



NEWS FROM THE TRAIL

Welcome to Session 8 of Camp ECHO! Can you believe how fast summer is flying by? Everyone will participate in fun camp activities which include gaga ball, archery, sports, fort building, exploring, obstacle courses, arts & crafts, eating s'mores, fishing, all camp activities and more! This week's field trip will be at LEGOLAND in Schaumburg. The attraction includes Lego-theme rides, hands-on activities, creative play areas, 4D cinema access and much more! Please remember to pack a sack lunch.

Below are a few important reminders about camp:

- **ECHO Extreme will be traveling to the Hoffman Park Demonstration Gardens, July 23, to enjoy the outdoors, gardening & planting, and more. They will be eating there so please pack a sack lunch on this day.
- **Please make sure to send your camper with a sack lunch, lots of water, sun screen, bug spray and an extra change of clothes everyday. Make sure all of their belongings are labeled with their first and last name.
- **Campers are allowed to dress up on Tuesday to coincide with the weekly theme. This is a fun aspect of camp so get creative!
- **To ensure that everyone has a positive camp experience, please review the "Camper Code of Conduct" form with your camper.
- **Interested in seeing what exciting activities happen throughout the week? Visit carypark.com or our Facebook page for photos posted weekly of campers having fun.

We are looking forward to an AMAZING week with all of you!
The 2019 Camp Staff

THIS WEEK'S THEME



WHAT I NEED TO BRING TO CAMP EVERYDAY

Backpack	Lunch
Water Bottle	Sunscreen
Swim Suit	Towel
Gym Shoes (No sandals or flip flops)	Bug Spray
	Umbrella



FIELD TRIP INFORMATION



Location: LEGOLAND – Schaumburg, IL

Day: Thursday

Date: July 25

Time: 10:00 am to 1:30 pm

Camp Departure: 9:00 am

Camp Arrival: 2:45 pm

This Field Trip Includes: Admission

What I need to bring: Lunch

What I may bring: Extra Money

Campers are allowed to bring up to \$10.00 to camp on field trip days. However, this is optional and not mandatory. The decision of bringing extra money to camp is strictly up to the parents or guardians of the camper.

This week's forecast

Average temperature for the week — Low: 63 / High: 81

Heat Index Zones

White Zone: Heat Index of 65-80 Degrees

In this range, the campers are in very little danger from the heat and no special measure will be taken by the camp staff.

Yellow Zone: Heat Index of 81-98 Degrees

In this range counselors are instructed to take extra steps to protect their campers by making sure they keep them hydrated and encouraging breaks in the shade when needed.

Orange Zone: Heat Index of 99-105 Degrees

In this range camp staff will implement the same measures taken in the yellow zone. Counselors are instructed to keep all camper hydrated by making sure all water bottles are full and take frequent breaks in the Lake House, Main Pavilion, and other shaded areas.

Red Zone: Heat Index ranging of 106-115 degrees

All measures from the Yellow and Orange Zone will be taken. Reduce all physical activity by ten minutes and take frequent breaks in the Lake House, Main Pavilion, and other shaded areas.

Black Zone: Heat Index above 115 degrees

All camp activity will be moved indoors. All participants will be notified to these changes as soon as possible. Camp will resume outside once the heat index is below 115 degrees.

ACTIVITY BLOCK INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Friday
Camp ECHO	<p>Club Day arts & crafts, sports, obstacle course, camp group activity, fort building</p> <p>Marshmallow Monday</p>	<p>Activity leader, archery, games, exploring, fishing</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p>Field Trip to LEGO-LAND</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>
ECHO Extreme	<p>Club Day hiking, sports, fishing, camp group activity, exploring, archery</p> <p>Marshmallow Monday</p>	<p>Hoffman Park Give Back Demonstration Gardens</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>	<p>Field Trip to LEGO-LAND</p>	<p>Swimming at Cary Park District Pool (Bring your swimsuit & towel)</p>

On CPD Pool days campers will be picked up at the Cary Park District Community Center in the field behind the parking lot.

NEXT SESSION INFORMATION



**The theme next week is Splish Splash.
The field trip will be at Three Oaks Rec
Beach in Crystal Lake.**

Your feedback is very important and helps us plan future sessions of camp. Shortly after the session ends, you will receive an email with a survey asking you to rate the experience you and your child had during this week of Camp ECHO. Be sure to watch for this email.

IMPORTANT REMINDER!

Please make sure to sign up for Camp ECHO weather related updates. This is how we communicate with parents if pick-up/drop-off locations change due to inclement weather.

Camp ECHO Updates

The Cary Park District has launched its brand new weather update system – Rainout Line! Now you may receive weather related program and facility information at your fingertips. There are multiple ways you can receive weather related updates including our website (www.carypark.com), by phone (calling 847-639-6200), subscribing to email and text alerts, and even through an iPhone or Android app.

To subscribe to receive updates:

1. Visit www.carypark.com
2. Click on the Rainout Line Banner
3. On the Rainout Line page click “Email & Text Alerts” in the upper left corner.

You may choose to subscribe to receive notifications in the following ways:

- **Mobile App:** Download the free app in the respective mobile app store (example: Apple App Store, Google Play, Amazon App Store (Kindle) or Nook). This app is offered FREE however data rates may apply depending on your individual service contract with your cell-phone provider. Once downloaded, Search for Cary Park District.
- **Email:** Enter the email address in the space. You can also set when your subscription expires, and select which updates to receive. Select Camp ECHO to receive weather related Camp ECHO updates.
- **Text:** Enter the 10-digit phone number in the space. You can also set up when your subscription expires, and you can pick which updates to receive. Select Camp ECHO to receive weather related Camp ECHO updates.
- **Unsubscribing:** To unsubscribe from email and texts, enter email or phone number in the box to unsubscribe.