



# Adventure / Explorer Packing List

**Program Details:** 5 Days

**Welcome to Avid4 Adventures Day Camp Programs!** The provided packing list serves as a *simple guideline of suggestions* to follow for your time with Avid4 Adventure. Please use your best judgment to the number of items to consider based on the type of program and the needs and tendencies of your camper.

**Packing List** – Please label your child’s items and pack daily the following day to day items in it (we have a tub to store your child’s extra gear)

## All Days:

- **Masks** – We are requesting that all campers bring their own masks in case they become ill at camp.
- Child-sized backpack that can fit the items below
- Lunch that does not need refrigeration
- 1-2 snacks
- Sun hat with full coverage
- Clothing for that day’s weather: warm layer, raincoat if rain in forecast, etc.
  - Kids have fun in all weather as long as they are well prepared!
  - Please dress your camper in a shirt that covers their shoulders for adequate sun protection.
- Wear closed toe shoes appropriate for biking, hiking, and climbing.
  - Close toed shoes are required for *all* days of activity. Please see notes on water-shoes below.
- Two full water bottles

- Sunscreen (please pack & apply before camp)



### Canoeing, Kayaking, and/or SUPing days only:

- Closed toe water shoes (crocs, keens, old tennis shoes, or other water shoes. No flip-flops)
- Towel & swimsuit: come dressed in a swimsuit on these days
- Clothing for that day's weather: warm layer, raincoat if rain in forecast, etc.
  - Kids have fun in all weather as long as they are well prepared!
  - Please dress your camper in a shirt that covers their shoulders for adequate sun protection. This should be worn over the swimsuit.
- Extra change of clothes




### Biking Day

- Your child is encouraged to bring a bike & helmet.
- Adventure: Bikes should have hand brakes and gears. Suspension is not required or expected.
- Explorer: Bikes may have pedal brakes.
- All gear is subject to a safety inspection by our instructors. We provide enough bikes and helmets to outfit all campers.

### Age specific items:

- 5-6 year-olds: a change of clothes
- Booster seat for your camper is under the age of 8 or under 4'9" tall.

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- WA only: **All** campers under 4'9" tall are required to ride in a booster seat. Please bring a booster if you have one available. Thank you!

### **State Specific Items**

- Maine: we ask that you supply your child with bug spray AND tick repellent. In addition to supplying these items we ask that parents do daily tick checks with their children.