

## EXTREME CHALLENGE CAMP

If you enjoy the outdoors and are up for extreme challenges, this camp is for you! Meet on Monday at Centennial Park for parent's meeting, orientation, trip information, and learn basic canoeing skills. Afterwards, go swimming at the Roger Cater Recreation Center pool. On Tuesday, depart for an action packed week of adventures in Ohio, PA. Extreme challenges will include white water rafting and kayaking in Class III-IV rapids, caving, canoeing and much more.

**Camp prerequisites: must be able to pass a basic swimming test on Monday.**

Camp will be held rain or shine; the schedule is subject to change with alternate activities. Fee includes most meals, transportation, lodging during the four-day/three-night trip, supervision and activities.

Course number: 9707 / Fee \$499 per session / Ages 12-15  
Centennial Park South, Pavilion C (see tentative schedule below)  
Monday: 9am-5pm, Tuesday 9am-Friday 3pm

<p><b>Girls: July 28-August 1 (801)</b> <b>Boys: July 28-August 1 (802)</b></p>
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### TENTATIVE CAMP SCHEDULE

*Please note: This schedule is subject to change!*

Campers should check the schedule to learn which supplies are needed for the week's activities.

**MONDAY:** Orientation / Rules and Regulations (*MANDATORY PARENTS' MEETING*) / Canoeing on Centennial Lake / Swim test at the Roger Carter Recreation Center

**TUESDAY:** Leave Department of Recreation & Parks Headquarters promptly at 9am / Travel to Ohio, PA / Caving / Cabin check-in

**WEDNESDAY:** Whitewater rafting on the Youghiogheny River / Campground activities / Campfire

**THURSDAY:** Whitewater kayaking on the Lower Yough / Kavernputt at Laurel Caverns

**FRIDAY:** Pack-up & Clean-up / Swim at Rocky Gap State Park / Return to Recreation & Parks Headquarters at 3pm

Eat a quality breakfast on Monday and Tuesday morning. Please bring a non-perishable lunch and drink on Monday. Please do not bring any food that contains peanut products (other children may be allergic). A lunch will also be needed on Tuesday or money for a fast food stop. The following meals will be provided:

- Dinner on Tuesday
- Breakfast, Lunch and Dinner on Wednesday
- Breakfast, Lunch and Dinner on Thursday
- Breakfast on Friday

On Monday, the recommended attire is as follows: wear (quick-drying clothes) T-shirt, shorts, socks, sturdy lace-up shoes / hiking boots. Also bring the following items in a backpack or small duffle bag:

- Shoes that can get wet (no flip-flops)
- Sweatshirt
- Insect repellent
- Towel
- Hat / Bandana
- Swimsuit
- Sunscreen
- Bag Lunch
- Full water bottle (non-leaking)

Additional packing list for Tuesday through Friday (this is a partial list):

- Spoon, fork, cup and bowl
- Flashlight w/ extra batteries
- Toiletries in a zip lock bag
- Small towel
- Sleeping pad
- Disposable camera
- 4 gallon sized zip lock bags
- Comfortable walking shoes / hiking boots
- Light jacket (rain jacket)
- Sweatshirt
- Light sleeping bag
- 2 water bottles (non-leaking)

**\*\*Do not bring any electronics! We will not be responsible for any lost or damaged equipment.**

**FORMS:**

Participant Information Form

Sunscreen Form

Medication Form