



johnsonburg

Dear Junior High & Senior High Paddlers,

Welcome to a week of high adventure and Christian fellowship at camp and on the Delaware River.

We have put together plans for a fun, safe, and memorable week. You will spend most of the week at camp, and one day canoeing the beautiful Delaware River. We'll put in at Bushkill Falls and get picked up at the Delaware Water Gap. No experience is necessary and we will go over canoeing basics here at camp, which will also include a basic first aid orientation, before leaving for your day on the river. While at camp you will have plenty of time for your favorite camp activities like high ropes, nature, archery, and arts & crafts. You should be picked up by your parents on Saturday morning between 9:00 a.m. and 10:00 a.m.

You will be accompanied on your trip by a staff person trained in Lifeguarding, first aid, and CPR. State highways run down the side of the Delaware River for the entire length of our journey and your trip leader will be equipped with a mobile phone to contact help in an emergency. All aquatic activities including river canoeing are inherently dangerous. We work to reduce that risk through a required pre-trip swim test; pre-trip canoe and first aid training; having a lifeguard, a first aid provider, and a CPR provider accompany the trip. The trip will be physically strenuous and some moderate rapids will be traversed. Be sure you are exercising and increasing your cardio-vascular health prior to the trip so you will be able to keep pace with your co-trippers.

IMPORTANT: CONSULT THE LIST OF NECESSARY CLOTHING AND EQUIPMENT ON THE BACK OF THIS LETTER SEVERAL WEEKS BEFORE ARRIVING AT CAMP AND BRING ALL THE NECESSARY EQUIPMENT TO CAMP WITH YOU. Please complete and return the enclosed "Let's Get Acquainted" sheet, and **be sure to bring your completed health form with you on Sunday, the day you register.**

A physical is required every two years. If you want to use this year's physical for next year, please make a copy and keep it for next summer **we do not keep health forms from year to year!**

The enclosed papers contain important information, so be sure to read them. **Check-in is between 2:00 p.m. and 3:00 p.m. on Sunday. Pick-up is between 9:00 a.m. and 10:00 a.m. on Saturday.** As part of the swim check you will have to pass on Sunday, you must complete 5 minutes of treading water as well as a 100-yard swim. Parents: **PLEASE DO NOT LEAVE YOUR CAMPERS UNTIL THEY HAVE PASSED HIS/HER SWIM CHECK.** If your camper does not pass the test, we will try to find space for him/her in another unit, but if that is not possible, your camper will be unable to stay at camp.

We want to reiterate that anyone possessing or using drugs, alcohol, or tobacco will be asked to leave the event immediately, without refund. Also, remember you are not allowed to bring food or have food sent to you while you are at camp - this is to help us deter woodland mammals from entering campsites. If you have food it will be taken and not returned.

If you have any questions, give me a call. We look forward to seeing you at Johnsonburg.

Sincerely,

Marsha Terwilleger
Registrar

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A Mission of the Seven New Jersey Presbyteries, Presbyterian Church (USA)

Canoe Campers: What to Bring

- Pair of river shoes or old sneakers (for walking in water) (this is besides your regular shoes or sneakers)
- Bathing suit
- Gloves, Band-Aids (for possible blisters)
- A waterproof bag for your gear
- Canteen or Nalgene style water container
- Hat
- Sunscreen and solarcaine
- Sunglasses
- Insect repellent

OPTIONAL: Pocket knife, camera, and film