

# Session 3 Campout

Dear Parents and Campers,

We are so incredibly excited to announce that THE CAMPOUT IS ON LIKE DONKEY KONG after a 2 summer break due to covid. This amazing overnight trip, a camper favorite, will be taking place on Thursday, July 21<sup>st</sup> returning Friday July 22<sup>nd</sup> . Thursday will start out like a normal camp day. We'll enjoy some fantastic camp activities, have lunch, then depart around 2:30 pm. The Campout schedule is as follows:

## Thursday:

**1:30 pm – 2:30 pm:** All campers will depart The Joaquin Moraga Middle School for the overnight campout with their groups.

**3:45 pm – 7:00 pm:** Campout Activities, dinner, and of course SMORES.

**7:00 pm – 9:30 pm:** CAMPFIRE

**9:30 pm – 10:00 pm:** LIGHTS OUT

## Friday:

**7:30 am - 10:00 am:** Wake up, have breakfast, more activities, and then head back to camp. We ask that if you are dropping or picking up your child at Bort Meadows please do not arrive before 7:30 am. Some groups are still sleeping up until this time and we always like to let sleeping campers lie. Please always remember to sign your child in and out with one of our Directors. We will arrive back at the Rheem Elementary around 11:30 am. If you are dropping your child off at Rheem site you can sign your child in at this time.

***IF YOU ARE NOT ATTENDING THE FULL CAMPOUT, we have a few options for you:*** (1) You may pick up your child at our Bort Meadow campsite at Anthony Chabot Park just before or after the campfire. Although we definitely encourage ALL of our campers to attend the complete overnight program, we recognize that some campers (and parents too!) may not feel they are completely ready for the experience. This is a great option for those on the fence about staying over. The best time to pick up your child if you choose this option is after dinner and before our campfire which starts at around 7:30 pm. You are more than welcome to stay and enjoy the campfire experience with your child. The gate in front of the parking lot is locked and we will email the gate code to you on Tuesday. You MUST close and lock the gate behind you when you enter. Please follow the signs that read "Parent Parking". Please be sure to send a warm sweatshirt and pants with your child as it tends to get chilly just after dinner. (2) Pick up your child from the Rheem school (90 Laird Drive) campsite before 1:00 pm on Thursday and deliver them back Friday morning after 11:30 am.

***Food on the Campout:*** Dinner and breakfast will be served on the overnight, along with delicious s'mores. Please review the food list below. If your child has allergies or other dietary restrictions please be sure to complete the enclosed Medical Form.

Dinner	Breakfast	Snacks
Spaghetti with vegetarian red sauce	Variety of low-sugar cereal choices	<i>S'mores:</i>
Salad with Italian dressing	Low fat milk & soy milk	Chocolate
Dinner Roll	Fruit option	Marshmallow
Lemonade	Hot Chocolate	Graham Cracker

**If your child needs any medications during the campout, please complete the attached medication form and turn it in with your registration form for authorization. The medication should be delivered to the camp office no later than Wednesday morning with proper instructions.**

Because of our campout, there will be some changes in our **transportation schedule**. There will be no bus transportation on Thursday afternoon and Friday morning. The rest of the transportation schedule will not be affected.

Please pack two separate bags for your child -- a day pack for Thursday with regular camp gear and an additional overnight bag. **Swimsuits should be included in the day pack along with a plastic zip bag to store their wet suit. All overnight bags will be packed away on Thursday morning and will not be available until we arrive at the campsite.**

Campers should pack their overnight bags with the items listed below: **THIS OVERNIGHT BAG WILL BE PACKED AWAY IN OUR TRUCK SHORTLY AFTER CAMP STARTS ON THURSDAY. PLEASE DO NOT PUT ANYTHING IN THIS BAG THAT YOUR CHILD WILL NEED BEFORE ARRIVING AT BORT MEADOWS.**

PLEASE LABEL ALL ITEMS WITH YOUR CHILD'S NAME!

- Sleeping bag that is appropriate for 30 - 40 degree camping, although it is usually 50 degree or higher throughout the night.
- Campers will sleep on tarps under the stars, with their camp groups. No tents.
- Warm winter hat
- Extra warm socks
- Flashlight
- Sweatshirt or jacket and warm pants (it can get chilly)
- Change of clothes for Friday
- Toothbrush and toothpaste
- Pillow – optional
- Pajamas
- If your child is prone to bathroom accidents then please include an additional change of clothing
- 'LOVIES' ARE OF COURSE WELCOME

**Please *do not* pack the following: iPods, cell phones, tents, video games, food or sweets (they attract critters)**

When your child returns from the overnight we always recommend checking them for any signs of ticks, irritations from bug bites, or poison oak. Although cases of ticks are rare and the mosquitoes really are not bad because it gets a little chilly at night, it is always a good idea to give your child a "once over".

**Friday's Lunch:** If your child is not ordering lunch through camp, please pack two lunches marked L1 and L2. L2 lunches will be kept in the cool office overnight and available for Friday's lunch. You can still order a pizza lunch for Friday when you register for the campout.

We understand that for many families this is a new adventure and we are happy to answer any questions you may have leading up to the campout. Our Camp Counselors will be sitting down with their groups over the next few days to explain the campout to their campers and answer any questions they may have. All of us here really look forward to this part of the program mainly because we know how much the campers enjoy it. The work for this program is in preparation so we can't stress enough how much we appreciate it when parents send their children prepared and ready for an amazing experience.

Please be advised that from 2:30 pm on Thursday until 11 am on Friday we will not be directly accessible by telephone. We will be checking our emails throughout the day so please email [sunshine@adventuredaycamp.com](mailto:sunshine@adventuredaycamp.com) for emergencies or situations that need immediate attention.

Regards,  
Kevin Welch, Director  
And the ADC Staff

Adventure Day Camp  
CAMPOUT 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: \_\_\_\_\_

## Directions to Bort Meadows in Anthony Chabot Park

We find the easiest way to arrive at Bort Meadows is to take Highway 24 to Highway 13 (exit 5). Drive for 4.5 miles south and exit 1C Redwood (exit 1c).

Turn left onto Redwood and drive uphill about 0.5 mile, to the junction with Skyline Boulevard. Stay in the left lane, and continue straight on Redwood RD and look for mile marker 4.2. You'll see the trailhead and upper, dirt parking lot on the right side of the road. Look for park signs just before you see the parking lot.

The picture of the upper parking lot and gate is below.



Remember, unlock the gate and drive in closer to the campsite. The gate code will be emailed on Tues. Follow the signs for Parent Parking`. If space permits, and you are not staying for more than 15 minutes, you may stay to the right and drive all the way to our campsite.

If you are staying longer than 15 minutes, then you **MUST** park in the parking lot with our buses. When coming down the hill from the gate, stay left and you'll enter the parking lot. Once you are parked you can follow the path to the upper, right hand corner of the parking lot (with your back to Redwood Rd). It will quickly open to a field and you can't miss us. Just listen for the kids if you have any problems. Bring a flashlight just in case.

A great website for more information about Bort Meadows is <http://www.bahiker.com/eastbayhikes/bortmeadow.html>.