

Dear Canoe Camper,

Welcome to a week of high adventure and Christian fellowship on the Delaware River.

We have put together plans for a fun, safe, and memorable week. On Sunday and Monday, you will be training at camp. The training will include the handling of the canoe, menu planning, and basic first aid orientation. On Tuesday morning you will be transported to the Delaware River (North of Lackawaxen for Sr. High canoe, Matamoris for Jr. High canoe) where you will spend four days and three nights camping and canoeing. Friday afternoon you will return to camp where you will spend the last night on site. You should be picked up by your parents on Saturday morning between 9:00 a.m. and 10:00 a.m.

You will be accompanied on your trip by a staff person trained in Lifeguarding, first aid, and CPR. State highways run down the side of the Delaware River for the entire length of our journey and your trip leader will be equipped with a mobile phone to contact help in an emergency. All aquatic activities including river canoeing are inherently dangerous. We work to reduce that risk through a required pre-trip swim test; pre-trip canoe and first aid training; having a lifeguard, a first aid provider, and a CPR provider accompany the trip. The trip will be physically strenuous and some moderate rapids will be traversed. Be sure you are exercising and increasing your cardio-vascular health prior to the trip so you will be able to keep pace with your co-trippers. In the event that a trip participant can no longer continue, we will send a camp staff person to pick up the camper, transport them back to camp and contact her/his parents. At that point we will determine if the camper can continue at camp in another unit, or if the camper will need to return home.

**IMPORTANT: CONSULT THE LIST OF NECESSARY CLOTHING AND EQUIPMENT ON THE BACK OF THIS LETTER SEVERAL WEEKS BEFORE ARRIVING AT CAMP AND BRING ALL THE NECESSARY EQUIPMENT TO CAMP WITH YOU.** Please complete and return the enclosed "Let's Get Acquainted" sheet, **and be sure to bring your completed health form with you on Sunday, the day you register.** A physical is required every two years. If you want to use this year's physical for next year, please make a copy and keep it for next summer.

The enclosed papers contain important information, so be sure to read them. **Check-in is between 2:00 p.m. and 3:00 p.m. on Sunday. Pick-up is between 9:00 a.m. and 10:00 a.m. on Saturday.** As part of the swim check you will have to pass on Sunday, you must complete 5 minutes of treading water as well as a 100-yard swim. Parents: **PLEASE DO NOT LEAVE YOUR CAMPERS UNTIL THEY HAVE PASSED HIS/HER SWIM CHECK.** If your camper does not pass the test, we will try to find space for him/her in another unit, but if that is not possible, your camper will be unable to stay at camp.

We want to reiterate that anyone possessing or using drugs, alcohol, or tobacco will be asked to leave the event immediately, without refund. Also, remember you are not allowed to bring food or have food sent to you while you are at camp - this is to help us deter woodland mammals from entering campsites. If you have food it will be taken and not returned.

If you have any questions, give me a call. We look forward to seeing you at Johnsonburg.

Sincerely,

Marsha Terwilleger  
Registrar

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### **Canoe Campers: What to Bring**

When packing, consider bulk and protection of your property from the water. (Some items may be left at camp, such as extra clothes for when you return.)

- 2 sets of clothes (shorts/tops)
- 3 pairs of socks (at least)
- Several changes of underwear
- 1 pair of full-length pants or jeans (at least)
- 1 heavy sweatshirt or sweater
- 1 pairs of sneakers
- 1 pair of river shoes or old sneakers (for walking in water)
- 2 bathing suits
- Toilet kit (stick to essentials) towel, washcloth, sanitary supplies, etc.
- Gloves, Band-Aids (for possible blisters)
- Pack frame or heavy duty rucksack-type sack
- Sleeping bag - lightweight (down or composition-filled preferred)

### **IMPORTANT: Bring your own mess kit, including plate, knife, fork and spoon & cup**

- Poncho or ground cloth
- 25' clothesline or 3-18" bungee cords to secure your gear in the canoe
- 5 garbage-can-size heavy duty plastic bags (for packing clothes for river) **-OR-** enough waterproof plastic bags for your gear
- Flashlight with extra batteries
- Canteen or Nalgene style water container (2 recommended)
- Hat
- Sunscreen and solarcaine
- Sunglasses
- Insect repellent

**OPTIONAL:** Pocket knife, camera, film, water bag (you can find these at outfitters like Eastern Mountain Sports).