

## Northern Frontier Kayak Trip

It will be a pleasure to have you at Northern Frontier Camp this summer. We are looking forward to your arrival and have been making plans for what we hope is going to be a great time for you.

Plan to arrive at camp between 11:00 AM and 12:00 noon and check in at the Administration Building.

The water routes on the Adirondack lakes and rivers as planned by the New York State Department of Environmental Conservation are adapted to the abilities, needs and desires of each group. There will be portages (carries) on the trip, which will require up to 1/2 mile of hiking with a pack. Please make sure you are in physical shape to handle this amount of hiking.

If you plan to fish during the trip, a NY State fishing license is required for every one 16 years and older. Cost for a NY State resident is \$12.00 for a 7-day permit or \$25.00 for the season. Non-resident costs are \$28.00 for a 7-day permit or \$50.00 for a full season. **If you need one, please purchase it before your arrival at camp.**

A daily Bible exploration and informal sharing each evening around the campfire are highlights of the day as you discover how the Word of God speaks to you.

The Kayak Trip will end after breakfast on Saturday.

### What To Bring

Some items will be left in camp - others will be taken out on the water.

Old sneakers	Sun block (SPF 30)
Water shoes or sandals (NO flip-flops)	Sunglasses (UVA/UVB protection)
Wool socks - 2 pairs (no all cotton socks)	Flashlight/batteries
Hiking pants or wind/rain pants - 1 pair	Insect repellent
Hiking or athletic shorts - 1 pair	Daypack (optional)
Moisture wicking short sleeve shirt	Bible
Long sleeve polypropylene shirt	Journal (optional)
1 or 2 bathing suit(s)	Camping towel or shami
Underwear	32 oz. water bottles - nalgene or lexar - 2
T-shirts	Toiletries (biodegradable soap)
Long sleeve shirt	Sleeping pad
Wool or wool blend sweater	Sleeping bag (polyfill or other synthetic material / NO DOWN)
Rainwear	Small waterproof bag/container for money/keys/personal items
Baseball hat or visor	
Zip lock (gallon and XL and XXL)	

**Optional:** fishing tackle, personal camping equipment you want to use, waterproof camera. If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the Camp Office after the trip.

**Northern Frontier will provide:** kayaks and paddles, life preservers, food, cooking equipment and utensils, tents, water bags, water filters/purifiers

If you should have to cancel, please notify us as soon as possible so another camper can have the opportunity to participate in this enjoyable adventure. If you have any questions regarding the Kayak Trip or Northern Frontier Camp, do not hesitate to contact us. We will do our best to make this camping experience an enjoyable and beneficial one for your son.

Off-Season Registrar: Kelly Studley 215-493-2995

Off-Season Director Chris Studley's Home/Camp Office: 215-493-2995, cell 609-468-4742

Summer Camp Phone: 518-251-2322

Summer Camp Address: Northern Frontier, P.O. Box 295, North River, NY 12856