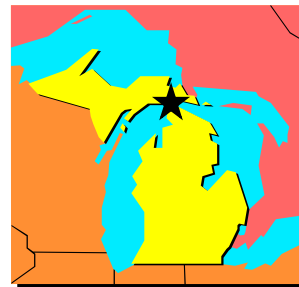


# Bikers

This program offers a 7-day cycling adventure through Northern Lower Michigan and sections of Michigan's Upper Peninsula. The expedition will follow the North Central State Trail from Gaylord to Mackinaw City, cross over to Mackinaw Island, and then traverse the Upper Peninsula, biking through rustic, wooded countryside. Before the trip, campers will learn bicycle maintenance and repair, train on near-by roads, and enjoy a variety of in-camp activities. Campers will need to bring their own bikes, bike racks, safety flag and helmet.



## Essential items

Pillow, pillowcase, sheets and blankets for cabin beds  
Toiletries  
Towels and washcloths  
Plenty of socks and underwear  
Shorts and t-shirts  
Jeans or sweatpants  
Wool or wool blend sweater, fleece, or sweatshirt  
Bathing suit(s) (nylon is best)  
Sandals/water shoes (Teva's, Chacos, or flip flops)  
Laundry bag  
Sunglasses, sunscreen and Chap Stick  
Bug spray (bring what you are accustomed to!)  
\* Water bottle  
Comfortable sneakers  
Flashlight (small and light with new batteries)  
– Headlamps are great!  
White shirt and shorts/pants for chapel service  
Footlocker, trunk, or suitcase for holding the above

## Optional Items

Camera and two rolls of film  
A good book or journal  
Photographs of family and friends  
Musical instrument  
Preaddressed and pre-stamped envelopes and cards

### HORSEBACK RIDERS

Biker campers may sign up for 3, 6 or 9 lessons  
(see enclosed sign up sheet)

*Please pack:*

- Boots with a heel
- Jeans or breeches
- Riding helmet (we do rent riding helmets for a one time, \$5 fee)

### DO NOT BRING

- Radios, MP3 players (iPods) or Kindles
- Large knives, pocket knives, or weapons
- Gum, food, snacks, or candy
- Cell phones, electronic games, or computers
- Teen magazines or comics
- Pets or animals
- Personal sports equipment must be checked in with camp
- Candles

### Information regarding clothing:

Campers need to pack for two weeks. There are NO laundry facilities for campers at camp. Four-week campers will go to a coin-operated Laundromat. Old and sturdy clothing is best for camp as it will get rough wear. Clothing for both warm and cold weather conditions is necessary since weather can, and often does, change quickly. The number of articles brought will vary with each individual. Adult supervision in packing will guarantee needed items get packed.

**Please mark all articles of clothing and belongings with your daughter's name.**

***Please turn over for the trip packing list.***

***This list is detailed and specific for the Bikers trip.  
For your safety and comfort, it is extremely important that you adhere strictly to this list.***

### **Essential items**

#### **Mandatory Clothing:**

- \* 2 T-shirts – quick dry/synthetic
- 1 long sleeve shirt (synthetic long underwear top would be best)
- 1 fleece jacket or wool sweater (fleece dries fast and works while damp; cotton sweatshirts NOT allowed)
- 1 waterproof rain jacket (coated nylon is fine, Gore-Tex is not necessary)
- 2 sports bras you don't mind getting dirty (quick dry is best)
- \* 2 pairs shorts – quick dry/synthetic
- 1 pair long johns/synthetic long underwear bottom (fleece or leggings will work – not cotton or jeans)
- 1 pair lightweight rain pants
- 3 pairs of underwear (quick dry is best)
- \* Warm hat – wool or fleece preferred
- \* Sun hat, baseball cap or bandana (protect your head against the sun)
- Sandals/water shoes with a heel strap (Teva, Chacos, Crocs or Keens work well) to wear after a day's ride
- Comfortable sneakers or bike shoes to ride in

#### **Mandatory Equipment:**

- Synthetic sleeping bag with compression sack (rated to at least 30° F) □
- Sleeping pad (i.e. an inflatable Thermarest OR a foam pad such as Ensolite or RidgeRest)
- \* Two water bottles (one bottle should be 1 liter capacity, the other should fit into your bike's bottle holder)
- Bowl and spoon (lightweight and plastic; Tupperware with a lid works great)
- Headlamp or lightweight flashlight
- Gallon zip lock bags (for waterproofing personal items)

#### **Biking Specific Equipment:**

- Bike (a hybrid brand will have road bike performance with mountain bike comfort)
- Bike rack with sidebars so it will attach to the bike frame (for panniers/packs—provided by camp)
- Bike helmet
- Orange safety flag (can borrow from camp)
- Bike repair kit
- 4 bungee cords to secure gear onto bikes
- Sunglasses with a strap

#### **Optional Items:**

- Biking gloves
- Biking shorts (ideal, but optional)
- 1 lightweight long pants (for sun protection)
- Camp pillow

\* Available in the camp store

**Note about allergies:** If your child has specific food related allergies, please inform us in advance of her arrival at camp. Also please consider sending her with some appropriate food that she likes for her trips (i.e. nut free trail mix).

#### **Camp provides:**

- Transportation to and from the trip
- Money/menus for all trip food
- Group camping equipment (tents, stoves, fuel, etc.)
- Camping permits
- Bike touring pannier/packs