Sample Schedule of Activities
Summer at Norwood Adventure Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Norwood Campus & Local Hike (Adventure Expectations & Team Building)	**Standup Paddleboarding (SUP)**	**High Ropes Course**	**Adventure Hike**	**Rock Climbing**

What to Bring to Camp Every Day in a Backpack?

- 2 liters of water
- Lunch and healthy snacks (NON-PERISHABLE LUNCH – Large Labeled Baggie – NO COOLERS)
- Sunscreen and bug spray
- A hat or sun visor
- A rain jacket/poncho or trash bag, as we will be outside rain or shine, spare socks (in case they get wet), and an extra shirt

What to Wear to Camp Every Day?

- Shorts and a t-shirt
- Sturdy hiking boots or shoes that lace up (not your best basketball shoes, as they will get muddy!)
- Socks are a must to prevent blisters (except during water activities)

Anything Special to Bring on Water Days?

- Closed-toe sandals with straps (no flip flops), aqua socks/reef runners or shoes that can get wet (as we always wear shoes when kayaking, rafting or hiking in or around streams)
- Towel, bathing suit, and a change of dry clothes