

Needs for Yellow River, IA 2016

- Tent/Sleeping bag-** We have large tents for the swimmers and tent assignments will be made before we leave. You will not need a heavy duty sleeping bag for the trip. A small pack(book bag) is great for the day to have in the car and to keep water in during the day.
- Food-** Some food will be provided this trip! Read carefully and check with your teams to plan.
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| <u>Thursday</u> | -Lunch before you leave
-Stop for Dinner on the road \$\$ |
| <u>Friday</u> | -Breakfast, Eggs, bacon, bagels PROVIDED
-Lunch, ON THE RIVER- YOU PLAN
-Dinner, HAMBURGER/HOT DOGS PROVIDED |
| <u>Saturday</u> | - Breakfast, Pancakes and Bacon, bagels PROVIDED
-Lunch, ON THE RIVER- YOU PLAN
-Dinner, Spaghetti and meatballs PROVIDED |
| <u>Sunday</u> | - Breakfast, cereal, breakfast bars, leftovers
-Lunch, on the road \$\$ |
- SNACKS:** Campers: We had some awesome snacks provided by the, I believe the MOMS! Each camper should bring ONE snack/cookies/dessert for everyone for one night.
- There will be about 34 people on the trip
- \$\$\$\$** You will need money for dinner on the way Thursday, and lunch on the way home Sunday.
- Bug spray-** There are bugs, you may want some bug spray.
- Clothes-** Shorts are fine for most of the time. SWIM SUIT IS A MUST! Some people do like long pants while at camp. A swimsuit is a must. We are camping on the river. Plan your clothing wisely. Most of the swimmers return from these trips saying they brought too much food and clothing. Keep your pack as light as possible. Any clothes you need for the day will be in the boat. If you tip, everything gets wet. Teams are responsible for their camping gear.
- Water!-** Every swimmer must bring some type of container or two for water. Once we are on the river there are no water spots or bathrooms, unless you count the river.
- Rain Gear-** This is really up to the individual. If it does rain you will get wet with or without rain gear. Campers that went on the trip last year know that the tents never leak.
- Personal - Grooming** Real campers do not use any of this stuff, but if you must. We can use the cold river as a bathtub. Rumor has it that there may be a shower facility down the road a bit from the campsite.
- IPODS/MP3 - Phones-** These will be allowed in the vans, but not at the campsite. All electronics will be collected at lunch on Thursday.
- Cards-** These are great in the van and if it rains.
- Camera-** This is a must/ Waterproof / disposable is great for this trip.(don't bring anything that will upset you if it get lost or ruined)
- Medicine-** Please inform Coach Davis of all medications including aspirin.
- Snacks-** Food in the vans is great, but remember that we have limited space
WE ONLY MAKE POTTY STOPS WHEN COACH DAVIS HAS TO GO (I am getting older so the stops are getting more frequent)
- Teams will be responsible for cleaning up after meals. Teams will be responsible for keeping their campsite clean.
- First Aid Kit-** All teams will have a provided first aid kit at their campsite. Please inform Coach Davis of all injuries.

Phone numbers:

Canoe Rental contact	563-535-7314
Campsite contact	877-776-2208
Coach Davis	630-290-4018
Coach Eric	630-336-9588
Coach Sarah	630-337-7098