

CAMP SUPPLY LIST

For Day Camps, please come prepared every day with:

- Packed lunch
- Comfortable closed-toe hiking shoes
- Bathing suit and towel
- Change of clothes
(To be left at camp or in backpack)
- Rain gear
- Water bottle
- Hat
- Sunscreen
- Optional* Rock climbing shoes
- Optional* Non-toxic bug repellent

For Backpacking Camps, we ask that you bring:

- Comfortable hiking boots
- Backpack – around 4300 cubic inches or larger
- 2 – 32 oz water bottles
- Hat
- Light – preferably a headlamp
- Sunscreen
- Bathing suit and small towel
- Rain jacket (rain pants optional)
- 1 pair of shorts (preferably no cotton)
- 1 pair long pants (preferably no cotton)
- 2 shirts- nylon or wicking (preferably no cotton)
- 2 pairs of socks (preferably no cotton)
- 1 lightweight pair of long underwear
- Bowl, fork, spoon
- Pocketknife
- Sandals (closed heel) or comfortable lightweight shoes for wearing around camp
- Whistle with neck string for safety
- Sleeping bag
- Sleeping pad
- Ground sheet or 3 mil. plastic
- 5 trash compactor bags
- Ladies* Sanitary products
- Optional* Notebook and pencil
- Food*

*We will coordinate meals for the backpacking trips at the beginning of camp.



INSTRUCTOR'S BIOGRAPHY

A Rappahannock County native, Aron Weisgerber is a graduate of Hearthstone School and a life-long student of Waldorf Education. Aron graduated from Prescott College in Arizona with a B.A. in Outdoor Education with an emphasis in program management and minors in Environmental Studies and Photography. While attending Prescott College, Aron studied wilderness first aid, search and rescue, map and compass navigation, environmental science, ecological design, ecological restoration, rope course facilitation, and experiential education. As a college student, Aron taught a highly academic month-long backpacking trip in the Grand Canyon and worked for two years at Mountain Oak Elementary, a charter Waldorf school. Currently, Aron teaches at Hearthstone School and volunteers for the Sperryville Rescue Squad. Aron is First Aid and CPR trained and held a Wilderness First Responder certificate for four years. Since 1999, Aron has operated an outdoor summer camp for children and young adults in Sperryville, Virginia. He hopes to instill in his campers a life-long relationship with and reverence for the wilderness.

For more information about the camp, please contact Aron Weisgerber on his cell [540.560.1901], at home [540.987.8482], or send an email to mountainadventuresva@gmail.com.

Mountain Adventures

Summer Camps
2017





SESSION I: DAY CAMP AGES 5-8

June 26th – June 30th

9 a.m. to 3 p.m.

This introductory-level camp is designed to build children's comfort levels with the outdoors. We will nurture their relationship with nature through day hikes, low ropes course elements, rock-climbing, swimming, outdoor games, and nature crafts. Over the course of the week, we will highlight basic survival skills and native wildlife and plant identification.

\$200 per child (\$50 deposit due with registration)



SESSION II: DAY CAMP/ONE OVERNIGHT CAMPING TRIP AGES 8-10

July 10th - July 14th

9 a.m. to 3 p.m. Monday, Tuesday, & Wednesday
Leave at 9 a.m. Thursday for a one night camping trip.

Return at 3 p.m. on Friday.

Cultivating the skills learned in the younger camp, this session includes more challenging day hikes, low ropes course elements, rock-climbing, swimming, outdoor games, wildlife and plant identification, fire building techniques and other back-country living skills.

\$225 per child (\$75 deposit due with registration)



SESSION III: DAY CAMP/BEGINNER BACKPACKING CAMP AGES 10-13

July 17th - July 21st

9 a.m. to 3 p.m. Monday and Tuesday
Leave at 9 a.m. Wednesday for a 2 night/3 days backpacking trip. Return at 3 p.m. on Friday.

Geared toward the 'in-betweeners', this camp gently introduces kids to backpacking as part of their deepening relationship with the outdoors. Session III features hiking, swimming, wildlife and plant identification, rock climbing, survival skills, and back-country living skills including tent and tarp set up, camp stove use, water purification methods, and fire building techniques.

\$250 per child (\$75 deposit due with registration)



SESSION IV: BACKPACKING CAMP AGES 14-17

July 30th – August 4th

Sunday to Friday course

9 a.m. to 3 p.m. Sunday

Leave at 9 a.m. Monday for a 4 night/5 days backpacking trip. Return at 12 p.m. on Friday.

For young adults seeking full immersion in the wilderness, look no further. This six-day course includes backpacking trip planning and packing, navigation skills, back-country living skills, backpacking technique, and group problem solving. Come prepared to test your limits in the great outdoors.

\$300 per child (\$100 deposit due with registration)

REGISTER ONLINE AT
mountainadventuresva.com