**Outdoor Adventures Camp Itinerary**

**Monday: Teamwork & Games + Habitats**

Today we work together by accomplishing tasks as a group. Then relate this to learn about how plants and animals are connected together in their habitat.

**Please bring:** Sunscreen, bug spray, lunch, snacks, 16 oz. water (or larger), comfortable walking shoes, backpack.

**Tuesday: Hiking, First Aid + Exploring the Woods & Prairie**

We discover Independence Grove by foot in the morning and what to do if you need first aid while hiking. Then in the afternoon we explore the woodlands and prairies of Independence Grove.

**Please bring:** Sunscreen, bug spray, lunch, snacks, 16 oz. water (or larger), long pants (can be zip offs), comfortable walking shoes, backpack.

**Wednesday: Kayaking + Wetlands**

Campers learn how to paddle a kayak today, and play and explore Independence Grove Lake. We will learn about what makes wetlands like Independence Grove so special.

**Please bring:** Sunscreen, lunch, snacks, 16 oz. water (or larger), clothes that can get wet, towel, and extra dry clothes, water shoes with heel strap, backpack.

**Thursday: Swimming +Geocache/Letterbox & Animal navigation**

This day starts with swimming and activities at Independence Grove beach. In the afternoon we will geocache/letterbox and learn how animals navigate in their habitat.

**Please bring:** Sunscreen, lunch, snacks, 16 oz. water (or larger), swimsuit, clothes that can get wet, towel, and extra dry clothes, water shoes with heel strap, comfortable walking shoes, backpack.

**Friday: Biking + Balance of Nature**

Our last day includes biking over 12 miles on the Des Plaines River trail while learning trail etiquette. While on the trail, we will learn how the balance of nature can be disrupted and how we can help.

**Please bring:** Sunscreen, bug spray, lunch, snacks, 32 oz. of water, bicycle, helmet, backpack (non-drawstring).

***Schedule:*** *The schedule is subject to change due to weather or other conditions. Rainy day activities depend on facility availability.*

**Modifications due to Weather:**  To find out if your child’s camp has been modified due to weather, call the Summer Camp Weather hotline at **847-968-3235** (updated by 8 am each morning).

***Questions or concerns:*** *please call or email April Vaos, Camp Director, at 847-276-5386 or avaos@lcfpd.org.*