

Spruce Lake Wilderness Camp



A ministry of Spruce Lake Retreat

RR 1 BOX 605 CANADENSIS, PA 18325 Winter Phone: 570-595-7505 x151 Summer Phone: 570-595- 8800

Christ + Centered

Dear Paddlers,

You have taken the first step toward a memorable weekend! *We've received your registration and have a spot reserved for you on one of our **Parent-Child Delaware Canoe Trips**.* We know you are looking forward to an adventure in the beautiful Delaware National Recreation Area. Paddling is a great way to spend time with someone while learning how to communicate and cooperate well.

Friday evening late morning will be spent in the comfortable setting of Spruce Lake Retreat. There will be time to pack and do some cooperative activities too. Then, Saturday morning, we will drop the group off at the Delaware where you will paddle miles of beautiful river, camp on a secluded island or riverbank campsite, enjoy hearty meals, and have the chance to see breath taking scenery and various forms of wildlife from deer, to blue heron, possibly even a bald eagle. But, most importantly you will participate in a bonding adventure sure to create memories within a context of Christian Fellowship.

Because of the physical nature of these activities, **you will enjoy them much more, and be able to participate more fully 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 activity (walking, hiking, biking, sports, or aerobics) several days a week. Begin this process several weeks in advance and your muscles and joints will thank you for it! This trip is appropriate for all who are able to handle moderate exercise.

Please look over the following details and enclosed information to be fully prepared.

- The canoeing weekend begins on Friday 7pm. Plan on arriving and meeting in the Main Lobby by 7pm that evening to get settled in and begin preparing for the trip. We will return to Spruce Lake Retreat by 3 pm Sunday.
- The Health and Release Form will be mailed or e-mailed to all participants upon registration. It is also available on-line at www.slwildernesscamp.org. **Please do not use the typical Wilderness Camp Health Form** (the one we provide is specially geared to the Parent Child Canoe Trips). Please complete this Health Form and Release and bring it with you to Spruce Lake when you come.
- Bring proper personal clothing and equipment. Spruce Lake Retreat will provide all of the group equipment, (i.e. dry bags, tents, stoves, canoes, etc.) but you are responsible for bringing your own personal clothing and equipment. We have a complete list that will guide you through the process; make sure you follow it thoroughly and call us if you have any questions about the clothing and gear.

One thing we have learned about expeditions is that they are unpredictable. The group, weather, the wild life 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!

See you soon,

Kent Kauffman and Rich Brewer
Wilderness Camp Director and Wilderness Expeditions Manager

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ADDITIONAL INFORMATION FOR THE CANOE TRIP:

WHAT TO BRING: Bring 1-2 sets of active clothing for the trip and an additional set to change into afterwards. In addition, don't forget your sneakers. We provide specialized camping equipment, canoe equipment, sleeping pads, cooking gear, and tents. There are, however, a number of specific items that you will need to pack especially for your expedition. Please avoid cotton and denim clothing as insulating layers since they heavy, uncomfortable, and does not insulate when wet. Look for materials like nylon, "wicking", "Cool Max", "Thermastat", and "Polypro".

Here is your general expedition checklist

The time of year and weekend forecast for the region may help in deciding what is needed for the trip. *Please label all clothing & personal items so that lost items can be returned to you.*

- 1 nylon poncho or appropriate rain gear ***essential item**
- 2-3 water bottles (1 qt size, Nalgene-style work best) ***essential item**
- 1 lightweight **non-flannel** sleeping bag (*borrow if needed*) ***essential item**
- Old sneakers or Teva style sandals to wear on the river (shoes must be worn at all times, no flip-flops). ***essential item**
- A second pair of shoes that can be kept dry for camp site use. (optional)
- 2 T shirts (at least 1 non-cotton)
- 1 modest swimsuit (one piece)
- 1 pair nylon wind breaker pants
- 1 wool sweater or fleece jacket (**tip** check out thrift stores)
- 1 long underwear bottom for cool nights (depending on the time of year)
- Warm knit cap (good year round to help warm you up)
- Sunscreen (SPF of 15 or more) PA Health Dept. requirement
- Hat with a brim (ball caps are fine)
- Zip-loc bags to waterproof anything you want dry (1 Gallon Freezer bags work best)
- Journal and pen
- Effective whistle Small flashlight Cup, Bowl, Utensils
- Small towel Insect repellent Spending Money (opt)
- Chapstick Folding pocket knife (opt) Small Camera (opt)

We don't want you to spend a lot for a weekend, and most of the above items are common ones you probably have or could easily borrow. Two camping stores with reasonable prices are Campmor, and Sierra Trading Post. Call for a catalogue: Campmor @ 1-800-525-4784, Sierra Trading Post @ 1-800-713-4534, EMS, LL. Bean, and REI are also stores for outdoor clothing and gear but seem to be more expensive. Please *do not* bring any of the following items: **Video games, I-Pods, other electronics, alcohol/tobacco products.**

CLOTHING MODESTY: *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. They 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 is not appropriate.

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ACCIDENT INSURANCE: The camp carries a limited accident insurance. If you or your child needs treatment and you have insurance, your coverage will be applied first. If your policy does not cover the full bill you should inform us. Our coverage would then apply up to \$5000 per camper per incident.

ACCOMMODATIONS: The group will be staying in a platform tent on Friday evening and using the Woodside bathhouse for showers. On the river parents and children will sleep in tents and bed mats that Spruce Lake provides. Having the proper sleeping bag is important for both comfort and safety. Specific questions concerning accommodations can be directed to Kent Kauffman or Rich Brewer.

DIRECTIONS TO SPRUCE LAKE: The Retreat entrance is located off Route 447, about 2.2 miles north of the traffic light in Canadensis (the intersection of Rt. 390 & Rt. 447). Turn left at the Spruce Lake main entrance and follow to Spruce Lodge. For broader general instructions see the map on the Wilderness Camp brochure or visit our web site at www.slwildernesscamp.org



HEALTH AND RELEASE FORM: The Health and Release Form will be mailed or e-mailed to all participants upon registration. It is also available on-line at www.slwildernesscamp.org. Please **do not** use the typical Wilderness Camp Health Form (the one we provide is specially geared to the Parent Child Canoe event). Please complete this form and bring it with you to Spruce Lake when you come.

MEALS: Saturday morning breakfast will be eaten in the Spruce Lake dining room. While on the river Spruce Lake will provide packed meals for the back country. Please let us know at least three weeks prior if you have special food needs.

MEDICATIONS: Spruce Lake Retreat is not responsible for storing and dispensing medications. Please see that arrangements are made with children and parents. We recommend that you carry certain medications with you in the canoes and where you can easily get to them. (inhalers, epi-pens, etc.)

SCHEDULE:

Friday	7 pm - meet in the Retreat Center Lobby
Saturday	7:45am – breakfast in the Retreat Center Mid-morning Depart for River\
Sunday	Late-morning Pull off of River and return to Spruce Lake 2-3 pm – Return to Spruce Lake Retreat, clean up, and dismiss

SPENDING MONEY: Spruce Lake Retreat covers all travel expenses. Some spending money might be desired for a visit to the Retreat Center Snack Shop or Book Store.