

Special July 4 week Itinerary

1. Camp runs **8:30am - 3:30pm** each day. Staff will be ready to receive campers at 8:00am. Drop off and pick up, every day, is at Emmorton Rec Center: 2213 Old Emmorton Rd. ***Please be prompt-*** late arrivals for drop off or pick up adversely impact everyone.
2. Unless otherwise arranged with the Camp Director, ***a parent/guardian must bring the camper on the first day of camp.***
3. Occasionally, weather forecasts may require a shuffling of the order, but we rarely cancel for weather.

Reminders -

- If you plan to have your child self-carry, self-administer any emergency medications you need to have your doctor complete the appropriate form/s and bring the form and medication to camp on Day 1.
  - a. [Medication Administration Authorization Form](#)
  - b. [Medication Administration Authorization Form - MDH-4758 - Asthma Action](#)
- **Go to [guppygulchcamp.com](http://guppygulchcamp.com)** to access and complete the Guppy Gulch minor **on-line** waiver (do not print or send to us).
- **Read the [Swim Safety Plan](#)**, attached. You will sign your acknowledgement the first day of camp.
- **Prepare** accordingly for each day, see itinerary chart below. Each camper must be responsible for their belongings.

Bring to camp every day:

- **Wear your bathing suit** to camp under your clothes (There are usually no changing rooms).
- A **day pack** (like a book bag, with padded straps – not a drawstring bag).
- A **bagged lunch** (sometimes in a gallon zip-loc, see chart).
- At least **1 liter** of water (we suggest more than one refillable bottle).
- A plastic bag of **dry clothes** (just in case you want to change).
- A **towel** in a zip-loc/drybag.
- Sturdy **closed-toed shoes** for water (old tennis shoes work best).
- **Sunscreen and hat** (Apply prior to camp. Sharing is not permitted. Staff are not permitted to apply.)
- Glasses, sunglasses and floatable eyewear retention (i.e., Croakies).
- A little cash for possible snowballs or snack bars.



Day of Week	Preparation	Activities/location
Monday, 7/1 8:00-3:30 at ERC	<ul style="list-style-type: none"> <li>• Everything on the list</li> <li>• Tent, if you plan to bring one on Tuesday overnight</li> </ul>	We will get to know each other, split into tent groups and practice setting up the tents. Then,... Hammerman Beach Party, paddle-boarding, water-balloon slingshot, keep away...
Tuesday, 7/2 8:30 departure from ERC	See Packing list for overnight	Arrive at <a href="#">River Riders Family Adventure Resort</a> , set-up tents, eat lunch, explore the Potomac River, hang out at campsite, eat dinner(walking tacos), ghost tour in Harper’s Ferry, night-hike, camp-fire and s’mores
Wed., 7/3 3:30 return to ERC	Backpack full of normal camp stuff	Pack up camp, breakfast (blue-berry pancakes, choc. Milk, OJ, and sausage), pack for the day (including making a packed lunch of PB & J sandwiches, fruit and snacks), hike Maryland Heights overlook, tour Harper’s Ferry town
Thursday 7/4	No camp. Independence Day!	See you at the parade and fireworks!
Friday, 7/5 8:30 – 3:30 at ERC	Guppy Gulch Water Park has a snack bar (\$). Pack everything of the normal list.	We will get to know each other, split into tent groups and practice setting up the tents. Then,... <a href="#">Guppy Gulch Water Park</a> Delta, PA (about 2 miles over the state line) See the <a href="#">website</a> for details.

We need to prepare for spending time swimming in the river, hiking, and over-night stuff. We are providing 3 meals (dinner Tues., s'mores, breakfast, and packed lunch Wed.). We recommend leaving the cell phone at home to avoid disengagement and mishaps.

**After looking at the list**, if you still have questions, call 443-243-9440.

Packing List for Over-night (Please label with your name everything you can.)

- Overnight bag containing:
  - Change of clothes
  - Bathing suit
  - Toiletries (There is a bathhouse.)
  - Shoes for shower
  - Towel
  - Jacket (just in case)
  - snacks
- Toys, cards/entertainment for tent-time/around camp (frisbee, compact fishing rig...)
- Snorkel set
- Closed-toed water shoes in plastic bag
- A separate pack for hikes
  - 2 refillable Water bottles
  - Packed (at home) lunch for Tuesday to be eaten shortly after arrival
  - Hat
  - Bug spray and sunscreen (optional)
- Shoes to stay dry for hiking (yes, that was 3 sets of shoes in total)
- Money for ice-cream etc. in town
- Tent (if deemed necessary on Monday)
- Sleeping bag/pad
- Flashlight/headlamp
- Camp chair for around the fire