

Most Frequently Asked Questions about Forest Springs Wilderness Trips

1) How much money should I bring?

You will need money at camp if you want to buy a sleeping bag or pillow, rent a sleeping bag, thermarest mat, or crazy creek chair (see #4 and #5 for more details). Our Café, Coffee Shop and Gift Store may be opened for other souvenirs, if time permits.

2) Who do I pay for the balance due on my trip?

You may pay online with your account or pay when you arrive to Forest Springs.

3) Do I need a Health Form/Physicians Authorization?

Everyone will need a health form and informed consent form. If you are under 18 your form will need to be signed by a parent/guardian. If you are under 18 years of age and have any medical prescriptions, a "physician's authorization" form must be completed and signed by your prescribing doctor. Your medication will be held and distributed to you by your leaders throughout your trip.

State regulations require that all prescription medications brought to camp **MUST** include written instructions from a physician. If medications are needed during the camp week, please be sure to have your prescribing physician fill out the **Physician's Authorization to Dispense Medication form** sent to you (or download this if needed). Medications CANNOT be dispensed without this form. **Medications need to be in the original prescription bottle showing your name and an expiration date.** Unless absolutely necessary, please do not bring non-prescription medications or vitamins. Forest Springs has basic non-prescription medications on hand.

4) What can I rent for my trip?

We have sleeping bags (\$10), thermarests (\$10), sleeping bag and thermarest (\$15) and crazy creek chairs (\$5)

5) What can I buy?

We have sleeping bags and travel pillows available to buy. We sell sleeping bags for \$35 and camping pillows for \$10. Both are excellent for wilderness trips because they can pack tightly into a stuff sack leaving you room for other things. This is a fabulous deal!

6) Can I bring extra snacks?

We discourage you from bringing extra snacks on the trip. We provide an adequate amount of food for your daily intake. Our breakfasts usually includes a protein, carb, and fruit (ie. Pancakes, sausage, & applesauce). Our dinners will include a protein, carb, and vegetables (ie. Spaghetti with meat sauce, garlic bread, & green beans). Our lunches are light and on-the-move. They consist of crackers, cheese, sausage, gorp, granola bars, drink mix, and other snacks.

7) Can I bring soda and candy?

Feel welcome to bring pop and candy for your ride to and from camp, if your adult supervision approves. Please do not bring soda with you on the wilderness portion of the trip.

8) What if I have food allergies?

Please let us know of any food allergies that you have so that they can communicate that to us. We will do what we can to provide a modified diet, however, food allergies that require major diet changes are best dealt with by you before you come on the trip. We are glad to modify a persons food by taking out certain items if you cannot eat them (ie., taking peanuts out of the trail mix). Bring supplement items if this is a concern. ***Please call if there is a peanut, dairy, or gluten allergy BEFORE your trip.**

9) Will I have enough room in my barrel?

Each person will be given their own "blue barrel" for river trips to carry their gear in. The barrel is the size of a large overnight hiking backpack. If you want to make sure you have enough room, stick to the "what to bring" list you were given and you should be okay. Make sure your sleeping bag is compactable (9"X20" when stuffed); this usually takes up the most room. If you are not sure about your sleeping bag, plan to rent or buy one when you get to Forest Springs.



10) Do I have to take the swim test?

The swim test is at the discretion of your trip leaders and group leader. If chosen, everyone is required to take a swim test every year. We do not keep records from year to year. Our trip leaders need see and evaluate your abilities, for safety precautions on the river. If you choose not to take the swim test, you will be required to wear your life vest whenever you are near or in the water...including while in a canoe. If your trip does not involve water, then swim tests will not be a part of your orientation.

11) How long will we canoe or hike each day?

Every day is different on the river or trail. An average amount of paddling you will do is 4-5 hours. On hiking trips you could hike from 5-12 miles depending on the goals for the day. Some days will be shorter or longer depending on the location of the campsite, needs of the group, and destination of the day.

12) Can I bring my cell phone or ipod?

In short, NO. Once you arrive at Forest Springs, headphones, ipods, gameboys, or cell phones will not be allowed to be used. We want to encourage time together as a group.

13) Is there a dress code?

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes, low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn on the river or beach and going to and from the river or beach only.

14) Should I bring warm clothes?

If you follow the "What to Bring" list, then you will have the right clothes for the trip.

15) Can I bring flip flops?

You may bring flip-flops; however they may only be worn as your second pair of shoes at the campsite. While you are canoeing, kayaking, or climbing we want your feet to be safe and insist that you wear a sturdy pair of shoes, ie, tennis shoes, or Teva type sandals.

16) Can I have a pocket knife?

You may bring a small, folding knife (ie. Swiss Army knife). If you want to bring a larger one for fishing your trip leader will hold on to it until it is needed.

17) Can we bathe in the river?

It is not a good idea to bathe in the river since many of the soaps/shampoos that we use are harmful for the environment. You will have plenty of time to swim and rinse off in the river and then you can look forward to your shower when you get back to camp.

18) Can I leave my belongings in the cabin?

If you find that you have extra items left after packing your barrel and your transportation has left, we have a special closet that you may keep your extra items in. The closet is safe and will be locked. Please do not leave extra clothing, bags, or pillows in the cabins, our accommodations crew will take them to our lost and found area.

19) Where is camp located?

Map to Camp:

