

PARENT GUIDE

Three Rivers District Day Camp
June 29-July 3, 2026 8:30 am – 4:30 pm
Champlain Valley Exposition
105 Pearl Street, Essex Junction

Camp Director: Alison Hampson, alisonvt12@gmail.com, 802-495-1120
Program Director: Alicia Watts, ericandalicia@hotmail.com, 802-752-0879

The primary objective of Day Camp is FUN
and we expect to have lots of it with our “Dinos!” theme

Sometimes there is an expectation of more. Please know that advancement is not a priority of Cub Scout Day Camp, and that any Adventure requirements that might be completed at camp are largely coincidental and are not being tracked by camp staff. Camp does present an opportunity for youth to meet the requirements for shooting sports awards.

This is a rain or shine event. While indoor facilities are available, we will remain outside through light rain showers. Pack rain gear!

Arrival and Departure

- The camp program begins at 8:30 each day and ends at 4:30. Please be on time. Morning check-in begins at 8:15.
- **Access to Expo North is via the main entrance on Pearl Street (by the big Expo sign).** Proceed straight ahead until you see a large parking lot to your right, then make right-hand turns to park in front of the fence surrounding the Expo center. Check-in is straight ahead in the first building on your right. Enter through the glass doors. **Welcome to camp!**
- Parents are not to drop off their camper in the parking lot, nor will any camper be allowed to wait in the parking lot to be picked up. Campers are to be escorted into camp by their adult and be checked in. Likewise, campers must be picked up by an adult and signed out.
- Monday morning check-in: Scouts BSA (youth Staff) and adult Staff will greet the campers on the first day at check-in and provide each camper with their T-shirt and directions to either their den if they have completed early check-in or to the check-in tables. We do our best to complete check-in as quickly as we can. You can help by having your camper’s medical form completed before arrival and accompanied by a copy of your insurance card. No one will be allowed to remain in camp without this form on file with our Health Officer.
- A camp T-shirt will be issued upon arrival Monday. This is the camp uniform, as well as a camp security measure, and must be worn every day. Please stay long enough on Monday to assist your Scout in putting on their shirt, if needed. Exception: BSA uniform may be preferred at specified times for Crossover Campers.

- **Early Check-In Option June 28th:** There will be an optional early check-in during our camp setup at the fairgrounds on the Sunday before camp, 2:00-4:00pm. If you are available during this time, you can meet the camp Health Officer, turn in medical forms for review, and pick up the camp T-shirt. Completing the medical review in advance will shorten your check-in time on Monday and provide you with an opportunity to get any questions answered.
- No camper will be released to a person who is not listed on the first page of the medical form (Part A) in the section listing adults authorized to take youth to and from events. Please make sure that you have indicated all who would possibly be transporting your child, including yourself. Be sure to clearly indicate anyone who may NOT pick up your child.
- No one on the daily roster may leave or re-enter camp at any time without notifying the camp office. Anyone leaving or returning to the camp must sign out and in at the office.
- Please notify the Camp Director if your child is going to be absent, arrive more than 30 minutes late, or leave early. Parents will be contacted to confirm the safety of campers who do not check in each morning.
- Pre- and post-camp care has been an option in the past but has been discontinued. We will accommodate up to 15 minutes early and 15 minutes later than the camp hours. If there's a necessity for anything else, please contact the Camp Director.
- **JULY 3:** Because we are ending our day camp week on the eve of America's 250th birthday, we are going to celebrate with a family BBQ for lunch that day! Plan to join us for this **DINO**saur size celebration!

Camp Medical

- Each person in camp (adult or child) must have a completed official [BSA medical form](#) parts A & B on file with the Camp Health Officer. This is a fillable PDF form that may be completed either in the electronic file or on paper, but must be printed and presented in paper form with an ink signature to the Health Officer. We cannot accept electronic forms.
***Please note that the completed form requires a copy of both sides of your insurance card. Campers will not be allowed to remain in camp without a completed medical form.
- There will be a Camp Health Officer on duty during scheduled camp hours to provide first aid (not medical treatment) and to oversee the administration of any medications needed during camp hours. Medications should only be given to the Health Officer. Make sure all medications are labeled with the Scout's name, dose, frequency, etc. Refrigeration is available for medications that need it. Rescue inhalers and epi-pens should remain with the camper (upon consultation with the parent). This information must be included on the camper's medical form.
- PLEASE tell us if there is anything we should know about your camper to help make it a fun week for all. It is a huge help to us if we know ahead of time how we can have a successful camp for everyone attending.

What to Bring to Camp

- Comfortable closed-toe shoes – Absolutely no sandals, Crocs, or flip flops. Socks should be worn to prevent blisters. *Same applies to adults in camp!*
- Camp T-shirt (provided the first day of camp) – this is a security requirement!
- WATER BOTTLE – to be refilled throughout the day.
- Hat
- Sunscreen – apply before camp
- Rain gear
- Lunch (see below)
- Day Pack (small – to carry the things listed above)
- Have the camper's name on everything – huge help in getting things back to the owner

What Not to Bring to Camp

- Anything not on the above list
- **Campers are not to have electronics of any kind** – cell phones, games, iPods, etc. should all be left at home.
- No knife of any type
- No personal archery or BB equipment – we will provide all appropriate equipment
- Three Rivers District and Day Camp staff assume no liability for any personal items brought to camp

Lunch

- Every person in camp should bring their own lunch. Leaving camp for lunch elsewhere is not an option.
- A mid-morning snack will be provided.
- Water is readily available. A water bottle from home is a necessity. We repeatedly remind all the need for frequent hydration.
- Refrigeration for lunches is not available. Please plan accordingly.

Smoking is not allowed on the Day Camp campus.

Lost & Found: We will try to return all items to their owners. Make sure your child's name is on all belongings. Lost and found items are displayed at the camp office. We will not keep lost items after the conclusion of camp on Friday, so if you are missing an item, please check at the camp office before the end of camp.

Security: Visitors to camp must make themselves known to the Camp Director, sign in and sign out, and wear a visitor badge. Anyone on our campus during the hours of camp who is not wearing the camp uniform or a visitor badge will be escorted off-premises or, in the case of Expo staff, be closely monitored. The only exception to this is at the closing campfire program.

Closing Campfire: Friends and family are invited to join us for the closing campfire program on Friday afternoon at 3:30. You may wish to bring your camp chair. Camp teardown follows immediately, and your offer of assistance for that task would be greatly appreciated.

THANK YOU to Champlain Valley Exposition for their continued support of our program.

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