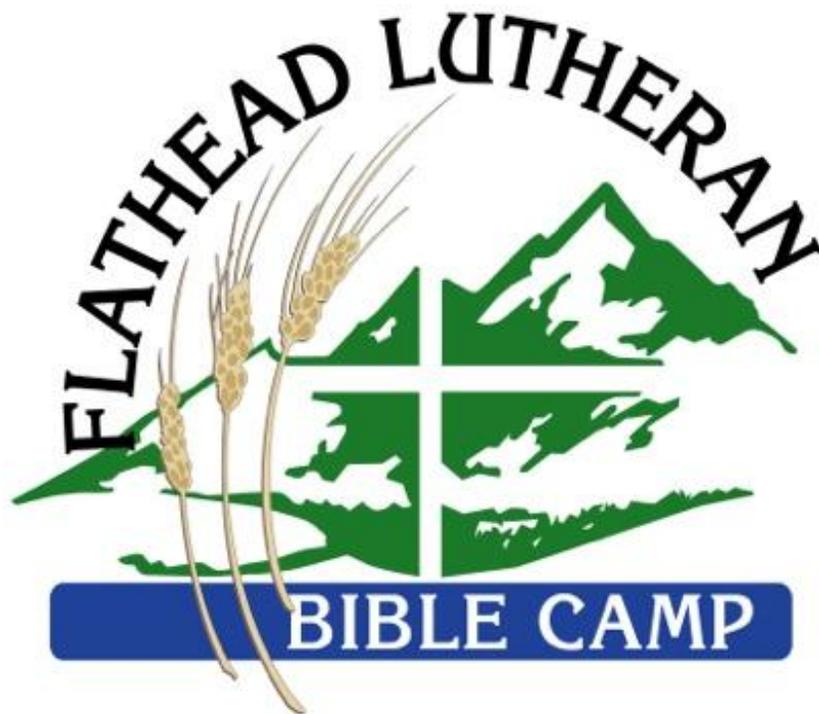


Glacier Wilderness Adventures
at
Flathead Lutheran Bible Camp

North Fork Raft
CAMPER PACKET

2019



TRIP ITINERARY AND DESCRIPTION

Rafting

Flathead Lutheran Bible Camp

Your group, along with your counselor/guides, will start at the Canadian border and raft down one of the more remote rivers in the state. The North Fork of the Flathead River forms the western boarder of majestic Glacier National Park. Spend four days and three nights camping on the shore of the river under the stars. Take part in daily bible studies led by your counselors. Get ready for a great adventure!

Sample Itinerary for Rafting

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
7am		Pack					
8am		Breakfast at Dining Hall	Breakfast	Breakfast	Breakfast	Resurrection Service	
9am		Travel to the North Fork River	Break Camp	Break Camp	Break Camp	Breakfast	
10am			On the River	On the River	On the River	Bible Study and Group Activities	
11am							
12pm		Lunch	Lunch	Lunch	Lunch	Closing Worship at Camp	
1pm		Arrival and Welcome	On the River	On the River	On the River	Pack up Vehicle and Return to camp	Depart for Home
2pm							
3pm							
4pm						Arrive at Camp Unpack / Clean up	
5pm						Make Camp	
6pm		Wilderness Talk Dinner Behind Dining Hall	Dinner	Dinner	Dinner	BBQ Dinner	
7pm	Group Building Activities/Pack	Camp Life	Camp Life	Camp Life	Camp Life		
8pm	Wilderness Worship				Campfire		
9pm	Examen and Evening Bible Study	Examen and Evening Bible Study	Examen and Evening Bible Study	Examen and Evening Bible Study	Passion Play		
10pm					Processing Time		

RAFTING CHECKLIST

This is a list of the basic essentials for your rafting trip. You may choose to bring more, however, keep in mind that there is a fair share of community gear, and space is limited. Specific items of clothing may not be needed every day. Pack light!

CLOTHING¹

- Tennis Shoes
- Sandals or Water Shoes (No flip flops!)
- Socks (3 pr., wool preferred)
- Swimsuit
- Shorts and Shirt (to raft and cook - 2)
- Shorts and Shirt (for sleeping - 1)
- Long Pants
- Long Sleeve Shirt
- Underwear (2)
- Wool Sweater, Fleece or Flannel (1 only)
- Hat or Cap
- Gloves or Mittens
- Rain Gear
- Small Washcloth/Towel

PERSONAL ITEMS

- Sleeping Bag (rated 15-30 ° F)
- Sleeping Pad (camp has some for use)
- 32oz Water Bottle or Hydration Bladder (one quart Nalgene water bottles are available for purchase at camp)
- Toothbrush
- Sunglasses
- Lip Balm (SPF 15+)
- Sunscreen²(SPF 15+)
- Insect Repellent²
- Bible²
- Small Notebook
- Pencil or Pen

² Certain items can be shared between members (i.e. not everyone needs to bring sunscreen for the lake.)

FOR USE AT CAMP

- Soap & Shampoo³
- Deodorant³
- Toothpaste³
- Clothes

³ These items not taken on river as they attract unwanted critters.

