



Expedition Info

www.SoundViewCamp.com

Extra info for campers heading offsite!

What Will It Be Like?

We approach expeditions with the same philosophy as our other camps, but the staff and the setting make for a wonderful combination of intense action, and a relaxing pace!

Note that most of the activities will involve an increased level of physical fitness, but should be ok for an average camper.

You will also receive our standard "What To Expect & Do" form that will have most of the information you need.

Gear/Stuff to Bring

- **Health Form**, complete & signed
- **Medications**, in original container
- **Pillow, Sleeping Mat**, or air mattress
- **Backpack**, simple daypack or book bag
- **Shower Kit**, soap, shampoo, toothpaste, toothbrush, comb, feminine hygiene products, towel, washcloth, etc.
- **Water Bottles**, or camelbacks
- **Sun Glasses**
- **Bible**
- **Sunscreen, Insect Repellent**
- **Lip Balm** with UV protection
- **Flashlight, Whistle**
- **Personal First Aid Kit with Moleskin for blisters**

Clothes

Synthetic fabrics (like fleece) or wool are important when we are canoeing and rafting. Cotton and especially denim should not be worn for river activities. Inexpensive options of T-shirts, fleece pullovers, and "warm-up" pants are available at places like Wal-Mart. If this is a problem, let us know, we do have some available to borrow.

- **Shirt Layers**, inner, middle & outer (coat)
- **Underwear & Socks**, 6+ pairs, thin nylon socks under wool works well for hiking
- **Shorts & Pants**
- **Hat/Beanie**, wool or fleece
- **Raingear**, top & bottom
- **Swim Suit**, modest, covering most of the torso for girls, no speedos for the boys
- **Footwear**, Rain resistant hiking shoes, old sneakers or sandals for canoeing/wet stuff

Please Do Not Bring

- **New, Nice or Fragile Clothes**
- **Firework, Firearm, Weapon** of any kind
- **Valuables or Money**, jewelry, etc.
- **Electronics**, MP3 players, cell phones, music players, video games, etc.
- **Alcohol** or controlled substances

Getting To Toledo (Presby. Church)

I-5 Toledo is South of Olympia
Exit 63, **WA-505**, "Winlock/Toledo"
Left onto **WA-505**, 3.8 miles
Right turn onto **SW 3rd St**, 100 feet
Right onto **Augustus St**, 50 feet
316 Augustus St, Toledo, WA 98591

Vans, Buses, and Cars

Campers will usually be transported in vans or buses, but may occasionally ride in normal cars. Here are some basic expectations when riding:

- Passengers wear seatbelts and remain seated and within the vehicle (no arms out the window)
- Noise level and other behaviors should not distract the driver.
- Passengers should only enter and leave the vehicle with staff supervision and permission.

For More Info: (253)884-9202 or www.SoundViewCamp.com