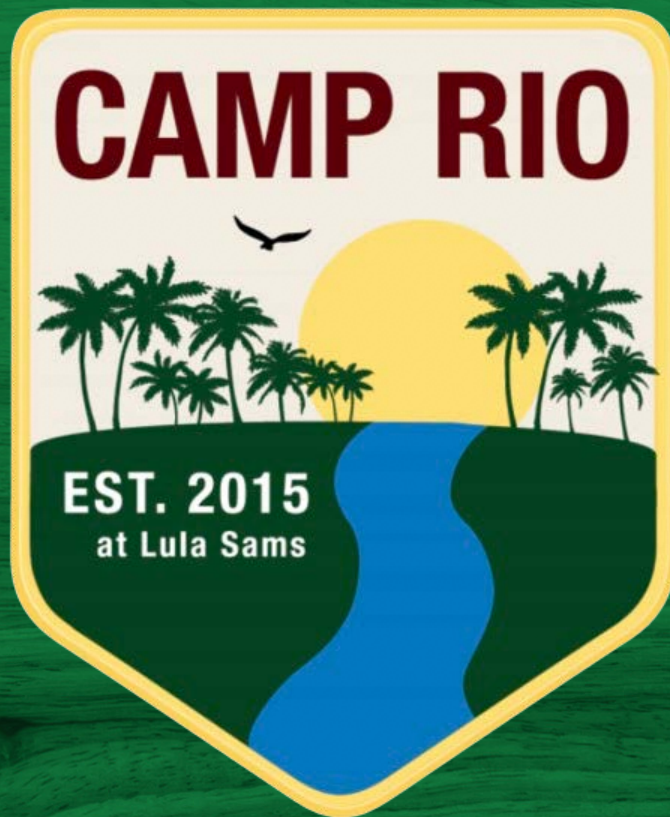


CAMP RIO RETREATS

**WE SERVICE PROFESSIONAL DEVELOPMENTS,
ADULT GROUPS, CHURCH GROUPS, AND MORE.**



**SELECT FROM A VARIETY OF CAMP RIO'S ACTIVITIES TO CREATE A
MEMORABLE AND ENGAGING EXPERIENCE FOR YOUR TEAM.**



Activity List

ACTIVITY	DESCRIPTION
Archery	Learn the basic function of a bow and arrow while practicing some basic physic concepts. Your team will leave with a understanding of the importance of hunting, and the balance of the ecosystem.
Archery Tag	Our most popular activity! Teams will compete to get their opponents off the field by firing foam-tipped arrows. Masks are provided to protect the face, as well as inflatable bunkers that provide cover.
Atlatls	Launch wooden darts with plenty of force across a large distance. Your team will learn the function and historical value of the atlatl as well as get a taste of prehistoric survival techniques.
Bee-A-Pollinator	Learn about the importance of pollinators in our ecosystem, through the life of a honeybee, by participating in a gardening activity and a fun game!
Camper vs. Wild	Get in touch with your inner survivalist, make a fire, forage for food, and build a shelter. This activity is perfect for those who want to learn more about outdoor survival skills.
Canoeing	A favorite activity of RIO visitors! Team up (in groups of three) to navigate our 4 ft deep, 11-acre resaca in a canoe. This provides the opportunity for every group to learn valuable communication and teamwork skills.



