

Summer 2025

Dear Middie,

Greetings from Camp Lou Henry Hoover! We are looking forward to meeting you and having a great two weeks preparing for and canoeing down the Delaware River. We have enclosed a special packing list for you and some information that you will need for this specialized program.

The first week of your program will be spent at Camp Hoover preparing for your trip. You will be canoeing daily, learning about safety on the river and canoe skills, camping out, working on your out trip and outdoor skills and enjoying the everyday activities of camp. Part of the second week will be spent on the Delaware River. Your trip will cover between 40 to 60 miles on the Delaware River. Your group will have everything you need to succeed on the river in your canoes. Your counselors will be in contact with camp through the use of cell phones and your trip plans will be discussed with the group prior to your departure. The length of the trip and the exact locations of drop off and pick up will be determined based on the groups abilities, weather conditions and river conditions. As a group, you will plan and pack the necessary items that are needed for the four to five day journey prior to leaving camp. Your trip is scheduled to leave on the Sunday or Monday of your second week at camp and return on Thursday.

Prior to departing in the you will receive a health screening by the Health Supervisor. This screen will check your temperature, your general health and review health and sanitary procedures on the trip. If during the trip you begin to not feel well, your counselors will contact camp and you will be picked up.

During your time on the river, you will be camping out under the stars at campsites and islands along the way. During the river adventure, the counselors will contact camp daily to let us know of your progress through cell phones. The Middies' trip is fun filled and challenging, but the rewards of teamwork and friendship are priceless. We are sure that you will enjoy the trip and the companionship of your fellow campers and staff.

If you have any questions, feel free to call the camp Director at 973-383-3220 or email [dhooker@gshnj.org](mailto:dhooker@gshnj.org).

Sincerely,  
Deb Hooker  
Deborah Hooker  
Camp Director and Property Manager

### MIDDIES PACKING LIST (for two weeks)

- Backpack – for carrying needed daily supplies
- 10 pair of shorts
- 18 shirts
- 2-3 pair of jeans
- 17 pair of underwear
- 16 pair of socks
- 2 sweatshirts
- 1-2 pair of sweatpants
- 2-3 bathing suits (must be ONE-PIECE – NO two-piece suits allowed for this program)
- 2-3 beach towels
- Towels, washcloths
- Mess kit – plastic plate, bowl, cup and silverware will work too!
- 1 warm jacket and raincoat/poncho
- 1 pair of shower shoes
- Shower supplies (shampoo, toothbrush, paste, etc.) & a bucket to carry shower items in
- 1 pair of sturdy shoes or sneakers for walking around camp
- 2-3 pair of pajamas
- Hat/sunglasses
- Hiking boots/rain boots
- Sleeping bag (light weight if possible) - Sheet/pillow
- Sunscreen/Insect Repellent/Calamine Lotion/Aloe/anti itch cream/hand sanitizer
- Flashlight/extra batteries
- White T-shirt to Silk Screen
- Water shoes/aqua socks/or old sneakers to be used on the river(no crocs or flipflops)
- Shorts to wear while canoeing (something old – they will get dirty)
- Waterbottle or Nalgene – at least two
- Kneepads for canoeing- optional
- Stuff bag or small duffel bag for your clothes on the river
- River bag (but only if you already have one)
- 2 boxes of gallon size zip lock bags a necessity

