

# Student Ministries High School Girls Canoe Camping Trip



**When:** July 28-31. Depart from church 8AM Thursday. Return Sunday evening.

**Activities:** Canoeing, swimming, fishing, hiking in the woods, devotions each morning and evening, and typical camping duties. There is a very small amount of canoeing required on this trip. We'll have plenty of free time available to enjoy clear water and sandy beaches. Lots of fun!

**Camping Style:** Primitive camping. Will be sleeping in tents. Campsites have a picnic table, fire ring, and a pit toilet. There are no buildings, electricity, or running water. We will be preparing meals on a wood fire.

**Required Experience:** None. This trip is for beginners at canoe camping.

**Cost:** \$35 per person registration fee for transportation, food during camping, and rental of some group camping equipment. **Also need money for a fast food meal on the way back.** Please let us know if you have a tent or life jackets that we can use during the trip.

**Responsibilities:** Besides all the fun, there is quite a bit of work required in primitive camping. We all will be taking turns in preparing meals, washing dishes, gathering fire wood, and leading devotions. We also all need to pitch-in with setting up and taking down camp.

**If you have any questions, please contact:**

**Dave Becker    490-8845 (home)    491-4361 (work)**  
**[dbecker@hemancanoe.com](mailto:dbecker@hemancanoe.com)**

**To reserve a spot** on this awesome trip please fill out the registration form, have a parent sign the waiver, and write a check to GBCC for \$35. You can drop it in the blue mailbox at Expressway, or you can mail it to the church at GBCC, PO BOX 10104, Green Bay, WI, 54307 Attn: Student Ministries Canoe Trip

**All forms are on our website: [www.gbcommunitychurch.com](http://www.gbcommunitychurch.com)  
Connect/Student Ministries/Canoe Trips**



**Canoe/Camping Trip Registration Form  
2011**

Complete both sides and return to:

**GBCC**

**Attn. Student Ministries – Canoe Trip**

**PO BOX 10104**

**Green Bay, WI 54307**

Student Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Email: \_\_\_\_\_

Student Birthday (mm/dd/yy): \_\_\_\_\_ Sex: Male Female

School 2011/2012: \_\_\_\_\_ Grade 2011/2012: \_\_\_\_\_

Special diet, allergies, health concern: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day phone: \_\_\_\_\_ Eve. Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

**Circle the trip you will be joining:**

**MS Boys Trip  
Aug 12-14  
\$25**

**MS Girls Trip  
Aug. 26 - 28  
\$25**

**HS Boys Trip  
June 16-19  
\$35**

**HS Girls Trip  
July 28-31  
\$35**

**Please fill out both sides**

Green Bay Community Church, Inc.  
Agreement and Release From Liability

**Voluntary Participation**

I, \_\_\_\_\_ acknowledge that I have voluntarily applied to participate in the **Expressway High School Girls Canoe Trip, July 28-31, 2011** (the "Activity") with Green Bay Community Church, Inc.

**Assumption of Risk**

I am aware that the Activity poses risks including but not limited to: sickness, crime, injury, as well as similar and dissimilar risks. I am aware that the Activity could be a hazardous Activity. I am voluntarily participating in the Activity with knowledge of the risks involved. I hereby agree to accept any and all risks of injury or death that may result from my participation in this Activity.

**Release From Liability**

As consideration for being permitted by Green Bay Community Church, Inc. to participate in the Activity, as consideration for Green Bay Community Church Inc. assisting in arranging the activity and for the good and valuable consideration the receipt and sufficiency of which is hereby acknowledged, I hereby irrevocably and unconditionally release, waive, discharge and covenant not to sue or attach the property of Green Bay Community Church, Inc. or any of their affiliates, subsidiaries, divisions, members, directors, officers, employees and agents (collectively referred to as "Releasees"), for and from all claims of any nature now or hereafter existing whether known or unknown, including but not limited to all liability, on account of death, injury, or damage resulting from the negligence or other acts, however caused, of the Releasees as a result of my participation in the Activity. I understand that I am giving up my legal rights and the rights of my representatives to recover from injury, death, or property damage.

**Medical Treatment**

I understand that GBCC recommends that I consult my physician prior to participating in any physical activity. In the event of a medical emergency during the course of the Activity or transportation to or from the Activity, which, in the opinion of the attending physician, may endanger my life, cause disfigurement, physical impairment or undue discomfort if delayed, I authorize treatment by a qualified and licensed medical doctor.

