

# Printable River and Trail Expedition Details (ages 12-14)

Join your peers for a week of fun and adventure as you start the week paddling the Delaware River and learning how to navigate Class I rapids. Halfway through the week, you will switch to hiking the Appalachian Trail and experience backpacking on one of the most popular trails on the East Coast.

## Dates and Rates

### River and Trail Expedition

July 2-7, 2017 \$365

### Other Fee Options

Franconia Bus, \$18/way  
William Penn Hwy bus, \$14/way  
Spending Money, \$30-50

### Bus Stops:

- Franconia Menn. Church  
613 Harleysville Pike  
Telford, PA 18969  
- William Penn/Rt. 33 Intersection

## Important Times

### Friday of Camp Week

Franconia Bus departs 2pm\*

*\*arrive 20-30 min. early to pre-register*

William Penn Hwy bus departs 3pm\*

*\*arrive 15 minutes early. Bus will not wait.*

Reg Line 3:15-4:30pm

### Friday of Camp Week

Dismissal 6:30pm

William Penn Hwy Bus returns 7:45pm

Franconia Bus returns 8:45pm\*

*\*Arrive 15-20 min. early to sign out camper and collect luggage*

## Possible Activities

Canoeing

Backpacking

## What to Bring

Because you are packing for a back country camping experience **one very important concept is to avoid using cotton and denim clothing**. Cotton becomes heavy, uncomfortable, and does not insulate when it is wet. Cotton should be particularly avoided in socks, shorts, underwear and outerwear. Look for material names like wicking, Quik-Dri, Merino Wool, Cool Max, Capilene, Therm-a-silk, Techwick, and Poly-pro.

**Do not overspend for this trip.** Most of the items are common and ones that you probably already have or, could easily borrow. We do recommend that you use a good camping store for hiking boots and socks to keep you dry and comfortable on the trail. Two bargain camping stores are Campmor: [www.campmor.com](http://www.campmor.com) and Sierra Trading Post: [www.sierratradingpost.com](http://www.sierratradingpost.com). EMS, LL Bean, and REI are also great stores for outdoor clothing and gear but tend to be a bit more expensive.

**Remember, please label all clothing & personal items so that lost items can be returned to you.**

- 1 lightweight non-cotton sleeping bag in a stuff sack and Pillow
- 1 nylon poncho or appropriate rain gear (avoid easily torn vinyl ponchos)
- 1 day-pack with shoulder straps (school backpacks work fine)
- 2 quart-sized water bottles for water storage (Nalgene style best)
- 2-4 T-shirts (at least 2 being quick drying T-shirts)
- 2-3 pair quick drying shorts (example: nylon soccer shorts)
- 2-3 pair quick drying (non-cotton) underwear helps avoid rash and discomfort
- 1 modest swim suit
- 1 wool sweater or fleece jacket (Non-cotton insulating layer)
- 1 Pair of pants (Not Jeans or Cotton Sweats - windbreaker or Fleece material)
- Old shoes, secure sport sandals, crocs or water shoes that will get wet. (No flip-flops!)
- Hat with a Brim
- Warm knit cap (for warmth should it get chilly)
- Plate, Cup, Bowl, Utensils (plastic or metal dishes)
- A small Bible in a zip-lock bag (lightweight size or a New Testament)
- A small Journal or tablet & pen for Devotional times
- Flashlight or Headlamp with extra batteries
- "Zip Lock" baggies to waterproof anything you really want dry (1 Gallon size best)
- \$20-\$25 Cash (This is for travel snacks, and one meal on the road)
- Towel (quick dry best)
- Sunscreen (SPF 15 or higher) and Insect Protection
- Chap Stick
- Effective whistle
- Folding pocket knife (optional)

- Compact camera (optional)
- You may bring your own bike and helmet (optional)

***Some of these items may seem excessive for warm weather but the reality of wet, cold, and wind is possible and dangerous in any season. We might not use some of the above items but we want to be prepared!***

### **What Not to Bring**

Cell phones/ electronics, Non-prescription Meds, Drugs/ Alcohol/ Tobacco, Dangle or hoop ear-rings, Spaghetti strapped Tops, Bikini style swim suits, Mid-cut and short shirts, Personal sports equipment, Animals or Pets, Snack foods/ Candy, Weapons of any kind, Fireworks & combustibles.

### **Clothing Modesty**

*We encourage staff and campers to wear clothing that adheres to the modest standard described below. Please carefully look through your clothes to honor this request. In some cases we may ask you to change if the standard below is not met*

- Swimsuits should be modest and one piece or a Tankini-only if the fabric fully overlaps (no Bikinis).
- Shorts should be suitable for recreation, and not form fitting or overly short.
- Shirts should be suitable for recreation and modest. Please do not pack form fitting shirts, and those that reveal stomach.
- Tank Tops must pass all expectations for shirts and not have thin straps or expose the back.
- Please do not bring clothing with wording or images contrary to the Christian principles of the camp.