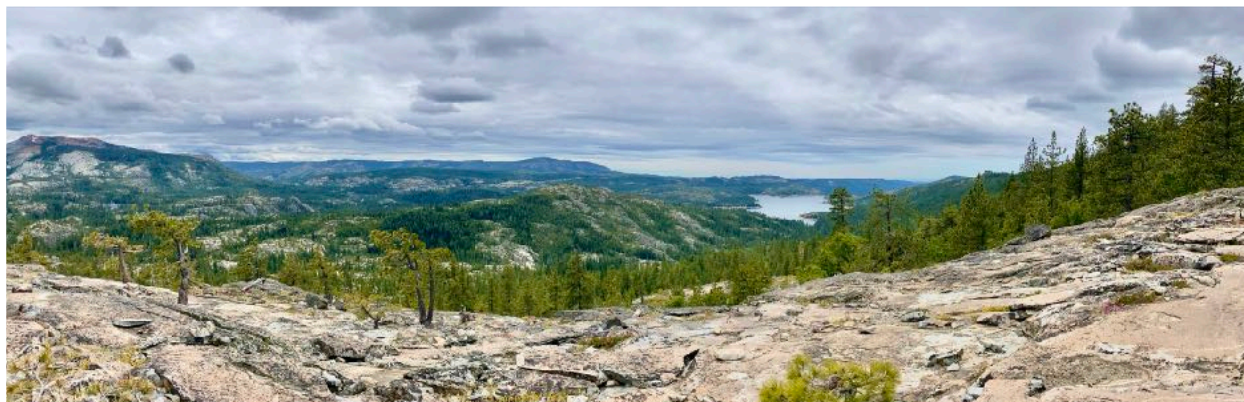


High School Backpack Trip

**Come backpack with us along Fordyce Creek!
It will be trip of fellowship, swimming, hiking, and fun!
This is a great opportunity to bring friends, too.**



Friday: Meet at Calvary Bible Church at 12:30 pm (eat lunch before you come)
Sunday: Pick up at Calvary Bible Church at 4:00 pm



Sign up at church or online at gvcbc.org/high-school

Permission slip and medical release form needed

If you need gear, please contact us asap and we can help you find gear.

Jason: jason@gvcbc.org

Jason or Lindsey: 530-273-1343

What to bring:

- Bible (small)
- Backpack
- Hiking shoes
- Sleeping bag
- Sleeping mat
- Tent - optional, 1 per group
- Food for 2 days (see below)
- Plates and utensils
- Pot or pan
- Water bottle
- Flashlight
- Sunscreen
- Sunglasses
- Towel (optional)
- Swim clothes
- Warm clothes
- Bug spray
- Toilet paper
- Plastic bag for garbage
- Garbage bag (to cover pack in case of rain)

Food: **2 dinners** (examples - top ramen, pasta, Mac and cheese, pre-packaged dehydrated food, which can be found at Mountain Rec. (limited selection), Bass Pro, or Walmart)

2 lunches (examples - bagels, rolls, squeeze cheese, crackers, hard salami, dried fruit, trail mix, protein bars)

2 breakfasts (examples - breakfast bars, bagels, instant oatmeal)

Let us know if you need help finding a pack. Your pack should not be more than 20-25 lbs, depending on physical size and ability. The lighter, the better!



Pre-pack meeting - June 23rd @ 6:00 pm (before Airborne)

As a group, we will coordinate who will bring stoves and water filters for the group to share.



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