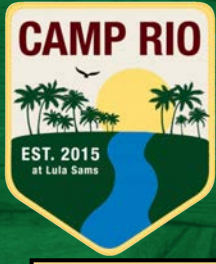
Activity List

ACTIVITY	DESCRIPTION
Fishing	Camp RIO's resaca is teeming with wildlife, and fish are no exception! Our approach to fishing is through "CPR" (Catch-Photo-Release). This activity is a great introduction for those entirely new to the sport as well as seasoned fisher folks!
Geocaching	What do Google Maps and Pokémon GO have in common? Both run off a GPS mapping program! Explore the incredibly diverse ecology of the Rio Grande Valley with a GPS unit, a clipboard, and a whistle.
Group Sports	Group sports activities provide your team with dynamic opportunities to engage in friendly competition and teamwork. These sports encourage physical fitness, skill development, and camaraderie, ensuring an active and enjoyable camp experience.
Kayaking	Test your waterfront skills by using a kayak on our beautiful 4 ft deep, 11-acre resaca. This activity teaches independence with a fun twist. *Single-Rider Kayaks*
Reptiles	Experience our wonderful native and non-native reptiles up close! Campers learn about their characteristics and habitat. Students are given the opportunity to safely interact with our non-venomous reptiles, in a controlled environment.
Riflery	Learn the principles of conservation as it relates to hunting regulations in Texas. Your team will learn how to fire our air pellet rifles. Camp RIO's priority during this activity is to provide a safe and controlled space for everyone to learn the importance of proper firearm handling.



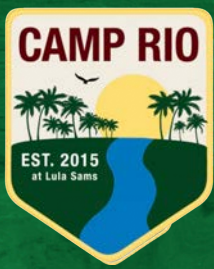
Activity List

ACTIVITY	DESCRIPTION
Nature Hike	Our guides will take your group on a hike around camp. Depending on the season, you will be able to view animals and native habitats.
Reptiles	Experience our wonderful native and non-native reptiles up close! Learn about their characteristics and habitat. Your group will be given the opportunity to safely interact with our non-venomous reptiles, in a controlled environment.
Survival Craft	Learn how to start fires in a controlled environment. There is often a deep sense of gratification when adults are able to get that flame going.
Teambuilding	Working together on group projects doesn't always have to create friction within a team! Our guides are trained in helping with the exploration of group dynamics and how to manage them through a variety of activities that are fun and engaging for all ages.
Tomahawks	Strength and power are not always the answer and Tomahawks is an activity where students can experience just that. A challenging activity where students learn to safely throw a small, one-handed axe.
Obstacle Course	Step into the Ebony Gauntlet—an epic obstacle course built to challenge your strength, speed, and spirit. It's not just a course—it's a test of grit, teamwork, and unstoppable energy.



Additional Activities

Activity	Description	Recommended Grade Levels
Night Hike (Night Activity)	Our guides will take your campers on a hike around camp. Depending on the season, campers will be able to view our nocturnal creatures and native habitats.	All Ages
Camp Classics (Night Activity)	Campers will have the choice between some camp favorites. From Gaga ball to arts and crafts, campers will have the choice to pick their favorite.	All Ages
Water World (Night Activity)	Cool off with an exciting water blaster challenge filled with fun games and friendly competition. Be ready to get soaked as you dodge, splash, and work together to complete exciting water missions!	All Ages
Camp Discovery (Night Activity)	Team up with your fellow campers to solve clues, and race across camp in search of hidden items. Groups will be split into teams, encouraging teamwork, communication, and problem-solving.	4th – 12th and Adults
Ropes Course (Day Activity) *Additional Fee	Be one of the first to experience our new adventure course! Experience the thrill of multiple elements, including our rock wall and zip line! The weight limits for each element are as follows: Zip Line: 60–250lbs Climb Wall: 40–300lbs Adventure Course: 40–250 lbs	4th – 12th and Adults
Pool (Day Activity) *Additional Fee	Our pool is ready for cannonballs, sprinklers are set for splash attacks, and we've got plenty of shade breaks to keep you cool. *Takes up two activity slots*	All Ages



PICTURE REFERENCES



Archery Tag



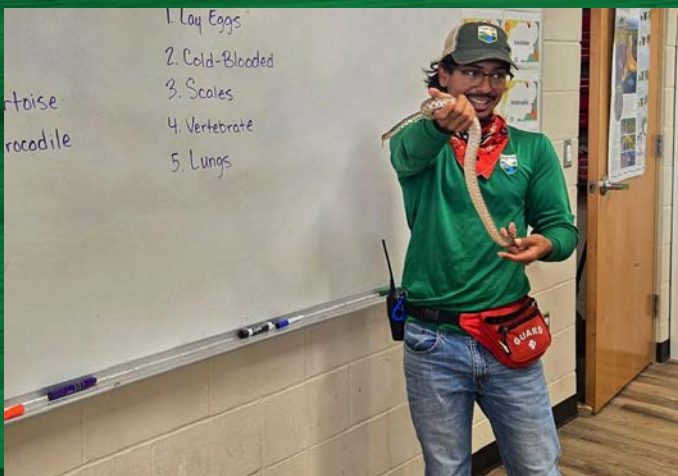
Bee A Pollinator



Camper vs Wild



Geocaching



Reptiles



Tomahawks



RETREAT MENU OPTIONS

PLEASE CHOOSE ONE, DEPENDING ON MEAL PROVIDED W/ YOUR PACKAGE.

