

## Canoe Day Trip and Summer Camp Preparation

**Meet:** 8:00 AM, Saturday, June 7<sup>th</sup> at the waterfront pavilion on Melton Lake Dr. (North of the Boat House parking area)

**Return:** Approximately 1 PM. Parents pick up Scouts at the waterfront.

### Prior to arrival:

- Eat breakfast
- Apply sunscreen – SPF 30 or greater
- Dress appropriately:
  - Synthetic shorts or swim trunks
  - Closed-toe water shoes or canvas sneakers
  - Synthetic T-shirt
  - Wide brimmed hat or baseball hat
  - Sunglasses

Bring a day pack in a trash bag with the following items:

- Sunscreen – SPF 30
- 2 LITERS OF WATER** (Nalgene bottles or camelbak)
- Rain suit (jacket and pants)
- First aid kit
- Whistle
- Compass
- Snacks (trail mix, granola bars, etc.)