

WELCOME TO CAMP



THANK YOU

Thank You for signing up for a Compass Outdoor Adventure Summer Camp! It is our passion to facilitate proactive adventures that engage, challenge and inspire kids to become creative, and confident individuals. Below you will find information to help make this adventure safe, well-fueled, and impactful for your camper.

GEAR LIST

During camp, we have one daily backpack that stays with the camper, and is replenished at home with supplies each day. Your camper will be wearing this bag throughout the day and while riding and it would be useful to keep this bag as small as possible. The second backpack stays in the trailer for the duration of camp, in case there is ever need for back up supplies/gear.

PACK ONE - CAMELBAK STYLE

2 water bottles or Hydration Pouch
HUGE lunch (without the ice packs please)
Sunglasses
Mountain bike gloves (optional, but highly recommended)

PACK TWO - DUFFLE BAG STYLE

Tennis shoes (we do not bike in open toed shoes)

Something to swim in
Spare pair of socks
Spare Underware
Long sleeve shirt or shell
Sweat shirt
Extra pair of shorts
Water shoes or an old pair to be used as such
Towel
Sunscreen
Hat
Water proof jacket

OTHER

Properly tuned bike that fits the rider
Properly fitting bike helmet
A few smiles and a high-five

DO I NEED A BIKE?

Yes! Please equip your camper with a properly tuned sized mountain bike. Ensure the brakes are working properly, and the tubes hold air and are pumped up to the measurement noted on the tire. Check that the bike shifts through all gears sufficiently, and that your rider has a basic understanding of what this means. If a child's bike is brought to camp and deemed unsafe, they will be outfitted with a safe, Compass rental bike and you will be charged the day rental fee. Our local bike shop Singletrack in North Bend offers bike tuning services.

Hot Tip: if using a water bottle cage, consider whether or not your intended water bottles fit inside, or consider a backpack hydration system.

HOW COMPETENT A BIKE RIDER DOES MY KID NEED TO BE?

We love creating a safe environment for kids (young and old) to become more competent bike riders. Learning to ride a bike on new terrain is a wonderful way to get kids to push themselves mentally as well as physically. That being said, based on which program you are enrolling in, a basic level of bike riding is required.

EXPLORERS CAMP

No training wheels can use brakes, comfort in mounting and dismounting without assistance.

ADVENTURE CAMP

All of the above, and has a basic understanding of how to shift through gears.

EXTREME CAMP

All of the above, beneficial to know how to ride while standing up (hill climbing)

OVERNIGHT CAMP

All of the above, has basic off-road skills, can ride standing up.

EXPECTATIONS

ALLERGIES

If your child has an allergy and carries an Epi-Pen or inhaler, please let us know before the first day of camp. All medication must be packed in a ziplock bag with information and labels.

TIMING

Camp begins at 9:00am, which means the vans are leaving Preston and the adventure has begun! Please plan on arriving at least ten minutes early so we can load your child's bike and gear and answer any questions.

Camp ends at 4:00 sharp. Please do not be late. Your camper will be exhausted and will be looking forward to telling you all about their incredible day!

EXPECTATIONS

In order to create a stimulating, challenging and safe experience for everyone, we have a couple of basic guidelines to follow;

- Each Caregiver and child will read and agree to the Camp Behavior Contract
- Campers will adhere to directions and stay within a distance that each activity allows as explained by our Guides
- Manners, respect and inclusive behavior is encouraged, facilitated, and mandatory.

For more information please visit our FAQ's page on our website.

We look forward to seeing you on the trail!

