



2025 HS Girls' Camping Trip Information Sheet: *Upper School (9-12)*

Date: Thursday, October 9th - Friday, October 10th
Dropoff: Normal Morning Drop-Off at Chelsea on Thursday
Pickup: Normal Afternoon Pickup at Chelsea on Friday
Location: Veach Gap Rd, Virginia 22652

Faculty Chaperones: Ms. McCarthy, Mrs. Philbin, Mrs. Johnson, and Mrs. McFadden

**Please note that there is limited phone reception in this area. Please call the school office if you are unable to reach chaperones.*

- Any electronics including phones, tablets, or handheld video games are prohibited.

Activities

Students will be transported to a trailhead where they will hike for about 1.5 miles to the Little Crease Shelter area to camp. Students will go hiking, learn different camping skills, attend Mass, explore the surrounding area, and have fun!

Chaperones: Chelsea faculty and parent volunteers will chaperone this trip.

Weather: Weather in the Shenandoah Valley during the late fall can reach temperatures as high as the 60's and **as low as the 30's**. Rain is a possibility. It is imperative that your child has **everything** on the packing list to ensure that they are comfortable and safe throughout the trip.

Food: Everyone must pack a lunch for Thursday afternoon. Dinner, dessert, snacks, breakfast (Fri), and lunch (Fri) will be provided by the school. Students will learn camp-related cooking techniques as they prepare each meal as a team. All students are required to bring 1 lightweight cup or mug, a set of eating utensils, and a reusable bowl/plate. **Please do not pack candy, we will have dessert provided.*

Safety: Our faculty and staff members will carry first aid supplies and are trained to administer first aid care. Emergency Action Plans and contact information will be carried by each faculty leader. **Students may not bring weapons including knives of any sort or pepper/bear spray. This does include pocket knives.*

Hygiene & Comfort: Although there are no proper bathroom facilities on this site, students will learn how to properly use the restroom in the woods. Hygiene products should only be BARE necessities -We will share a large tube of bug spray so no need to bring your own.

Chelsea HS Boys' & Girls' Camping Trip - Gear List:

- Packed Lunch and snack for Thursday including high levels of protein and no bulky packaging (aka take Lunchables out of their container and put it in a ziplock bag) Small and efficient is what we are looking for.
- A short sleeved shirt, long sleeved shirt, fleece, warm pants (not jeans). Non-cotton socks. These should all be athletic material if possible as this will help keep kids dry and warm. **1 of each...no extras.**
- Large Backpack
- Hat, gloves, and jacket
- Sturdy Shoes and a pair of camp shoes (light/comfortable)
- Sleeping Pad
- Sleeping Bag
- Flashlight or Headlamp
- Rain gear / a trash bag to line your backpack
- Hygiene products (should only be BARE necessities -We will share a large tube of bug spray so no need to bring your own)
- Utensil for eating
- Tupperware or plastic bowl / cup for eating
- A light mug or cup
- 2 liters of water to drink. *Avoid hydroflasks or heavy bottles*
- Small Journal and Pen
- A Rosary
- Hammock (optional)
- No full-size pillows, you can bring a travel pillow or use your jacket

DO NOT BRING

Any weapons including knives of any sort. This *does* include pocket knives.
Any electronics including phones, tablets, or handheld video games.

Estimated HS Girls' Schedule:

Thursday Oct. 9

7:45-8:15 am - Regular morning arrival time and attendance taken

8:30-9:30 am - Backpack check and food sorting/distributing

Approx 10:45 am - Arrive at Campground/Trailhead

Afternoon/Evening Activities: hiking, dinner, camping lessons, games, prayer

Friday Oct. 10

Morning activities: breakfast, prayer, and activities.

Approx 12 pm Cleanup, pack up and hike out.

Approx 3 pm Return to Chelsea, unpack, and prepare for normal dismissal

For questions and additional information:

Student Life Coordinator: Brigid McCarthy (bmccarthy@chelseaacademy.org)