

Travelin' Teens

Camper Expectations

We do many fun and exciting things in Travelin' Teens. Here are some of the things you can expect from these various activities. We will also suggest ways to prevent potential problems to make sure everyone has a great time.

Whitewater rafting and tubing- You will get wet. Bring extra dry clothes to change into afterwards. Also bring a plastic bag (a grocery bag is perfect) to put wet clothes in. Follow staff instructions. Stay with the group and keep your life vest on at all times when in the water.

Cascade Lake and Rehoboth/ Bethany Beach- These trips are great for strong swimmers. If you have any doubts about your swimming ability, you must notify a staff person so he/she can find a suitable swimming/wading area for you.

High Ropes Course- No **sandals**. Boots or supportive footwear are highly suggested to help prevent slips, twists, and sprains.

Paintball- Small welts or bruises from paintballs are expected when playing this exciting sport. Serious eye injury can occur if goggles are not worn when a game is in session. Safety rules are strictly enforced. You'll probably get dirty. Old long sleeve shirts and pants are suggested as well as ankle supportive footwear (i.e. boots).

Hiking- No **sandals**. Boots or supportive footwear is highly suggested to help prevent slips, twists, and sprains.

Caving- You will get dirty. Caves are chilly, therefore long sleeve shirts and pants are preferred. Knee pads are optional. Bring extra dry clothes to change into afterwards. Also bring a plastic bag (a grocery bag is perfect) to put wet clothes in. **No sandals**. Boots or supportive footwear is highly suggested to help prevent slips, twists, and sprains.

Overnight trips- Please read the overnight checklist that you'll receive prior to the trip to insure that you'll have what you need to have a successful (and fun) trip.

Water- Freeze a **water bottle (1 liter or larger) the night before** so you can refresh yourself and prevent dehydration. A water bottle is needed almost every day!

Medication- Make sure the camp staff are given any necessary allergy meds, **Epipens, inhalers**, or other types of medication that you may need if a situation arises.

Sunscreen- No one likes sunburn. Make sure you apply sunscreen multiple times a day.

Portable Electronics- Game boys, Ipods, and other electronic devices run the risk of getting lost, "lost", or broken. Please understand that your camper, not the camp staff, is responsible for his/her own personal property.

Camp T-Shirts- You are responsible for wearing your Travelin' Teens t-shirt on trips to the beach, amusement parks, or other large public places. You will be notified of which trips your camp t-shirt is needed.

Emergency Form- This form gives us all the information we need in case of an emergency. Please take the time to fill out this form and return it directly to the Travelin' Teens director.

OVER

Money- Please send your camper with a modest sum of money for fast food stops, amusement park snacks, entertainment, arcades, etc. Keep in mind that your camper will probably spend whatever you give him/her to the last penny. This is a proper age to teach your camper the importance of safe guarding and managing money. Please understand that your camper, not the camp staff, is responsible for his/her own money.

Cell Phones- Cell phones are not permitted at camp and on trips. The camp directors and staff have constant contact with the KAH main office and the pick- up/ drop- off sites. If you need to leave a message for your child, please call our main office at 301-933-6888. The camp director's cell phones are usually accessible and usually have reception.

Daily Schedule- Be aware of our daily schedule and take responsibility to be on time. We must leave promptly from our drop- off sites and cannot wait for any late arrivals. Also be aware of any clothing, footwear, **camp t- shirts**, equipment, **waivers**, etc. needed for that day's trip.

Waivers- Some of the cool things we do require a waiver to be completed prior to the beginning of an activity. Therefore, any camper that does not have a completed and signed waiver for a trip that requires one, will not go with us on that trip. It is important that your camper delivers any paper work **directly** to his/her camp director:

Camper Behavior- The purpose of Travelin' Teens is to provide a FUN and SAFE environment. In order to achieve this, we must obey the following rules:

1. Listen to all directions given by camp staff.
2. Remain seated at all times in moving vehicles; all body parts must remain inside as well.
3. Respect both physically & verbally all people we come into contact with.
4. Feel free to approach any/all counselors about any concerns you may have. If a problem should arise, **notify a staff member immediately so the situation can be resolved.**
5. Stay with your group at all times.
6. Refrain from using any inappropriate/offensive language (**and** conversations).
7. Respect all other people's personal property.
8. Respect the non-Travelin' Teens camp staff (Kids After Hours morning and afternoon staff).

Please feel free to approach our Travelin' Teens staff and directors with any questions you may have. We also highly encourage your campers to do the same. Please make a copy of this document for yourselves and return a signed copy back to a Travelin' Teens staff person.

I have read and understand the risks and precautions involved with these activities.

(parent's name- please print)

(child's name)

(parent signature)

(date)

Now let's get ready to make some unforgettable summer memories!