

## The Low Down and 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).
- We're not swimming on Billy Goat Trail Day.
- 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.

Register Now!

Day of Week	Preparation	Activities/location
Monday	<ul style="list-style-type: none"> <li>• Everything on your list</li> <li>• Possible snack bar today</li> <li>• Bring stuff for the beach including balls or frisbees</li> </ul>	We will take a nature's edibles hike, paddleboard in the bay, see Bald Eagles and waterfowl, do the water-balloon slingshot, and have a beach party at beautiful <a href="#">Hammerman Beach at GunPowder State Park, 7200 Grace Quarters Rd. Middle River 21220</a>
Tuesday	Everything you bring will be attached to your SUP and <u>will get wet</u> : <ul style="list-style-type: none"> <li>• Lunch in zip-loc/drybag</li> <li>• Water bottle with loop for attaching to SUP</li> <li>• Extra clothes, phones, cash and towels can stay in the bus for the ride home</li> </ul>	Paddle-boarding down the Gun Powder River. We start at <a href="#">NCR Trail - Monkton Station</a> and finish at <a href="#">NCR Mile 2 lot on Phoenix Rd.</a> Probably the best day of camp all week due to the wildlife, rope-swing and adventure.
Wednesday	<ul style="list-style-type: none"> <li>• Not swimming today.</li> <li>• Sunscreen, hat and drinking water are the most important.</li> <li>• Wear sturdy walking shoes and make sure your socks come up out of your shoes.</li> </ul>	We are hiking the Billy Goat Trail along the C & O Canal Towpath at <a href="#">Great Falls Parking Lot in Potomac, Md 20854</a> It is said to be the most picturesque place in Maryland.
Thursday	<ul style="list-style-type: none"> <li>• Normal list</li> <li>• Snorkeling masks</li> <li>• Snacks for lunch in zip-loc to accompany the hotdogs provided by camp</li> </ul>	Tubing or hiking downriver to Pot Rocks, where we'll snorkel and swim, cook over a campfire, learn some survival skills, and explore. Location: <a href="#">GunPowder State Park lot at Bel Air Rd.</a>
Friday	<ul style="list-style-type: none"> <li>• Everything on the list</li> <li>• Bravery for the blob</li> <li>• Snorkeling stuff</li> </ul>	<a href="#">Guppy Gulch Water Park</a> Delta, PA (about 2 miles over the state line) This is an amazing place and usually the kid's favorite day. See the <a href="#">website</a> for details.

