

TEEN ADVENTURE TRIPS

Whitewater Kayaking

Week 1: July 12 – 16 or Week 2: July 19 – 23

Experience exciting New England whitewater all week long! We will learn paddling, navigation and safety skills and practice our techniques on flat water before we move on to progressively more challenging rivers throughout the week. The fun will culminate on the Deerfield River in Massachusetts.

AGES: 13-16 years

TIME: Mon. 9:00 a.m. to Fri. 5:00 p.m. (overnight)

FEE: \$575 per week includes all food, fees, and technical gear

Backpacking

Week: July 12 – July 16

Experience the Appalachian Mountains for a week-long backpacking trip along the Appalachian Trail. The Appalachian Trail is more than 2,175-miles stretching through 14 eastern states from Maine to Georgia. We will hike scenic sections of the trail in Massachusetts and Connecticut. It will be a mixture of fun and skill learning for students who are beginners to the connoisseur backpacker.

AGES: 13-16 years

TIME: Mon. 9:00 a.m. to Fri. 5:00 p.m. (overnight)

FEE: \$575 per week includes all food, fees, and technical gear

In developing each camp, Great Hollow has remained true to our roots in Adventure & Experiential Education. We maintain a small camper to staff ratio and focus on the power of teamwork and group support in a safe, noncompetitive environment. Many of the activities are challenging, and all of them are fun, but we never pass up an opportunity to reflect on the value of each experience. From adventure to nature, all activities teach us about ourselves and the world around us.

Please return the following:

- **Camp Application with payment and post dated information (if not paying in full)**
- **The following forms must be turned in by the first day your child attends camp:**
 - **Medical Form**
 - **Waiver Form**
 - **Permission to administer medication, if needed. Note: This form must be signed by both a physician and parent.**
 - **Participant Medical**

Participant Medical Forms

All participants are required to have a medical form completed by both a physician and parent/guardian. This is a Connecticut State regulation. The physical MUST be completed within 36 months prior to the camp stay. NO participant will be permitted to attend camp until his/her medical form is submitted. Forms are available upon registration. If medication is needed, you must submit an **Administration of Medication** form signed by both the parent/guardian and the physician.

Teen Trip Clothing List

Plan to dress in layers so that you will be ready for a variety of changing conditions throughout the day. Keep in mind that it must all fit in a backpack that you will carry. Clothes should be labeled with your name in indelible ink. **Please bring wool or polypropylene (synthetic fleece substitute) where wool is indicated. Wool will keep you warm when wet.** Cotton will actually make you colder when wet. Also, loose fitting pants (fleece sweats) are much better than tight jeans for similar reasons (movement needs and for weight reasons). **It is not necessary to spend lots of money on fancy gear**, check out your local second-hand, army-navy, or discount clothing store.

Upper Body:

- ✓ Raincoat
- ✓ Jacket or shell
- ✓ Tee shirts
- ✓ Long sleeved shirt
- ✓ **Wool sweaters or wool shirts, fleece or synthetic substitute**

Lower Body:

- ✓ Changes of underwear
- ✓ Shorts (loose, old)
- ✓ Wool pants, fleece pants or synthetic substitute

Footwear:

- ✓ 1 pair of sneakers or hikers
- ✓ 1 pair of shoes to be worn in the water – i.e. old sneakers, water shoes or sport sandals (no flip flops)
- ✓ **Wool socks**

Miscellaneous:

- ✓ 1 bathing suit (Very Important! We love to go swimming!)
- ✓ 1 bandanna
- ✓ 1 wool or polypropylene hat
- ✓ 1 flashlight & extra batteries
- ✓ Small Towel
- ✓ Two Nalgene-type water Bottles
- ✓ a cup, a bowl & spoon
- ✓ a daypack
- ✓ Sunblock 15+
- ✓ Hat with visor

Toiletries: comb or small brush, toothbrush, toothpaste, etc.

Optional: camera, journal, Sunglasses, rain pants, mittens or gloves

Any sort of bag will suffice to transport your clothes and other supplies to GHWS as backpacks will be provided for those who need them.

DO NOT BRING THE FOLLOWING:

- Food, candy or gum
- Hand held games/MP3 Players
- Makeup/Jewelry
- Cell phone/ Beeper
- Watches!
- Knives of any sort
- Soap & Shampoo (they're not biodegradable)