

STOWE REC NEWSLETTER

Week 5
July 19- July 23

SUMMER LUNCHES- AVAILABLE FOR ALL CAMPERS

[Lunch Registration](#)

[July Lunch Menu](#)

Snacks are not provided with lunches, please pack at least 2 additional snacks for your child each day!

Advanced registration is required! Our lunches are made off site and picked up in the morning. **You must register by noon the day before!**

Due to the nature of the TREC program [daily lunch listed on the menu is not an option for the following dates.](#) Please choose from our sandwich options.

Monday July 19, August 2, Every Tuesday, Thursday July 22, July 29, August 5, Every Friday.

****If you order a hot lunch on these dates we will automatically substitute it with a sandwich of your child's choice.**

WHAT TO BRING TO CAMP:

Please label all personal items and clothing with your child's name with permanent ink or labels.

- All shoes must be close-toed and close-heeled that stay securely on the feet.
 - Water shoes can be worn at the river, but they must be secure on the foot and they cannot be worn for daily activities. Flip flops are not considered water shoes.
- Backpack- with the following items each day:
 - Morning and afternoon snacks
 - Lunch
 - Swimsuit & Towel
 - Water bottle
 - Rainwear
 - Sunscreen & insect repellent
 - Extra set of clothing
 - Hat & sunglasses

SCHEDULES

Hit The Road

Think exploration, navigation, songs, snacks, and everything else that goes along with an unforgettable road trip!

Explorers Schedule

[Full Daily Schedule](#)

Monday- On Site Activities

Tuesday- Ice Skating *pack warm clothes

Wednesday- River Day *pack swimming gear

Thursday- Bike Day *bring your own bike and helmet

Friday- Boulder Beach *pack swimming gear

Innovators Schedule

[Full Daily Schedule](#)

Monday- Onsite activities

Tuesday- River Day *pack swimming gear

Wednesday- Bike Day *bring your own bike and helmet

Thursday- Ice Skating *pack warm clothes

Friday- Boulder Beach *pack swimming gear

TREC Schedule

[Full Daily Schedule](#)

Monday- Prospect Rock Hike & Swimming at Ithiel Falls

Tuesday- Tubing on the Mad River

Wednesday- Ice Skating *pack warm clothes

Thursday- Swimming at Warren Falls

Friday- Boulder Beach *pack swimming gear



Questions about the week?

Contact our office at recreation@stowevt.gov
or by calling (802)253-6138