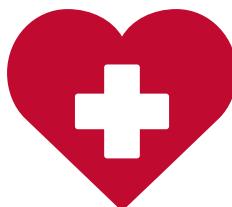


CAMP RAINBOW

until there is a cure

Welcome to Camp Rainbow Family Camp



Need a bandaid, allergy medication, or medical assistance? A nurse is available in the health center on the 1st floor - access from behind the lodge.
Or ask a volunteer to walkie for a RN.

Breakfast

7:15am Wolf Families eat breakfast
7:45am Bear Families eat breakfast

Rotations

8:45am Time for Fun! Meet your Camp Rainbow cohort to participate in three rotations of camp activities . Meet on the back deck, behind the lodge.

Lunch

12:00pm Wolf Families eat lunch
12:30pm Bear Families eat lunch

Free Time Fun

During breakfast, your family will have the opportunity to choose your afternoons adventures.

Dinner

5:00pm Wolf Families eat dinner
5:30pm Bear Families eat dinner

Evening Program

6:30pm Campfire, Smores, and Movie Night!

family camp - sunday



Meals & Snacks

- Meals will be served from the Dining Room on the main floor of the lodge.
- Wolf families have assigned dining tables in the meeting rooms located on the 2nd level of the lodge. Please do not move the table assignments.
- Bear families have assigned dining tables in the Dining Room. Again, please do not move the table assignments.
- If you choose to eat in your room, please bag your waste in the provided trash bags and place outside your door after each meal.
- Snacks are important at Family Camp! Volunteers will deliver daily snacks to your door. Please let us know if you need anything.

Morning Rotations

Time for camp fun! From 9am- lunchtime, you will be participating in traditional camp activities. Your volunteer has your schedule.

- Please wear closed toe shoes. Bring your water bottle, sunscreen, and drawstring bag.
- Your family unit has been placed into a cohort with other families and camp volunteers. Throughout the weekend you will be completing all programming within this cohort.
- Meet your cohort behind the lodge - looking for the signs to match your color.
- Programming has been created to allow for small cohorts, social distancing, outdoor activities when possible, and limited shared items.

Free Time

During breakfast, you will be given the opportunity to sign up for activities during this free time period in the afternoon.

BE AS ADVENTUROUS OR RELAXED AS YOU CHOOSE.

Please remember to follow the covid guidelines for a safe camp ~ social distancing, masks as directed, frequent handwashing, and limited shared items.

**Reminder - A parent must accompany
camper children at all times.**

family camp - sunday

Evening Program

WE HAVE LOTS OF FUN PLANNED FOR OUR FINAL NIGHT OF FAMILY CAMP 2021!

Join your cohorts at the **CAMPFIRE** for camp cheers, skits, songs, and s'mores!

- Wolf families will enjoy the campfire and s'mores at the Lakewood campfire (past the tennis courts).
- Bear families will enjoy the campfire and s'mores at the Trout campfire (near the boat house)

At the conclusion of the campfire, families will parade to **MOVIE NIGHT**.

- Please bring your beach blanket to the campfire so you have it to sit on at the movie night.
- Your assigned volunteer(s) will provide directions regarding the location of your preferred movie
- Upon arrival at the movie location, choose a marked space and get comfortable. Your assigned volunteer(s) will deliver movie snacks.



Remember to like and follow Camp Rainbow for upcoming events, registration details, and more!

www.camprainbow.com

If at anytime a member of your family is ill, please find a member of our medical team right away.



facebook.com/CampRainbowSTL/



@Camprainbowstl

family camp - sunday



Be sure to
wear your
Camp name
tag at all
times

Activities Available At All Times

- Mini Golf
- Hiking
- Canoes
- Kayaks
- Paddles Boards
- Beach and Swimming
- Fishing
- Biking
- Disc Golf
- Volleyball
- Basketball
- Ping Pong
- Tennis / Pickle Ball
- Shuffleboard

Free Time Sign Up

Be sure to sign up for your Free Time activities during breakfast

- Tie Dye at YMCA Craft
- Climbing Wall
- Human Foosball
- Archery
- Pontoon Boat Rides
- YMCA Craft - ceramics
- Board Games
- Camp Crafts
- Nature Center
- Family Pictures



don't forget

- Sunblock
- Water Bottle
- Drawstring Bag
- Name Tag



family camp - Sunday