

Dear Parents and Campers:

Welcome to the "**Mountains to the Bay**" summer camp: July 16-20! Please go over the packing list together so that campers will be fully prepared for camp. *We will be holding camp rain or shine - please be sure that campers are dressed appropriately for the weather.* Below is a drop off/pick up schedule for the week:

Day	Drop off	Pick up	Location
Monday (7/16)	9am	3pm	Battle Creek (picnic pavilion)
Tuesday (7/17)	9am	3pm	Flag Ponds (education center)
Wednesday (7/18)	9am	3pm	Kings Landing (By the barn)
*Thursday (7/19)	7:30am		Kings Landing (Wisner Hall)
*Friday (7/20)		5:30pm	Kings Landing (By the barn)

* *Thursday and Friday will be an overnight field trip to western Maryland to experience Antietam Creek and the Shenandoah River (Thursday is tubing, Friday is rafting). The return time on Friday may be slightly later or earlier depending on water levels in the river and traffic coming home. Thursday night, we will be tent camping at the Brunswick Family Campground (301-695-5177).*

Sun block, a hat, and a 1 liter water bottle are "must haves" this week to protect campers from the sun and heat. I would also recommend wearing a sleeved shirt (not a tank top) to protect the shoulders from the sun - rash guards/surf shirts are great for this.

Please bring overnight gear to camp on Wednesday so the staff can pack the van that evening. *Space will be limited - please pack lightly and only bring items included on the list.* Pack clothes in Ziploc bags labeled for each day and time (Thursday PM clothes go in one bag, Friday AM, Friday PM, etc...in separate Ziplocs) so each change of clothes is easier to find. Sleeping bags and pillows should NOT go in the bag with clothing, keep them separate

Please let me know the following before the first morning of camp (tania.gale@calvertcountymd.gov):

-- **Any health concerns** (including food allergies, diabetes, asthma, etc.)? Please send this information to me in writing before camp begins.

-- **Special meal needs** (vegetarians, allergies, etc.) I provide snacks on Thursday and Friday, dinner Thursday, and breakfast Friday. Lunch on Friday's rafting trip will be prepared by the outfitter. ****For safety, campers will not be allowed to keep food in their tents.**

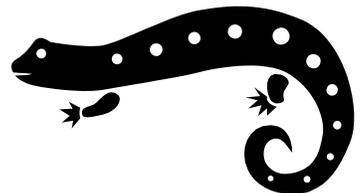
-- **River and Trail Outfitters waivers** - each camper needs **two** waivers - one for Thursday (tubing) and another for Friday (rafting). Please sign these and turn them in on the first day of camp. Campers will not be allowed to attend the Harpers Ferry trip without these.

Campers will be expected to wear shoes at all times (even while swimming) at camp, so appropriate shoes are a must. Flip flops and crocs are not appropriate for the hiking, running, and wading we will be doing at camp. Campers will not be allowed to participate if they only have flip-flops or crocs. Sport-type sandals/water shoes are acceptable as long as they will not pull off in the mud. If you have comfortable "amphibious" shoes that can go from land to water and back - they make a great option vs. bringing a change of shoes - that's what I'll be wearing.

We will not tolerate bullying of any kind while at camp; campers found to be bullying other campers will be permanently expelled from all CCNRD summer camps.

If you have any questions, feel free to call me @ Battle Creek Nature Center at 410-535-5327 or by email @ "tania.gale@calvertcountymd.gov" I'm looking forward to our aquatic adventures this summer!

Sincerely,
Tania Gale, Naturalist



“Mountains to the Bay” camp checklist

Take the “Unplug Challenge” - Please do not bring any electronics.

Monday- Battle Creek (Battle Creek wade-in)

- ___ lunch - packed in a Ziplock bag
 - ___ a small snack (trail mix or granola bar)
 - ___ sunscreen (*have this on and bring extra*)
 - ___ insect repellent
 - ___ hat
 - ___ 1 liter water bottle
 - ___ backpack
 - ___ old sneakers or watershoes**
 - ___ towel
 - ___ **hiking shoes/sneakers (have these on)**
 - ___ **Long pants and a shirt to wear wading in the creek (as protection from briars and things in the creek).** Swim suit may be worn under clothes.
 - ___ change of clothes and shoes (no flip flops or crocs)
 - ___ plastic bag for wet clothes
- **these MUST be well-fitting or they will be lost in the mud****

Tuesday- Flag Ponds (kayaking, Chesapeake Bay)

- ___ lunch-packed in a Ziplock bag
- ___ a small snack (trail mix or granola bar)
- ___ sunscreen (*have this on and bring extra*)
- ___ insect repellent
- ___ **swimsuit (wear this)**
- ___ **sleeved shirt to wear for paddling (wear this)**
- ___ **shorts**
- ___ **watershoes (sport sandals are OK-wear these)**
- ___ hat
- ___ 1 liter water bottle
- ___ backpack
- ___ towel
- ___ change of shoes (no flip flops or crocs)
- ___ change of clothes
- ___ plastic bag for wet clothes

Wednesday- Kings Landing (canoeing, Patuxent River)

- ___ lunch packed in a Ziploc bag
- ___ a small snack (trail mix or granola bar)
- ___ sunscreen (*have this on and bring extra*)
- ___ insect repellent
- ___ **swimsuit (wear this)**
- ___ **sleeved shirt to wear when paddling (wear this)**
- ___ **watershoes (sport sandals are OK-wear these)**
- ___ **long pants (to protect campers from getting cuts in the water)**
- ___ hat
- ___ 1 liter water bottle
- ___ backpack
- ___ towel
- ___ change of shoes (no flip flops or crocs)
- ___ change of clothes and plastic bag for wet clothes

****Tents, dinner Thursday, breakfast Friday, and lunch and snack Friday will be provided - please do not send extra snacks****

Gear for the Overnight - bring Wednesday

**** in a small duffel or backpack--everything packed in Ziplocs. Gear will be stored under the seats of the van--small, soft-sided bags only please**

- ___ socks, long pants, long-sleeved shirt, and warm poly fleece jacket for evening (*it tends to be much cooler in the mountains than in Calvert County - Have these in a Ziploc.*)
 - ___ hiking shoes/sneakers
 - ___ rain gear or rain poncho
 - ___ insect repellent
 - ___ water bottle
 - ___ pajamas (in another Ziploc)
 - ___ flashlight
 - ___ personal toiletries--in a Ziploc labeled with camper's name
 - ___ ear plugs (the campground is by the train tracks)
 - ___ medications (with med form, if needed)
 - ___ bathing suit for Friday (optional-suit from Thursday will not dry overnight)
 - ___ change of clothes for Friday PM (shorts and T-shirt) Have Friday's clothes & swimsuit in a Ziploc.
- Also bring - do not pack in a hard-sided bag, we'll need to smooch them under the van seats**
- ___ sleeping bag (could be in a garbage bag)
 - ___ pillow (will be with camper on seat)
 - ___ sleeping pad (optional)

Thursday: put in a plastic grocery bag or large ziplock - not another backpack, these will ride on the seat with the camper in the van or be collected in the AM

- ___ bag lunch (*everything must be disposable, label bag with camper's name*)
- ___ water bottle - 1 liter size
- ___ **swimsuit (wear this)**
- ___ **watershoes (sport sandals are OK-wear these)**
- ___ sunscreen (*have this on and bring more*)
- ___ **shorts and t-shirt to wear over bathing suit while tubing (optional-have these on)**
- ___ towel
- ___ hat
- ___ sunglasses (optional)
- ___ change of clothes for Thursday PM (shorts and T-shirt, have these in 1 Ziploc)