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21st Annual Summer Camp & Adventure Fair

Picking The **RIGHT** Day Camp

By the American Camping Association

Now is a great time for parents to arrange a tour of a local day Camp. Whether parents are looking for a Camp for the first time for their child or thinking about switching camps, going on a tour of a few camps in their area is the best way to make the right decision for their child.

When you are on a tour, the following questions should be explored with the Camp director, to help narrow down your choices.

How will my child be grouped (placed) or “bunked” with other campers? Factors such as grade, age, gender, and parent input all come together to play a role in placement. Generally though, campers are grouped by the same gender and age with approximately 10 to 16 campers per group depending on age.

Who will be taking care of my child and what are their qualifications? Camps should have Counselors and Specialty staff complete an extensive application, submit 2 to 3 references from non-family members, retain a Child Abuse Clearance and a Criminal Background Check, and attend a personal interview. Day Camp programs hire Junior Staff (those usually in high school) while Senior Staff can be college age or a teacher.

What is the ratio of counselors to the group (bunk)? Generally, with the pre-k 3 to 4 year old campers, there are 3 counselors with 10 to 12 campers. The 5 to 7 year old campers also have 3 counselors with groups of 12 to 14 campers. Those



campers entering 3rd grade and older, traditionally have 14 to 16 campers with 2 counselors.

Does the Camp provide (either included or as an option) transportation, and in what type of vehicle? The distance from your home as well as your work schedule will determine whether transportation will be a requirement for your family.

Will the vehicle be a bus or a van? Will it have seatbelts? Who will be the driver and what are their qualifications? Will it be door-to-door or central pick-up?

Does the Camp provide healthy snacks and lunch choices daily? Is lunch included in the tuition? Are there provisions made for children with allergies and other food related issues? Check out the camps choices by asking for a sample lunch menu.

Is there a before and after the Camp care service, and if so, is there a charge? For many working families, early and late Camp care is a necessity. Find out what is the earliest time in the morning and the latest in the afternoon. Ask exactly what will take place during those times and who will be supervising the program.

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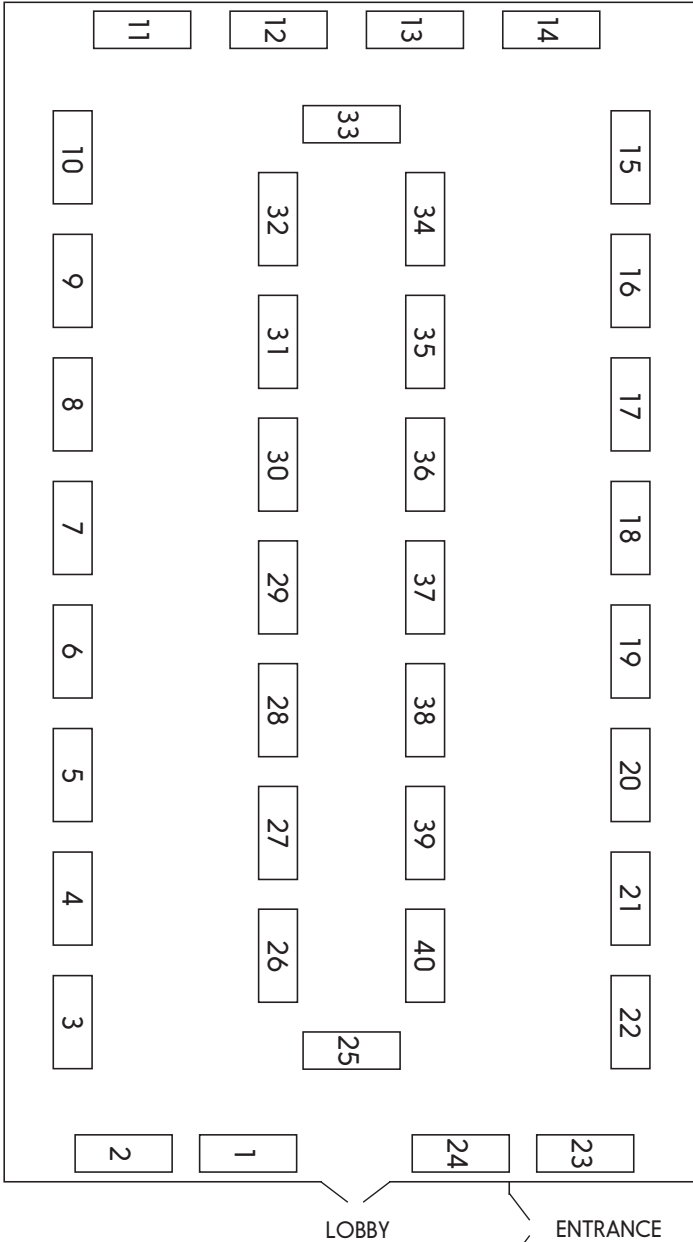
About our Sponsor: Dignity Health

