



SAMPLE SCHEDULE (two-week) Adventure Group 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Norwood Campus (Games/Team Building) Zava Zone	Rock Climbing	Stand Up Paddleboarding Kayaking	Rock Climbing 	Sandy Spring Adventure Park
WEEK 2	Hiking 	Cunningham Falls Kayaking	Extended Day: Harpers Ferry with Campfire Cookout	Tubing	Splash Down Water Park *Pack a lunch *Bring \$5-7 for a snack

What to Bring to Camp Every Day in a Backpack?

- 2 liters of water
- Lunch and healthy snacks (NON-PERISHABLE LUNCH ON KAYAKING DAYS – Large Labeled Baggie – NO COOLERS)
- Sunscreen and bug spray
- A hat, sun visor, or sunglasses (with croakies)
- A rain jacket/poncho or trash bag, as we may be caught in the rain
- Spare socks (in case they get wet)

What to Wear to Camp Every Day?

- Shorts and a t-shirt
- Sturdy hiking boots or shoes that lace up (not your best basketball shoes, as they will get muddy!)
- Socks are a must to prevent blisters (except during water activities)

Anything Special to Bring on Water Days?

- Closed-toe sandals with straps (no flip flops), aqua socks/reef runners or shoes that can get wet (as we always wear shoes when kayaking, rafting or hiking in or around streams)
- Towel, bathing suit, and a change of dry clothes