



DGS Girls Cross Country
2017 Team Camping Trip
August 10-12

EMERGENCY CONTACTS AT CAMP SITE:

Coach Plunkett: 630.269.2884

Rock Cut State Park Office 815.885.3311

.....Purpose.....

The purpose of this camping trip to create opportunities for team building experiences, to help the girls focus and establish both team and individual goals, and of course, to have fun!

.....Itinerary.....

Thursday, August 10th

7:00am meet at DGS, pack the buses
7:30 leave DGS
9:30 arrive Rock Cut State Park
9:30-11:00 set up camp
11:00 trail run
12:00pm lunch
1:00-6:30 team activities & free time
7:00 dinner
8:30 team camp fire time
10:30 lights out

Friday, August 11th

7:00am wake-up
7:30 trail run
9:00 breakfast
10:30 team goal setting
12:00pm lunch
1:00-6:30 team activities & free time
7:00 dinner
8:30 team camp fire time
10:30 lights out

Saturday, August 13th

7:00am wake-up
7:30 trail run
8:30 breakfast
9:00 break down camp
9:30 leave Rock Cut State Park
11:30pm arrive DGS

.....Cost.....

We are asking each girl to pay **\$70** to cover the costs for transportation, food, drinks, supplies, and campsite rental. Please pay the fee online at the [DGS WebStore](#) by Thursday, July 27th.

.....What to Bring.....

Camping Stuff:

- Sleeping bag & Pillow
- Folding Chair for around the campfire
- Flashlight
- **Tent** (if you have been asked to bring one)

Clothes:

- 3-4 running outfits & sports bras
- 5-6 pairs of running socks
- Running shoes & flip flops
- Swim suit
- Clothes to sleep in
- T-Shirt & shorts for daytime activities
- Sweatshirt/long sleeve t-shirts, sweat pants or jeans for cooler weather at night
- Rain jacket/umbrella
- Watch

Miscellaneous:

- Sunglasses & Hat/Visor
- Hair ties
- Sunscreen & Bug spray
- Shampoo/Soap & Deodorant
- Toothbrush/Toothpaste
- Hairbrush/comb
- Water bottle
- Bath towel
- Beach towel/Beach bag
- Water pistol
- Snacks (please be sure these are kept sealed) All meals and drinks will be provided, but you may wish to have other food throughout the day.
- Garbage bag for dirty clothes
- Antibacterial hand wipes/gel/lotion

Cell Phones:

You may bring your cell phone but they will be turned in after we arrive. This is a time to be spent with your teammates. Coaches will have their cell phones and your parents contact info in case we need to contact them.

Medication:

If you have allergies, etc. please let Coach Plunkett and Coach Farthing know prior to leaving so that if something happens we can take care of this...bee stings, bug bites, food allergies, etc. Emergency medical cards and the First Aid kit will be at the site with coaches at all times.

Additional \$\$:

During free time, there are some optional activities the girls can choose to participate in, such as renting stand up boards, canoes, kayaks, or paddle boats. These rentals cost approximately \$12.50 per hour.

If you have games, Frisbees, or other items that you want to bring for free time please do so!! Talk to each other about what you will be bringing prior to Aug. 13th. By doing this we can eliminate extra things we do not need. This trip is going to be a lot of fun and a great team building experience!

