

# Women's Paddling Weekend 2016!

Hi Everybody,

This is just a reminder that it will soon be time for us to head north to join new friends and old to paddle down a majestic Michigan river. Come soak up the sunshine, float on sparkling water, and enjoy the beautiful surroundings. We will talk, share stories, and laugh our way together down the river. If you are a first timer we promise to gently guide you along and before you know it you will be real paddlers! We will be taking the beginner kayaks that are easy to use!

## GENERAL INFORMATION:

When we know how many people are coming we will choose a cottage in the grayling area and send you directions. You will have the options of sleeping in the cabin or outside in a tent or hammock, let us know what you prefer or you can try all the options if you like!

We will choose the rivers we will float down on Friday night according to the weather and the skill level of the group! We generally choose the Manistee for our first trip and the Ausable or a near by lake for the second day.

You have the option of meeting at the cottage we choose on either Thursday night or Friday. We can get together carpools if you like! Camp brings all the gear, boats, and food, you just bring your personal gear. If you are bringing your own tent, kayak, life preserver etc. please let us know and we will pack less. We also ask everyone to bring an item that can be added to our Gorp bar ( i.e. dried fruit, nuts unless we have someone allergic, m&m's etc.) You will need to supply your own pop, we will just have lemonade and coffee. You may want to bring air mattresses to sleep on if you are in a tent. We do have a few if you would like to request one.

Included in this packet is a list of what to bring. We will send along directions and the emergency phone numbers for this trip as we get more details. It is important to have a water bottle, rain gear, a hat, and river shoes that stay on your feet in moving water to go on the river! It also helps to have a small pack or draw-string bag to keep with you in the Kayak to keep your camera, snacks, sunblock etc. Put those items in freezer double lock ziplock bags. Everyone should be prepared for COOL weather at night or be ready if you get a chill from the river!

If you are bringing other food to share let me know so I will take it off my list!

We are looking forward to seeing you!

There is more information and a list of what to bring on the website at:

<http://www.campcavell.org>

Hope we see you soon! Jill

## CONTACT INFORMATION: Jill Laidlaw, Camp Director

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# CANOE TRIP EQUIPMENT LIST:

- WARM JACKET / SWEATER
- SWEATSHIRTS (2)
- PANTS/ Shorts *(It can get cool )*
- T-SHIRTS
- UNDERWEAR, X-SOCKS
- TOWEL, WASHCLOTH
- TOILETRIES *(SOAP, TOOTHPASTE, TOOTH BRUSH, HAIRBRUSH, KLEENEX ETC.)*
- BATHING SUIT *(THINK SUNSHINE!)*
- WATER / BEACH SHOES *(need to be shoes that will stay on in current)*
- LIP BALM
- SUNGLASSES
- HAT *(WITH STRING & SAFETY PIN TO ATTACH TO COLLAR)*
- BANDANA
- GLOVES optional *(FOR PADDLING)*
- SUNSCREEN / BUG STUFF
- EXTRA EYEGLASSES
- GYM / WALKING SHOES *(FOR ON SHORE)*
- SPECIAL MEDICATIONS *(IF ANY)*
- SLEEPING BAG / BLANKETS *(Spring fall can be very cold!)*
- DAY PACK *(FOR IN CANOE) or some zip up bag for camera, snacks, sunscreen etc.*
- SLEEPING PAD / MAT *(WE HAVE FOAM PADS) you may want blow up little mattresses*
- WATER BOTTLE OR CANTEEN *(Plan on lots of water to drink, must have)*
- POCKET KNIFE optional
- CAMERA, FILM *(WATERPROOF BAG / BAGGY)*
- FIELD GLASSES *(IF DESIRED)*
- FLASHLIGHT, X-BATTERIES
- LAWN CHAIR / SMALL FOLDING CHAIR
- SODA POP or other refreshments *(IF DESIRED)*
- SNACK TO SHARE WITH GROUP  
*(or just bring an item to offer on our GORP bar ie. dried fruit, nuts, seeds)*
- ZIPLOCK BAGS *(FREEZER TYPE BEST) for camera, hat, snacks, cell phone etc.*
- BOOK, FISHING GEAR, MUSICAL INSTRUMENT *(IF DESIRED)*
- FUN ATTITUDE!!!!!!!

*Let's do it! See you on the river!* Questions: Call Jill at Camp 1-810-359-2267