



**Description:** The Sr High Outdoor Adventure is three days of fun with friend and spiritual fellowship in the mountains of Maine. Hiking, river tubing and lounging at the camp, Its action at your own pace and something for everyone.

**August 8-10 (no rain date). Signups close July 27.**

**Event cost \$75**

We call it Outdoor Adventure because that's exactly what it is! Located in the Sunday River area, we'll enjoy three days and two nights of outdoor fun.

On day one, we'll set up camp at Stony Brook Campground, 3036 Main St, Hanover ME, then we'll explore local day hikes. Bring a backpack with basic supplies (see packing list). Day two offers another hike, then a float on tubes down the Androscoggin River . We may even have time for Frenchman's Hole, a local swimming favorite! This adventure is as mild or wild as you like. No need to do anything outside your comfort zone.

We will depart the church, weather permitting on **Aug 8**, at 10am and return on Sunday evening Aug 10<sup>th</sup>. Parents will be called when we are one hour from EBC. The cost of \$75 includes camping, most meals and activities. Participants will need to bring spending money for ice cream, lunch and dinner on travel days.

### **Packing List**

- Complete the permission slip & medical form
- Spending money (enough for two meals on the road, ice cream money at night. Estimate \$40)
- Sleeping bag, pillow ect.
- Backpack
- Water bottle
- First aid (bandages, pain meds ect)
- Personal plate, cup, fork, knife, spoon (washable)
- Hiking footwear (don't forget good socks)
- Sandals or other wet footwear (for showers and river adventures)
- Sunscreen, bug spray
- Warm clothes
- Swim wear
- Quick dry towel
- MRE type meal (to be used for one lunch)

### **In addition to these items, you may want to bring:**

- Flashlight
- Phone and charger with cables
- Snacks
- Camp chair
- Your own tent (tents will be provided if needed)
- Cards, games, Frisbee or other outdoor fun!

### **A note on FOOD-**

Dinner Day 1: **Hibachi stir fry.**

Ingredients:

- soy sauce
- white vinegar
- garlic
- ginger
- chicken
- jasmine rice
- peas
- broccoli
- onion
- carrots
- eggs

Breakfast day 2: **Pancakes, bacon & Spam.**

Lunch day 2: **MRE**, a “Meal Ready to Eat” that YOU SUPPLY.  
They can be purchased in the camping section at Walmart. Greater selection (and more tasty choices) can be found at Kittery Trading Post.

Dinner day 2: **Chipotle style chicken.**

- onion
- garlic
- chili powder
- cumin
- oregano
- salt/pepper
- chicken
- rice
  - cheese
  - sour cream
  - salsa
  - nacho chips