** - Assistant Camp Director

Annalise started as a Camp Counselor 8 summers ago working primarily with our younger campers. Over the summers she has advanced to a Program Director role, and is now celebrating her 2nd summer as the Assistant Director. She currently finishing her 7th year as a 1st grade teacher in Muirwood Elementary School

***"The Three of us are gearing up for another fabulous summer! We're honored to work alongside the Welches and y'all as we create a magical summer camp experience for your kids. There aren't enough words to express the gratitude and love we have for ADC, it is such a special place and one that we are so lucky to run!"***

***One love,***

***Rachel, Rosie, and Annalise***

# What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Clothing	Optional
Bathing suit & towel everyday	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Closed Toe shoes	Sunglasses
REUSABLE water bottle	Sweatshirt for colder days	Hat
Snack for 2-3 snack breaks		Bike Helmet
ADC will provide sunscreen but you are welcome to bring your own		
<b>PLEASE LABEL ALL ITEMS WITH FIRST NAME AND LAST INITIAL</b>		

## 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 towards the end of May.

### **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 your 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 at Adventure Day Camp. 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.

# Parent Communication: Who to Contact For What

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.

[Kevin@adventuredaycamp.com](mailto:Kevin@adventuredaycamp.com) - Camp Director

Please contact Kevin for:

- Billing or enrollment questions

[Sunshine@adventuredaycamp.com](mailto:Sunshine@adventuredaycamp.com) - Director of Operations / Health Care Coordinator

Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S, precamp healthcare questions, merchandise

[Rachel@adventuredaycamp.com](mailto:Rachel@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

[Office@adventuredaycamp.com](mailto:Office@adventuredaycamp.com)

Please use this email for:

- Lost and found
- Information on your child's health care / medications, or allergies once your session is going
- 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.

### Special Events to put in your calendar:

- **Camper Lip Sync Performance:** First Friday of each session around 2-3:30 pm
- **Camper Talent Show:** The last Friday of each session (Time TBD)
- Camp will be OPEN to celebrate and honor Juneteenth (Wednesday, June 19th).
- We are open on July 3rd!

# Overnight Campout

Rancho Laguna Park n Moraga

## Session One

06/11 - 6/12 (Thurs / Fri)

## Session Two

07/02 - 07/03 (Thur/Fri)

## Session Three

07/16 - 07/17 (Thurs/Fri)

We can't wait for the Campout! It is such an amazing night for campers and staff. Parents too as you'll have the night free!

Activities include campfire, skits, nature crafts, camp games, and hiking. There is also talk that we may be visited on these nights by old friend, Camper Bob (he also goes by Camper Luigi, Camper Joe, and many more) **The campout is included in your tuition.** We will be emailing home additional information regarding this program once your session starts up on

If you decide not to send your child on the full campout, you may either pick-up your child at Adventure Day Camp before 1:00 pm on departure day or at the Campout site after dinner. You may drop-off again on Friday at the Campout site between 7:30 am - 9:30 am or after 11:15 am at Adventure Day Camp. There will be no bus service available for afternoon drop-off on Campout Thursday or morning pick up Campout Friday.

## Swimming

Campers will have several opportunities to swim at Clarke Pool in Heather Farms throughout their session. Campers will be divided into groups based on their swim level you indicated on their registration. ADC Staff and Clarke Pool lifeguards are spread out and supervise campers in all sections of the pool. If your child has improved their swimming ability since your registration, please be sure to update their level by logging on to your account.

**Swim Levels:** Campers will be divided into groups based on their swim level indicated on their registration.

- **Non-Swimmer:** Will be limited strictly to the shallow pool and required to wear a lifevest .
- **Beginner:** Will be restricted to the shallow end of all pools. A lifevest is not required but available.
- **Intermediate:** Can choose to swim in either shallow or deep end of the pool with a buddy.

# Checking in & out procedures and "extended care"

Drop off and pick up is at 1010 Camino Pablo, Moraga: Joaquin Moraga Middle 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.