BREAKFAST

OPTION 1: CHEESE OMELET, SAUSAGE LINKS, AND HASHBROWN

OPTION 2: PANCAKES, BACON, AND SCRAMBLED EGGS

OPTION 3: BISCUIT, SAUSAGE, CHEESE, AND EGG WITH HASHBROWN BITES

OPTION 4: CONTINENTAL BREAKFAST INCLUDING YOGURT, CEREAL, MUFFINS, SAUSAGE LINKS, AND FRUIT.

ALL BREAKFAST OPTIONS INCLUDE FRUIT AND JUICE

LUNCH

OPTION 1: BRISKET SANDWICH

OPTION 2: 4 CHICKEN TENDERS WITH TEXAS TOAST

OPTION 3: CHEESEBURGER

OPTION 4: TURKEY MELTS ON A PRETZEL BUN

ALL LUNCH OPTIONS INCLUDE POTATO CHIPS, FRUIT, AND A SALAD BAR

DINNER

OPTION 1: CHICKEN AND HERB PASTA WITH GARLIC BREAD

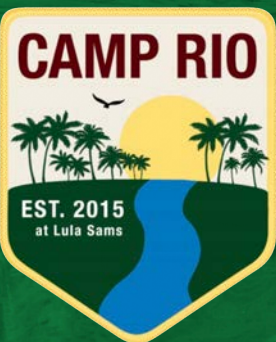
OPTION 2: PICADILLO WITH RICE AND CORN TORTILLAS

OPTION 3: CHICKEN FAJITAS WITH RICE AND CORN TORTILLAS

OPTION 4: SPAGHETTI WITH MEAT SAUCE AND GARLIC BREAD

ALL DINNER OPTIONS INCLUDE A SALAD BAR

FOR ANY DIETARY QUESTIONS, PLEASE CONTACT CAMP RIO DIRECTLY



Sample Schedule

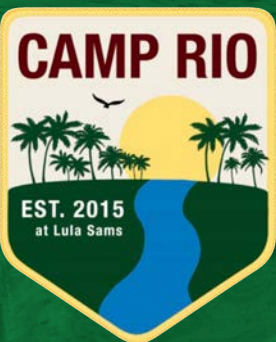
Below is a sample schedule.

Things may change, like lunchtime and the order of activities.

This is a general snapshot of what to expect at Camp RIO.

Thank you for choosing Camp RIO!

Arrival	Your group arrives at Camp RIO. Our staff will help you all get settled.
Morning Meeting	We have some expectations for our day! 1. Electronic Free Zone 2. Always Walking 3. Be a Land Steward (Don't litter and leave wildlife and plants alone)
	Every retreat looks different! Touch base with our Manager to determine what schedule works best for you. Your group can use their time at Camp RIO for activities or meeting time!
ALL GROUPS	Lunch: We have a limited lunch time. Our goal is to get every belly full with our delicious food.
Dismissal	Camp RIO Guests will be dismissed from Camp RIO. We hope to see you soon!



Sample Schedule

Below is a sample schedule.

This group chose to do three activities and have a meeting period at the end of the day!

		Activity 1	Activity 2	Activity3	Activity 4
Program	Time	Canoeing	Teambuilding (Minefield)	Camper Vs Wild.	Camper Vs Wild.
Location		Pad #1	Pavillion	Slab	Pavillion
Program Guide					
Program Guide					
Welcome	9:30 - 10:00	Check In			
Activity Period 1	10:05 - 10:55	Group 1	Group 2		
Transition					
Activity Period 2	11:00 - 11:50	Group 2	Group 1		
Transition					
Lunch	11:55 - 12:55	Burgers			
Transition					
Activity Period 3	1:00 - 1:50			Group 1	Group 2
Transition					
Activity Period 4	1:50 - 3:00	Social media Presentation - All Groups			
Transition					
Closing/Depart	3:05 - 3:30				

Join the Adventure with CAMP RIO!

