



Dear Campers and Parents/Caregivers,

Welcome to our Intro to Beginning and Intermediate Sailing programs at Camp Four Echoes. We're excited to welcome all the girls that want to increase their sailing skills! We're taking our sailing program up to the next level!

Please remember that there are risks inherent in each kind of sailing activities (falls, capsizes, bad weather, etc.). To manage these risks, campers will participate in an extensive safety orientation during each instruction period that will teach safety measures to help prevent accidents and injuries, such as how to use each piece of equipment and recognize unsafe conditions.

Since you are participating in a water unit, here are a few things you should consider bringing to camp:

- An extra bathing suit and towel. One can be hanging out to dry while you're using the other one
- Water shoes (like aqua socks) or water sandals with back straps (like Chacos or Tevas) to wear on the dock or in the boats. If you do not have water shoes, an old pair of sneakers work just as well to protect your feet. Flip flops will only be allowed while showering.
- Extra plastic bag for wet items that don't get dry in time for packing to go home.

A sample schedule for a typical day at camp can be found in the Parent Guide on our website. In addition, campers may wish to bring a white t-shirt, pillowcase or other item that would be fun to tie-dye or decorate. This is a popular activity at camp!

If you have any questions, please feel free to call or email.

Meg "Eggo" Phillips, Camp Director

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