



Dear Six and Seventh Grade families,

July 2015

On Wednesday September 9, the sixth and seventh grades will travel to Adventure Links at Hemlock Overlook Regional Park in Clifton, Va. for a three day camping experience. Students will engage in a variety of outdoor activities to include zip lining and hiking . This trip promises to be wonderful bonding and teambuilding to set the stage for a great year in Middle School.

Below please find a packing list for the trip, and a link for the waiver form to be completed by a parent ([camping waiver.pdf](#)) Please return the waiver form to school no later than **August 25, 2015**.

Posted on the Calverton School web site are the school's Medication Administration Release and Authorization Form, Student Medical Form, and Medication Release for overnight trips. Please copy and paste this link into your browser to access the forms.

<http://www.calvertonschool.org/page.cfm?p=689>

All of these documents are necessary for the health and safety of your child on our overnight excursions. If your child will need to take any form of medication (allergies, inhaler, etc) while on our trip, then you will need to have the **Medication release signed by your physician**, so please plan accordingly. All medications in properly labeled, original containers **MUST** be received at school prior to September 4, 2015. **ALL medical forms must be received prior to August 17th** . We cannot accept forms the morning of the trips and thus students without proper medical forms and properly labeled medications will not be allowed to attend.

If you have any questions, please contact me at (410) 535-0216, extension 1110, or email me at hbriscoe@calvertonschool.org

Sincerely,

Holly R. Briscoe, Middle School Head

Tim Reese, Science teacher

Packing list for camping (in addition to what you wear)

- sleeping bag OR a blanket and sheet
- pillow and case (optional)
- 1 towels for swimming use
- 2 t-shirts or short-sleeve shirts
- 1 pajama/nightgown
- 1 pair of long pants
- 1 long sleeve shirt
- 1 pair of shorts
- 2 sets of underwear and socks
- 1 pairs of tennis shoes or sneakers
- 1 water shoes, sandals or sneakers that can get wet
- 1 hat or cap
- 1 comb or brush
- 1 flashlight and batteries
- sunscreen (waterproof)
- water bottle
- bookbag/backpack
- raincoat or poncho
- 1 light jacket
- 1 bathing suits
- 2 wash cloths
- Soap, shampoo
- toiletries (toothbrush, toothpaste, etc.)
- insect repellent (non-aerosol)
- **bag lunch for first day**