Dignity Health Mercy and Memorial Hospitals is Kern County's premier healthcare system with three acute care hospitals in Bakersfield and a growing number of medical facilities to meet the needs of our community. With a reputation for providing award-winning care and state-of-the-art services in a compassionate, caring environment, citizens of Bakersfield and the surrounding area know they have access to some of the most advanced medical care available between Los Angeles and Fresno. Our family of services range from our beautiful birth and family care centers to specialized centers of excellence such as the Sarvanand Heart and Brain Center, Grossman Burn Center, the Lauren Small Children's Center, the Robert A. Grimm Children's Pavilion for Emergency Services, the Urology Center, and the Orthopedic, Spine and Hand Center.

As the largest healthcare organization in the western United States, Dignity Health is committed to the health and wellbeing of local residents. We also care for the thousands of Mercy and Memorial Hospital employees who call Dignity Health home. As Kern County's third largest employer, we have much to offer our more than 3,000 employees. Competitive wages and excellent benefits, along with a host of continuing education and career advancement opportunities, make Dignity Health one of Bakersfield's most sought out workplaces. Delivering on our promise to provide quality, compassionate care is why more than 600 affiliated physicians and specialists choose our care centers for their patients. In addition to our three hospitals, Dignity Health Bakersfield provides a growing number of healthcare facilities to meet the needs of the community, including Millennium Surgery Center, Dignity Health Infusion Center at the Comprehensive Blood and Cancer Center, and the Dignity Health Medical Group in Bakersfield.



Kern County Family Magazine's 21st Annual
**Camp & Adventure
Fair Vendor Map**



Vendor Map Directory

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3 Crazy's Wasewagan

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4 Bakersfield Swim Academy

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5 Community Fine Arts

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661-327-5921

6 KCSOS Calm

www.calmzoo.org
661-872-2256

7 Camp Valor

www.campvalor.org
661-345-8266

8 Air Force JROTC

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661-900-7272

9 Wind Wolves

www.wildlandsconservancy.org
661-858-1115

11 Camp Blue Jay

www.societyfdc.com
661-322-5595

12 Beauticontrol

beauticontrol@gmail.com
661-390-1657

13 Foster Children Safe Haven

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661-396-7025

14 Cultural Homestay International

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15 SPCA

www.bakersfieldspca.org
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16 Magic Rabbit

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17 Stars

www.bmtstars.com
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- 37 Kern Pioneer Village**
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www.armyandnavyacademy.org
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Special Needs and Camp? **YOU BET!**

By Andrea Rose

Sending your child to summer camp can be stressful, whether you've chosen a day camp or a residential camp. But when your child has special needs, it can be downright traumatic—for both you and your child. In fact, you may wonder if it's even possible to give your child a great summertime experience.

