



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

**Difficulty rating: 3/5, Wilderness rating: 4/5**

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

### **Description**

The Adirondack Canoe Trip is a newer Spruce Lake Expedition! We prepare for the trip on Sunday night and stay overnight at camp. On Monday morning we drive to the Adirondacks and begin our canoeing trip on and around the Saranac Lakes. Part of the trip will be on creeks or rivers and the other on lakes. The group stays at rustic campsites along the way, with minimal amenities. Campers and guides have a quiet time each morning. Delicious meals are cooked over a fire! This trip is great for the adventurer who doesn't mind going further away to explore a new location: the beautiful and diverse Adirondacks!

### **Dates**

Sunday, July 27 – Friday, August 1

### **Rate**

\$429/camper

### **Spending Money**

\$30-50 Cash

### **Getting to Camp**

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

[Driving Directions to Wilderness Camp](#)

### **Leaving Camp**

Dismissal is at 3:30 PM on Friday

**Bus transportation is not available for the Adirondack Canoe Trip**

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, read more below*)\*
- 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.

\*If your camper plans on fishing on this trip, note the following: Anyone 16 and older must obtain a NY State fishing license. Campers 15 and younger do not need a fishing license. They can be purchased online for \$28 (7 day pass) by clicking Get Started on this website: [New York Department of Environmental Conservation](http://www.nysed.gov/Environment/Conservation). Please print the license and have camper bring it with them. If needed, we can purchase one at the beginning of trip but would prefer it be done online in advance to save time.