



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

**Difficulty rating: 3/5, Wilderness rating: 3/5**

**Focuses: Team-building, Camping & Canoeing skills, Reflection**

### **Description**

The Delaware Canoe Trip is a classic Spruce Lake Expedition Camp, running most every year! We prepare for the trip on Sunday night. On Monday morning we learn how to canoe and take off from Narrowsburg NY, paddling through sections of calm and rapids until Port Jervis where the river becomes easy-going and we continue towards the Delaware Water Gap, often finishing at Smithfield Beach on Friday morning. The group stays at rustic campsites along the river, with minimal amenities. Campers and guides have a quiet time each morning. Delicious meals are cooked over a fire – potentially including fresh fish if the campers catch one! This trip is fun, versatile, and close-by!

### **Dates**

Sunday, July 13 – Friday, July 18

### **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 – bus arrives at 4

### **[Driving Directions to Wilderness Camp](#)**

### **Leaving Camp**

Dismissal is at 3:30 PM on Friday evening

### **Bus Transportation**

**Stop 1: Franconia Mennonite Church** in Telford, PA - [Directions](#)

\$25/trip

Departs at 2 PM on Sunday – arrive 20-30 minutes early to register

Returns at 5:30PM on Friday – arrive 15-20 minutes early to sign out camper and collect luggage

**Stop 2: William Penn Highway Park & Ride** in Easton, PA - [Directions](#)

\$20/trip

Departs at 3 PM on Sunday – arrive 15 minutes early. **Bus cannot wait**

Returns at 4:30 PM on Friday – arrive 15 minutes early

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

**Looking for more information about Spruce Lake camps? [FAQs](#)**



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

## What to Bring

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

- 1 sleeping bag in a stuff sack (*preferably no more than 10" diameter when rolled*)
- 1 nylon poncho or rain jacket (*avoid easily torn vinyl ponchos*)
- 1 small pack (*fanny pack or small backpack, will get wet every day*)
- 2 medium/large water bottles
- 2-3 T-shirts (*at least 2 being quick-drying T-shirts*)
- 2 pair quick-drying shorts (*example: nylon soccer shorts*)
- Undergarments (*non-cotton preferred to decrease rash from consistent water presence*)
- 2 pair wool socks
- 1 modest swimsuit (*optional*)
- 1 quick-dry towel (*optional*)
- 1-2 wool sweaters or fleece jackets (*non-cotton insulating layer*)
- 1-2 Pair of lightweight or fleece pants (*1 must be non-cotton*)
- Hat with a brim
- Warm knit cap (*for warmth should it get chilly at night*)
- 1 long underwear top and bottom for cool nights (*non-cotton*)
- Secure sport sandals, crocs with sport strap or water shoes to wear while on the water. (*No flip-flops or leather sandals!*)
- Old sneakers for "dry shoes" for the campsite
- Toiletries (*toothbrush, deodorant, etc.*)
- Flashlight or Headlamp with extra batteries
- Plate, Cup, Bowl, Utensils (*plastic or metal dishes*)
- A small Bible in a zip-lock bag
- Pen or pencil
- \$15-\$25 Cash
- Zip Lock baggies to waterproof anything you really want dry (*1 Gallon size is best*)
- Sunscreen (*SPF 15 or higher*)
- Chapstick
- Insect Protection
- Fishing gear (*optional*)
- Folding pocketknife (*optional*)
- Waterproof camera (*optional*)

***Some of these items may seem excessive for warm weather but the reality is wet, cold, and wind is possible in any season. Because you are packing for a backcountry camping experience it is necessary to avoid using cotton and denim clothing. Wet cotton becomes heavy, uncomfortable, and does not insulate. In inclement weather it can become a danger of hypothermia while wicking materials, wool and fleece will still be warm!***



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 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.

Beach towels will not be taken on the trip – once they get wet, they do not dry quickly and become a heavy hassle. If student wants to bring a towel on the trip it must be quick-dry.

### **Clothing Modesty**

*We encourage team members 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.