Relax! With a little preparation, you and your child will be just fine! Patricia Schaeffer, mom of Nathaniel, 11, and twins, Alex and Logan, 7, knows all about preparing kids for camp. Her twins both have special needs, but she doesn't let that stop them from experiencing as much summertime fun as her older son.

"Alex has cerebral palsy, is in a wheelchair and has a developmental delay and other medical issues such as epilepsy," Schaeffer explained. "Logan has autism and sensory processing disorder with developmental delays and a life-threatening peanut allergy."

When she thinks about planning summertime activities for her boys, obviously, their safety is her No. 1 concern.

"I worry that staff won't know how to use Logan's EpiPen or will not know what to do for Alex during one of his seizures," she said. "Or will staff even how to transfer Alex in and out of his wheelchair or take him to the potty."

Preparation is key to a safe—and fun—experience, Schaeffer says. The first thing she does is reaches out to camp organizers and staff to make sure they are equipped to care for her boys.

After she is satisfied they are certified and prepared, she meets one-on-one to provide detailed instructions.

"Teach staff how to use emergency seizure medication for your child," Schaeffer suggests.

fer suggests.

"If your child has a food allergy, make sure the camp is aware of what foods to avoid or snacks to avoid and what snacks are safe. Make sure also to update your child's emergency contact info before starting camp."

Schaeffer said preparation should include the child.

"Make sure to prepare and talk to your child about camp and what to expect while at camp," she said. "Also you may want to put your child in brightly-colored shirt during camp so they're easy to spot by staff."

And, finally, provide them with some comforts of home. "Make sure to pack any medications or items needed for camp that your child needs, from pull-ups, wipes and medication to a comfort toy," she said.

Schaeffer admitted it's not always easy to have a conversation with camp directors and staff because most of them are experienced in such matters, but it's key for peace of mind.

"Be upfront and honest with them and make sure all your concerns are heard," she said. "Maybe even bring a copy of your child's IEP along to camp as a reference tool for staff. Make sure to make the staff aware that if there is ever a question about your child, you'll gladly answer it and share as much detail as you can," Schaeffer said. "Make sure staff is aware of any of your child quirks. Usually Alex's wheelchair is a conversation-starter itself."

For more information on how camps can benefit children with special needs, check with your local camp programs.

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PACKING FOR CAMP: 8 Tips for an Anxiety-Free Camp Send Off

by Sue LeBreton

“Mom. You forgot to pack extra socks,” says my 10-year-old son accusingly. We have just picked him up after a week at Camp. Socks, I muse, mentally searching through the gear I had packed over a week ago. I remembered making an extra trip to the store for the hiking socks requested on the Camp list. Had I not packed them? “Do you mean the hiking socks?” I inquire.

“No, just any socks. I have a blister because I wore the same pair of socks all week,” he says, his voice rising. “I

packed more than enough socks,” I assure him. “They were right there with your underwear.

“Oh yeah, I could not find my underwear, so I wore the same pair of underwear all week too.” His dad and I burst out laughing but he does not see the humor.

“They were not in the bag. I even had a counselor help me look for them,” he asserts confidently. Puzzled, I wonder if he could have been the butt (pun intended)

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of a cabin prank and someone had hidden his underwear and socks.

When we arrive home I open the large gear bag. Lo and behold, jammed in one section, just where I packed them, are ample clean socks and underwear. I show him. “Oh, I guess we never saw the second zippered section,” he says.

My mind harkens back to the night before Camp when I finished packing his bag and then, as suggested by the Camp guide, I walked him through where everything was. I suppose the, “Yeah, yeah mom, I know,” should have sounded an alarm that he was not fully engaged. Lesson learned. The following year he packed his own bag and I reviewed it.

As you pack and prepare to send your child off to Camp, whether it is the first or fifth time, remember that Camp organizers are experts so trust their directions and follow them closely. Here are some general guidelines that I have learned and relearned after sending two children to various camps for more than six years.

1. Have children pack their own bags

with supervision so that they can find those important socks and underwear. Plus, it adds to their sense of independence, another reason we choose to send them to Camp.

