

Greetings, Manitou Island Campers!
Manitou is calling us together this summer!
How We Will Connect with God and each other?

We are looking forward to a week filled with spirit and adventure: we will be camping, canoeing, swimming, group activities, quiet time, choice time, and chapel services!

1. **Arrival:** Please plan to **arrive** on Sunday, July 16th between 12:30 and 1:30 PM having already eaten lunch

Departure: Please plan to **depart** on Saturday, July 22nd at 9:00 AM

2. **Come Prepared:** On the island, we are subjected to many of nature's elements. **Notice that items listed on it allow for layering for different kinds of weather.** You will find an attached packing list. It can be hot and sunny; it can be chilly and rainy. Come prepared to adjust to varying conditions and we'll all have a great time!! Some thoughts to consider: synthetic clothing dries more quickly. Rain gear will keep you dry, sunscreen and non-aerosol bug repellent will protect you from parts of the outdoor experience you may find less pleasant. Expect to get dirty ~ our adventures will be what makes our week on Manitou so much fun!

PLEASE, BRING YOUR OWN WATER BOTTLE!!!

3. **Communication:** As a community gathering together on the island, we are offered a unique opportunity to grow strong together in a pre-arranged atmosphere of relative isolation ~ yet a paddle away from emergency needs. Family and friends will not be receiving emails and letters from us. We will not be able to receive mail or upload pictures on the PL website. If notes and mail from home are important to you, consider requesting your family and friends to write notes that you can pack and open throughout the week. Plan ahead for this time and for your needs for the week on the island.

One mail run, mid-week will be delivered and then another on Saturday as you are preparing for your departure.

4. **Respecting and Caring for Manitou!:** We will be practicing a low-impact presence on Manitou, our host island. 'Leave No Trace camping' will be discussed when we gather on Sunday morning, before we leave for the island. We will conserve our water; we'll use biodegradable soap (provided by our island staff) and will consider the impact of our presence on Manitou's precious environment.

CONSIDER THIS: How can our presence ADD to the beauty of the island?

5. **Emergency Contact:** If there is an emergency, the PL office can be in touch with us immediately. The phone number in the PL office is **207.724.3200.**

6. Your Deans are Rev. Sara Bartlett and Michelle Josephson. Sara is an Ordained Minister in the United Church of Christ, currently serving Alfred First Parish Church, UCC. Sara has a background in youth ministry and currently volunteers with the Maine Conference State Youth Council. Michelle Josephson is the Church School Director at the Congregational Church in Cumberland, UCC and also a long-time volunteer for both Girl and Boy Scouts.

See schedule and packing list on the following pages.

SAMPLE SCHEDULE

We will work together developing a schedule and our activities and are weather dependant.

A typical day might look like this:

Breakfast

Chapel Service (run by campers)

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

Swimming

Lunch

Quiet Time

Canoe Time

Interest Groups (2 options – changing daily)

Dinner

Vespers

Fire Circle/Evening activity

PACKING LIST

Common question:

'Is there a limit to how much I can bring?'

Reasonable answer:

'Bring what you can comfortably carry yourself.'

We have many supplies (tents, camp kitchen supplies, etc.) that we must ferry across to Manitou and that we must carry to a central location. We must be thoughtful about just how much we **MUST** bring in order to have a safe and enjoyable experience! Please keep this in mind!

Clothes: Please pack synthetic clothes; non-cotton material may be best.

Please bring what will make you most comfortable but these items are suggestions.

- 7 t-shirts
- 1 long sleeve shirt
- 1 warm layer, e.g. fleece
- 2 shorts
- 1 pair of pants
- 1-2 bathing suits
- 1 pair of shoes that can be worn in water
- 1 pair of sneakers (closed toe shoes)
- 7 pairs of socks
- 8 pairs of underwear
- 1 hat
- 1 raingear
- 1 clean, plain white tee-shirt (to be used for tie-dying)

Other items:

- Sunglasses
- Sunscreen
- Toothbrush and toothpaste (natural toothpaste, if possible)
- Towel
- Sleeping bag and pillow
- Flashlight (with extra batteries ~ as many as you think YOU might need)
- Personal items (glasses, contacts, meds, feminine products, etc.)
- 1 water bottle (1 liter)

Optional:

- Thermarest/ self-inflating light-weight sleeping pad
- Cards/board games
- Book
- Camera
- Tissue
- Musical Instrument in a protective case
- Camp Chair

___ Tent (if you have one and are willing to share, please bring it)

DO NOT BRING ANY OF THE FOLLOWING:

Make-up, aerosols, electronics, cell phones, video games, ipods, camping knives.

Please be advised: You will be asked to leave camp if you bring any of the following:
Drugs, Alcohol, Illegal Substances, and/or Weapons. Sexual activity is not permitted during any Pilgrim Lodge experience.