



Packing List for Flambeau River Canoe Trip (Grades 6/7/8 or 9/10/11/12)

Dear Trip Camper,

We are excited that you have decided to join us on a canoe trip this summer! Wilderness trips are a unique and exciting way to experience adventure and create amazing memories. Canoeing is a great way to travel through the wilderness and you will soon learn to rely on your group and yourself in new ways. No previous canoeing experience is necessary, although you do need to be willing to paddle a canoe, spend the week outdoors and participate in the challenges and joys of wilderness camping. If you have any other questions, please feel free to contact Covenant Point at (906) 265-2117 or check out cpbc.com. We look forward to seeing you this summer!

Canoe trip campers should bring a range of clothes for warm days and cool nights. The Trip campers are outside the entire week, so adequate clothing is important for cold or rainy days (check forecast for the week).

Our Trip program is designed to encourage campers to participate in the experience of the community and adventure with the basic essentials. **Please do not pack electronic devices, watches, candy / junk food, mirrors, cosmetics, or pop-culture reading material. Cell phones may be used during travel for those riding the bus. Cell phones and the above items will be packed away on the first night and returned at the end of the week.**

The following is a packing list of recommended items for the trip. Please do not feel the need to purchase a lot of expensive equipment. Many items can be borrowed or are already owned. Tents, 2/3 length "ridge rest" sleeping pads, dry-bags, Duluth packs and cooking equipment will be provided. Your first night at camp we will unpack our bags and repack our gear into the dry-bags that we provide for you, and split up communal gear and sleeping bags amongst Duluth packs. Your luggage, a clean outfit (for when we return to camp), and unnecessary items (including phones and electronics) will be stored safely at camp for the time we are on the river.

Recommended Packing List:

- Required medications (medications must be in original containers - this include over-the-counter drugs as well.)
- Nylon “mummy style” sleeping bag with stuff sack: must be warm, lightweight and packable (4- 5 pounds max, fit into stuff sack 10 x 20 max) 20 degree F rating
- Several changes of clothing, including clothing for all situations (pack clothes for cold, buggy weather)
 - Water shoes or old tennis shoes that you can wear in the river, Keens, or sandals with a back strap (NO flip-flops or Crocs – these can come off and float downstream)
 - 1 pair tennis shoes or sandals to keep dry and change into at campsite
 - 2 t-shirts and 4-5 pairs of underwear
 - 2-4 pairs of warm socks
 - 1 warm fleece or wool long sleeve layer
 - Waterproof rain jacket and pants
 - 1 pair of loose fitting pants for campsite (not cotton or jeans)!
 - 2 pair quick drying shorts
 - Something to wear to sleep
 - Swimsuit (modest in design) and small towel / camping towel
- Water bottle (available for purchase in the canteen)
- Small Bible, paper, and pencil (if necessary, a Bible can be provided for the week) – packed in Ziploc bag
- Sunglasses, brimmed hat
- Sunscreen, insect repellent (non-aerosol), lip balm
- Headlamp or flashlight with batteries
- Toiletry items (use small travel containers and pack in Ziploc bag)
- Tampons for women
- One clean outfit to leave at camp to change into after the trip
- 6 or 7 1-2 gallon Ziploc bags (to pack clothes in)
- Spending money if you wish to purchase snacks on the drive or visit the canteen while at camp.

Optional Items:

- Camera (in Ziploc bag)
- Fishing pole / tackle - No WI fishing license necessary for those 16 and under, and those 16+ may purchase one on the way if desired (The Flambeau River is known for smallmouth bass and musky, as well as other species)
- \$20-\$50 for camp clothing, souvenirs, or merchandise and/or money for mission project donation, if desired.

Items not to bring to the Canoe Trip

The Flambeau River Canoe Trip is a unique experience of living off the grid for a week, and we try to live by the basics, which is rare in today's world. Please do not pack the following:

- Any foods with peanut or nut ingredients (for allergy safety)
- Candy / Junk food
- Electronics
- Watches
- Mirrors or Cosmetics
- Pop-Culture Reading Material
- Knives, weapons, sharp objects, lighters, or matches
- Alcohol or illegal drugs
- Personal sports equipment
- Any clothing, stickers, or imagery that can be divisive, political, negative, etc. – We strive to keep the focus of camp Christ-centered and limit visual messages that are difficult to unpack for young people who are together for a temporary community.

Any such belongings will be collected by the staff at the beginning of the week and locked away until the end of the week when they will be returned to the camper.

If riding the bus to / from camp:

Please send money (\$20 total) for a lunch stop on each end of the trip. The camp bus stops at McDonald's on trip to/from camp.

Sending camper mail or email:

Since this trip takes place away from camp, it is not possible to communicate with your camper by mail or email during the week. However, the group will be back to camp around dinner time on Thursday, so if you do choose to send mail or email, it will be delivered to the trip camper at that time. If sending a package, please do not include any prohibited items (such as snacks containing or peanut or nut products).

Camper Name
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subject: *Camper Name*