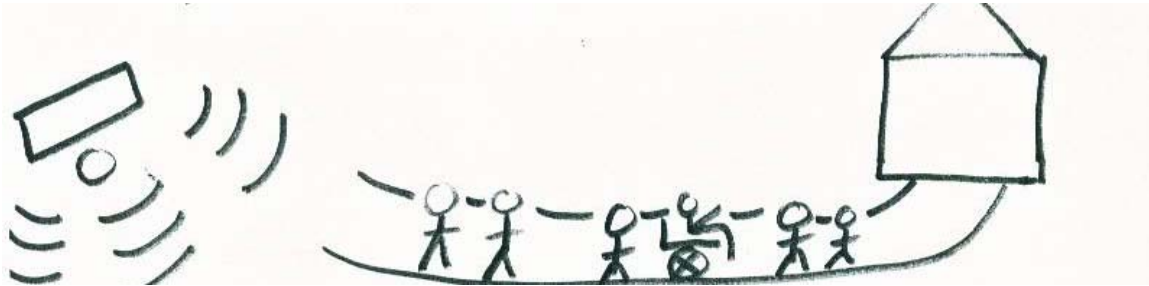
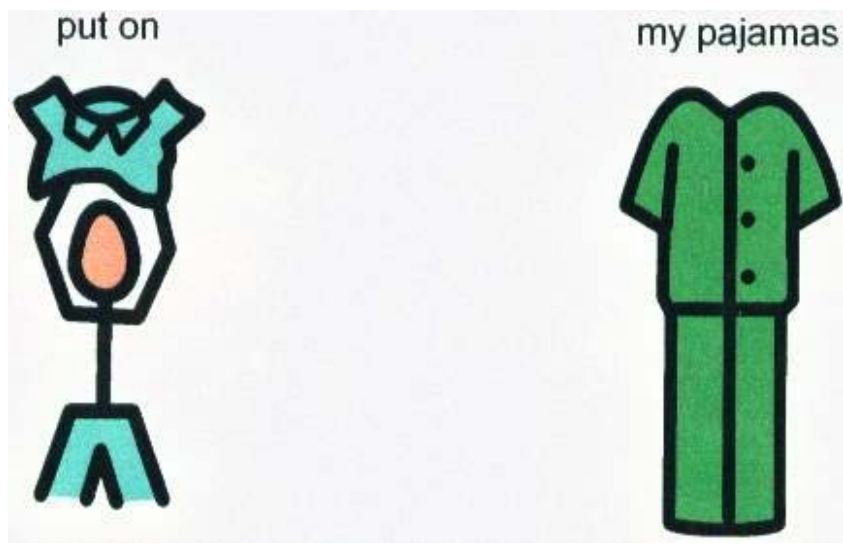


