

**ENC Nature Adventure Camp**  
**Camp Orientation Topics**

**1. Daily Schedule**

We will start camp each morning at 9:00 right in this very spot - we call this the LOG AREA. At 10:15 we will have snack, and sometime around 12 we will have lunch. Many of you will go home at 1:00, but some of you will get to stay until 3:00! The activities we do at camp each day will change, but this schedule will stay the same.

**2. Bathrooms**

There are bathrooms inside our building and outside our building. Try your best to go right before camp starts, and when your camp teacher brings you to the bathrooms for a bathroom break - even if your body doesn't feel like it has to go. We use a buddy system to go to our bathrooms - groups of 3. Once we get out on the trails, we don't have facilities - only facili-TREES. Please only use one small squirt of soap to wash your hands - a little goes a long way!

**3. Staying Hydrated**

It can get hot here in the summer! Please bring a reusable water bottle to camp EVERY day and always drink from it at snack and lunch, and in between. We have a refilling station here and a water fountain there for you to use. Drinking lots of water keeps your body happy!

**4. Clothes/Shoes**

Please always wear appropriate clothes for the weather - that means no heavy sweaters when it is 90 degrees out. It is important for you to always wear closed-toe shoes too. Our trails are covered in dirt, rocks, and sticks - and open shoes like flip-flops won't protect your feet.

**5. Food**

Please remind your parents to always pack you a healthy snack and lunch. You may even want an extra snack if you are staying all the way til 3:00! We don't like to waste food around here - so if you are full and don't want to eat the rest of your lunch, don't throw it away. Leave it in your lunch box to take home or save for later. Things like apple cores, banana peels, and watermelon rinds can be composted! Ask your camp teacher to take you by the compost pile after lunch if you have something you'd like to compost.

**6. If You Get Lost...**

Don't panic. The ENC is a small place and it is pretty hard to get lost. If you look up and find that you've gotten away from your group, all you have to do is STOP, LOOK, and LISTEN until you find another camp group. The camp teacher from that group will use their fancy radio to locate your group.

**7. Lost & Found**

Camp is an exciting place and everyone misplaces their belongings from time to time. Do your best to hang on to your stuff, but if you lose something tell your camp teacher. He or she can help you look for it. We collect 'lost & found' items in a big basket by the front check-in tables.

8. **LITs**

LITs are Leaders In Training, and they are here to help your camp teachers with anything and everything. Sometimes that could mean taking a few campers up to the bathroom, other times that might mean helping you do an activity. We respect everyone at Nature Adventure Camp, and that includes our wonderful LITs! This week's LITs are...

9. **Toys/Electronics**

We will be doing so many fun things at the ENC that we simply won't have time to take out or play with your cool toys from home. Please don't bring them to camp, because it would really be a bummer if your toy got broken or lost at camp and we wouldn't want that to happen.

10. **Be Kind**

Our motto at Nature Adventure Camp is 'Be kind to everyone and everything'! Look around you - should we be kind to our fellow campers? Our camp teachers? Our LITs? What about the animals and plants that live here? What about yourself? What about those random people who aren't part of camp but are walking down the trail? That's right - it's important to be kind to all here at the ENC.

11. **Nature Ninjas**

One of the best parts of coming to Nature Adventure Camp is seeing wildlife out in nature. Do you think we will see many squirrels, birds, and lizards if we yell and shout and run quickly down the trails? If we can be good 'nature ninjas' by being quiet and sneaky on the trails, we'll have a much better chance of seeing those cool animals. Let's all practice whispering and tip-toeing while out on the trails today.

