



What You Need to Know: Adirondack Canoe Trip (Ages 14-18)

Dates

Sunday, July 27 - Friday, August 1

Rate

\$429/camper

Spending Money

\$25-\$30 Cash

Getting to Camp

Parent drop-off at camp is from 3:15-4:30 PM on Sunday

We recommend arriving no later than 4 PM

[Driving Directions to Wilderness Camp](#)

Please Note that there will be NO bus service from any location for this expedition.

Leaving Camp

Dismissal is at 3:30 PM on Friday evening

Pick-Up details will be emailed prior to the parent pick-up date.

See Pages 2&3 for a detailed list of What to Bring

Looking for more information?

[FAQs](#)

Helpful Link (3rd Party): [Dos and Don'ts of preparing for camp](#)



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. Two bargain camping stores are Campmor: www.campmor.com and Sierra Trading Post:

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

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

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



What Not to Bring

Cell phones/electronics, Non-prescription Meds, Drugs/ Alcohol/ Tobacco, Dangle or hoop earrings, Spaghetti-strapped Tops, Bikini-style swimsuits, 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 modesty 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 (*fingertip length*).
- Shirts should be suitable for recreation and modest. Please do not pack form-fitting shirts or 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.