

Printable Delaware Canoe Details (ages 14-18)

Paddle your canoe five days on the wild and scenic Delaware River for some of the finest canoeing in the eastern United States. The trip starts on the Upper Delaware where you can pass through historic towns, see bald eagles soaring overhead, and have fun running the class 1 and 2 rapids. Then enter the secluded beauty of the Delaware River National Recreation area, ending at Delaware Water Gap. The entire trip spends four nights camping on the river banks and covers about 80 miles in five days.

Dates and Rates

Delaware Canoe
June 30-July 5, \$355

Other Fee Options

Franconia MC Bus, \$17/way
William PH bus, \$13/way
Spending Money, \$25-30

Important Times

Sunday of Camp Week

Franconia Bus departs 2pm*
**arrive 20-30 min. early to pre-register*
William Penn Hwy Bus departs 3pm*
**arrive 15 minutes early. Bus will not wait*
Registration Line 3:15-4:30pm

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

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 and Sierra Trading Post:

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 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 Pair of pants (*NOT jeans or cotton sweats – windbreaker or fleece material*)
- Hat with a brim (*PA Health Dept requirement for canoeing*)
- Warm knit cap (*for warmth should it get chilly*)
- 1 long underwear top and bottom for cool nights (*no cotton please*)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (*No flip-flops!*)
- 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)
- Chapstick
- 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 earrings, 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.

- Swim suits 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 or 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.