Welcome to Teen Adventure Camp!
8:30 a.m. through 4:30 p.m., Monday, 7/11 - Friday, 7/15

Location:
Campers can be dropped off and picked up from the U of A Recreation Center Outdoor Adventures Department. We have our own entrance with limited parking on 7th street between N Highland Avenue and N Cherry Avenue. Free street parking is also available south of 9th street.

What to Bring:
Please wear comfortable clothing and closed-toed shoes. Also bring sunscreen, a rain jacket, sunglasses, a hat, and a water bottle. If you have non-cotton clothing, you’ll stay more dry and comfortable in case of monsoon rains. Additional water and sunscreen provided. All lunches are provided.

Itinerary:

Monday:
U of A Challenge course: Participants will spend the first half of the day doing teambuilding and leadership exercises on the Rincon Vista Challenge Course. All activities are facilitated by our experienced U of A Challenge Course leaders. The second half will be spent at the Campus Recreation Center where campers will utilize the bouldering wall, Sitton Field and the aquatics facilities for an introduction to various outdoor recreation disciplines.

Tuesday:
Rock Climbing on Mt. Lemmon: Participants will learn climbing safety techniques before spending the day climbing. This excursion is managed by our experienced climbing staff. In case of inclement weather, participants may go to Rocks and Ropes for indoor climbing. *Please bring Rocks and Ropes Climbing Waivers regardless of the weather forecast or campers will not be allowed to climb at the facility.

Wednesday:
Canoeing on Patagonia Lake: Participants will travel south to Patagonia Lake State Park. Our instructors will teach paddle strokes and water safety before participants explore the lake and paddle to an island for a picnic lunch. River shoes, towels, and bathing suits under sun-protective clothing are recommended.

Thursday and Friday:
Overnight camping trip on Mt. Graham: Participants will head 3 hours northeast to Mt. Graham for hiking and an overnight camping trip. Transportation, meals, tents, pads, and sleeping bags provided; participants should bring layered clothing and toiletries.
Packing List for overnight camping trip:

**PERSONAL EQUIPMENT AND CLOTHING**
- Hiking boots or running shoes
- Camp Shoes/sandals
- 2 Pair wool/synthetic hiking socks
- Shorts (Loose Fitting, Comfortable for Hiking)
- Long Pants - Protect Legs From Brush, Rocks, and Sun (Loose Fitting, Comfortable For Hiking)
- Short Sleeved Shirt
- Long Sleeved Shirt
- Wool/fleece Sweater or Jacket
- Rain Jacket and Pants
- Sunglasses
- Sun Hat
- Wool/fleece Hat
- Toiletry Items (Toothbrush, Toothpaste, contact solution, Etc.)
- Sunscreen
- Lip Balm
- Camera (Optional)
- 2 Water Bottles - 1 Quart Each
- Backpack
- Hiking sticks/trekking poles (Optional)

Questions? Call Andrew at Outdoor Adventures at (520) 621-8233 and ask for