

TYPICAL SCHEDULE

- 7AM** Wake up and greet the morning!
- 7:30** Breakfast
- 8:30** Morning Activity
- 12PM** Lunch on the trail!
- 1PM** Afternoon Activity
- 6PM** Dinner Time
- 7PM** Evening Wind-down + Prep for tomorrow



Weekly Schedule*



S	M	T	W	T	F
Check-in, travel, set up camp	Rock Climbing	Rock Climbing	Whitewater Rafting	Mountain Biking	Bike, travel, head home!

*Activities may be on different days depending on group, weather, or unforeseen circumstances.

COMMON QUESTIONS

- WHAT WILL MY CAMPER EAT?**
 - CHECK OUT AN EXAMPLE MENU [HERE](#). CAMPERS WILL GET TO HELP COOK AND PREPARE MEALS WITH THE GROUP.
- WHERE DO CAMPERS SLEEP?**
 - CAMPERS SLEEP IN 4 PERSON TENTS AT ROCK N WATER CAMPGROUND.
- WHAT ARE THE AMENITIES?**
 - THERE ARE NO SHOWERS OR RUNNING WATER. CAMPERS WILL UTILIZE PIT TOILETS.



PRE TRIP GUIDE ROCK & ROLL CALIFORNIA (ALL GRADES)



AVID 4 ADVENTURE



DROP-OFF LOCATION:

- [CHABOT SPACE AND SCIENCE CENTER, OBSERVATORY DECK, 10000 SKYLINE BLVD, OAKLAND, CA, 94619](#)

OFFICE PHONE:

- 720.249.2412

EXPEDITIONS PHONE* May-August

- 650.262.7820

EMAIL: expeditionsCA@avid4.com

TIME FOR DROP-OFF ON SUNDAY:

- 10:00 AM

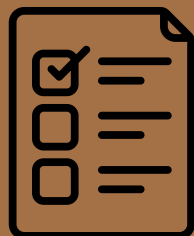
TIME FOR PICK-UP ON FRIDAY:

- 3:00 PM

Please login to your [Campdoc](#) account to fill out the required forms at least 2 weeks prior to camp.

PACKING TIPS

We're excited to help you prepare for your upcoming expedition! Use the provided packing list as a basic guideline for your trip.



Here's the link:

LABEL EVERYTHING

Yes, everything. This can be done with tape, a label maker, luggage tags, etc. PLEASE INCLUDE FIRST AND LAST NAME.

LET THE ADVENTURES BEGIN



Trip Essentials



- What to bring to Drop Off: Besides all the gear, guardians should bring all camper medications in their original containers with the campers name on it. Please do NOT repackage the medication and keep it separate to hand to staff on arrival.
- Weather: Never underestimate the variability of weather! Daytime temperatures range from 30° – 90° F and higher, nights can be 50° less than a daytime high. Expect rain, snow, and sunshine.



- In Case of Emergency: If something happens in the field, Avid4 Leadership will reach out with updates and action steps moving forward. If something happens at home, give the Avid4 office a call and we can connect you to your camper.

- Electronics: We have a no electronics policy to best support a "Disconnect to Connect" environment. There is limited cell service in the field and we also don't want anything to get broken!



- Who are the guides?: Avid4 Guides are medically trained outdoor professionals who come from a variety of backgrounds. Expedition guides have training in defensive driving and child care management.