

Hello Manitou Island Campers!

We are so excited to be spending a full week camping on beautiful Manitou Island! Your week will be filled with swimming, canoeing adventures, group activities, chapel services, and choice time. Through it all, we will explore this year's camp mission, focusing on how you can make a positive impact on this world! Before we depart on our week long adventure, there are a few things you should know:

~Arrival/Departure: Please plan to arrive Sunday, August 10th at 10:00am, and depart Saturday August 16th at 11:00am.

~Be Prepared: On the island, we are subjected to the elements, which can be cold and wet. Brings lots of layers, rain gear, a warm sleeping bag, sunscreen, and non-aerosol bug repellent. Try to bring synthetic, quick-dry clothing. Our adventures will get you and your clothes dirty, but that is just part of what makes it so much fun!

~We Love The Earth!: We will practice Leave No Trace Camping, which we will discuss in detail before we depart for the island. Leave No Trace means we will try to have very little impact on our host island. We'll conserve water, use biodegradable soap (we'll provide this), and an environmentally friendly outhouse (we'll provide this too!).

~Communication: Being on the island gives us a special chance to grow even stronger as an isolated community. However, it is difficult for family and friends to get emails and letters to and from us. We will plan on one mail run mid-week when we get supplies from the mainland camp. Otherwise, we will not be able to receive mail or upload pictures on the PL website. If mail and notes from home are important to you, consider asking family and friends to write you notes that you can pack with you, and open throughout the week. Otherwise, mail will be delivered once mid-week and on Saturday.

~Emergency Contact: If there is an emergency, the PL office can be in touch with us immediately. You can reach the PL office at **207-724-3200**.

Your camp will be lead by Deans Darin and Lizzy. Darin is the former Nature Director at PL and has deaned and counseled at Island Camp before. He currently is a Physician Assistant working in New Hampshire. Lizzy has worked at summer camps in Rhode Island, has counseled at PL, and is currently an 8th grade science teacher.

We cannot wait to meet all of you and show you how wonderful a week on Manitou Island can be!

Much peace and love,

Lizzy Franceschini and Darin Franceschini

Sample Schedule

One of the fun things about Island Camp is that our schedule is flexible. Our activities will also depend on weather. Here is an outline of what a typical day on the island may look like, but please be prepared that this can change!

Breakfast

Chapel Services (run by campers)

Group Activity (challenges, games, chapel planning, Mission activities)

Swimming

Lunch

Tent Time

Canoe Trip

Interest Groups (three options, changing daily)

Choice Time

Dinner

Vespers

Firecircle/Evening Activities

Packing List

Clothes:

(Synthetic, non-cotton material is best for camping. This list is our suggestion, please bring what will make you comfortable for the week.)

- ___ 7 t-shirts
- ___ 1 Longsleeve shirt
- ___ 1 Warmer layer, i.e. fleece
- ___ 2 Shorts
- ___ 1 Pair of pants
- ___ 1-2 Bathing suits
- ___ 1 Pair of shoes that can be worn in the water
- ___ 1 Pair of sneakers or other closed-toed shoes
- ___ 7 Pairs of socks
- ___ 8 Pairs of underwear
- ___ 1 Hat
- ___ 1 Raingear

Other things:

- ___ Sunglasses
- ___ Sunscreen
- ___ Toothbrush/paste (please bring all-natural toothpaste, if possible)
- ___ Towel
- ___ Sleeping bag and pillow
- ___ Flashlight
- ___ Personal items (glasses, contacts, meds, feminine products, etc.)
- ___ 1 Water bottle (1 liter)

Optional:

- ___ Thermarest/sleeping pad
- ___ Cards/board games
- ___ Book
- ___ Camera
- ___ Kleenex
- ___ Musical Instruments (make sure they have a protective case)
- ___ Tent (please bring if you have one and are willing to share)
- ___ Camp Chair

DO NOT BRING:

Make up, aerosol, electronics, cell phones, video games, ipods, camping knives

You will be asked to leave if you bring: Drugs, Alcohol, Illegal Substances, Weapons