

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.
4. Reminder - 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](#)
5. **Go to guppygulchcamp.com** to access and complete the Guppy Gulch minor **on-line** waiver (do not print or send to us).
6. **Read the [Swim Safety Plan](#)**, attached. You will sign your acknowledgement the first day of camp.
7. **Prepare** accordingly for each day, see itinerary chart below. Each camper must be responsible for their belongings.
8. **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"> • Everything on your list • Possible snack bar today • Bring stuff for the beach including balls or frisbees 	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 Hammerman Beach at Gun Powder State Park, 7200 Grace Quarters Rd. Middle River 21220
Tuesday	Everything you bring will be attached to your SUP and will get wet: <ul style="list-style-type: none"> • Lunch in zip-loc/drybag • Water bottle with loop for attaching to SUP • Extra clothes, phones, cash and towels can stay in the bus for the ride home 	Paddle-boarding down the Gun Powder River. We start at NCR Trail - Monkton Station and finish at NCR Mile 2 lot on Phoenix Rd. Probably the best day of camp all week due to the wildlife, rope-swing and adventure.
Wednesday	<ul style="list-style-type: none"> • Not swimming today. • Sunscreen, hat and drinking water are the most important. • Wear sturdy walking shoes and make sure your socks come up out of your shoes. 	We are hiking the Billy Goat Trail along the C & O Canal Towpath at Great Falls Parking Lot in Potomac, Md 20854 It is said to be the most picturesque place in Maryland.
Thursday	<ul style="list-style-type: none"> • Normal list • Snorkeling masks • Snacks for lunch in zip-loc to accompany the hotdogs provided by camp 	Tubing or hiking downriver to Pot Rocks, where we'll snorkel and swim, cook over a campfire, learn some survival skills, and explore. Location: Gun Powder State Park lot at Bel Air Rd.
Friday	<ul style="list-style-type: none"> • Everything on the list • Bravery for the blob • Snorkeling stuff 	Guppy Gulch Water Park Delta, PA (about 2 miles over the state line) This is an amazing place and usually the kid's favorite day. See the website for details.