Camp RIO Day Trip - Packing List



We are excited to have you join Camp RIO for a day of fun! We hope this checklist can help you prepare for the outdoors!

If you have any questions, please give us a call at 956-204-0036.



Water Bottle

Hydration is key at Camp RIO. We have Yellow Igloo Jugs full of water at every station.



Comfortable Shoes

We walk a lot at Camp RIO and having comfy shoes is important.



Weather Appropriate Clothes

Warm weather clothes:
Hat, Shorts, Sunglasses
Cold weather clothes:
Beanie, Pants, Jacket

We program rain or shine. If we experience showers, we encourage rain jackets and rain boots.



Small Bag

Students can bring a bag to hold their items, like money for the store, sunscreen or snacks for lunch.



Overnight Packing List

Bedding

- ☐ Blanket, comforter or sleeping bag
- ☐ Pillows
- ☐ Bedsheets (Fitted/Flat)

Clothing

- ☐ T-shirts
- ☐ Pants or Shorts
- ☐ Undergarments and Socks
- ☐ Pajamas
- ☐ Flip Flops for Shower
- ☐ Comfortable Walking Shoes
- ☐ Hat/Cap
- ☐ Sweater, Jacket
- ☐ Quick dry clothes (canoeing)
- ☐ Towels, washcloths
- ☐ Laundry bags

Weather Specific

- ☐ Rain jacket/Pancho
- ☐ Sunglasses
- ☐ Rainboots

Toiletries

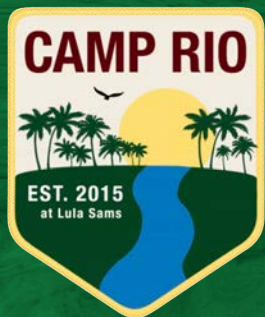
- ☐ Toothbrush + paste
- ☐ Deodorant
- ☐ Shampoo + conditioner
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Eye wash
- ☐ Luffa/Body Sponge
- ☐ Soap/Bodywash

Health and Beauty

- ☐ Hand sanitizer
- ☐ Hairbrush
- ☐ Menstrual hygiene products
- ☐ Medications, prescriptions
(All student medications need to be given to the teacher. Once you arrive to Camp RIO please advise our Camp Health Aid.)

Others

- ☐ Flashlight
- ☐ Games, cards, books, or other entertainment for down time



Lista para Noche de Campamento

Ropa de Cama

- ☐ Cobija, edredon, y saco de dormir
- ☐ Almohadas
- ☐ La ropa de cama (ajustada y plana)

Ropa

- ☐ Camiseta
- ☐ Pantalones o Pantalones cortos
- ☐ Ropa interior y calcetines
- ☐ Pijamas
- ☐ Chanclas
- ☐ Tennis
- ☐ Gorra
- ☐ Sueter
- ☐ Ropa de secado rapido (canotaje)
- ☐ Toallas
- ☐ Bolsa de lavanderia

Segun el Clima

- ☐ Chaqueta de lluvia/Poncho
- ☐ Lentes de sol
- ☐ Botas para lluvia

Productos de Proteccion y Higiene

- ☐ Cepillo y pasta de dientes
- ☐ Desodorante
- ☐ Champu + Acondicionador
- ☐ Protector solar
- ☐ Solucion para los ojos
- ☐ Repelente de insectos
- ☐ Esponja de baño
- ☐ Jabon de baño

Productos de Salud y Belleza

- ☐ Desinfectante de manos
- ☐ Cepillo
- ☐ Productos de higiene menstruales
- ☐ Medicamentos (Todos los medicamentos de estudiantes deben ser entregados al maestro. Al llegar a Camp RIO favor de informar a nuestra asistente de salud.)

Otros Articulos

- ☐ Linterna
- ☐ Juegos, cartas, libros, o otros articulos de entretenimiento