

Panther Valley Ecumenical Church Nature Camp 2019 Daily Essentials

At the PVEC Nature Camp we will go outdoors every day, except if there is a thunderstorm or a soaking rain. What we wear and bring to camp affects our happiness, safety, and learning possibilities. Being properly dressed for time outdoors enables the whole community the freedom and confidence to explore the earth together.

For outdoor learning, footwear is especially important. Only well supported, closed-toe shoes are appropriate for active movement. ONLY sandals with closed toes and a back strap will be accepted.

High heels, backless sandals, open-toe sandals, clogs, crocs, or flip-flops are not appropriate.

We request that all children arrive to camp with appropriate gear and protection from sun and bug bites.

Please apply any sunblock and bug repellent at home. Please let us know if your child has any sensitivities to skin protection products. If you wish to have any product reapplied please send that product in a bag with your child's name and the instructions as to when and how you wish it applied.

Required Gear

- Waterproof Rain Boots (at least mid-calf tall)
- Sun Hat
- Waterproof Rain Jacket or poncho

***If your family cannot supply your child with the required items, please let us know their sizes and we will loan the required gear to your child for the week.

Optional Gear

- Weather-proof Hiking Boots
- Hiking Socks (non-cotton socks, such as wool or wool-blend, for hiking)
- Waterproof Rain Pants

Lunch & Snack

The active outdoor nature of our program means that snack and lunch foods are thought of as fuel to sustain children's energy. Whole foods such as whole grain breads and cereals, nuts, fruit, vegetables, and water are recommended in order to provide students energy for the entire day. Sugar based foods like cookies, candy or other sugary sweets, leave students feeling tense and tired.

Snack – PVEC will provide a whole food snack every day. Please make sure to let us know of any known or suspected allergies.

Lunch - To reduce waste and promote ecological awareness children are asked to bring their lunches in reusable carriers. Please include ice packs in your child's lunch container if you are including food items that need to be kept cold. Also, students are unable to heat up lunch items so please send hot food in thermos containers. If you are unable to provide a lunch; please let us know and we will be happy to help you out.

Drinks - . Students need a refillable water bottle every day. Water is the drink of choice at PVEC Nature Camp so please leave the juice and sports drink at home.

Please use the "Office" door located on the right side of the building to drop off and pick up your child.

The Registration desk is located inside the building. Sign in/out sheets are only at this entrance. Lunches will be collected at drop off and lunch containers will be available at pickup at the desk.

Drop off time is 9:00 am Pick up time is at 1:00pm