

## Printable River and Trail Expedition Details (ages 12-15)

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 8-13, 2018 \$370

#### 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.*

Registration Line 3:15-4:30pm

#### Friday of Camp Week

Dismissal 6:30 pm

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 (*preferably no more than 10" diameter when rolled*)
- 1 nylon poncho or appropriate rain gear (*avoid easily torn vinyl ponchos*)
- 2 quart-sized water bottles for water storage (*Nalgene style best*)
- 2-4 T-shirts (*at least 2 being quick-drying T-shirts*)
- 2 pair quick-drying shorts (*example: nylon soccer shorts*)
- 2-3 pair *quick-drying (non-cotton)* underwear helps avoid rash and discomfort
- 1-2 modest swim suits
- Toiletries (toothbrush, deodorant, etc)
- 1 wool sweater or fleece jacket (*non-cotton insulating layer*)
- 1 Pair of pants (*NOT jeans or cotton sweats - windbreaker or fleece material*)
- Hat with a brim (*PA Health Dept requirement for canoeing*)
- Warm knit cap (*for warmth should it get chilly*)
- 1 long underwear top and bottom for cool nights (*no cotton please*)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (*No flip-flops or bare feet allowed!*)
- Second pair of "dry shoes" for around the campsite
- Hiking boots (*please note that most hiking boots take several weeks to wear in. If you are planning on purchasing new boots, please do so well in advance to avoid blisters*)
- Extra pairs of thick wool hiking socks
- Plate, Cup, Bowl, Utensils (*plastic or metal dishes*)
- A small Bible in a zip-lock bag (*lightweight size or a New Testament*)
- Flashlight or Headlamp with extra batteries
- \$15-\$25 Cash (*This is for if there is time to visit the gift shop/snack shop*)

- Towel (*quick-dry best*)
- Sunscreen (*SPF 15 or higher*) and Insect Protection
- Zip Lock baggies to waterproof anything you really want dry (*1 Gallon size best*)
- Chapstick
- Effective whistle
- Journal & Pen
- Fishing gear (optional)
- Folding pocket knife (*optional, blade no longer than 5"*)
- Compact camera (*optional*)

Upon return from the trip, campers will have the opportunity to shower and change before heading home.

Please make sure to pack:

- A clean set of clothes to stay behind at camp (don't forget undergarments)
- Soap and shampoo
- Towel
- Hairbrush

***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.
- Leggings may be worn under other appropriate clothing but not as stand-alone pants.
- 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.