



WELCOME TO OUTDOOR ADVENTURE CAMP FOR GIRLS!

WHERE: Flag Ponds Nature Park

WHEN: Mon, July 20 - Friday, July 24 ♦ 9:00 am-3:00 pm



June 15, 2015

Dear Parents and/or Guardians,

Welcome to Outdoor Adventure Camp for Girls! To help insure that your daughter has a safe and fun time, I have a few suggestions:

- **Drop off and pick up** your child at the education building promptly at the scheduled times above. Please stop at the front gate booth and inform the park staff that you are here for camp.
- **Sign In:** Please sign your child in and out every day. On the first morning, please allow extra time to double-check paperwork. Turning in forms prior to the first day of camp will also save time.
- **Lunch & Snacks:** Pack a lunch, plus 2 additional snacks (such as crackers, granola bar, grapes) which can easily be eaten while we're hiking. If you pack a juice box for lunch, make sure they also have a refillable water bottle.
- **Food Allergies:** Occasionally, we will try wild edibles such as wineberries. If you would prefer your daughter does not try any or all of these things, or has any food allergies, please let me know in advance.
- **Backpacks:** Please place all personal belongings in a backpack. Occasionally, campers will carry their backpacks with them, leaving unnecessary items in the building to lighten their load.
- **Clothing:** Dress in OLD CLOTHES that can get dirty or painted. Please make sure that your daughter has a change of clothes each day.
- **Shoes:** Comfortable shoes are a must, since we will be walking quite a bit throughout the day. For safety reasons, we ask that campers do not wear flip flops or crocs.
- **Bullying:** We want our campers to feel safe; therefore, campers who are bullying others will be permanently expelled from all CCNRD camps.
- **Health/Safety:** While we are having fun exploring nature, I will make every effort to minimize your child's exposure to things like poison ivy, ticks, jellyfish, etc; however, if your child develops a rash or other symptoms, don't hesitate to contact your physician. In addition, please check your child for ticks after camp every day.



I have enjoyed preparing for this camp, and I can't wait to explore the outdoors with your daughters. I look forward to meeting everyone this summer, and please don't hesitate to call me if you have questions.

Sincerely,

Shannon Steele
Naturalist

Shannon Steele ♦ (410) 535-5327 ♦ stealesj@co.cal.md.us



GIRLS CAMP CHECKLIST

What to Bring:

- Lunch (pack in reusable containers ,if possible, to minimize trash)
- 2 additional snacks (finger food) for the trail
- Refillable water bottle
- Backpack
- Extra Set of Clothes (in a labeled plastic bag)
- Hat
- Sunscreen
- Insect Repellent (one that works for both ticks and mosquitoes)
- 2 or 3 plastic bags for crafts, wet clothes, etc.
- Swimsuit
- Swim goggles or safety glasses
- T-shirt/swim shirt worn over swimsuit (reduces jellyfish stings & sunburn)
- Water Shoes or old tennis shoes must be worn in the water (no flip flops or crocs)
- Towel for drying off
- Big towel for games or circle time
- Raincoat or Poncho (no umbrellas) if rain is forecasted
- Small Antibacterial Gel (optional)

What NOT to Bring:

- Electronic Devices
- Money
- Candy (except in your lunch)
- Toys
- Flip flops or Crocs



Special Notes:

Monday: We will be painting and playing water games. Please bring a change of clothes.

Tuesday and Thursday: campers need to arrive wearing their bathing suits and sunscreen; please bring a change of clothes. Since the walk to the beach is approximately a half mile, campers need to wear comfortable shoes, and carry their water shoes with them.

Friday: bring swimsuits and water shoes for water games in the afternoon; please apply sunscreen and insect repellent prior to camp We will combine with the Boys' camp and create 2 teams for an entire day of fun, games, and competitions. **Make sure you wear your camp shirt today.**