



Caravans

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TO: Family Canoe Caravan
FROM: Stan Fishburn
DATE: Summer 2010

WELCOME TO THE FAMILY CANOE CARAVAN! The Beautiful Ross Lake awaits you. Ross Lake was created by the damming of the Skagit River and is in the recreation area of the North Cascades National Park. The elevation of the lake is 1600 feet and it is over 20 miles long. Ross Lake offers some of the most beautiful hiking and canoeing in the west coast. Finally this large, beautiful lake (with its fall and creeks and wildlife) can only be fully appreciated by canoe. There will be good food, fun activities, challenging Bible study, new friends, and great scenery.

There are numerous boat-in campsites on Ross Lake. All campsites are equipped with fire rings, picnic tables, and vault toilets. Our itinerary includes paddling with all our supplies up the lake between lake side camps. We will paddle most mornings and enjoy camp and other shore activities most afternoons.

This Caravan is designed so that anyone in average physical condition can have an enjoyable time. No experience is required. You will be instructed in canoeing and camping skills during the Caravan. Because canoeing requires upper body strength, exercises will help prepare you for the Caravan. Jogging, swimming, and biking will improve your endurance and ensure a more enjoyable time on the Caravan.

Our Caravan Leader this year will include Lyndsay and Jordan Mynatt. Jordan and Lyndsay will ensure that each trip is safe, well planned, and filled with fun, fellowship, and excellent Bible study. Jordan and Lyndsay are coming from Tennessee. They were married last year and for their honeymoon hiked the 2,650 mile Pacific Crest trail. They both have strong climbing skills and have climbing experience all over the United States. Also joining them is Stan and Becky Fishburn. Stan has had extensive experience instructing outdoor skills throughout the Western United States and has led many successful Caravans throughout the Northwest including canoeing on Ross Lake.

Included with this letter you will also find an "Equipment List". Please be sure to bring all items on the list. Since we will have a very limited amount of space please do not bring a lot of extra items. Use a soft pack or duffle type bag to pack your gear in.

Please meet Saturday, July 31, 3:00PM, at the Colonial Creek Campground in the North Cascades Recreation Area, on Highway 20. The campground is located off of SR 20 at mile post 130, 25 miles east of Marblemount, and 63 miles west of Winthrop. There is good parking. Car pooling can be arranged with us from Tall Timber Ranch. There we will make a final check of the gear before loading the van and beginning the Caravan. We will return to the campground, Wednesday, August 4, 3:00PM.

Don't hesitate to contact us if you have any questions. Our number is (509) 763-3127. Look forward to an adventurous time!

CANOEING CLOTHING AND EQUIPMENT LIST

Please bring all of the following items:

CLOTHING

- _____ 1 Pair light running shoes (for hiking)
- _____ 1 Pair of light shoes or good sandals (can get wet, for paddling)
- _____ 3 pair heavy wool socks
- _____ 2 pair light inner socks
- _____ 1 pair loose fitting long pants
- _____ 1 pair shorts
- _____ 2 T - shirts
- _____ 2 Pair underwear
- _____ 1 Heavy insulated sweater (or two lighter ones to layer)
- _____ 1 Warm shirt (wool if possible)
- _____ 1 Light insulated parka
- _____ 1 Knit cap
- _____ 1 Bandanna
- _____ 1 Set rain gear (coat and pants or poncho)
- _____ Clothes for before and after caravan

PERSONAL EQUIPMENT

- _____ 1 Day pack
- _____ 1 Warm, light sleeping bag with stuff sack
- _____ 1 Insulated sleeping pad
- _____ 1 or 2 quart water bottles
- _____ Insect repellent
- _____ Personal toiletries including toothbrush, tooth paste, biodegradable soap, chapstick, toilet paper, etc.
- _____ Towel
- _____ Sunburn cream (sun screen, not tanning lotion)
- _____ 1 Spoon
- _____ 1 Large cup (not glass)
- _____ 1 Pair dark glasses
- _____ 1 Flashlight
- _____ 1 Notebook
- _____ 1 Small Bible
- _____ 2 Pens/pencils
- _____ Toothbrush

OPTIONAL ITEMS

- _____ Camera
- _____ Pocket knife
- _____ Your own PFD (we have PFDs for you to use)
- _____ Fishing Equipment (If you plan to fish bring a license and look up the rules)