

Spruce Lake Wilderness Camp

A ministry of Spruce Lake Retreat
RR 1 BOX 605 CANADENSIS, PA 18325 Phone: 570-595-7505

Fax: 570-595-0328



Christ + Centered

Dear Junior Expedition Camper,

*We've received your registration and have reserved a spot for you in our **Junior Wilderness Expedition program for 2008!** Your expedition guides will take you to some of the most beautiful wilderness areas locally in Pennsylvania and New Jersey. You will be experiencing one or more of the following "adventure activities" depending on the expedition you have chosen: mountain biking, canoeing, hiking, and backpacking. More specific trip details can be found on-line at www.wildernesscamp.org. Our devotional theme for the summer is "**Live Light!**" As we journey over water, earth, and rock we will be focusing on some great spiritual lessons.*

All trips require you to be fully mobile and reasonably fit. Make sure that the trip that you signed up for is right for your ability level as some trips are more or less physically and emotionally demanding. **The trips that are labeled intermediate will require a higher level of fitness.** The trips that are intermediate have sustained demanding activity. **Please check out the online trip intensity guide** or call us if you have any questions about the trip intensity.

Even though the trip intensity might be moderate the trip will still be physical. **You will be able to more fully participate and better enjoy the trip if you are physically conditioned for them.** If you are not in the habit of doing so, prepare yourself by doing at least 30 minutes of strenuous activity (running, biking, energetic sports, aerobics...) three or four days a week. Begin this process at least a month in advance and your muscles and joints will thank you for it!

You should have received a Health & Safety Form in the mail which needs to be completed ahead of time and returned, at least 3 weeks prior to camp. Some trips have waiver forms which you also should have received in the mail, please sign and bring the waivers with you when you come to camp. There are other forms and letters detailing information which you can access at www.wildernesscamp.org ***If you ride the bus bring your spending money, medications (in original containers), luggage, waiver forms and Health & Safety Form (if not previously mailed) to the Bus Registration. Thank You!***

One final and important part of expedition preparation is having the proper clothing and equipment. Spruce Lake will provide all of the group equipment (i.e. backpacks, tents, stoves, canoes, climbing gear, etc.). But, **you are responsible for bringing the proper personal clothing and gear.** We have a complete "What to Bring" equipment list that will guide you through the process and give you tips for your particular expedition. Please take clothing and equipment seriously as it can significantly affect your comfort and performance. Please call if you have any questions about clothing and gear.

An expedition, like the one you are about to take, could be a physical and spiritual highlight for years to come. One thing I've learned over the years about expeditions is that they are unpredictable. Your group, the weather, the wildlife, and the Spirit of God all bring about changes that add to the moment and the challenges at hand. Come prepared for a great experience. I will see you in the woods!

Sincerely,

Richard Brewer
Wilderness Expeditions Manager

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CAMP ARRIVAL AND BUSSING DETAILS

Arrival/ Departure schedule for:

Explorer PA. Surf and Turf, Pine Barren and Jersey Shore Trip.

Camp Arrival & Pickup

Sunday	Registration line opens	3:15 pm
Friday	Dismissal	6:30 pm

Transportation Schedule

Sunday	*Depart Franconia	2:00 pm
	*Depart William Penn Hwy	2:50 pm
Friday	Arrive Franconia	8:30 pm
	Arrive William Penn Hwy	7:40 pm

***Please arrive at least 20 minutes early for the Franconia Bus & 10 minutes early for the William Penn Bus.**

WHAT TO BRING TO YOUR SUMMER EXPEDITION

In each expedition, you are packing for a back country camping experience. **One very important concept is to avoid using cotton and denim clothing** since 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. For example, a local thrift store may carry some fleece or wool sweaters.* We do recommend that you use a good camping store for hiking socks, non cotton underwear, and insulating layers that are specially made to keep you dry and comfortable on the trail. Two such stores are Campmor @ 1-800-525-4784 or www.campmor.com and Sierra Trading Post @ 1-800-713-4534 or www.sierratradingpost.com. EMS, LL Bean, and REI are also great stores for outdoor clothing and gear but are a bit more expensive.

Start by packing with **two comfortable changes of clothes** (in addition to the clothes you wear to camp). These clothes can be used for around camp and on the way home. Also, don't forget your sneakers, towel, pillow, toiletries, and whatever other personal items you may want around camp. Then carefully look through the general and specific checklists as well as the modesty standard and items that do not belong at camp.