**Knowing and Voluntary Execution**

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Green Bay Community Church, Inc. and/or their affiliates. No oral representations, statements or inducements apart from this agreement have been made to me. I sign this agreement of my own free will.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Signature of Participant or  
Parent/Legal Guardian

\_\_\_\_\_  
Print Name of Parent or Legal Guardian

# Canoe Camping

## What to Bring (Bring the oldest things you have)

- Sleeping Bag
- Bible
- Change of dry clothes to keep in the vehicle.
- 2 sets of foot wear. One set to wear while canoeing (wet pair). One set to wear around camp (dry pair). Old tennis shoes are fine.
- 2 pairs of comfortable, old pants
- 1 or 2 things from the following list: hooded sweatshirt, old sweater, flannel shirt, sweatshirt.
- 2 or 3 pairs of socks. One warm pair is nice for wearing at camp.
- Under clothing
- Hat with brim (Want one that will stay on head in case it gets windy while canoeing.)
- Sunglasses
- Sun block (want high SPF factor)
- Couple T-shirt and pair of shorts (for sleep wear or if gets really hot)
- Swimming suit
- Small towel
- Chapstick (lips get sun and wind burn quite easy when canoeing)
- Tooth brush, etc. for dental hygiene
- Toilet paper
- Personal water container (not glass) to carry in canoe
- Something to keep your hair back if it is long
- If you wear glasses, strap to keep them on if you fall into water
- Life jacket (if have one, we do have a few extra jackets)
- **Money for a fast food meal on the drive back to Green Bay**

## Optional

- Bug repellent
- Handkerchief (can double as a bandanna)
- Rain gear or wind breaker
- Long underwear (if forecast for trip is for cool weather)
- Small flash light (usually there are plenty along to share)
- Gloves (paddling can be tough on your hands)
- Stocking cap (if weather is forecasted to be cold)
- Sleeping bag pad or heavy blanket for under the sleeping bag
- Pillow (a rolled up sweat shirt works fine)
- Fishing gear

## Don't Bring

- Anything in glass containers
- Contacts if you have to wash them during the trip
- Electronics (see Dave's camping rules on the next page)

## What to carry gear in

Hard-shelled suitcases are a bad idea because they don't fit in a canoe too well, difficult to carry, and do not fit into the tent. The ultimate container for clothing and sleeping bags are white water bags, but duffel bags, backpacks, and 5 gallon plastic buckets with covers all work fine. Soft-sided luggage works if you don't mind them getting wet and dirty. You will want to put your clothes and sleeping bag in plastic bags to help keep them dry. X-Large Ziploc bags work great.

# Canoe Camping (continued)

## **Camping philosophy:**

Think practically not fashionably when packing for this trip. T-shirts, shorts, and your new preppy sweatshirt are fine for the road travel. For camping: long sleeves, long pants, and old clothes are the way to go. Here are the reasons why:

**Bugs** - There will be mosquitoes, ticks, and biting flies on the trip. Although you can try chemical warfare with repellents, dressing for bugs is the only thing that really works.

**Brush** - You will have to walk through the woods during the trip. Your legs and arms will appreciate it if they are not all scratched up.

**Sun** - When canoeing you will be getting double sun because of the reflection off the water and aluminum canoes. Blocking the sun with clothing is the only sure way of not getting sunburned. We will have splash wars if it gets hot when canoeing.

**Dirt** - You and your clothes will get real dirty camping. If you have real old clothes that you would like to throw away, wear them one more time camping, and then throw them out.

**Cold** - Evenings can be quite cool. Also, it will be colder if it's windy, rainy, or cloudy. The temperatures are generally 5-10 degrees cooler than what it is in Green Bay. Getting too hot is rarely a problem.

## **Dave's wilderness camping rule:**

No watches or electronic devices (like mp3/gameboys) allowed after leaving vehicles. No cell phones (even if it's a camera phone). Only exceptions are flashlights and cameras.

## **Realities of Primitive Camping:**

For those of you that have not done primitive camping before, here a list of things you should realize.

**No running water** - No shower until we get back. We plan to go swimming, but no soap is allowed in the water. Contact lenses are not a good idea if you need to take them out and wash them. We will have water for drinking and washing hands, but the water supply is limited.

**Sleeping on Ground** - Ground can be a little hard and uneven. You may want to bring a small blanket or sleeping bag pad to put your sleeping bag on.

**Drinking only water** - No other beverages provided. We may mix up some juice for breakfast.

**Sore Muscles** - Expect to get some sore muscles. There is a lot of repetitive motion in canoeing.

**Smoky** - Expect your clothes to smell like campfire smoke when you get home.

**No 911** - It takes considerably longer to get to emergency medical help.