2. If it leaves your house label it. From luggage to individual items, use a system to label every T-shirt, shoe or flashlight. Preprinted labels are great, but expensive. One year when my daughter attended Camp we created a logo for her using her initials and marked all items using a permanent marker. Even if another camper had the same initials, her items were uniquely identified.

3. Be considerate with care packages. Double check if this is even allowed. In more rustic surroundings food is not allowed in sleeping quarters because it attracts wild animals. If food is permitted, please send enough to share with cabin mates but be sensitive to any allergy issues. Many camps are peanut or nut-free facilities.

4. Pack it in and pack it out. A horse Camp my daughter attended suggested

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that campers bring a detailed list of their belongings. When she was packing up to come home it made it easier for her to locate missing items when she knew she was looking for two pink shirts. She liked this technique so much she has used it to pack for other camps.

5. Overcome your helicopter tendencies.

Keep communication to a minimum and obey any Camp restrictions. Many camps allow one-way communication where parents can send a daily letter or email to the child. You are the expert on your children, will receiving a daily note from you make them more or less lonely? Our son asked us to not send any notes the second year as he found the notes made him lonely.

6. Be strong. I know you may be anxious and missing your child, but do not call the Camp unless it is an emergency. Pack your own anxiety away and prepare your child for the possibility of homesickness. Tell them that this is normal and can happen to campers of any age. Assure them that you know they can handle it. Coun-

selors should be trained to help campers work through these issues. If your child calls crying for you to come and get them, steel yourself and repeat that you are confident in their ability to manage this. Then speak to the head counselor to assess the situation. This happened to us the first year our son attended Camp, but he worked through it (so did mom and dad) and he felt very proud and independent when he completed his first week at Camp.

7. Valuables like jewelry and expensive electronics belong at home.

If children attend Camp with cell phones or ipods, they are missing the opportunity to connect and make new friends. Isn't that why we are sending them to Camp in the first place?

8. Start reviewing the suggested packing list with your child a few weeks before Camp. This gives you ample opportunity to purchase any missing items and it allows your child to start thinking and getting excited about Camp.



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Bottom: Family hiking *Credit NPS photo by Will Elder, Golden Gate National Recreation Area* Top R: Kids hiking in the woods. *Credit NPS photo, Lewis and Clark National Historical Park* Bottom R: Kids canoeing on a river. *Credit U.S. Army Corps photo by Keith B. Hyde*



Camp Friendly Snacking:

Dark Chocolate Peanut Butter Trail Bars

Preparation Time: 20 minutes | Serves: 12-18 bars | Source: Smucker's

Ingredients

- 3/4 cup Smucker's Natural Creamy Peanut Butter, stirred
- 1/4 cup honey
- 6 tablespoons water
- 1 cup chocolate whey protein powdered drink mix
- 2 cups granola cereal with raisins
- 1/2 cup dark chocolate chips

Preparation

1. Line 8-by-8-inch pan with foil, extending foil up sides of pan.
2. Place peanut butter and honey in microwave-safe bowl. Microwave on HIGH 30 seconds. Stir. Microwave an additional 30 seconds. Stir until mixture is smooth.
3. Whisk water and powdered drink mix until blended. Add to peanut butter mixture. Stir until smooth. Stir in granola and chocolate chips until evenly moistened.
4. To press in pan, coat piece of wax paper with no-stick cooking spray. Place coated side down on bar mixture. Flatten with hands. Remove paper carefully.
5. Chill 1 hour, cut into bars.



Ballooniverse
By Jennifer

Four colorful balloon sculptures are displayed against a light blue background with white stars. From left to right: Mickey Mouse (black ears, blue body, yellow shoes), Minnie Mouse (pink bow, pink body, black shoes), a clown (red body, yellow face, blue and white balloons), and a girl (pink body, purple hair, white shoes).

