

Session 3 Campout

Rancho Laguna Park: 2101 Camino Pablo, Moraga, CA 94556

Dear Parents and Campers,

ALL CAMPERS ARE INVITED TO ADVENTURE DAY CAMP'S **CAMPOUT!!**

WHO: ALL CAMPERS

WHAT: THE CAMPOUT

WHEN: Thursday, July 18th

WHERE: RANCHO LAGUNA PARK

WHY: TO HAVE THE EXPERIENCE OF A LIFETIME

TIMELINE:

Thursday:

2:15 pm: All campers will depart The Joaquin Moraga School for the overnight campout with their groups.

3:45 pm – 7:00 pm: Campout Activities, dinner, and of course S'MORES.

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 will arrive back at Donald Rheem Elementary at 11:00 am.

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.

IF YOU ARE NOT ATTENDING THE FULL CAMPOUT, we have a few options for you:

Thursday

- (1) You may pick up your child at our Rancho Laguna Park so they get part of our campout experience. **THE BEST TIME TO PICK UP IS BETWEEN 7:30 PM – 8:30 PM.**
- (2) Pick up your child from Donald Rheem Elementary (90 Laird Drive, Moraga) campsite **before 2:00 pm** on Thursday.

Friday

- (1) On Friday morning if your child did not spend the night, you may drop your camper off at Rancho Laguna Park between 8:00 - 9:00 a.m. Please do not arrive before 8:00 am as some groups are still sleeping and we always like to let sleeping campers lie.
- (2) Drop your camper off at Donald Rheem Elementary at 11:00. Please do not drop off at the Donald Rheem Elementary site before 11:00 am as there will be no one there to receive them.

Please always remember to sign your child in and out with one of our Directors.

FOOD: 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 served plain or with vegetarian red sauce	Variety of low-sugar cereal choices	S'mores:
Carrots sticks	Low fat milk & soy milk	Chocolate
Dinner Roll	Fruit option	Marshmallow
Lemonade	Hot Chocolate	Graham Cracker

Friday's LUNCH: If your child brings lunch, please pack two lunches marked L1 (Thursday's lunch) and L2 (Friday's lunch). L2 lunches will be kept in the cool office overnight and available for Friday's lunch. You may also order **Pizza Friday's**. **Please check your account to see if you have ordered.**

***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 Thursday morning with proper instructions.**

WHAT TO PACK: Please pack two separate bags for your child -- a day bag 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.**

- 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 LABEL ALL ITEMS WITH YOUR CHILD'S NAME!

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

Lastly, because of our campout, there will be some changes in our **transportation schedule**. **There will be no bus transportation on Thursday afternoon or Friday morning.** Bus transportation will resume as normal for Friday afternoon.

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 first few days of the session to explain the campout to their campers and answer any questions they may have, but we also encourage you to talk about it at home with your child. We can't wait to share this amazing experience with your child!

Regards,
Kevin and Sunshine
Adventure Day Camp

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: _____