



Jr. High Canoe Trip

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

The Saco River Canoe Trip is really a back country camping trip that covers 10.8 miles in two days; from Swans Falls to Walkers Bridge. 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, can purify water using a SteriPEN.

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. TRASH BAGS ARE NOT DRY BAGS. Sleeping bags and personal gear must be packed in dry bags to insure that all gear arrives at the camp clean and dry. Dry bags can be purchased in the camping section at Walmart or KTP. The prices vary quite a bit so be a good shopper.

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).

Safety- Participants are required to wear the supplied life jackets any time they are in the water, rather canoeing or swimming. Trip leaders carry basic first aid equipment designed to help bumps, bruises, blisters and cuts.

Pack List- These items are required:

*Bag lunch for day 1. DON'T PACK YOUR LUNCH WITH YOUR DRY GEAR!

- Water bottle
- Water shoes that must be worn while swimming and walking on beaches

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)
- 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