



# Learn to Bike & Paddle Packing List



**Program Details:** 5 Days, 9:30am – 2:30pm

**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.

Please label all personal belongings. Avid4 Adventure is not responsible for lost, stolen or damaged items.

## General:

- **Masks** – We are requesting that all campers bring their own masks in case they become ill at camp.
- A backpack, sized to fit your child, that will hold their personal belongings
- Sunscreen (15+ SPF) with child's name clearly labeled
- Extra change of clothes in large ziplock – in case of accidents
- Warm layer
- Snack. Campers are asked to bring their own mid-morning snack
- Lunch. Campers are asked to bring their own nutritious and energy-boosting lunch.
- A full, non-breakable, non-leaking, water bottle labeled with the child's name.
- A hat that provides full sun protection
- Sunglasses (optional)



### **Paddle Items:**

- Please send children in water clothes (that will keep them warm when wet)
- Please send children in a shirt that covers their shoulders for adequate sun protection.
- Closed toe shoes they can get wet, and will stay on in the water– these shoes must protect their toes (no flip flops)
- Towel
- Change of clothes



### **Biking Items:**

- Closed toe shoes appropriate for biking
- Your camper's personal bike and helmet.
  - We strongly encourage campers to bring their own bike that fits them well. We recommend this so they are practicing on the bike that they will be using once camp is over.