

EBC Youth Group

Sr. High Outdoor Adventure



Description: The Sr High Outdoor Adventure is three days of fun with friend and spiritual fellowship in the mountains of Maine. Hiking, river tubing and lounging at the camp, Its action at your own pace and something for everyone.

We call it Outdoor Adventure because that's exactly what it is! Located in the Sunday River area, we will be enjoying three days of outdoor fun. On day one, we will stay at a campground near Sunday River, then explore local day hikes. Bring a backpack with basic supplies (see packing list). Day two offers another hike, then float on tubes down the Androscoggin River. We may even have time for Frenchman's Hole, local swimming favorite! This adventure is as mild or wild as you like. No need to do anything outside your comfort zone. It's an outdoor hangout with friends!

We will depart the church, weather permitting at 10am and will be camping for 2 full nights. Parents will be called when we are one hour from EBC. The cost of the trip includes camping, meals and activities. Participants will need to bring spending money for ice cream, lunch and dinner on travel days.

Packing List

- Spending money (enough for two meals on the road, ice cream money at night.)
- Sleeping bag, pillow ect. (Cots Tents and Sleeping bags are available to borrow from the YG on a first come first serve basis)
- Backpack
 - Water bottle
 - First aid (bandages, pain meds ect)
- Personal plate, cup, fork, knife, spoon (washable)
- Hiking footwear (don't forget good socks)
- Sandals or other wet footwear (for showers and river adventures)
- Sunscreen, bug spray
- Warm clothes
- Swim wear
- Quick dry towel
- MRE type meal (to be used for one lunch)

In addition to these items, you may want to bring:

- Flashlight

- Phone and charger with cables
- Snacks
- Camp chair
- Your own tent (tents will be provided if needed)
- Cards, games, Frisbee or other outdoor fun!

A note on FOOD-

We love to use MRE's; meals that need nothing more than hot water to cook! What's an MRE? It stands for Meal Ready to Eat. They are dehydrated meals. Believe it or not, they taste good! They can be purchased in the camping section at Walmart. A greater selection (and more tasty choices) can be found at Kittery Trading Post or EMS.