



## **Dear Coyote Camper and Family,**

Welcome aboard! Enclosed you'll find a health form, waiver, list of things to bring, driving directions and other information. We look forward to seeing you.

**Balance and Health Form are due two weeks prior to camp date.**

### **Things to Bring to Storrs Pond Day Camp**

Mountain Bike-proper size in good working condition (rentals available).

Properly fitting bicycle helmet.

Two water bottles with cages and/or Camel Back.

Cycling shoes, sneakers or sturdy hiking-type shoes and socks.

Cycling shorts or comfortable shorts for riding.

Long pants or cycling tights for cold days.

Repair kit including multi tool, spare tube, patch kit and tire levers.

Power bars or other energy food for rides.

Lightweight windbreaker and rain gear.

Swimming gear: towel and bathing suit.

Bug repellent, sunscreen.

Heavy sweater or fleece.

Lunch and snack food and drink (snack in morning and afternoon).

Spending money if needed for snacks at pool.

### **What you can do to prepare for camp:**

Ride your bike! Practice some sections with singletrack, rocks, roots and hills.

Get your bike tuned up.

**Drop off: 9AM**

**Pick up: 4PM -No Late Pickups Please!!!**

### **Directions to Storrs Pond:**

**From Hanover: North on route 10 to traffic circle. First exit off traffic circle onto Reservoir Rd. Continue about 1/2 mile then turn left into Storrs Pond Recreation Area.**

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