

July 22nd -28th Backpack and Canoe Trip

Dear Trip Camper,

We are excited that you have decided to join us on the backpack and canoe trip! Wilderness trips are a unique and exciting way to experience nature, engage with friends and recognize God. Backpacking is physically challenging work, but you will soon learn to rely on your group and yourself in new ways. No previous backpacking or canoeing experience is necessary, although you do need to be willing to paddle a canoe, carry a backpack, spend the week outdoors and participate in the challenges and joys of wilderness camping.

As we prepare for our week together backpacking and canoeing, here is some information that you should be aware of. If you have any other questions, please be sure to contact Covenant Point at **906-265-2117** or check out the **Trips** page at **cpbc.com**. We look forward to seeing you this summer!

After two days of backpacking, we will change out our hiking gear and drive to our put-in at the river.

The following is a list of recommended items needed for the trip. Please do not feel the need to purchase a pile of expensive equipment. Many items can be borrowed or found at thrift stores. Tents, sleeping pads, hiking backpacks, canoes/paddles, cooking equipment and one dry-bag per person will be provided.

- 1 nylon sleeping bag with stuff sack. 20 degree rating. No more than 5 pounds.
- 1 pair hard-soled, ankle-high hiking boots. Break in your boots before you arrive.
- 2-3 t-shirts and 2-3 pair underwear.
- 1 pair tennis shoes or sandals to change into at campsite.
- 4 pair hiking socks (thick and high).
- 1 warm fleece or wool long sleeve layer.
- 1 pair light weight gloves
- 1 waterproof rain jacket and pants
- 1 pair of loose fitting pants for hiking (not jeans!)
- 1 warm hat
- 1 handkerchief or bandana
- 1-2 pair shorts for hiking
- something to sleep in
- 1 modest swimsuit
- sunglasses, brimmed hat, sunscreen, lip balm
- bug spray
- headlamp or small flashlight
- small bible, journal, pen, camera
- toiletry items (use small travel containers and pack in ziplock bag)
- small towel or camping towel
- tampons for women
- travels clothes and small backpack/bag for van ride
- 6 or 7 - 2 gallon ziplock bags (to put clothes in to keep dry)
- Spending money if you wish to purchase snacks during the trip or visit the canteen at camp.