

WILDERNESS EXPEDITIONS (5TH - 6TH) OVERNIGHTER GUIDE



OVERNIGHTER GUIDE (OLNEY - WASC) | SUMMER 2019 | CAMP SONSHINE - MD

FRIDAY, JUNE 28 **Cunningham Falls State Park**
14039 Catoctin Hollow Rd., Thurmont, MD 21788

Near Catoctin Mountain, Cunningham Falls State Park has a beautiful lake and beach area where campers can play in the sand and go for a refreshing swim. Depending on the group, some programs may also take a leisurely hike to the falls or cook out.

FOOD	PICK-UP/DEPARTURE
Camp will provide dinner on Friday night and breakfast on Saturday morning. If your child has any special dietary needs, please talk to their Head Counselor about if you will need to provide alternative food for your child to eat. Camp is unable to provide accommodation for special dietary needs.	<ul style="list-style-type: none"> Pick-up will be at our OLNEY location from 8:00-8:15AM on Saturday, June 29th. If your child does not wish to sleep over you may contact Parent Services at (301) 989-2267 to arrange for an early pickup of your child when they arrive back to our Olney location around 10:00PM on Friday. Please bring your Camp Sunshine issued Parking Pass when you pick up your camper.

What to Bring

Bathing Suit	Towel	Flashlight	Toiletries	Bug Spray
Sleeping Bag & Pillow	Sun Screen	Change of Clothes/PJs	Lunch	Money (optional)

WHAT NOT TO BRING **OTHER INFORMATION**

<ul style="list-style-type: none"> Personal Electronics Medications (unless prearranged through Camp First Aid Staff) Lots of Caffeinated drinks Weapons <p>Camp Sunshine is not responsible for the loss, damage or theft of any personal property.</p>	<ul style="list-style-type: none"> There are NO alternative activities planned. If your child does not attend the Overnighter, please do not send them to Camp. The cost of the Overnighter is included in the price of Camp for the week. We will be sleeping outside in tents, weather permitting. Campers will need to provide their own sleeping bags and pillows. If your child needs medication administered during the Overnighter, it must be brought to the Camp First Aid Station by Wednesday. She will record your physician-signed Drug Authorization Form and then deliver the medication to your teen's head counselor. Teens are not to carry medication under any circumstances.
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CONTACT INFORMATION
Emily Stoakes - (641) 485-6203