

The Low Down and Itinerary for the Week of July 4

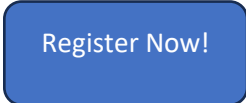
1. Camp runs **8:30am - 3:30pm** each day. Staff will be ready to receive campers at 8:00am. Drop off and pick up, every day, is at Emmorton Rec Center: 2213 Old Emmorton Rd. **Please be prompt**- late arrivals for drop off or pick up adversely impact everyone.
2. Unless otherwise arranged with the Camp 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](#)
 - c. [Allergy Action Plan](#)
- **Go to guppygulchcamp.com** to access and complete the Guppy Gulch minor **on-line** waiver (do not print or send to us).
- **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.



Day of Week	Preparation	Activities/location
Monday	<ul style="list-style-type: none"> • Everything on your list • Bring stuff for the picnic area including balls or frisbees 	We will take a nature's edibles hike to King and Queen Seat, tube in Deer Creek, do the water-balloon slingshot, and have a nice time at Rock State Park, Wilson's picnic area .
Tuesday	Everything you bring will be attached to your SUP and <u>will get wet</u> : <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"> • Normal list (including money for snowballs) • Snorkeling masks • Snacks for lunch in zip-loc to accompany the hotdogs provided by camp 	Hike 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 . We will go to the snowball stand , if the group wants to.
Thursday	<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.