



WELCOME TO SONS OF THE FOREST CAMP!



WHERE: Flag Ponds Nature Park
WHEN: Mon, July 20 - Friday, July 24 ♦ 9:00 am-3:00 pm

Dear Parents and/or Guardians,

Welcome to Sons of the Forest Camp! To help insure that your son 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. As early as 9:15, we might already be on the trail. 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, and let us know if someone else will be taking them home.
- **Lunch & Snacks:** Pack a lunch of non-perishable food items, or provide an ice pack. Please pack 2 additional snack items (such as crackers, granola bar, grapes) which can easily be eaten while we're hiking throughout the park.
- **Food Allergies:** Occasionally, we will try wild edibles varying from wine berries to wild greens. If you would prefer your son 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 to the beach, 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 son 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 sons. I look forward to meeting everyone this summer, and please don't hesitate to contact me if you have questions. I can be reached at Battle Creek by phone at (410) 535-5327 or by email groshopg@co.cal.md.us

Sincerely,

Gene Groshon
Naturalist

Sons of the Forest 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 (on and packed)
- Insect Repellent (one that works for both ticks and mosquitoes) {on and packed}
- 2 or 3 plastic bags for crafts, wet clothes, etc.
- Swimsuit
- T-shirt/swim shirt worn over swimsuit (reduces jellyfish stings & sunburn)
- Water Shoes or old tennis shoes for swimming (no flip flops or crocs)
- Towel for drying off
- 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, Tuesday, Wednesday: We will be painting and getting muddy these days.

Thursday: campers need to arrive wearing their bathing suits and sunscreen; please bring clothes for them to change into before lunch. 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 Girls' camp and create 2 teams for an entire day of fun, games, and competitions. **Make sure you wear your camp shirt today.**