

# Dear Women's Tack & Paddle Participant:

**Welcome to our trip!** Both Paddlers and Riders will meet up north and share a beautiful cabin or campsite on a scenic Michigan river. Each year we decide on the river according to the skill level, weather, and number of people going on the trip. We stay in one place and drive to our destinations each day.

Camp provides all of the food, cooking supplies, and group equipment. If you are bringing some of your own equipment let us know and we will pack less. We ask everyone to bring a snack to share with others or an item for people to choose for their personal bag or GORP. We just have lemonade to drink so if you would like pop you will need to bring it along! You might want to bring along a folding chair although we have some too!



## RIDERS...

You can choose to ride one or both days, but must tell us well ahead of time to reserve the horses. The riders will

drive to Sparr Valley Ranch (near Gaylord) and head for the trails through beautiful country side for a two hour ride and eat a picnic lunch (we pack for you) on the trail. Back at the cabin on Saturday you will have the opportunity to go for a late afternoon kayak trip down the river if they would like. You will need a pair of jeans, or riding pants, and hard toed shoes for the riding. The Sparr Valley Ranch will provide helmets. You must be able to control your horse at a walk and a trot to join this program.

## PADDLERS...

The paddlers will head onto the river each day after an introductory lesson. Our paddle will last about 4 hours on the river with lots of stops for wading, exploring, and swimming. We will eat lunch along the river. You must be able to fall out of your kayak and recover in



water over your head to participate. When you fall out of the open kayaks we use... you just fall out and stand up... it is much easier then it sounds!

Our kayaks are made for beginners. If you ar worried call us!

It is important to have a water bottle, a hat, sunblock, and water shoes that will not come off in the river. It is helpful to have a small pack or bag to put these things in. The pack will get wet in the bottom of your kayak so pack things in ziplocks inside of it.

**Included in this packet** is a map, a list of what to bring and the emergency phone numbers for this trip. Rain gear is important! It also can get very cold at night!

Everyone will be expected to follow the safety procedures as outlined by the YWCA and Stable, staff and volunteers. On all YWCA sponsored events everyone must wear a lifejacket when in a kayak and a helmet when on a horse!

If you need to reach us try camp first, then Jill's cell phone and then Dee. If there is a real emergency you can ask the sheriff's department to take a message to the campsite.

## EMERGENCY NUMBERS:

Grayling Sheriff Dept.	1-517-348-4616
Oscoda Sheriff Dept.	1-517-826-3214
Camp Cavell	1-800-354-9922
Marian Reid (Emergency Contact)	1-810-622-8730
Jill's Car Phone	1-313-378-4587

*Drive safely and we look forward to seeing you there!*

**Check out our Website:**

<http://campcavell.org>

**Questions... 810-359-2267**



# KAYAK TRIP EQUIPMENT LIST:



- DUFFLE BAG / PACK *(NO SUITCASES PLEASE)*
- WARM JACKET / SWEATER
- SWEATSHIRTS (2)
- PANTS *(SHORTS IF DESIRED)*
- T-SHIRTS
- UNDERWEAR, X-SOCKS
- TOWEL, WASHCLOTH
- TOILETRIES *(SOAP, TOOTHPASTE, TOOTH BRUSH, HAIRBRUSH, KLEENEX ETC.)*
- BATHING SUIT *(THINK SUNSHINE!)*
- WATER / BEACH SHOES *(MUST BE THE KIND THAT WILL STAY ON YOUR FEET IN THE RIVER CURRENT)*
- LIP BALM
- SUNGLASSES
- HAT *(WITH STRING & SAFETY PIN TO ATTACH TO COLLAR)*
- BANDANA
- GLOVES *(FOR PADDLING)*
- SUNSCREEN
- EXTRA EYEGASSES *(BRING A EYE GLASS )*
- BUG SPRAY
- GYM / WALKING SHOES *(FOR ON SHORE)*
- SPECIAL MEDICATIONS *(IF ANY)*
- SLEEPING BAG / BLANKETS *(VERY WARM, bring lots)*
- DAY PACK *(FOR IN KAYAK)*
- SLEEPING PAD / MAT *(WE HAVE FOAM PADS)*
- WATERBOTTLE OR CANTEEN
- POCKET KNIFE
- CAMERA, FILM *(WATERPROOF BAG / BAGGY)*
- FIELD GLASSES *(IF DESIRED)*
- FLASHLIGHT, X-BATTERIES
- LAWNCHAIR
- SODA POP *(IF DESIRED)*
- SNACK FOR GROUP
- ZIPLOCK BAGS *(FREEZER TYPE BEST)*
- BOOK, FISHING GEAR, MUSICAL INSTRUMENT *(IF DESIRED)*
- FUN ATTITUDE!!!!!!!

*Let's do it! See you on the river!* Questions: Call Jill at Camp 1-800-354-9922,

NOTE: WE DECIDE ON THE CAMPGROUND AND RIVER WE WILL USE WHEN WE FIND OUT WHO IS COMING AND THEIR STILL LEVELS. We will check with you before the trip and let you know which campground we are using. Here is an options we use.

DIRECTIONS will be posted when site is decided upon! It will be in the Grayling area.