

CAMP LA-NO-CHE: SPRING BREAK MINI CAMP

CAMP LA-NO-CHE: PROGRAM EXPERIENCE INFORMATION (UPDATED: 3/1/24)

Thank you for choosing Camp La-No-Che for your upcoming event. Our Staff is hard at work preparing for your arrival. Every effort has been made to review each experience and plan for all contingencies. We ask you plan accordingly and are prepared for your upcoming experiences by reviewing the below information. Listed are age restrictions, required material and pre-requisites.

ITEMS REQUIRED FOR ALL EXPERIENCES INCLUDE:

| | | | |
|----------------------------|------------------------------|--------------------------------|--|
| Pen/Paper/Merit Badge Book | Additional Research Material | Closed-toed Shoes/Water Bottle | Sun Protection: Hat/Sunglasses/Sunscreen |
|----------------------------|------------------------------|--------------------------------|--|

| Programs | Age | Required Materials | Complete at Camp? |
|--|----------------------------------|---|-------------------|
| Aquatics Supervision - Paddle Craft Safely | 15+ (Earned Swimming/Lifesaving) | Swim Suit, Towel, Aquatics Supervision Manual | Possible |
| Aquatics Supervision - Swimming and Water Rescue | 15+ (Earned Swimming/Lifesaving) | Swim Suit, Towel, Aquatics Supervision Manual | Possible |
| Athletics | N/A | N/A | Not- 3, 5, 6 |
| COPE Level 1 | 16+ Required (Earned Climbing) | No synthetic shorts/pants (cotton) | Possible |
| Cub Scout Shooting Sports (Adult) | 18+ Required | N/A | Possible |
| Emergency Preparedness | 13+ Suggested | First Aid MB (1), Family Emergency Kit Picture (8B) | Not- 1, 2C, 8B |
| First Aid | N/A | Family First Aid Kit (5A), Please work to learn before arriving (3,4,6) | Not- 5A |
| Lifeguard Red Cross/BSA | 15+ (Earned Swimming/Lifesaving) | Swim Suit, Towel | Possible |
| Personal Fitness | 13+ Suggested | N/A | Not- 1B, 8 |
| Sports | N/A | N/A | Not- 4, 5 |
| Swimming | N/A | N/A | Possible |
| Wilderness First Aid | 14+ Required | See Course Registration | Possible |