Girl Scouts Eastern Washington & Northern Idaho
Camp Four Echoes
1404 N. Ash Street
Spokane, WA 99201

Dear Paddlers and Parents/Guardians,

Welcome to Canoe North Idaho program at Camp Four Echoes. We're excited that you'll be joining us at camp this summer! While at camp you will be learning more about canoeing safety, caring for equipment, paddling skills and planning an overnight trip

Canoe North Idaho is a four-day, three-night canoe trip down the St. Joe River. The portion of the St. Joe that our group will be travelling on (from Avery Ranger Station to the Shadowy St. Joe Camp Ground) can include up to Class II rapids. **(**Go to this link **http://www.paddling.net/guidelines/showArticle.html?67** to read more about the classification of rapids in an article by I. Herbert Gordon). On your trip, you will have the fabulous opportunity to sleep in a tent, cook your food outside and to explore some beautiful country, as well as canoeing on moving water. We want you to remember that there are risks inherent in each of these activities (tipping over, bad weather, etc). To manage these risks, you will participate in an extensive trip orientation that will teach you safety measures to help prevent accidents and injuries, such as how to use each piece of equipment and recognize unsafe conditions. Depending on where you are on the river, the nearest ranger station may be up to 40 miles away. Trip leaders have been trained in First Aid and will carry contact information and a cell phone and radio for emergency communication for those places with signal.

On your canoeing adventure, you can expect to paddle up to 10 miles or 6-8 hours a day, possibly in a variety of weather conditions. Since this is an intermediate trip, it is important that you have had some previous paddling experience. You also need to prepare yourself properly for this experience. If possible, take a few day trips, for a few hours each time, before coming to camp. This will help you become familiar with traveling on the water, and you will be prepared for the fabulous journey that awaits you at camp. We strive to help each girl enjoy canoeing and improve her paddling skills. Prior to the overnight trip, each camper will be evaluated to ensure she possesses the skills necessary for this trip. For the safety of each girl, we reserve the right to move the camper to a different unit if she does not yet have these skills. If you have any questions, please feel free to call or email.

Please see back →→→→→→→

Due to the special nature of your program, below is an equipment list to be used in addition to the regular packing list. Because appropriate equipment is important to a successful and safe trip, we ask that you secure these items before camp (some items are available to borrow from camp). Should you have any questions about the equipment, please feel free to contact me at the e-mail or phone number listed above.

Required

__ Water shoes, such as Tevas or Chacos. Must have a back strap for safety.

NO FLIP-FLOPS

__ Dry bags or 4-5 large black trash bags (dry bags are preferred)

__ Sleeping bag – small, stuffable, lightweight (down or synthetic down)

__ Ensolite sleeping pad (closed cell foam)

__ Small flashlight or headlamp

__ Sunscreen and sunglasses

__ Rain jacket and rain pants

__ (Optional) Plain white t-shirt or pillowcase or anything else you'd like to tie-dye or decorate. This is a very popular activity at camp!

__ (Optional) Disposable water-proof camera to get all the good pictures while on the canoe trip!

Please check the weather forecast before you come to camp and pack accordingly. A Girl Scout is always prepared! Remember that wool and synthetics will keep you warmer in cold weather and that cotton is great for warm weather, but not for keeping you warm in cold, wet weather. All other group gear (tents, cooking equipment, etc) will be provided by camp.

We are anxiously awaiting your arrival at camp, and are looking forward to this amazing adventure! Please call or email with any questions or concerns you might have. If you have any questions, please feel free to call or email anytime!

Jayn "*Handy*" Courchaine

Seasonal Camp Director
jcourchaine@gsewni.org
January 16-June 1, 2012, 800-827-9478
June 2-August 28, 2012, 208-664-6827

Marcy *"Jō-dän"* Mastel

Outdoor Education Manager
mmastel@gsewni.org
800-827-9478 ext 227