

# Outdoor Adventures Camp

9 am-3 pm

Independence Grove Forest Preserve

16400 Buckley Rd., Libertyville, IL 60048, Visitors Center Circle Drive



## Camp checklist

- Backpack
- 16 oz. water or larger
- Lunch
- Two snacks
- Insect repellent
- Comfortable walking shoes
- Sunscreen



## Monday: Teamwork and Games + Habitats of Lake County

Today we work as a group and participate in teamwork activities and games while learning about habitats, carrying capacity, and what happens when habitats are disrupted.

**Bring and/or wear the items on the camp checklist.**



## Tuesday: Kayaking + Exploring the Wetlands

Campers learn how to paddle a kayak today and explore the lake at Independence Grove. We'll learn what a wetland is and why wetlands like Independence Grove are so special.

**Bring and/or wear the items on the camp checklist, plus clothes that can get wet, towel, extra clothes, and water shoes with heel strap.**



## Wednesday: Hiking, First Aid, and Exploring the Woods

We discover Independence Grove by foot today, hiking more than two miles while exploring the woodland habitat of Independence Grove. Campers will learn what to bring on a hike and what to do if they need first aid while hiking.

**Bring and/or wear the items on the camp checklist, plus long pants (can be zip-offs).**



## Thursday: Letterboxing and Swimming + Exploring the Prairie

This day starts with letterboxing and learning about the prairie habitat Illinois is known for. After letterboxing we will cool off with a swim at Independence Grove's beach. **Meet at North Bay Pavilion this morning.**

**Bring and/or wear the items on the camp checklist, plus swimsuit and towel.**



## Friday: Biking + Balance of Nature in Habitats

Our last day includes biking more than 11 miles on the Des Plaines River Trail to Old School Forest Preserve. During breaks, we will learn about trail etiquette and the balance of nature in habitats.

**Bring and/or wear the items on the camp checklist, plus bicycle (preferably one with gears) and helmet. Please pack at least 32 oz. of water today.**



## Read This, Too!

Please note: activities are likely to change in the event of time constraints, site resources, camper interests, or inclement weather. Cancellations of this camp due to weather will be emailed to the address listed on the camp health form. If you have questions or concerns, or need to speak with your child's camp director or instructor, call Jenny Sazama at 847-276-5382 or email [jsazama@lcfpd.org](mailto:jsazama@lcfpd.org).

