

# What to Wear and Bring to Outside Adventure Camp

## What to Wear

1. Active Wear
  - T-shirt, Shorts or Swim Trunks, Proper Shoes (closed-toe sandals, old tennis shoes)
  - Please do NOT send your camper in flip flops
2. Hat
3. Sunglasses (optional)
4. SUNSCREEN applied before camp begins!

The kids will be doing different activities every day, and your counselor will let you know the day before what activity they will need to prepare for!

Plan on getting wet **EVERY DAY!**

## What to Bring

1. Lunch and an extra snack!
2. Backpack to hold ALL of their belongings
3. Reusable Water Bottle
4. Swim clothes & River shoes (closed-toe sandals, old tennis shoes - must stay on their feet!) (We **DO NOT** recommend flip flops or crocs)
5. Towel
6. Change of clothes
7. Weather appropriate gear (ex, rain jacket)

**Virginia Outside will provide all other gear for each daily activity.**

We will have plenty of sunscreen, but we do recommend campers put on sunscreen before they are dropped off (30 or higher is recommended, as we will be in the sun all day). We will remind campers to reapply sunscreen throughout the day!

\*We will be outside rain or shine as long as conditions remain safe, so please send your camper prepared for the weather\*

**NOTICE:** Please do not send your child to camp with electronic equipment such as phones, iPads, or video games. We will not be responsible for any electronics that are lost or broken.