



Caravans

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TO: Senior High Rock Climb
FROM: Stan Fishburn
DATE: Summer 2010

WELCOME TO THE SENIOR HIGH ROCK CLIMB CARAVAN! The Beautiful Icicle Canyon awaits you. Watch snow covered peaks while enjoying lunch along a river beach or watch for deer from a view point atop a rock. There will be good food, fun activities, challenging Bible study, new friends, and great climbs.

Climb the Icicle Canyon! This year the Senior High Rock Climb Caravan will be in and around Leavenworth, one of the premier rock climbing areas of Washington State. We will be repeating some of the great climbs we did last year, as well as exploring new climbs.

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 climbing skills during the Caravan. Because rock climbing requires upper body strength, exercises such as push-ups, pull-ups, and sit-ups 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 Fishburn. Stan has had extensive experience instructing mountaineering throughout the Western United States and has led many successful accents of Glacier Peak, Mount Rainier, Smith Rocks and other Northwest climbing areas.

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 Sunday, July 18, 3:00PM, at the Leavenworth City Park, near the Pool in Leavenworth. Look for the sign. There we will make a final check of the gear before loading the van and beginning the Caravan. We will return to the Park in Leavenworth, Wednesday, July 21, 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!

ROCK CLIMB CLOTHING AND EQUIPMENT LIST

Please bring all of the following items:

CLOTHING

- _____ 1 pair light running shoes (for hiking)
- _____ 1 Pair of rock climbing shoes (can be rented in Leavenworth)
- _____ 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
- _____ small musical instrument (recorder, harmonica, etc.)
- _____ pocket knife