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# **Welcome to the Apostle Islands Info Session for 2023**

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# Trip Overview

- Who can come - current 6th and 7th graders, priority given to first-timers
- What it is - a five day trip up north to the Apostle Islands
- When it is - July 10-14
- Why we do it - faith, friendship, and lots of fun
- How we do it - years of experience, careful planning, and lots of help





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# The Itinerary

- Monday: Meet at church in the morning. Load up. Head out. Lunch on the road. Arrive mid afternoon at Wildman Rafting Menominee River Outpost. Suit up and put in for a guided rafting experience including Piers Gorge. Dry off, load up and head to our overnight accommodations at St John LC. Pasta dinner. Evening devotions. Small Group Time. Free time. Winding down. Lights out.
  - Tuesday: Up early to have some breakfast, load up, and head north. Lunch on the road. Take the afternoon ferry from Bayfield, WI across to Madeline Island, where we make our way to our reserved group site at Big Bay State Park. Set up camp. Establish camping ground rules. Free time and dinner prep. Learning session (LG/SG). Free time. Campfire time with s'mores et al. Winding down. Lights out.
  - Wednesday: On island time. Breakfast. Morning devotions. Learning session (LG/SG). Group hike with optional cliff jumping. Lunch. Group team competitions, Round 1. Free time: beach time, crafts, games. Dinner. Evening devotions. Campfire time with s'mores et al. Winding down. Lights out.
  - Thursday: Still on island time. Breakfast. Morning devotions. Learning session (LG/SG). Group team competitions, Round 2. Lunch. Free time: Cliff jumping, beach time, games, crafts including tie-dying our trip shirts. Clean up and head to town. Pizza and ice cream at Grandpa Tony's. Back to camp for some free time before we set up the outdoor movie theater, for movie time under the stars. Winding down. Lights out.
  - Friday: Up early for a quick breakfast before we break down camp, load up the vans, and catch the first (or second, or ...) ferry off the island and make our way home. Lunch and far too many 'comfort' stops along the way. Arrive at FPLC around dinner time.
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# Food and Lodging

- Lodging: Monday night at St John Lutheran Church, Townsend, WI. Tues-Thurs we are in our tents on the island. We bring the FPLC tents.
- Food: There are three lunches on the road (\$). We prep and pack all the other food that is needed for the trip: two lunches, three dinners, and four breakfasts. So, the kids need to bring enough money to buy three lunches, plus money for snacks and souvenirs if they wish. Trip families adopt our other meals to help us prep the food as much as we can before we are on the campsite. Typical breakfast options:

bagels, cereal, yogurt, fruit. Typical lunch options: sandwiches, wraps, cut vegetables, fruits, pasta salad, chips. Typical dinner options: pasta or hot subs on Monday, taco bar on Tuesday, burgers/brats/dogs on Wednesday, pizza on Thursday. Food options and allergies? With the help of families, we can work to accommodate vegetarians and vegans as well gluten and dairy allergies and intolerances. We are often a peanut-free trip as needed.

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# The Packing List

## Clothing:

- \_\_\_ T-shirts (5)
- \_\_\_ Shorts (5)
- \_\_\_ Long sleeve shirts (3)
- \_\_\_ Long pants/jeans (3)
- \_\_\_ Jacket, sweatshirt (1)
- \_\_\_ Raincoat (waterproof)
- \_\_\_ Pajamas (warm)
- \_\_\_ Underwear/Bra's (7 pair)
- \_\_\_ Socks (7 pair)
- \_\_\_ Closed toed shoes (tennis /athletic shoes)
- \_\_\_ Laundry bag

## General Daily Use:

- \_\_\_ Flashlight/headlamp with new batteries or solar
- \_\_\_ Sunscreen (1 bottle)
- \_\_\_ Insect repellent (stick or bottle)
- \_\_\_ Water bottle
- \_\_\_ Glasses / Contacts and cleaning solution
- \_\_\_ Goggles (if needed)

- \_\_\_ Medication (1-week supply - only in original container)
- \_\_\_ Hat for sun/sunglasses
- \_\_\_ Beanie type hat (it is COLD at night!)

## Swimming & Bathing:

- \_\_\_ Swimsuit
- \_\_\_ Shower shoes (flip flops or water shoes)
- \_\_\_ 2 towels (bath towel and swim towel)
- \_\_\_ Soap, shampoo, conditioner
- \_\_\_ Toothbrush & toothpaste
- \_\_\_ Comb / Brush
- \_\_\_ Deodorant
- \_\_\_ Feminine hygiene products (if applicable)
- \_\_\_ Waterproof bag

## Sleeping:

- \_\_\_ good sleeping bag (it can get really cold at night)
- \_\_\_ Pillow
- \_\_\_ (optional) roll up sleeping pad

## Optional:

- \_\_\_ Musical Instrument
- \_\_\_ Notebook or Journal
- \_\_\_ Camera (disposables are best!)
- \_\_\_ Games, cards, frisbee, etc.
- \_\_\_ Money for Lunches and stuff:: Monday lunch, Tuesday lunch, Thursday (optional for souvenirs), Friday lunch on the way home. \$30 - 50 is recommended for the three lunches and \$20 - 40 for souvenirs/swag.

## Packing Tips:

- Don't pack anything of value. If possible, send clothing and shoes that are able to get wet and messy
  - Label EVERYTHING.
  - Commonly Forgotten Items:
  - Pillow, toothbrush, shower shoes, water bottle, deodorant
  - Items to Leave at HOME:
  - Cell phones, all electronics, weapons (this includes pocket knives)
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# How you can help

- Volunteer as a trip leader
  - Adopt a meal or two
  - Help your young person pack, or at least run through a checklist moment with them
  - Say prayers for good weather, few bugs, and great attitudes.
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# Questions?