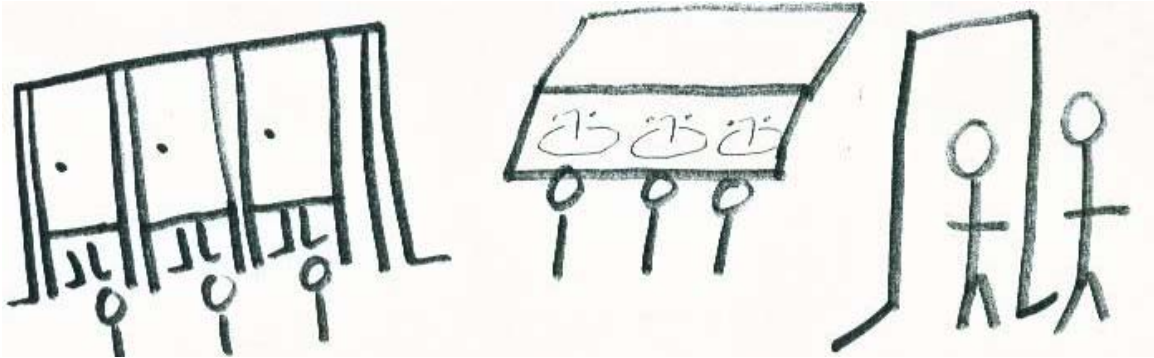
NIGHTTIME ROUTINE



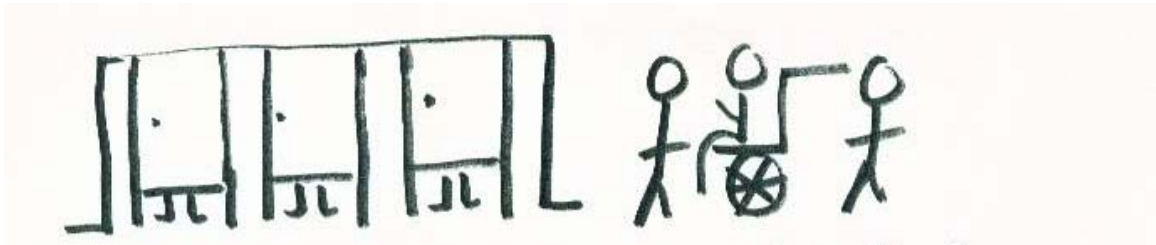
After the evening activity is over, my group will walk back to the cabin. It is time to get ready for bed.



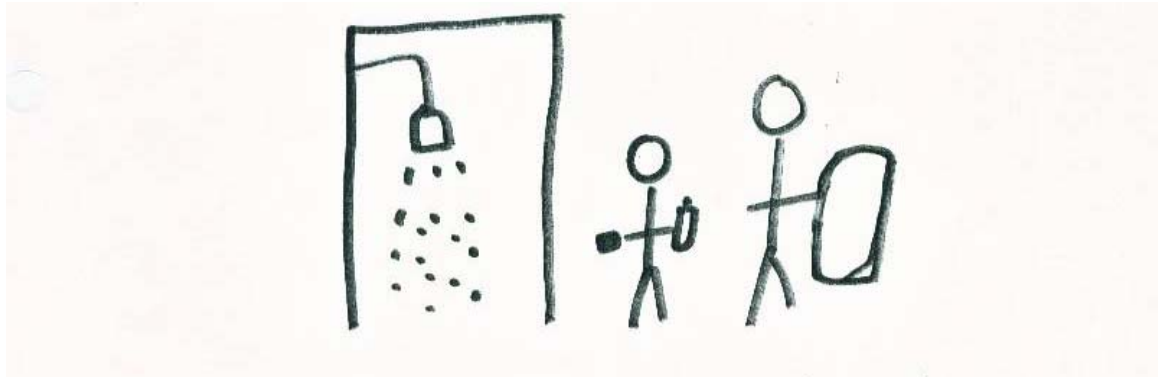
I will get out my pajamas and put them on.



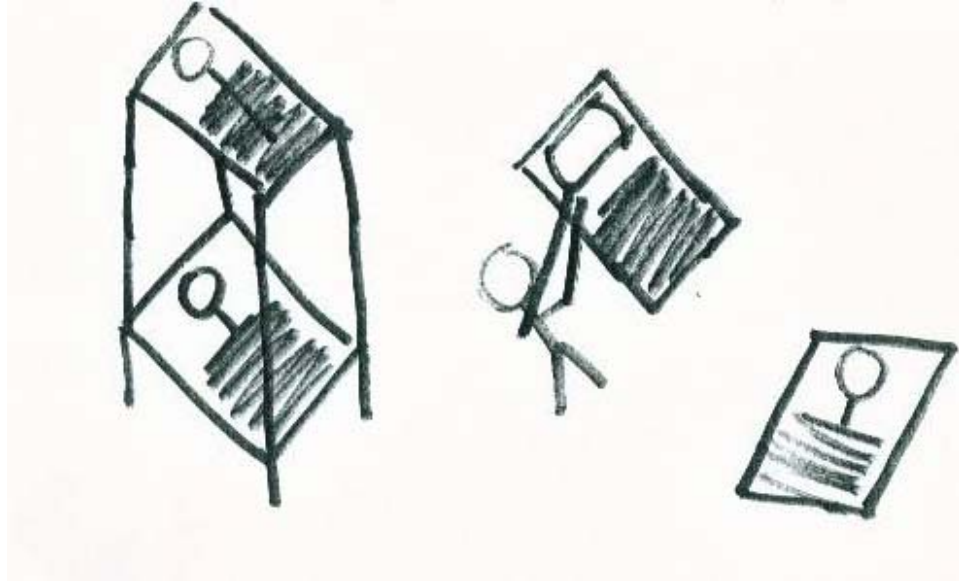
I may go into the bathroom. There may be several people in the bathroom at night. People from my group will share the bathroom with people from other groups. It can be noisy in the bathroom. People may be talking, toilets flushing, and water running.



