



Rock Climbing 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.

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 this will all fit into and that can easily be carried on their back.
- Closed to shoes that tie on feet and will not easily come off
- Change of clothes
- Please send children in a shirt that covers their shoulders for adequate sun protection.
- Warm layer & Rain coat (location dependent)
- Snack – Campers are asked to bring their own mid-morning snack
- Lunch – no refrigeration necessary and creating the minimum amount of trash which the camper will need to carry out
- 2 full water bottles
- Sunscreen with child's name clearly labeled
- Sunglasses (optional)



Optional Items:

- Children are welcome to bring their own harnesses, helmets and climbing shoes. All will be subject to a safety inspection before being used at camp.
 - Avid4 Adventure will have harnesses, helmets and shoes to outfit the entire group if needed.

Age Specific Items

- Booster seat for your camper is under the age of 8 or under 4'9" tall.
 - Avid4 Adventure has some boosters if you are unable to provide one for your camper.