FOREST SPRINGS
CAMP & CONFERENCE CENTER

# Canoe/Fish Trip What to Bring List

## WHAT TO BRING: (remember, less weight is usually better)

- θ HANDWRITTEN GOALS
- θ Clearly labeled medications and Physician's Authorization Form, if bringing prescriptions. Unless absolutely necessary, **please do not bring non-prescription items.**
- θ Signed Health Form (by parent/guardian if you are under 18 years old)
- θ Signed Informed Consent Form
- θ Bible
- θ Paper, pen and/or pencil
- θ Sleeping bag: be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing space.
- θ Flashlight (check batteries)
- θ Insect repellent (non-aerosol)
- θ Sunscreen or protective lotion
- θ Hand Sanitizer
- θ 1 or 2 plastic garbage bags (these serve many purposes)
- θ Personal items that you know you will need
- θ Hat for protection from the sun
- θ Small towel and washcloth
- θ Old tennis shoes or sturdy pair of sandals with straps to be worn in the canoe and while swimming (not flip-flops)
- θ A second pair of shoes to be kept dry(tennis shoes, sandals or flip-flops)
- θ Modest one-piece swimsuit
- θ 1 pair of long pants
- θ 2 pairs of shorts (prefer quickly drying)
- θ Underwear
- θ Socks (2-4 pairs)
- θ 2 T-shirts (prefer quickly drying)
- θ Wool sweater or something comparable for warmth
- θ Rain gear, top and bottom (top is most important)
- θ Glass Straps for prescription glasses
- θ Your own drinking mug or cup
- θ Your own unbreakable plate and eating utensils
- θ Fishing Equipment - Slip bobber fishing is the anglers choice of technique. Fish to catch: Walleye, small-mouth bass, musky, northern pike, crappie and blue gills.
  - θ Rod
  - θ Lures, perch color (gold and orange colors best)
  - θ Assortment of Jigs

- θ Shallow running crank baits
- θ Tackle box that can be secured inside a canoe

θ Extra set of clothes for your last night at camp and your trip home. This will be kept in your luggage and stored in a safe place while you are on your trip.

θ OPTIONAL ITEMS: Sunglasses, camera, dry bag from Walmart extra water bottle (FS will give you a water bottle to keep)

*KEEP IN MIND*: Everything you need will be carried in a waterproof plastic barrel, with about as much space as a large backpack. In addition to your personal gear, you will be expected to carry some of your own food in a small stuff sack. ϑ Your sleeping bag should fit into a stuff sack approximately 9" X 20". You may rent a bag from us for $10 per trip or purchase a sleeping bag for $35.

*SHOES*: At no time will you be permitted to be barefooted. Sandals with Velcro straps will come off of your foot very easily when in the river and should have buckles if you intend to wear them while canoeing. Flip-flops are not allowed for your time in the canoe; however they are permitted for your time at the campsites.

*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 at the beach and going to and from the beach only.

**WHAT NOT TO BRING:** Audio devices such cell phones, electronic games, ipods, illegal drugs, alcohol, tobacco products, fireworks, and firearms

**FOREST SPRINGS PROVIDES:** Tents, sleeping pads, cooking equipment, food, camping gear, and first aid.

## ITEMS TO RENT OR BUY:

**Rent:** Sleeping Bag $10, Thermarest, $10, Bag/Therma $15, Crazy Creek Chair $5

**Buy:** Sleeping Bag $35, Pillow $10, Sunglass Strap $2. Mosquito Nets $5,Sticker $2, Rain Poncho $1