

Disabled Adventure Outfitters

Adventure Camp Information Sheet

Print and keep this information in order to help you plan for your trip.

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What you should bring to camp:

- **Personal medications for an entire week (including inhaler, nebulizer, etc.)**

Camping Essentials:

shorts, shirts, jeans, towels, toiletry kit, flashlight, sleeping bag & pad, rain coat, tent, insect repellent, cup to use as your own.

River Essentials:

swimsuit, non-cotton (synthetic) shirt and undies, sun hat/visor, sunglasses, leash/croakies, sunscreen, chap stick, river shoes or booties (or sturdy sandals which **fasten around the heel** – NO FLIP FLOPS), and a wetsuit if you have one. Also bring layers to keep warm around camp – fleece is great, and for programs from spring through June, make sure you bring a waterproof jacket in case of rain and warm synthetic underlayers for when you are on the river.

Optional:

waterproof camera, personal water bottle, lawn chair, musical instruments, games, toys, water guns, special beverages or snacks.

If you have trouble bringing a tent or other equipment, please call and let us know. We usually have a number of tents available for use by participants.

Camp Policies

This is an alcohol free camp. Do not bring any beer, wine, or other alcoholic beverages. In addition, no weapons or pets are allowed. If you bring any of these things you may be asked to leave.

Please do not leave our camp area unless as part of a group activity. It is important that DAO camp staff knows your whereabouts. If you should leave camp your departure may have a negative effect on the program.

Valuables – In general, do not take anything on the river that you can't lose...The water has a way of making off with things like rings and other jewelry. Around camp, avoid possible difficulties by not leaving valuables such as iPods unattended in common areas.

Please be on time and ready to go for the day's activities. If you are on prophylaxis, treat before breakfast. Please be ready so that your fellow campers and staff are not waiting for you. Getting an early start on the river usually means more time to enjoy the sights and stops, and less fighting the wind and high temperatures later in the day. Please be on time at meals and volunteer for kitchen and clean up assignments.

Please stay out of the Camp Food. Food is allotted for specific meals, and must be left unmolested so that we have full meals throughout the week. We will also have snacks available – ask the kitchen crew if you are hungry. Feel free to bring snacks for your late night munching.

ALWAYS wear your life vest when in or on the water, and promptly follow all instructions from your guide