

To: Wavecatchers and their parents / guardians

A Note about clothing, equipment and feminine hygiene for our surfing adventure!

We are looking forward to a great week at camp, including three days of surfing. Adventure Out will be providing the surfboards, and the wetsuits for our campers on their outing. All other items needed are already on your packing list, however, please note that the quantities are different for Wavecatchers than for other campers, please bring these items in the quantities listed below:

- 1) 2 swimsuits
- 2) 10 pairs of underwear
- 3) 3 sweatshirts or sweaters
- 4) water shoes (for walking to and from the beach)
- 5) 2 beach towels

On surfing days, the campers will be in swimsuits and wetsuits for about 3 hours each of those days with no access to a restroom.

The surfing school has a recommendation. If there is a chance that your daughter will be on her period during her week at camp, please make sure she is comfortable using a tampon before coming to camp. If necessary, our camp's nursing staff can give very quick tutorials to girls who need it, but we think that the learning curve would be more comfortable at home, with people they know.

We appreciate your help with this issue. If you have concerns or questions call us at (925) 321-0490.

We can't wait to see your daughter at camp this summer!
The Wavecatchers Staff