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

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GENERAL EXPEDITION CHECKLIST (SEE ALSO PACKING BY ACTIVITY LIST):

* *The following quantities are based on a five day trip.*

- *2-3 pair quick drying shorts (*example: nylon soccer shorts*)
- *2-4 T-shirts, make sure to have 2 quick drying T-shirts
- *2-3 pair *quick drying (non-cotton)* underwear helps avoid rash and discomfort
- *Several pair quick drying or wool socks (*more if backpacking/hiking*)
- *\$15-\$25 Cash (*This is for travel snacks and one meal on the road*)
- 1 lightweight non-flannel/cotton sleeping bag in a stuff sack (*borrow one*)
- 1 wool sweater or fleece jacket (*tip – check out a thrift store for fleeces or wool sweaters*)
- 1 pair nylon wind breaking and water resistant pants.
- 1 nylon poncho or appropriate rain gear (*avoid easily torn vinyl ponchos*)
- Old sneakers or sport sandals to wear at the camp sites or during water sports.
- 1 day-pack with shoulder straps (*school backpacks work fine*)
- 1 long underwear top and bottom for cool nights (*no cotton please*)
- 2-3 quart-sized water bottles for water storage (*Nalgene style best*)
- "Zip Lock" baggies to waterproof anything you really want dry (*1 Gallon size best*)
- A small Bible in a zip-lock bag (small-lightweight size or a New Testament)
- Warm knit cap
- Cup, Bowl, Utensil
- Cap/Bandana(s)
- Effective whistle
- Hand Towel
- Chap-stick
- Compact Flashlight
- Extra Batteries
- Sun Protection
- Insect Protection
- Pillow
- Folding pocket knife (optional)
- Compact camera – (optional)

Some of these items may seem excessive (warm knit cap, long underwear) 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!

MODESTY STANDARD

We encourage staff and campers to wear clothing of a modest standard described below. Please carefully look through your clothes to honor this request.

- Swimsuits should be modest and one piece or a Tankini-only if the fabric overlaps and does not show ANY skin (no Bikinis).
- Shorts should be suitable for recreation, and not form fitting or overly short (length should be lower than fingertips with arms at side).
- Shirts should be suitable for recreation and modest. Form fitting shirts, and those that reveal stomach when arms are raised are not appropriate.
- Some Tank Tops are appropriate for camp but many are not. Tank tops must pass all expectations for shirts and not have thin straps or expose the back.
- Clothing with wording or images contrary to the Christian principles of the camp are not appropriate.

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PACKING BY ACTIVITY EXPEDITION CHECKLIST:

The following are specific items which you should have for the following activities these some items do overlap with the general list, but are crucial for these activities. Please consult your trip information to make sure you have all the items you need for the activities on your trip.

Backpacking/ Hiking:

- Broken-in**, waterproof boots with good ankle support (you can buy waterproofing materials at most outdoor stores)
- 3-4 pair hiking socks (Non-cotton, preferably wool)
- 2 Water bottles (1 qt size) and a day pack

Canoeing / rafting / kayaking:

- One modest swim suit (one piece - see modesty standard)
- A hat with a brim (PA Health Department requirement)
- Towel (quick-dry best)
- Sunscreen (SPF 15 or higher)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (no flip-flops)
- A Non-cotton insulating layer, preferably fleece.

Dry bags will be supplied on the water to keep personal gear dry (*The bags are water-resistant but not always water-proof depending on how well they are closed*)

Rock climbing

- Climbing shoes or a well fitting pair of sneakers.
- Clothes that comfortably allow full range of motion.
- Chalk Bag (Optional)
- Please do **not** bring personal technical gear (carabineers, atc's, rope, etc.)

Mountain Biking:

- Sneakers and comfortable clothes
- We will provide Mountain Bikes and helmets

IT MIGHT SEEM OBVIOUS BUT PLEASE DO NOT BRING:

Cell phones / beepers	Cigarettes /Tobacco	Weapons of any kind
MP3 players, Video games	Drug / Alcohol products	Personal technical gear
Dangle or hoop ear-rings	Fireworks	
Non-prescription Meds	Magazines	