

Printable River and Trail Details (ages 12-14)

Explore Wild and scenic areas near the Delaware River with a group of all girls or all guys your age on this week long adventure. The experience begins at Spruce Lake but quickly moves near the tri-state rock where Pennsylvania, New York, and New Jersey all come together in the middle of the river. After canoe and safety instruction, your group will spend two days paddling, swimming, and camping riverside as you leave civilization behind.

At a point in the journey we will meet you with a hearty lunch, move your gear into packs, and transport you from the river to the world renowned Appalachian Trail. Your next two days will be spent hiking a beautiful section of the trail along the Kittitiny Ridge. Climbing the Catfish fire tower, hike over Mount Mohican, and enjoy Sunfish Pond, as you backpack more than ten miles ending at the Delaware Water Gap!

Dates and Rates

Guys River and Trail

July 21-26, \$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

Backpacking

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*)
- 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*)
- **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*)
- Old shoes, secure sport sandals, water shoes or crocs to wear while on the water. (*No flip-flops!*)
- Hat with a Brim (*PA Health Dept requirement for kayaking/canoeing*)
- Warm knit cap (*for warmth should it get chilly*)

- 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
- 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*) and Insect Protection
- 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.