

## Algonquin Canoe Expedition (ages 15-18)

This 9-day trip travels to the awesome lake country of Algonquin Provincial Park in Ontario, Canada, the most pristine wilderness of any of our expeditions! Experience the thrill of canoeing and portaging (carrying your canoe between lakes) on quiet ponds, massive lakes and through grassy marshes where moose and loons abound. Paddling and portaging is physically challenging but the rewards are great! Because of special border crossing consideration please make to have the required paperwork. (see below)

### Dates and Rates

#### Algonquin Canoe Expedition

July 11-19 , \$589

#### Other Fee Options

Franconia MC Bus, \$17/way

William PH bus, \$13/way

Spending Money, \$15-25

### Important Times

#### Thursday of Camp Week

Arrival at 6:00 pm

*No Bus Available*

#### Friday of Camp Week

Dismissal 6:30pm

William Penn Hwy Bus returns 7:45pm

Franconia Bus returns 8:45pm\*

*\*Arrive 15-20 min. early to sign out camper and collect luggage*

### Activities

Canoeing

Portaging

**Intensity:** Intermediate to Strenuous

### Border Crossing Requirements:

Because this trip is international there are extra requirements for participants. Campers need the following documentation brought with them or furnished to camp:

#### Personal Identification:

If under 15 years of age:

- You can provide an original or copy of his or her birth certificate.
  - Or a Passport
- 16 or older: Must have a current Passport. (Getting a passport is not a quick process)

Identification for Camp:

- Primary address, phone number, date of birth, place of birth, and the name of at least one parent or legal guardian.
- A written, signed and notarized statement giving Spruce Lake parental consent to take your son/daughter on this expedition.

**For more detailed information check out the following websites:**

Western Hemisphere Travel Initiative: [http://www.getyouhome.gov/html/lang\\_eng/index.html](http://www.getyouhome.gov/html/lang_eng/index.html)

US Customs and Border Patrol <http://www.cbp.gov/xp/cgov/travel/vacation>

### What to Bring

Because you are packing for a back country camping experience **one very important concept is to avoid using cotton and denim clothing.** 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.

Two bargain camping stores are Campmor: [www.campmor.com](http://www.campmor.com) and Sierra Trading Post: [www.sierratradingpost.com](http://www.sierratradingpost.com). EMS, LL Bean, and REI are also great stores for outdoor clothing and gear but tend to be a bit more expensive.

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

- 1 lightweight non-cotton sleeping bag in a stuff sack and pillow
- 1 nylon poncho or appropriate rain gear (*avoid easily torn vinyl ponchos*)
- 2 quart-sized water bottles for water storage (*Nalgene style best*)
- 2-4 T-shirts (*at least 2 being quick-drying T-shirts*)
- 2-4 pair quick-drying shorts (*example: nylon soccer shorts*)
- 2-3 pair *quick-drying (non-cotton)* underwear helps avoid rash and discomfort

- 1-2 modest swim suits
- 1 wool sweater or fleece jacket (*Non-cotton insulating layer*)
- 1-2 Pairs of pants (*Not Jeans or Cotton Sweats. Bring windbreaker or Fleece material*)
- 1 Warm knit cap (*for warmth should it get chilly*)
- 1 long underwear top and bottom for cool nights (*no cotton please*)
- 1 Pair of sport sandals, sneakers, or Crocs for in camp (*No flip-flops*)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (*No flip-flops!*)
- A sturdy and comfortable pair of sneakers or boots for longer portages
- Plate, Cup, Bowl, Utensils (*plastic or metal dishes*)
- A small Bible in a zip-lock bag (*lightweight size or a New Testament*)
- Flashlight or Headlamp with extra batteries
- \$15-\$25 Cash (*This is for travel snacks, and one meal on the road*)
- Towel (*quick-dry best*)
- Sunscreen (*SPF 15 or higher*) and Insect Protection
- “Zip Lock” baggies to waterproof anything you really want dry (*1 Gallon size best*)
- Chap Stick
- Effective whistle
- Folding pocket knife (*optional*)
- Compact camera (*optional*)

***Some of these items may seem excessive 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!***

### **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.

### **Clothing Modesty**

*We encourage staff and campers to wear clothing that adheres to the modest 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.
- Shirts should be suitable for recreation and modest. Please do not pack form fitting shirts, and those that reveal stomach.
- 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.