661 900 1555 • ballooniversebyjennifer@gmail.com Like us on 



Sleep Away Camp is Great for Kids

By Christa Melnyk Hines

From whitewater rafting to performing arts and cooking, today's sleep-away camps appeal to a wide range of interests while still providing the long-term benefits summer Camp is known for. And yet, you may wonder how to find an overnight Camp that offers the right blend of environment and activities for your child and gives you peace of mind at the same time.

BENEFITS OF OVERNIGHT CAMP

In addition to learning new skills, children learn how to collaborate and live in community while at Camp, gaining self-confidence and independence through problem-solving and teamwork.

"...All those things are life skills and life assets that every parent wants for their child," says Jill Tipograph, a Camp consultant and author of *Your Everything Summer Guide & Planner*.

POPULAR CAMP ACTIVITIES

According to the American Camp Association, 75% of Camp directors reported adding new activities and programs to accommodate trends in popular culture. Besides more traditional activities like horseback riding, swimming and singing around the campfire, camps are now integrating performing arts, adventure and culinary classes.

"Culinary is the hottest and newest in terms of camps investing in building kitchens and bringing in specialists to

teach the kids. The other part that goes along with culinary is the whole farm-to-table--taking things from the gardens and cooking them," Tipograph says.

TRADITIONAL VS. SPECIALTY

Specialty camps are designed for kids interested in pursuing a specific interest. Traditional camps, on the other hand, offer a combination of programming. Children can try different activities, including those they may not have tried before, such as stained glass design, rock climbing or singing in a recording studio.

"I feel that if children start their camping career on a purely specialty track, (parents) are really missing what Camp can do for their child. The advantage traditional camps offer is they are all about the child holistically," Tipograph says.

A MENU OF CHOICES

One example of a traditional Camp that offers a variety of specialty tracks for

[continues on page 24](#)



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Weekly Registration Fee: \$165/\$145 resident (space limited)

Weekly fees must be paid one week in advance prior to start date!

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Session 2: June 26th - July 14th (NO Class July 4th)

Session 3: July 17th - August 4th

Riverview Community Center, 401 Willow Drive for more information; 392.2029 or 392.2054

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NOR District Office 405 Galaxy Ave. Bakersfield, CA 392.2000

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campers is Hidden Valley Camp, located in mid-coastal Maine and a member of the Maine Camp Experience. The Camp attracts campers between the ages of 8 and 14 from all over the world.

Camp director Peter Kassen finds that culinary classes are especially attractive to campers, thanks in large part to pop culture and a greater interest in eating well.

“This idea of being a foodie has really permeated the culture. Being involved in producing your own food and eating good food has become more central not just with adults but with children as well,” Kassen says.

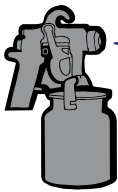
Through the culinary classes, campers acquire a valuable life skill, learning to prepare quality, healthy meals from specialists in the food industry, and tasting foods from all over the globe.

“Last year, we had a group of ten Korean campers accompanied by a woman who brought them over. She cooked a Korean meal for the entire Camp. It was spectacular,” Kassen says.

But cooking is only one aspect of the Camp. Whether they try windsurfing, horseback riding, tennis or anything else, Kassen hopes campers leave Camp with a sense of confidence.



“At any good Camp, campers...get excited about an idea, and they pursue it from beginning to end without an adult telling them they had to do it in the first place,” he says. “That’s why people value time at Camp. Children can learn and grow and become themselves away from home and school and all the usual surroundings.”



