Hydration and Nutrition Awareness
With hiking, swimming and outdoors activities on the schedule each week, it is important that kids eat nutrient rich food. We are inspiring young adventurers to stay hydrated and healthy this summer. Please help us by sending your children with re-useable water bottles and healthy food.

Summer Camp Must haves
As we embark on our daily adventures, we must all remember that we live in Oregon, where the weather can change quickly. To help us keep up with the changing conditions, please be sure your camper is prepared each day with the following items:

- 2 water bottles
- Sunscreen/ sun protection
- A Nutritious Lunch
- Jacket/ Sweatshirt
- Swimsuit, sandals, and towel
- Comfortable hiking shoes and athletic clothing
Reminders

- Because of the nature of this program we may make changes to the schedule based on air quality, algae blooms, and other environmental factors.
- Drop off by 8:30 a.m. and pickup by 5:00 p.m. *some of our out of town trips require early drop off.
- Non-custodial extended care available in Two50 youth center until 6pm please indicate this option in your registration if you wish to use this service.
- Lunch will not be provided; please bring a sack lunch daily. No refrigeration or microwave available.

Contacts
Camp Venture Cell 541-246-0945
Two50 Youth Center 541-736-4083
Willamalane.org/venture

*Stay informed on important updates and schedule changes by downloading the Remind app
https://www.remind.com/join/campvent