- Please pull into the Joaquin Moraga driveway and pull as far forward as possible. You will see Adventure Day Camp signs and staff to help guide you
- We kindly ask that you remain in your car during drop off
- Campers should remain in the vehicle until staff opens the car door to help them exit
- Please follow the round about to exit the school
- After campers are checked in, they will then be directed to their camp group
- If you have medication to drop off on the first day, please make sure it is in a labeled, plastic bag with the medication log inside. The staff checking in will collect any medication

## Afternoon Pick Up:

- Please do not pick up between 3:10 pm - 3:30 pm unless it is necessary
- The best time to pick up each day is between 3:45 pm - 5:00 pm.
- Please announce your arrival on your PikMyKid app
- You will pull up to the same area as drop off, all the way forward.
- Our staff will escort your child to your car and assist them to get in. Please exit the same way as morning drop off.
- If you are picking up your child between 10: 00 am - 3:30 pm, please coordinate this with our camp office or by emailing [office@adventuredaycamp.com](mailto:office@adventuredaycamp.com).

## Extended Care: INCLUDED IN YOUR TUITION

- Hours are 8:30-9:15am and 4-5pm
- Extended Care is INCLUDED in your tuition and campers are assumed in Extended Care each day unless you have signed up for Bus Service
- Families using our Bus service can always use Extended Care by contacting our office

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

# Lunch and Snack

There are two options regarding your child's lunch

- This summer Adventure Day Camp is excited to once again 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](http://www.SchoolFoodies.com). Click Login, select Register Now and create your account. **PLEASE BE SURE TO CHOOSE THE ADVENTURE DAY CAMP MORAGA 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 and Camp Group Name**. This will be emailed by the EOD on 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 3-5 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.



[www.SchoolFoodies.com](http://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.



## 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

Register at

[SchoolFoodies.com](http://SchoolFoodies.com)

Registration Code: **ADC-M / ADC-SR**  
**NO SPACES IN THE CODES**

## How Do I Order?

1. Visit [SchoolFoodies.com](http://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 <sup>th</sup> )	<b>\$7.25</b>
Large Size (6 <sup>th</sup> and above)	<b>\$8.00</b>

*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](mailto: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

# Transportation Procedures and Bus Rules



Adventure Day Camp uses the following vehicles to transport our campers to off-activities that include swimming, horseback riding, boating, and hiking along our local trails.

- 10 Passenger Transit vans
- 15 Passenger vans (All drivers are required to have a Class B Commercial License)
- 20-24 passenger small buses (All drivers are required to have a Class B Commercial License)

**Express Transportation:** Please note that this is an optional service with an additional fee. Your exact meeting spot and time confirmation will be emailed on the Wednesday before your session. These are the expected times for each stop.

## **Bus Meeting Spot Options:**

1. Oakland Montclair Village - AM: 8:15 - 8:30 am / PM: 4:15 - 4:30 pm
2. Rockridge Bart - AM: 8:30 - 8:40 am / PM: 4:00 - 4:15 pm
3. Walnut Creek CVS Parking Lot - AM: 8:15 - 8:30 am / PM: 4:00 - 4:15 pm

## **AM:**

- Campers should not be left at the Express Stop unattended prior to the bus arrival.
- When the bus arrives, please have your child line up on the in the designated area. Our staff will be on hand to direct you where.
- Your Bus Counselor will check in campers and allow them on the bus. Campers may not leave the bus without permission after they have been checked in.
- Your Bus Counselor will check all seat belts before leaving

## **PM:**

- Once the bus arrives, please gather in the designated dismissal area.
- The Bus. Counselor will bring campers off one by one, checking them out to the authorized person
- The Authorized person must have a valid ID

## **Bus rules:**

1. Once on the bus, campers should never unless the Bus Counselor gives permission.
2. Fasten seatbelts as soon as you find your seat, then your Bus Counselor will recheck.
3. Seatbelts should remain fastened at all times while riding the bus.
4. There is no eating allowed on the bus. Keep your bus clean!
5. No cell phones or electronics devises should be used on the bus.
6. Use quiet voices please.
7. All campers should be aware of the locations of the Emergency Exits.
8. Remove al trash and belongings when leaving the bus.
9. Hands must be kept inside the window at all times

Adventure Day Camp  
MEDICATION LOG

Name of Camper: \_\_\_\_\_ Session(s) attending: \_\_\_\_\_ (Please use back of medication log if needed)

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:**

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**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:

(Include how many of each, ex. 2 epipens)

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 Mother or Father.

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 \_\_\_\_\_