

## SAMPLE SCHEDULE (two-week) Urban Adventure



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	<p><b>Norwood (AM) Zava Zone (PM)</b></p> <p>*Pack a lunch</p>	<p><b>Naval Academy</b></p> <p>*Pack snack and lunch</p>	<p><b>Great Waves Water Park</b></p> <p>*Pack a snack *Bring \$10 for lunch</p>	<p><b>TBD</b></p> <p>*Pack a lunch</p>	<p><b>Medieval Times</b></p> <p>*Lunch is provided</p>
<b>WEEK 2</b>	<p><b>Kings Dominion</b> Leaving at 8am, returning at 8pm.</p> <p>*Pack a snack for drive down *Bring \$10-15 for lunch and \$10-\$15 for dinner (no outside food)</p>	<p><b>Natural History Museum</b></p> <p>*Pack a lunch</p>	<p><b>Baseball Game Nats vs NY Mets 12:05pm</b></p> <p>*Bring \$10-15 for breakfast *Late pick-up at 4pm *Lunch included</p>	<p><b>Top Golf &amp; iFly Loudoun</b></p> <p>*Pack a snack and lunch</p>	<p><b>Splash Down Water Park</b></p> <p>*Pack a lunch *Bring \$5-7 for a snack (no outside food)</p>

### What to Bring to Camp Every Day in a Backpack?

- 1 liter of water
- Lunch and healthy snacks or Money for purchasing lunch (in a labeled baggie/wallet)
- Sunscreen and bug spray
- A hat, visor, or sunglasses
- A rain jacket/poncho or trash bag (as we may get caught in the rain) and an extra shirt

### What to Wear to Camp Every Day?

- Shorts and a t-shirt
- Shoes that are comfortable for lots of walking!
- Socks are helpful to prevent blisters

### Anything Special to Bring on Water Days?

- Sandals, flip flops, aqua socks/reef runners or shoes that can get wet
- Towel, bathing suit, and a change of dry clothes