



Bear Creek Camp & Conference Center

Eastern Pennsylvania Lutheran Camp Corporation

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www.bearcreekcamp.org

Dear Adirondack Explorer and Parents,

Thank you for registering for the Adirondack Expedition at Bear Creek Camp. This exciting 2-Week trip will take you into remote and wilderness areas in the Adirondacks in northern New York. We are excited to have you joining us for this trip and want to help you have a great experience.

This letter is intended to give you some additional information about the nature of your trip and help you prepare for it. There is a packing list enclosed, please make sure that you bring the listed items to camp with you, not having the needed equipment can easily turn a great trip into a miserable experience.

Traveling in remote or wilderness areas does involve some inherent risk. Dangers from rapidly changing weather, natural features (lakes, rivers, cliffs, etc), and physical activities are magnified due to the remoteness and access to medical care. The staff at Bear Creek Camp is trained to deal with these conditions and emergencies that might arise in remote areas. Our staff is trained in First Aid, CPR, emergency procedures for "Delayed Help" situations, and how to contact emergency assistance. At least one counselor on the trip is trained in advanced first aid, in addition to the training described above. At least one lifeguard will also be sent on the trip.

In the event that a person needs to leave the trip for medical emergency or other reasons, the trip leaders will contact the camp at the earliest possible time. The camp will then contact the parents and make travel arrangements as necessary. It is extremely difficult for us to make contact with a group while they are on trail. If a family or other emergency arises you may contact the camp office at (570) 472-3741 and we will try to make contact with the group at the earliest possible opportunity. A health history form is enclosed. This must be on file at camp before a camper is allowed to participate in camp activities. Please fill this out and send it back to the camp at least two week prior to your arrival.

Canoeing in the Adirondacks is a physically demanding trip and we expect that all participants be physically fit and able to participate in a full day of strenuous activity. While it is not required, doing some type of physical aerobic conditioning prior to arriving at camp will greatly increase your enjoyment of the trip. We recommend that you do some sort of aerobic conditioning (walking, jogging, biking, aerobics) several times a week for at least three weeks prior to your trip.

If you have questions or concerns about your upcoming adventure, please contact us at (570) 472-3741.

God's Peace,

Lauren Remillard
Youth Programs Manager

Adirondack Expedition Packing List

For The Canoe Trip Portion of Your Time at Camp

(See the "Getting Ready For Camp" booklet for additional items you may want to bring to camp)

Required Items

- | | |
|--|---|
| <input type="checkbox"/> 1-2 swimming suits | <input type="checkbox"/> 1 turtle neck or long sleeve t-shirt |
| <input type="checkbox"/> 1 wool sweater (old) | <input type="checkbox"/> 2-3 t-shirts |
| <input type="checkbox"/> 1 pair lightweight hiking boots or sturdy shoes | <input type="checkbox"/> 1 old towel |
| <input type="checkbox"/> 1 pair wet shoes (old pair of tennis choose) | <input type="checkbox"/> 1 sleeping bag |
| <input type="checkbox"/> 5 pair wool or polypropylene socks | <input type="checkbox"/> 1-2 handkerchief or bandana |
| <input type="checkbox"/> 5 pair underwear | <input type="checkbox"/> 1 hat with brim |
| <input type="checkbox"/> 2 pair shorts | <input type="checkbox"/> 1 wide mouth water bottle |
| <input type="checkbox"/> 1 lightweight jacket or windbreaker | <input type="checkbox"/> Sunglasses with strap |
| <input type="checkbox"/> 1-2 pair pants | <input type="checkbox"/> Personal toiletries |
| | <input type="checkbox"/> Flashlight (small) |
| | <input type="checkbox"/> Bible |
| | <input type="checkbox"/> Sunscreen |
| | <input type="checkbox"/> Mosquito repellent |

Optional Items You May Want To Bring

- | | |
|--|--|
| <input type="checkbox"/> Camera (in 2-3 plastic bags) | <input type="checkbox"/> Playing Cards |
| <input type="checkbox"/> Journal and pen | <input type="checkbox"/> Small amount of spending money |
| <input type="checkbox"/> Fishing equipment (license required for 16 and older) | <input type="checkbox"/> Biking or weight lifting gloves |
| <input type="checkbox"/> Small air mattress | <input type="checkbox"/> A small day pack |
| | <input type="checkbox"/> Book |

Packing Tips

- Bear Creek Camp will provide bags, for packing your personal items in, and all group camping equipment for your trip.
- While on the trip you will be carrying all the "stuff" that you bring and additional group camping gear so pack light.
- Try to bring wool or synthetic fiber clothing when possible. If cotton clothing gets wet it will not keep you warm and takes a very long time to dry out.
- There is no need to buy expensive new clothing or equipment for this trip. If you are in need of clothing for the trip second hand stores often have suitable items.
- Plan on dressing in layers so that you can adjust your clothing to the weather. Weather can change very quickly and you want to be prepared for it.
- Electronic equipment and valuables should be left at home.
- Pack in plastic bags, equipment and clothing has a tendency to attract water on a canoe trip.
- Check the list in the "Getting Ready For Camp" booklet for additional items you might want to bring to camp and items that you should leave at home.