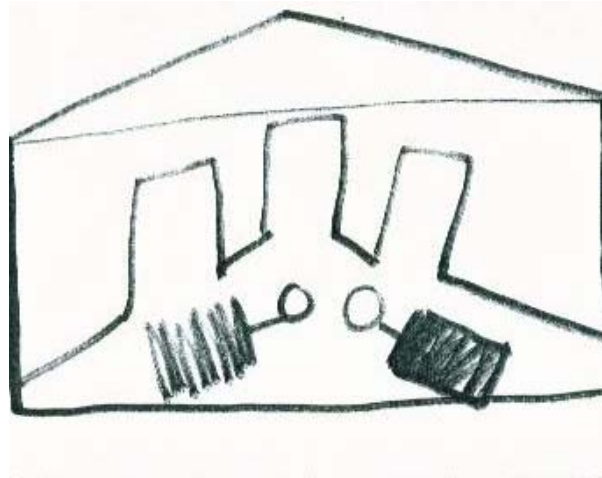
Sometimes I will have to wait my turn to use the toilet. Sometimes I will have to wait my turn to wash my face and brush my teeth.



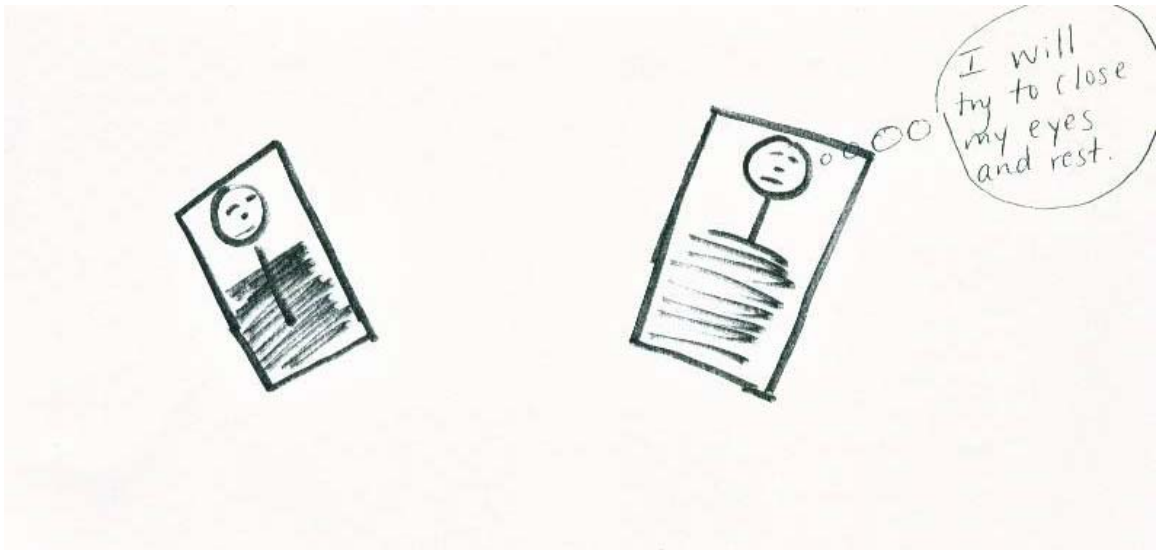
At night I may take a shower. My counselor can help me get my shampoo, soap, and towel. I will try to take a quick shower because other people may be waiting for a turn.



When I am done in the bathroom, it will be time to get in bed. I will try to be quiet. Other people may be trying to sleep. The bathroom lights are on during the night. That way I can get to the bathroom at night if I need to.



There will be two counselors from my group sleeping in the hall. They will help the campers at night if needed.



At night I may hear noises. I may hear people snoring, people talking, beds creaking, or animals outside. It may take a while to fall asleep. I will close my eyes and try to rest. That way I will be ready for the fun day at camp tomorrow!