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CONSIDERATIONS FOR A SUCCESSFUL SLEEP-AWAY

- ▶ **Maturity.** Most kids are ready by ages 9 or 10, but consider your child's physical and emotional maturity first.
- ▶ **Plan ahead.** If possible, start researching camps a year ahead of time. Check out websites, talk to friends and family for recommendations and visit prospective camps. Many overnight camps offer family weekends in the fall.
- ▶ **Length of Camp.** How long do you want your child away at Camp? Camps offer both short and long-term sessions.
- ▶ **Size of Camp.** Decide whether your child would do better in a large setting or a smaller gathering.
- ▶ **Gender.** Choose from a single-sex or a co-ed Camp. Not sure which? Consider whether a younger sibling may eventually join your older child at Camp.
- ▶ **Location.** Determine the types of activities you want your child to experience. Because of their geographical location, some camps offer better outdoor or adventure activities than others and may be more likely to have access to experienced adventure specialists.
- ▶ **Meet the Director.** A meeting with the director is imperative in order to get a sense of his or her personality, trustworthiness and compatibility. "You need to see how they're interacting with your child," Tipograph says. "They set the tone and the philosophy for the Camp and it trickles down. How they relate to you and your child is the same way they train their staff to do the same."



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Family Camp:

This Summer, Don't Just Send Your Kids to Camp, Tag Along

by Sue LeBreton

When making your summer plans and coordinating camp options for the kids, broaden your thinking and consider family camp. If you have never heard of family camp, it is exactly what it sounds like: a residential camp experience for the whole family, wake up bell included. Why should kids have all the fun? Usually family camp is a cost effective way for all of you to enjoy the outdoors and have the luxury of someone else preplanning the myriad of activities and often the meals as well.

When meal planning is removed from vacation you can enjoy activities without having that what's for dinner question buzzing in the background of your brain all afternoon. Kelly Knuckle, who has attended family camp for 31 of her 41 summers, speaks fondly of the meal plan, "My boys were ages four and two when I first attended as a mom and I loved the communal meal plan. It was a busy, happy environment where we could enjoy a meal that I didn't have to cook and my children could be as loud and crazy as they wanted to be, but nobody noticed."

You don't have to be a veteran camper like Knuckle to embrace the family camp experience. First-time camper, Keri Freeman-Copcutt, mother of a 12-year-old son and a nine-year-old daughter was impressed with her week at a family camp. "We have stayed at many five star resorts who would kill to have their staff as engaged and as motivated as the staff is at YMCA Wanakita." Her family echoed her sentiments. "Our kids loved their time at family camp so much that they both mentioned it as their yearly highlight on our Christmas video."

At family camp you can surround yourself with extended family in a relaxed manner. Imagine sharing time with your siblings, their children, cousins, friends and maybe even grandparents without coordinating activities or food. Anne deSoto has enjoyed multiple trips to family camp, first as a mom and now as a grandma. "What appealed at

first and still does, is that it is an example of simple, shared living and all the values implied in that. It was a great way to introduce my children to the camping experience that has greatly enriched their lives.” When her youngest son was married, deSoto suggested family camp to the grandchildren and extended family that travelled across the country to attend the ceremony. “It became an annual

day with the Polar Bear Dip, although I complained each morning about why my son had signed us up for this. I followed this with yoga by the water after breakfast. I also had the opportunity to learn to swing dance with my son at family camp and do T-shirts with my daughter.”

At the end of the day each family retires to their own sleeping quarters (these can vary from tents to cabins to hotel-style



family reunion and offered the best bang for our buck.”

This style of vacation offers a balance between full-time engaged parenting and a parental getaway. There are often activities that parents and children can participate in separately, providing parents with some free time while building children’s independence. Usually located in a natural setting, camp offers a level of freedom that is lacking in many children’s lives. Since the routine of camp life is similar from camp to camp, it is also great preparation for children who want to attend camp solo in the future. Not to worry, there are also sports and crafts to enjoy jointly for family bonding opportunities.

Depending upon the geography where you live or choose to vacation, family camps have a wide variety of activities such as: horseback riding, canoeing, rock climbing, swimming, hiking, boating, crafting, nature education, yoga and dancing. Freeman-Copcutt sampled many options, “Personally I loved starting the

rooms depending upon the camp). This offers each family some alone time to reconnect and balance the potentially busy day. This privacy also permits the opportunity for smaller children to keep to their regular schedule.

