

Hi everyone –

I'm looking forward to our School's Out Teen Adventure on October 21 (9:00am – 7:30pm). Our camp will be ALL OUTSIDE (barring inclement weather). We will be meeting at the barn at Kings Landing Park (on your right as you enter the park – look for our sign and tall red flag). Once children are checked in, they will head to the pavilion with staff where they may stow their gear for the day.

Please go over the “What to Wear/Bring” and “food supplies” checklists with your camper so that s/he will be fully prepared for camp. *We will be holding class more or less rain or shine, hot or cold – please be sure that your camper is dressed appropriately for the weather.* Weather cancelations will be made the evening before class by about 5pm and will be posted to the event page on Calvertparks.org as well as be emailed to participants. There is no reschedule date.

Will your camper require any medication during camp hours? Please let me know ASAP – you will need a doctor's signature for ANY medication at camp.

Our staff appreciates your cooperation and patience in helping to make this a safe experience for all.

- If you, your child, or anyone else in your family is not feeling well - please stay home from class. Our staff will do the same.
- We will be washing hands and using hand sanitizer at regular intervals through the day. Please send your child with a small container of hand sanitizer for their personal use (we will also have some to share).
- For food – each person, campers and staff both, will bring their own dinner ingredients, prepped and ready to go into the foil packets. Dinner will be cooked on-site – see the Campfire Cooking Challenge section of the packing list.
- Please be patient during camper check-in and allow one family to check in at a time. Keep your distance until the naturalist is ready to check your camper in.
- Our COVID policies can be found [here](#), please review them before the class.

We **will** be getting wet and muddy, so please also be sure to send your camper to camp in clothes and shoes that can get dirty and include a full change of clothes and shoes. We will be doing a lot of off-trail hiking, so please send your camper in long pants to help protect their legs from briars. We will be wading – up to knee deep during kayaking, so we will be getting wet.

Any questions or concerns - you can reach me via email at tania.gale@calvertcountymd.gov

See you soon!

Tania Gale, Naturalist



What to bring and wear:

Things to wear -

- ___ sunscreen (wear this and bring more)
- ___ insect repellent (wear this and bring more)
- ___ long pants (wear these)
- ___ t-shirt or long-sleeved shirt
- ___ poly fleece, nylon, or wool jacket (NOT a cotton sweatshirt)
- ___ hiking shoes/sneakers (wear these)
- ___ hat with a brim

Things to bring - Clothing and gear - all in a backpack

- ___ a small bottle of hand sanitizer (we will also have some to share)
- ___ shoes that can get wet (no flipflops or crocs, old sneakers are fine)
- ___ warm hat
- ___ gloves (if it is cold)
- ___ rain jacket/poncho
- ___ water bottle (1 liter size)
- ___ complete change of clothes and shoes
- ___ plastic bag for wet clothes
- ___ a towel
- ___ flashlight (check at home to be sure it works)



****In general – dress in layers and try to avoid cotton clothing as much as possible. Cotton fabric will get wet and stay wet – not doing its job of keeping our campers warm.**

Take the un-plug challenge – please leave all electronics at home

Things to bring continued

FOOD and drinks –

- ___ a small trail snack (nuts, granola bar, etc.)
- ___ lunch (no glass, nothing that needs to be refrigerated)
- ___ a one-liter water bottle or similar (this can be refilled on-site)
- ___ dinner ingredients - Campfire Cooking Challenge - see below:



Campers should bring all their own food and it must be prepped at home. Dinner will be cooked in aluminum foil packets on the fire or grill. We will supply a big cooler to store campers' bags of dinner ingredients. If you would rather your camper has their own cooler, you may bring their food in a small cooler.

Campfire Cooking Challenge -

Campers and staff will join in this cooking event modeled after popular TV shows like Chopped or Top Chef. Staff and campers can challenge each other to see who can create the best packet meal. At home you and your camper can choose exactly what the camper will bring, but all of us must use the same basic ingredients. Not into competition? That's OK too, what's important is to have fun and make some yummy food together – outside. Never made foil pack dinners before? Check out this [Outdoor Cooking](#) resource page to find out more.

Please bring the following (just enough for your camper):

- At least two kinds of vegetables – we don't care what kind, although things like summer squash and mushrooms will cook faster than potatoes or other hard vegetables. Be sure to slice your veggies thin or pre-cook the ones that take have long cooking times.
- Cheese – any kind will do. If you are dairy-free, you may skip this ingredient.
- Tortilla – Flour or corn - whatever you like.
- Any additional items – pre-cooked beans, hot sauce, pre-cooked rice, etc. Please do not include meat – we do not have the proper temperatures to keep meat cold/safe during the day.
- These will be provided:
 - Aluminum foil to cook your meal in.
 - Tortilla Chips and salsa - for appetizers while our packets cook
 - Each camper will receive ingredients to make s'mores



Everything must come to camp prepped and ready to go into a foil packet (we will assemble the packets on-site). Please put all your items in small sealed containers and then into a sealed zip lock bag labeled with the

camper's name. If you wish your camper's food to be kept in a separate cooler, each camper may bring their own small cooler to hold their food until it is time to cook it.

Schedule for the day – Our day will include: games, hiking, kayaking, campfire cooking, a night walk, and of course, s'mores. Schedule is subject to change based upon weather, but should look something like this:

9:00am – arrival, sign-in – meet at the barn

- AM – hiking (games on the trail, shelter building, tree ID, etc.)
- LUNCH
- PM – kayak trip
- Dinner
- Night walk
- S'mores

7:30pm - Pick-up at the barn and head for home

