

Girl Scouts Eastern Washington & Northern Idaho  
Camp Four Echoes  
1404 N. Ash Street  
Spokane, WA 99201

Dear Adventurer and Parent/Guardian,

We are excited that you have decided to join us at Camp Four Echoes for canoeing and hiking trips! While at camp you will be learning more about hiking and traveling in the backcountry, canoeing on flat water, caring for equipment, and planning and packing for an overnight trip.

On your backcountry and water adventures, you can expect to be hiking up to 5 miles a day, possibly in a variety of weather conditions. It is important that you prepare yourself properly for this experience, and recommended that you take a few day hikes, one of them a minimum 3 miles in length, before coming to camp. The degree of difficulty on your backpacking trip could range from easy to moderately hard in some places. You will be hiking on uneven terrain that will require good balance. Your practice hikes should include hikes of varying degrees of difficulty to help you prepare for your trip.

On your water adventure, you can expect to paddle 4-6 hours per day, possibly in a variety of weather conditions. If possible, take a few paddling day trips, for a few hours each time, before coming to camp. This will help you become familiar with traveling on the water, and will be prepared for the fabulous journey that awaits you at camp

On your trip, you will have the fabulous opportunity to sleep in a tent, cook your food outside and to explore some beautiful country, by water and by foot. We want you to remember that there are risks inherent in each of these activities (falls, bad weather, etc). To manage these risks, you will participate in an extensive trip orientation that will teach you safety measures to help prevent accidents and injuries, such as how to use each piece of equipment and recognizing unsafe conditions. Because this is a beginner's level trip, your route will not take you more than a few hours from camp or a ranger station. Trip leaders have been trained in First Aid and will carry contact information and a cell phone and radio for emergency communication for those places with signal.

We strive to help each girl enjoy backpacking and canoeing and improve her outdoor skills. Prior to each overnight trip, each camper will be evaluated to ensure she possesses the skills necessary for each trip. We will do our best to help each girl acquire the skills she needs for each trip. However, for the safety of each girl, we reserve the right to move the camper to a different program if she does not yet have these skills before the trip leaves.

Due to the special nature of your program, below is an equipment list to be used in addition to the regular packing list. Because appropriate equipment is important to a successful and safe trip, we ask that you secure these items before camp (some items are available to borrow from camp). Should you have any questions about the equipment, please feel free to contact me at the e-mail or phone number listed below.

**Please see back →→→→→→→→→**

## Required

- \_\_\_ Hiking boots - sturdy and broken in
- \_\_\_ Water shoes such as Tevas or Chacos. Must have a back strap for safety.

### NO FLIP FLOPS

- \_\_\_ Dry bags or 3-4 large black trash bags
- \_\_\_ Backpack - internal or external
- \_\_\_ Sleeping bag – small, stuffable, lightweight (down or synthetic down)
- \_\_\_ Ensolite sleeping pad (closed cell foam)
- \_\_\_ Small flashlight or headlamp
- \_\_\_ Sunscreen and sunglasses
- \_\_\_ Rain jacket and rain pants
- \_\_\_ Synthetic or wool socks - most of our happiest hikers have thick socks they change daily.  
Do not bring cotton socks for hiking!
- \_\_\_ Loose, comfortable, clothing – It's not necessary to purchase special hiking shorts. Leggings, synthetic pants, nylon soccer/basketball type shorts, and walking shorts work well.

Please check the weather forecast before you come to camp and pack accordingly. A Girl Scout is always prepared! Remember that wool and synthetics will keep you warmer in cool weather and that cotton is great for warm weather, but not for keeping you warm in cold, wet weather. All other group gear (tents, cooking equipment, etc) will be provided by camp.

We are anxiously awaiting your arrival at camp, and are looking forward to this amazing adventure! Please call or email with any questions or concerns you might have.

*See you at Camp!*

### Jayn “*Handy*” Courchaine

Seasonal Camp Director

[icourchaine@gsewni.org](mailto:icourchaine@gsewni.org)

January 16-June 1, 2012, 800-827-9478

June 2-August 28, 2012, 208-664-6827

### Marcy “*Jō-dän*” Mastel

Outdoor Education Manager

[mmastel@gsewni.org](mailto:mmastel@gsewni.org)

800-827-9478 ext 227