

Sr. High Canoe Trip: 2019

Packing List:

What should I pack in? You will want to pack in a sports type duffel bag or backpack. Suitcases are not a great idea. When we arrive to our canoe drop in, we will provide a large supply of ziplock bags to put things in inside your bag, and also a few larger trash bags to wrap your entire bag in. This will help your stuff to become “water resistant”.



- Swimsuit and Towel (one piece or modest tankini for girls)
- Toiletries (Deodorant, Toothpaste/Toothbrush, Feminine Products, soap for washing in the river)
- Tennis shoes. (not your brand new ones, they may get dirty)
- Sandals or Water shoes.
- Dirty Clothes Bag
- Sunscreen and Chapstick
- Bug Spray
- Sleeping Bag and a travel pillow. (you can use a sweatshirt instead of a pillow)
- Flashlight
- Any Necessary Medication.
- Clothes for outdoors - Sunday through Wednesday (pack at least one sweatshirt and pair of pants in case for cold weather.
- Pajamas
- Water Bottle
- Rain Poncho (in case of rain)

OPTIONAL:

- Fishing Pole/Fishing Gear*
- Snacks or games for the van ride*
- Hat and sunglasses*
- If you want hot coffee, hot chocolate, or tea, bring a camping hot cup.*

Technology and Cell Phone Policy:

We recommend NOT bringing your phone. **I dare you**, take a few days to live fully in the present! You may find life richer, fuller, and more enjoyable. Besides, most of the time there is no reception, and on a trip like this there is a higher risk for your phone to get wet or broken as well.

For the majority of the trip we will ask you to not be on your cell phones, which includes not using them during travel time. We will ask you to not use your phones, so that we can trade that time for something better, deeper friendships and community.

Leaders will have cameras to capture those special moments, and will make them available through a shared folder to everyone on the trip.

And yet...the choice is yours. If you can't live without it by your side you may bring your phone.