

## Things to bring: Participant Information for Blake Island

We will be sleeping in our tents in a campground because there is no space on the boats. If it rains we will all need shelter, so please bring a tent and sleeping bag for yourself.

Saturday evening, we will be going to dinner at the Tillicum dinner - dance at the long house. If you don't want to go to the dinner - dance please tell Bob Ewing as soon as possible, so that he can change the reservations for dinner. Also, if not going to the dinner, you will need to plan your own meal for that evening.

**Other than Saturday night's dinner: You must bring your own food that does not need refrigeration: two lunches and one breakfast** (i.e. peanut butter and jelly sandwiches, muffins, breakfast bars, apples, oranges, a box of crackers and cheese, cookies, pretzels, other snacks.) Pack these items in plastic bags, then in a strong bag with a strap. We will have to put our food in containers (provided by the rangers) at night (to keep out raccoons), and any unattended food may disappear during the day (crows!!) **Also bring your own drinks**-bring what you want to drink (cannot be refrigerated) in cans or plastic bottles (**not glass!**): i.e. Gatorade, soft drinks, V-8. Powder drinks are easier to carry. Remember the best drink is water! Bring a plastic water bottle full of water.

**PLEASE DON'T OFFER FOOD TO CHILDREN WITHOUT THEIR PARENT'S PERMISSION. THEY MAY HAVE ALLERGIES!**

**LABEL YOUR GEAR AND YOUR FOOD!** Otherwise it may not end up on your boat or in your tent when you need it. If it goes back on the wrong boat, you may have to wait for the other boat to return on Sunday afternoon.

The weather can be warm or chilly, so be prepared for both.

**Please bring or wear the following items for yourself:**

tent	sunscreen
sleeping bag and air or foam mattress	sunglasses
ground pad or tarp	sunhat (i.e. baseball cap)
warm jacket and warm hat	shorts
warm shirt or sweater (any synthetic, polypropylene, capilene, synchilla or wool is warmer than cotton)	long sleeve cotton shirt for sun protection
long pants	toothbrush and comb
comfortable shoes	small flashlight (headlamp if you use a cane or have difficulties with balance)
raingear/poncho	<b>all medications you need</b>
rainhat	full water bottle
	mosquito repellent

Check the weather forecast on Friday night. If rain is predicted, you might want to bring extra warm clothes and raingear. Bring 2-4 extra heavy-duty large plastic bags for emergency raingear, and to keep your gear dry.

**On the boat you will need your warm jacket and warm hat, rain protection, your lunch, water bottle or lunch drink, sunscreen, sunglasses and sun hat, and any medications where you can reach them, ideally in a small daypack. Your dry clothes and lunch should be in plastic bags inside the pack. Accessibility of the boat toilet on the trip over may be marginal to non-existent, so use the bathrooms at the marina before we leave. If bladder control over several hours might be a problem, let me know and I'll try to put you on a boat with less gear blocking your access, but bathroom visits when sailing always require stairs!**

The restrooms we use at Blake Island are wheelchair accessible, but the path to them is on mildly uneven grass and dirt. The shortest footpath goes through fifteen feet of woods and roots and is narrow, uneven, and easy to lose in the dark. To get there over better grass and dirt paths is about 150 feet. Bring headlamps if you can, so your hands are free.

Absolutely no food can be kept in your tents, NOT ANY, unless you like sleeping with racoons!!!

Roll up sleeping bags in a plastic bag, then in a tight case or pillowcase for storage. Put your dry clothes in a plastic bag. Put food in multiple bags, plastic rather than paper (paper gets wet and will fall apart). Ideally pack all your gear in a duffel bag if you have one, and carry what you need on the boat in a small daypack. LABEL YOUR GEAR! Many people will handle your gear on its way to the campsite.

The campsites will have fire pits and picnic tables. You may want to bring your own matches in a Ziploc bag, firestarter, marshmallows or pop corn, paperback or small musical instrument. The Tillicum Village store may be open, so you may want to bring checkbooks, plastic money or a small amount of cash.

***For safety reasons alcohol consumption is not allowed in state parks like Blake Island or on Footloose boats. Smoking and illegal drugs are not permitted on Footloose boats.***

Please do not wear flip flops on the boats. It is a safety issue. Also, please don't wear shoes with Black soles that may markup our skippers boats. I appreciate your cooperation with these issues.

If you have any questions please call me.

Bob  
206-236-2498