OPTIONAL ITEMS

- Camera
- Water Toys
- Books, Cards, Dice
- Small Pillow
- Binoculars

INDIVIDUAL GEAR

PROVIDED BY CAMP

- Rafts/Paddles/Pumps
- Life Jackets (PFD's)
- Dry Bags

COMMUNITY GEAR PROVIDED BY

CAMP

- Bear Spray (2)
- Emergency Tarp
- Tents / Ground Tarps
- First Aid Kit
- Permits/Maps/Menu
- Water Filter(s)
- Rocket Box & TP
- Stove(s)
- Fuel Bottle(s)/funnel
- Food
- Cook Gear & Tarp
- Utensil Kit & Cups
- Bible Study Material
- Women's Kits

¹ Keep in mind that cotton fabrics (such as t-shirts and sweatpants) will lose their insulating value once wet. We recommend bringing items made of wool, polypropylene, or polypropylene blends as much as possible. But you are not expected to purchase a new wardrobe for the trip.

***Please be prepared to put away cell phones and other electronics while at camp.**

***Please plan to bring a camera that is not your cell phone. If you cannot find one, please discuss it with your youth director/group leader.**

RAFTING TIPS

- **Prepare Physically** – arrive in good physical condition.
- **Understand the golden rule of air and water temperature.** One of the biggest risks of river rafting is hypothermia. Icy cold rivers fed by snowmelt can cause hypothermia very quickly, even on a warm summer day.
- **Think Layers!!!** Layers of clothing give the ability to add or subtract layers as the weather or your body activity changes. Temperatures can range from 30 °F to 90 °F in the same day.
- Falling overboard can happen. Rafters will always wear their PFDs (life jackets).
- Don't discount the power of moving water. It carves out canyons, moves mountains, destroys and creates land, and if you are in the wrong place at the wrong time, it can cause injury. Heed your counselor's safety talks, and you will have a safe and fun trip.
- Respect wildlife, you are the visitor in the forest. Remember that bear, deer, moose and other animals can become aggressive and dangerous if provoked or threatened by your actions. Observe wildlife from a distance. Do not follow or approach them.
- Do not drink water directly from the river without treatment or boiling to protect you from Giardia parasites.
- The National Forest is not a theme park. Slow down, relax and enjoy ☺ .
- Do not feed wildlife! Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Drink plenty of water each day, at least 2 quarts. Staying hydrated helps your body adjust to the altitude and the physical exertion.
- Flush toilets do not exist in the wilderness! You will be taught how to use “cat holes” and the “rocket box” and will be expected to use outhouses when available.
- High winds and rain are not uncommon, bring adequate raingear!
- Females will be advised by your guides on how to take care of feminine hygiene needs.
- Leave behind familiar routines and expectations of modern conveniences.

ANSWERS TO COMMON QUESTIONS

WHO WILL BE LEADING US ON OUR TRIP?

Each rafting group will be led by at least two Flathead counselors (1 male, 1 female) with at least one counselor being a certified Lifeguard. If three rafts are required by your group we will send three counselors. Counselors are chosen on the basis of maturity, safety, physical ability, theology, and wilderness skills. To ensure safety, our guides are trained and certified in Wilderness First Aid and CPR. They are also trained in water rescue techniques.

WHAT ARE THE LIVING ARRANGEMENTS & RESTROOMS LIKE?

While at camp you will sleep in tent cabins, while on the river you will be staying in 2 – 4 person tents. Personal items left at camp while you are out on the river can be stored in locked cabinets at the camp. We are not responsible for personal items lost or stolen.

While at camp you will eat meals prepared by the dining hall. On the river you will help prepare backcountry meals under the guidance of your counselors. FLBC strives to provide healthy, tasty, and filling meals for our backcountry trips. Please do not bring your own food.

Flush toilets and showers are available while at the Flathead Lutheran Bible Camp. While on the river, our staff will teach you about the “Rocket Box,” “Leave No Trace” principles and “Minimum Impact Camping” techniques.

WHAT IS THE WEATHER AND TERRAIN LIKE?

Come prepared to experience Montana. You will be rafting on water that is **COLD** (40---60 degrees, depending on the time of year). Air temperatures range from the 90's --- 30's. Once the sun goes down, temperatures cool quickly – **Layering is very important!**

WILL WE BE ABLE TO HAVE CAMPFIRES?

Campfire restrictions are determined and enforced by the US Forest Service and the BLM. Because of the potential fire danger and the impact on the site, all cooking is done over camp stoves. Conditions allowing, your group will be able to utilize existing fire rings along the river. Your group can participate in the Sunday evening campfire at Flathead.

WHEN DOES OUR EXPERIENCE END?

Your week at camp concludes on Friday. Your group will be returning to camp on Thursday and will have an opportunity to clean gear and unpack. After all community gear is cleaned and stored, campers will have the chance to shower and clean up. All off site groups will gather for a BBQ Thursday evening and then join the rest of the campers at Flathead for the Passion Play Thursday evening. Friday morning there is a Resurrection Service and brunch.

IS THERE A CAMP STORE?

Yes, we have a camp store which sells FLBC water bottles, t-shirts, sweatshirts, other clothing, and lip balm...plus lots of yummy snacks.