

SHENANDOAH 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:

11-13 yrs / 4 days starting Jul 18 / \$279

Beginner and intermediate paddlers will experience kayaking, hiking, river tubing and camping while exploring Shenandoah National Park and the Shenandoah River in Virginia. Camp meets Monday morning at Centennial Park for orientation, trip information and to learn basic kayaking skills; spend the afternoon at the Roger Carter Recreation Center pool. On Tuesday, travel to Virginia for three days and two nights of non-stop fun. Camp prerequisite: must be able to pass a basic swimming test. Schedule is subject to change – camp will be 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

RP9735.401

M 8am-3pm, Tu 8am-Th 6pm

Camp Prerequisites:

- Must be able to pass a basic swimming test.

What to Bring:

Eat a quality breakfast each morning. Please bring a small daypack with a full non-leaking water bottle and a non-perishable lunch on Monday and Tuesday. Please do not bring any food items that contain any peanut or nut products (other children may be allergic). We will provide meals beginning with dinner on Tuesday night through Thursday's lunch. **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.

On **Monday**, the recommended attire is as follows: wear a t-shirt, quick-drying shorts, socks, athletic shoes and wear a swimsuit under your regular clothing. Remember to pack a lunch and a water bottle.

On **Tuesday** the campers will need to wear the following to camp:

- Hiking shoes
- Bathing suit (under clothing)
- Socks
- T-shirt and shorts

The following items should be packed into a backpack:

- Towel
- Water shoes or shoes that can get wet separate from the hiking shoes

- Sunscreen
- A non-perishable lunch (**NO PEANUT OR NUT PRODUCTS**)
- Full water bottle or back-pack style hydration system

In a bag separate from the backpack, the campers will need to pack the following for the overnight:

- Flashlight and extra batteries
- Personal items (toothbrush, soap, shampoo, etc.)
- Change of clothes for two days
- Bug spray
- Sleeping bag (can be separate, but should be covered with a trash bag)
- Reusable bowl, cup, fork, and spoon

If the weather looks like it might rain for the time we are camping, please be sure to pack rain gear. It is also a good idea to pack everything in zip-lock bags to keep items dry. We will camp out at Shenandoah River Outfitters where we will have access to bathrooms and showers. They will provide tents.

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:** Meet at Centennial Park South Overflow parking area at 8:00 a.m. Orientation, Trip Information, Kayaking Basics, and Swimming at Roger Carter Recreation Center. **Every camper will be required to take a swim test, if a child does not pass the swim test Monday at the pool they will not be permitted to go on the kayaking trip.** Please pick up your child from Centennial Park South at 3:00 pm.
- Tuesday:** We will leave the Centennial Park South overflow parking lot promptly at 8:00 a.m. Enjoy lunch and an afternoon hike in Shenandoah National Park, and then go to Shenandoah River Outfitters where we will set up camp and have dinner.
- Wednesday:** The day will begin with a hearty breakfast utilizing the help of the campers. We will then spend the day tubing on the Shenandoah River.
- Thursday:** After breakfast, we will review kayak skills and safety, then kayak the Shenandoah River. After lunch, we will pack to return home. We should arrive at Centennial Park South by 6:00 p.m.

For More Information:

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