



## Hike from Camp Spirit to Camp Trexler

- Saturday, July 18 - Sunday, July 19
  - We will meet at 5:15 am for a 5:30 departure
- COST: \$10
- Bring your Summer Camp gear packed separately!
- Wear:
  - *Comfortable* walking shoes (most of the hike is on pavement - trail-style hiking boots are not recommended!)
  - Hat
  - Shorts (NO JEANS!) and T-shirt
- Bring a daypack with the following:
  - Water, water, water!!
  - Sunscreen
  - Extra socks
  - If you wish to swim in the Lehigh River:
    - Swim trunks (do NOT swim in your hiking shorts, do NOT hike in wet shorts or underwear!), a towel, and water shoes (sharp rocks, glass, fish hooks)
  - Trail snacks (GORP, energy bars, etc.)
  - Rain gear (not that it has *ever* rained on us!)
  - Money for lunch in Slatington (and maybe ice cream in Palmerton)
  - Moleskin, bandaids, Gold Bond powder

- For the overnight at the Barn (equipment that will be driven), bring:
  - Sleeping bag and pad (the barn floor is HARD!)
  - Clean clothes (especially more socks and underwear!)

On Saturday, we will eat lunch in Slatington, where there is also a chance to “restock” on trail snacks and water. You have the option of packing a lunch, or buying something in Slatington. We will have another opportunity to restock in Palmerton later in the afternoon. We will cook and eat supper at the barn. If any participant's Mom or Dad would like to volunteer to make a salad (fruit salad or lettuce salad) or dessert for Saturday night, I know there will be tired, but enthusiastic thanks for it! If you wish to make something, please call me so I know what to expect.

On Sunday morning we will have breakfast and make sandwiches for our lunch on the trail. There are no “store” opportunities on Sunday, so be sure to have what you need as far as water and snacks to see you through!

Please print a permission form from the web site, and all permission slips and money must be turned in by July 13. The form can be found at:

[http://troop72campspirit.org/wp-content/uploads/pdfs/permission\\_form.pdf](http://troop72campspirit.org/wp-content/uploads/pdfs/permission_form.pdf)

If you have any questions, please call Mr. Fitch at 610-391-0198 or email ([kdfitch@rcn.com](mailto:kdfitch@rcn.com)).