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## **Canoe Adventure Information**



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Dear Women's Canoe Camper,

I want to thank you for choosing Adult Women's Canoe Trip. There truly is an adventure waiting for you this summer!

While on the river we want you to have a rustic, real wilderness experience while being sure you have the energy to enjoy camp. Meals on the river are planned with the following in mind: weight limits for travel, ease of preparation over a camp stove, nutritional value, and popularity of the food. Some of the food is dehydrated and prepared with wilderness trips in mind. Fresh milk is not available on the river but you will have plenty of water to drink.

One of the pleasures of journeying by boat through the backcountry is being able to include minor luxuries that one might normally leave at home. That being said, weight is a consideration and bulky items should be minimized to save space. Careful and systematic packing is a boon for getting to and from the water efficiently and will keep you organized. Spending the extra time to logically organize items together before a trip will save you the stress of trying to locate misplaced or buried items. Experienced paddlers typically pack gear according to how and when it is used.

**Please see the gear list on the back of this letter.** Pack a separate "camp bag" to hold everything you might need before and after the trip. Include a change of clothes and even baby wipes to feel refreshed rolling home. An accessible "day gear" bag should have everything you will need while on the water like clothing layers, rain gear, and other personal gear and food. Emergency, safety, and repair gear should also be close at hand.

There will be two camp staff on the trip in order to provide a certified lifeguard and a certified emergency responder. If it rains the group will not be pulled off the river. You will take shelter and wait out the storm. If the weather is severe, every effort will be made to get you off the river and to shelter. If you have any questions about this please call the camp office.

Thanks again for choosing to be part of the canoe trip program this summer. May you discover God in amazing ways while you explore creation on the river.

God Bless,

Pastor Kathy Tulman  
Women's Canoe Trip Leader

## **Gear List for 2012 Women's Canoe Trip**

### Preferred items

Paddle that fits you (if you have one, otherwise a plastic paddle will be provided)  
Personal flotation device (PFD) (if you have one, otherwise camp will provide)  
Jackknife or pen knife  
Fire starter (matches in waterproof case, waterproof lighter, etc.)

### Essential Equipment

Small dry bag for your clothes and gear – or ziplock bags and small white garbage bag liner  
Water bottle with loop to attach  
Daypack for in the canoe  
    Rain suit or poncho  
    Bandana  
    Sunglasses  
    Sunscreen (in small ziplock)

Small sleeping bag, ideally one that can be 'stuffed' into a sack  
    (Clean clothes or your jacket can be placed in the stuff sack as a pillow)  
Backpacker sleeping pad  
Stuff sacks and compression sacks to separate gear  
Ditty bag with toothbrush, travel size toothpaste, travel deodorant, lotion  
Small (hand towel) or 'dry' towel  
Headlamp or flashlight  
Brimmed hat  
Clothes (you will wear one set to start with suit underneath)  
2 pair lightweight pants (no jeans)  
1 pair lightweight shorts  
1 pair wool/polypro socks  
Swimsuit  
Longsleeve shirt  
Medium weight wool or polypro jacket  
2 T-shirts  
1 Sportbra and undies  
PJ top/bottom and socks for sleeping  
Water shoes or sandals  
Land shoes/scuffs for evenings  
Insect Repellent

### Camp Bag (left at Luther Point)

Extra change of clothes, including socks and underwear  
Beach or bath towel  
Shower gear (shampoo, etc.)