



**New Hampshire's Highs and Lows Trip Information  
July 13th to July 15th**

**What to Expect when you get on the bus:**

**Day 1:**

We start by traveling through North Conway, NH on our way to Arethusa Falls. We will be making several stops to pick-up campers along the way. You may be the first on the bus or the sixth, either way when you board the bus there will be a short introduction to campers who have already arrived. During the initial tour we will store your gear in one of the bunks and then hit the road. As it will be early in the morning when we leave, we often play a movie while everyone wakes up. As we travel we will play some games and begin getting to know each other. At Arethusa Falls we will enjoy a great 1.6 miles hike up to the falls. From Arethusa it is just a short drive to our campground in Twin Mountain, NH for the night. On the way to camp we will divide our group into "work crews". (Don't be scared, it shouldn't cause any blisters) but we are a team and everyone will need to pitch in - I am sure it will be fun. Each crew will have a chance to help cook, clean, and refuel the bus. Depending on weather some things to do at camp may include swimming, playing ball, cooking S'mores on the campfire, playing cards or listening to a story.

**Day 2:**

We will start the day with a great camp breakfast and fun around camp before heading up to Mt. Washington. We will board the Mt. Washington Cog Railroad at 12:00 for a three hour tour up and back from the summit. From here we have a 2.5 hour trip in the bus through Franconia Notch to our next campground in the town of Lee in southern New Hampshire. We will again enjoy camp before a much needed nights sleep.

**Day 3:**

Hope you are ready to get wet! Today is Water County Water Park. After breaking camp we will spend the majority of the day playing at the park before heading back to Maine around 3:00.

We hope this gives you a little heads up and we are sure that we will all have a great time. See you soon. If you have any questions before the trip please let us know and we would be glad to answer them.

## How to contact us on the trip:

Call our cell phone at 207.266.4360. If you get voice mail we may be traveling through a “dead” zone. Please leave a message and we will return your call ASAP.

## Camping Information:

<b>Night 1:</b> Twin Mtn KOA Twin Mtn, NH (603)846-5559	<b>Night 2:</b> Wadleigh Falls Campground Lee, NH (603)659-1751
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## New Hampshire's Highs and Lows Equipment List –

<ul style="list-style-type: none"><li>_____ 3 T-shirts and polo shirts</li><li>_____ 2 pair shorts</li><li>_____ 1 pair long pants</li><li>_____ 1 rain jacket or parka</li><li>_____ 1 sweatshirt or fleece pullover</li><li>_____ 3 pair underwear</li><li>_____ 3 pair cotton socks</li><li>_____ 1 long sleeved, lightweight shirt</li><li>_____ sleeping attire</li><li>_____ 1 pair sneakers *</li><li>_____ 1 pair sandals *</li><li>_____ 1 bathing suit</li><li>_____ 1 bath towel</li><li>_____ 2 heavyweight garbage bags</li><li>_____ shampoo and soap</li><li>_____ toothbrush and paste, comb</li><li>_____ small first aid kit (band-aids etc)</li><li>_____ sunscreen</li><li>_____ flashlight (headlamp preferred)</li><li>_____ backpack / day pack for items to have handy</li><li>_____ sleeping bag (preferred) or blanket</li><li>_____ pillow</li></ul> <p>* 2 pairs of shoes in case one gets wet.</p>	<p><b>Optional Equipment:</b></p> <ul style="list-style-type: none"><li>- camera</li><li>- book</li><li>- snacks</li><li>- Ipod / walkman, CD's, DVD's (G or PG only)</li><li>- insect repellent</li><li>- sunglasses</li></ul> <p>You never know what type of weather Mother Nature will throw at you. If we're lucky, we may spend the whole trip in shorts, bathing suit and a T shirt. If the bugs are bad at night, your sweatshirt, fleece pullover and sweatpants will be invaluable and if it gets cold, damp and drizzly – a fleece and rain jacket are worth a million bucks.</p> <p><b>Spending Money -</b></p> <p>All entry fees, camping, snacks and regular meals are provided. However, if you wish to purchase any souvenirs and or “extra” snacks then you may bring some additional spending money. Personal money is not to be shared. Do not offer and do not ask please.</p> <p><b>Cell Phone -</b></p> <p>Cell phones are permitted however there will be a designated time for their use. All phones will be secured by SWA staff except for these specific times. In case of emergency, all campers and staff can always be contacted via SWA cell phone: (207) 266- 4360.</p>
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