



Caravans

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TO: Water Sport Caravan
FROM: Stan Fishburn
Director of Camping
DATE: Summer 2010

Welcome to the Water Sport Caravan! We will canoe a local river, inter tube another local river, experience the High Ropes Course at Tall Timber, swim and play in Lake Wenatchee, and splash in the waterslides at Lake Chelan. Good food, new friends, Bible study, and fun recreation will make this an experience to remember.

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 paddling skills, and wilderness camping during the Caravan. Because paddling 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. A lifeguard and/or canoe instructor will join the staff for selected activities.

Included with this letter you will also find an Equipment List. Please be sure to bring all items on the Equipment List. To keep things dry, please put your things in a large plastic bag inside of the pack. This is especially important for your sleeping bag.

Please meet Wednesday, July 28, 3:00PM, at Tall Timber Ranch. **We will return to Tall Timber Ranch, Saturday, July 31, 11:00AM.**

Don't hesitate to contact us if you have any questions. We are all looking forward to an adventurous time!

WATER SPORT EQUIPMENT LIST

Please bring all of the following items:

CLOTHING

- _____ 1 pair light hiking shoes or running shoes (for hiking)
- _____ 1 pair of light shoes or sandals that won't fall off
- _____ 3 pair socks
- _____ Rain gear (no plastic - see notes)
- _____ 1 lightweight windbreaker
- _____ 3 sets underwear
- _____ 1 swimsuit or some combination of clothes in which you feel comfortable swimming
- _____ 1 pair pants
- _____ 2 pair shorts
- _____ 1 long sleeved shirt
- _____ 3 short sleeved shirts
- _____ 1 warm sweater
- _____ 1 or 2 bandanna
- _____ 1 insulated cap

PERSONAL EQUIPMENT

- _____ 1 sleeping bag in stuff sack and plastic bag
- _____ 1 backpack
- _____ 1 insulated ground pad
- _____ 1 or 2 Water Bottles
- _____ personal toiletries including toothbrush, tooth paste, biodegradable soap, chapstick, toilet paper, sunscreen, etc.
- _____ towel
- _____ insect repellent
- _____ sunglasses
- _____ cup and spoon
- _____ flash light and extra batteries
- _____ Bible, notebook and pencil
- _____ no radios or tape players

OPTIONAL

- _____ pocket knife
- _____ camera
- _____ cards
- _____ day pack

EXTRA NOTES

PACKING - Please have personal items identified with your name. Space is limited so leave extras behind.

RAIN GEAR - Our chief concerns are a minimum durability of the material and fit. Don't bring plastic rain gear that will rip easily. Heavier plastic, rubber-coated nylon, are all acceptable. Make sure that the rain gear fits over clothing that would be worn in cold weather.