For families who return year after year, campers create lifelong friendships. “My favorite part of family camp by far is the camaraderie and closeness we share with the other families at camp. We encourage each other and each other’s kids. We share laughs and hugs, bug spray and Band-Aids, successes and challenges,” says Knuckle. One of the challenges that some camps help families face is camping with a child who has special needs. Some camps provide trained counselors to help the child enjoy camp and offer respite to parents.

If you are unsure about an entire week at family camp, many offer weekends as a great way to try on this style of vacation to see if it suits your family. Research family camps in your area, there should be a style to suit your taste.



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10 Items to Pack in Your Child's Camp Lunchbox



My daughter plays hard at day camp and spends long hours in the heat. She comes home filthy and exhausted. She was also coming home absolutely starving until I figured out what to pack in her lunchbox to keep her fueled all day. The standard lunch I'd been sending to school just wasn't cutting it for camp. Here are some suggestions for items to pack in your campers lunchbox to keep them satisfied all day.

1 Two sandwiches One just wasn't enough! She's having light bologna with mustard and 2% American cheese this week. Last week, it was ham, cucumber, avocado and carrots rolled up in a tortilla.

2 A breakfast bar or muffin My daughter is usually too sleepy or rushed to sit down for breakfast in the morning. Throwing something she can easily munch on once she gets to camp has worked out well. I have a big batch of homemade carrot/zucchini muffins in the freezer and either toss one of those or an oats and fiber bar in her lunchbox.

3 Protein rich snacks Peanut butter on whole grain crackers, slices of lunch meat, turkey jerky and pistachios are commonly found in my daughter's lunchbox. Yogurt, hardboiled eggs and string cheese are also good options.

4 Fresh veggies My daughter is so hungry at camp that she'll even eat whatever vegetables I throw in there! I have given her celery, baby carrots, bell pepper slices and grape tomatoes. The baggie almost always comes home empty!

5 Frozen grapes They help keep the lunch cool and are defrosted when it's time to eat. I throw in other fresh fruit, too.

6 A treat or money for the concession stand Sometimes I'll give her a brownie or small bag of chips. Other days, I toss in a dollar and let her choose something from the concession stand. She's active and burning off the calories, so I don't worry about her enjoying a treat.

7 Extra ice packs Most camps don't have refrigerators available and the lunches are sometimes outside for a long time before it is time to eat. No one wants to eat a warm lunch in the heat of summer. Invest in a good quality insulated lunchbox and ice packs.

8 Sunscreen Putting it in the lunchbox helps remind kids to reapply it. It also keeps it cool, which feels refreshing on hot, sweaty skin.

9 Love notes or mementos from home My daughter loves camp, but she misses home more than she does during a school day. Little notes or trinkets help her get through the day without too much homesickness.

10 A refillable water bottle and flavorpackets Fill the bottle with ice and water. Throw in some single serving pack drink mixes (lemonade, fruit punch, etc.) This will encourage your child to stay hydrated throughout the day.

Playing outside in the hot sun all day takes a lot of energy. Most children need more food and hydration than normal. Pack plenty of healthy snacks and drinks, in addition to lunch, to keep them going strong.

OUTDOOR FUN WORD SEARCH

Z T N V H K D F D P W B F Z G N E H N K
 S N T H E N B I M E N D L L U R R C I C
 R U B Z B A I A Y R Y L T F N I R W O B
 Y Y A F P N R F E G L T S C U E S B T V
 L L I O F V S H E L T E R Z F S E O O C
 B B T L D P G O L L R C G I E A M A U R
 R T D I A M N T D P A R N N D B H T N U
 K U P A Z A I G H V C E O R A R N C Z N C H
 B U T G D C L L H V C E P V R R H Z T I P
 R E C E T D T E O R D T T E Z U S G W V
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 S R M A I C N I F A I N C O R A A C K O O
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 U P R R O A V A P P E C S R E Z D K H R W
 U G Z V U R K P L T N B C U T R T C W N
 U D D I A L U K O A B E D D I N G F U S
 Z G V F C S G P R L R H Y I E K A L K B

