



SAMPLE SCHEDULE (one-week) Urban Adventure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Norwood Campus & Zava Zone</p> <p>*Pack lunch</p>	<p>Top Golf/iFly</p> <p>*Pack a lunch</p>	<p>Great Waves Water Park</p> <p>*Bring \$10-15 for lunch (no outside food)</p>	<p>DC Scavenger Hunt</p> <p>*Pack lunch</p>	<p>Splash Down Water Park</p> <p>*Bring \$10-15 for lunch (no outside food)</p>

What to Bring to Camp Every Day in a Backpack?

- 1 liter of water
- Lunch and healthy snacks (NON-PERISHABLE LUNCH) 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

