



## Adventure Day Camp

campalbemarle.org • 252-726-4848

Rising 6<sup>th</sup> – 8<sup>th</sup> Grade • Monday-Friday, 9-4

### OVERVIEW

Adventure day camp provides campers the opportunity to go on daily excursions around the NC Crystal Coast. From hiking around Fort Macon, swimming in the Sound, Beach day and Kayaking; adventure is just around the corner! Adventure day camp strives to nurture spiritual growth in our campers through interaction with the wonders of God's creation and to foster deep relationships with Christ in our churches, communities, and the world. Our camp programs create purposeful opportunities to plant seeds and have campers grow spiritually throughout the day.

No need to pack a lunch. Lunch and snacks are provided!

Adventure Day camp is organized in family groups. Each family group typically consists of 7-8 boys and 7-8 girls with a male and female counselor. Family groups participate in all activities together. Depending on registration numbers, some family groups are single-gendered. Family groups are organized by camper age.

### PHYSICAL FITNESS

- Hiking for over 3 miles
- Paddling for 2 hours
- Swim test; 25 yards without stopping and tread water for 1 minute

### PACKING LIST

(Please label your belongings)

- Backpack
- Bible, notebook & pen/pencil
- Water bottle with a screw-on lid
- Raincoat/poncho or rain gear
- Towel
- Sunscreen & insect repellent
- Good sturdy hiking shoes
- Swimsuit appropriate for camp (2 if you have them)  
(female: 1 piece, males; swim trunks, no speedos)
- Hat (if desired)
- Any medications you are taking (must be turned in to Healthcare Staff)

### REMINDER:

Please keep electronic devices at home – this includes cell phones