

## Printable Explorers Details (ages 11-13)

Explore Pennsylvania with a group of all girls or all guys your age on this week long adventure. With base camp at Spruce Lake's Adirondack shelters, Explorers will take off each day on various adventures and return to the shelters for quality time around the camp fire! Since campers may come multiple summers we change the program each summer to be different from the last. This years Explorers week is not yet finalized but it will be just as exciting as last year.

Last year we went Mountain Biking at Jacobsburg State park's 18+ miles of trail. We kayaked the upper Delaware River while enjoying breaks for swimming and numerous bald eagle spottings. We will spend one day on Spruce Lake's property exploring and experiencing activities like the challenge course, swimming at the pool. We ended with an over night camping trip to Ricketts Glen State Park where we hiked the well known Falls Trail with views of 21 different waterfalls.

### Dates and Rates

#### Explorer Guys Weeks

June 30-July 5, \$355

#### Explorer Girls Weeks

August 4-9, \$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*

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

Day Hiking

Mountain Biking

Kayaking

### 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.** A 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*)
- 1 day-pack with shoulder straps (*school backpacks work fine*)
- 2 quart-sized water bottles for water storage (*Nalgene style best*)
- 2-4 T-shirts (*at least 2 being quick-drying T-shirts*)
- 2-3 pair quick-drying shorts (*example: nylon soccer shorts*)
- 2-3 pair *quick-drying (non-cotton)* underwear helps avoid rash and discomfort
- 1 modest swim suit
- 1 wool sweater or fleece jacket (*non-cotton insulating layer*)
- 1 pair of pants (*NOT jeans or cotton sweats windbreaker or fleece material*)
- Plate, Cup, Bowl, Utensils (*plastic or metal dishes*)

- A small Bible in a zip-lock bag (*lightweight size or a New Testament*)
- Hat with a brim (*PA Health Dept requirement for kayaking/canoeing*)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (*No flip-flops!*)
- Flashlight or Headlamp with extra batteries
- Zip Lock baggies to waterproof anything you really want dry (*1 Gallon size best*)
- \$15-\$25 Cash (*This is for travel snacks, and one meal on the road*)
- Towel (*quick-dry best*)
- Sunscreen (*SPF 15 or higher*)
- Chapstick
- Insect Protection
- Effective whistle
- Warm knit cap (*for warmth should it get chilly, optional*)
- 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.