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

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BIVOUAC

BLAZE

BOAT

BOW

BUCK

CACHE

CAIRN

CAMP

CONIFER

CREEK

FIN

FOLIAGE

HOOK

KAYAK

KNOTS

LAKE

LAYOVER

PITCH

PLOT

RAMP

RATTLING

RECREATION

RUT

SCENT

SCOUT

SHELTER

STERN

SUPPLIES

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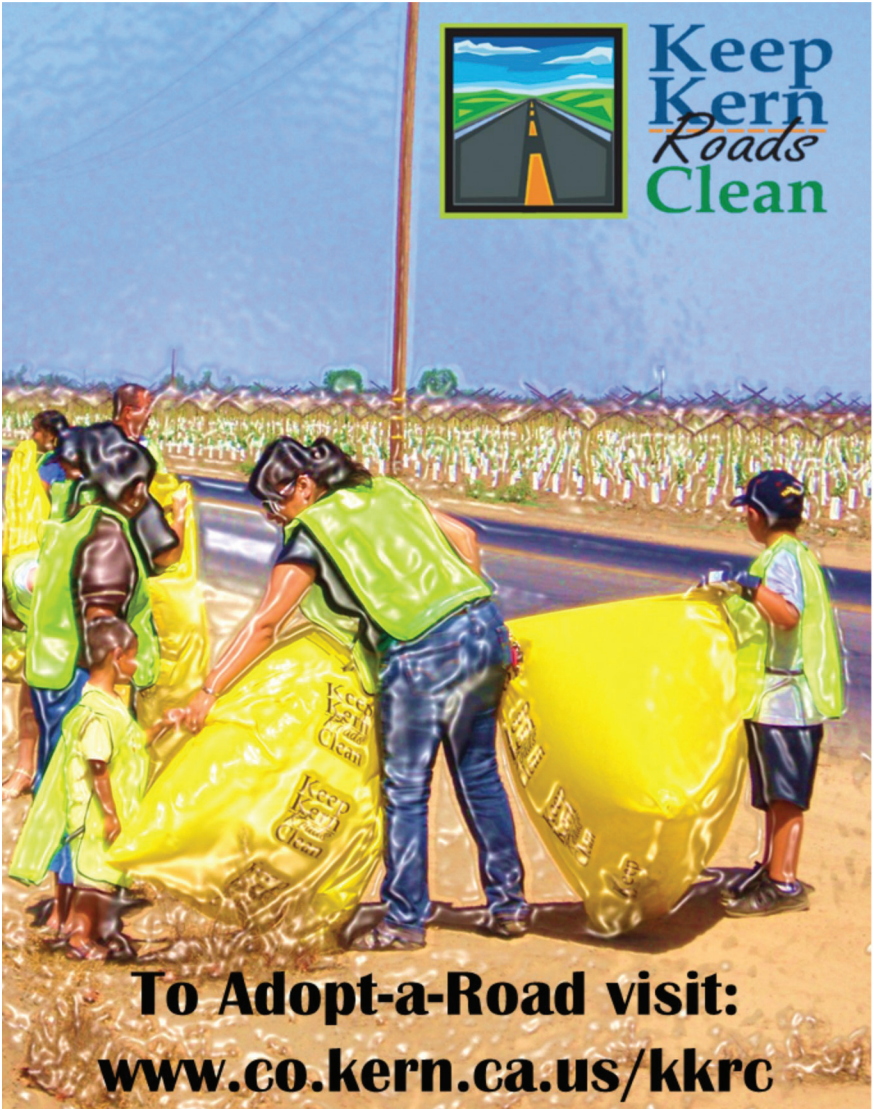
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