

EBC YOUTH GROUP

JR. HIGH OUTDOOR ADVENTURE



**AUG 8-9
(RAIN DATE AUG 9-10)**

JR. HIGH CANOE TRIP

This year's trip will depart the church, weather permitting on Aug 8, at 9:00am and should be expected back at the church around 4:30 pm on Aug 9; parents will be called when we are one hour from home. **Students will need to bring a bag lunch for Aug 8.** All other meals will be eaten on the river.

The Saco River Canoe Trip is really a back country camping trip that covers 15 miles in two days; from Swans Falls to Lovewell Pond. Canoes will be rented from Saco River Canoe and Kayak www.sacorivercanoe.com. The pace is consistent, averaging 3mph. We often paddle for up to an hour at a time. There are no facilities like bathrooms or showers. We bring clean water for drinking and cooking, and if necessary, have the ability to purify water using a SteriPEN, eliminating over 99.9% of bacteria, viruses and protozoa that cause water-borne illness.

Once on the river there are no stores, so all supplies must be carried via canoe. Having the right gear for the trip is essential!

We will be surrounded by water by day and will sleep on a sandy beach at night. If it can get wet or dirty, it will!

Pack DRY, pack SMART and pack SMALL.

Packing Dry- Waterproof bags often known as **dry bags** are **REQUIRED** for the canoe trip. Sleeping bags and personal gear must be packed in these special bags to insure that all gear arrives at the camp clean and dry.

Staying Dry- Keeping dry means packing a rain coat, a quick dry towel and keeping both handy at a moment's notice.

Packing Smart- A "dry bag" is only going to keep your gear dry if you keep it closed. Do not pack items needed through the day (sunscreen, water bottle, bug spray) with items not needed till evening (warm cloths, sleeping gear). Be sure to bring a separate bag for wet or dirty gear, that way you won't be putting wet gear away with dry gear.

Packing Small- Save space in your canoe by packing the smallest gear possible. Don't leave any essential gear out, but do look for the smallest gear possible. For example, the average full size sleeping bag is TO BIG to fit in a dry bag and still have room for other gear. Pack a warm blanket instead. Go with a small pillow, not a full size one.

Food- Participants will need to bring two MRE meals of their own choosing. MRE stands for Meal Ready to Eat, a dehydrated meal that needs nothing more than hot water to cook. They can be purchased in the camping section at Walmart, KTP or EMS. Each participant need to bring TWO MRE meals. One will be used for dinner, the other for lunch on the second day of the trip. EBC will provide clean water (be sure to bring your water bottle), camp fire snacks and a hot pancake breakfast (bring a plate and fork).

Pack List- These items are required:

*bag lunch for Aug 8. **DON'T PACK YOUR LUNCH WITH YOUR DRY GEAR!**

- Permission slip & Medical form (turn these items in at arrival on the day of the trip)
- \$65 made out to "Eliot Baptist" with Youth Group mentioned in the memo portion of the check.
- Water bottle
- Water shoes that must be worn while swimming

A Dry Bag (trash bags are not considered dry bags) **containing:**

- MRE type meals. You'll need two.
- Rain gear
- Sleeping bag/blanket and pillow
- Warm clothes for camp. Fleece and wool work well because they remain warm even when wet
- Swim suit (arrive on the day of the trip wearing your suit. There won't be a place to change into it later)
- Toiletries (soap and hand sanitizer)
- Towel- avoid large beach towels. Look for small, quick dry towels.
- Fork and/or spoon to use for meals
- Plate- used for the pancake breakfast

Suggested items:

- Hat
- Bug spray
- Sun screen
- Pocket knife (parents please use your discretion)
- Flash light