

ROCK & RIVER ADVENTURE CAMP

**Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information.*

Camp Description:

12-14 yrs / 4 days, start dates below / \$259

Join other teens for four days of action on land and water. Our highly trained staff will motivate you to increase self-confidence and challenge yourself while enjoying swimming, kayaking and outdoor rock climbing. Enjoy camping outdoors on Wednesday night. Camp prerequisite: must be able to pass a basic swimming test. Schedule is subject to change; camp is held rain or shine. Fee includes bus or van transportation, supervision and activities. For more information, contact Dawn Thomas at 410-313-4623.

Centennial Pk South-Overflow Parking Lot

RP9730.401 Jun 27 9am-5pm M-Th (overnight W)

Camp Prerequisites:

- Must be able to pass a basic swimming test.

What to Bring:

Eat a quality breakfast each morning. Bring a small daypack with a water bottle and a non-perishable lunch. **(Please do not bring any food items that contain any peanut or nut products (other children may be allergic)).** Climbing takes a lot of energy, so you may want to bring some snack food. We will provide dinner on Wednesday and breakfast and lunch on Thursday. Please let the director know of any food allergies the camp staff should be aware of for your child. **No cell phones or electronics allowed in camp due to the nature of the activities.** The Camp Director will have a camp cell phone available for all emergencies.

The recommended attire for the camp is a T-shirt, shorts, socks and shoes (bring a swimsuit and towel on Monday). Make sure the clothing is loose enough to allow lots of movement. In addition, please bring the following items in a daypack or small duffel bag:

- Full plastic water bottle (non-leaking)
- Non-perishable lunch (no peanut products)
- Sweatshirt and pants
- Windbreaker
- Hat
- Swimsuit (Monday only)
- Sunscreen (Must have release form)

Please bring the following, in addition to the daily items above, in a duffel bag to the

overnight trip. Space is limited, so please pack light and tight:

- T-shirt and shorts
- Flashlight
- Toiletries (in a zip-lock bag)
- Small towel
- Foam ground (sleeping) pad
- Light sleeping bag or blanket
- Spoon, fork, cup and bowl
- 1 trash bag
- Comfortable hiking shoes
- 2 large zip-lock bags
- Pillow

Shoes for climbing should fit snugly and be flat-sided (as little tread as possible) with rubber soles. Court shoes and skate shoes, as long as they fit snugly, are usually very good. (Climbing shoes can be rented from REI in College Park or Timonium.)

Important Forms:

- **Participant Information Form**

You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- **Medication Order Form**

Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: www.hcrpsports.com or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Centennial Park South, Overflow Parking Lot - Take Route 29 to Route 108 West. Follow Route 108 past the entrances to Centennial Park East to the stoplight across from Ten Mills Road. Turn right into the park. Once in the park, make the first left into the overflow parking lot.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule:

Monday: Orientation / Team Building / Kayak at Centennial Lake / Swimming at the Roger Carter Recreation Center

Tuesday: Outdoor Rock Climbing at Sugarloaf

Wednesday: River Kayaking / Camp at Little Bennett Regional Park in Montgomery County

Thursday: Outdoor Rock Climbing at Sugarloaf

For More Information:

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