



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

Difficulty Rating: 4/5, Wilderness Rating: 4/5

Focuses: Teamwork, Canoeing & Backpacking skills, Endurance, Individual quiet times

Description

Bringing back a classic, you will experience the Delaware Water Gap from the river and the ridge! Come backpack a section of the Appalachian Trail for a few days and canoe the lower section of the river, all while building relationships, growing with God, and having fun! Great food over a fire, star-gazing, and new challenges await you. Participants may bring their own backpacking pack (50L or larger) or use one from camp.

Dates

Sunday, July 19 – Friday, July 24

Rate

\$509/camper

Spending Money

\$25-\$30 Cash

Getting to Camp

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

[Driving Directions to Spruce Lake Summer Camp](#)

Leaving Camp

Dismissal is at 3:30 PM on Friday.

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 5:30 PM 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? [FAQs](#)

Helpful Link (3rd 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 when on river*)
- 2 medium/large refillable water bottles
- 2-4 T-shirts (*at least 2 being quick-drying T-shirts*)
- 2-3 pairs of quick-drying shorts (*example: nylon soccer shorts*)
- Undergarments (*non-cotton preferred to decrease rash from consistent water presence*)
- 2 pairs of 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!)**
- Hiking boots or very sturdy sneakers
- Hiking socks
- 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 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.

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/pants 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.
- Undergarments should not be visible (bra straps, no sheer tops/bottoms, low cut jeans, etc.)
- Tank Tops must pass all expectations for shirts and not have thin straps (2+ inches) or expose the back.
- Please do not bring clothing with wording or images contrary to the Christian principles of the camp.