

Canoeing in Nature Camp

9 am–3 pm | July 9–11, 2019

Independence Grove

16400 Buckley Rd., Libertyville, IL 60048

Canoeing in Nature Camp focuses on two areas:

1. Efficient and safe paddling techniques led by American Canoe Association-certified instructors.
2. Limnology: the study of the biological, chemical, and physical features of lakes and other bodies of fresh water.



Camp checklist

- Backpack
- 16 oz. water or larger
- Lunch
- Two snacks
- Sunscreen
- Hat
- Water shoes with heel straps and covered toes (no slide-ons, flip-flops, or Crocs)
- Quick-dry clothes (synthetic fabrics such as nylon and polyester; **no cotton**)
- Towel
- Change of dry clothes



Tuesday: Canoe Basics and Aquatic Plant ID

Learn or review canoe terminology and equipment, paddle strokes, and maneuvers. After lunch, conditions permitting, explore the lake at Independence Grove. Includes some aquatic plant identification.



Wednesday: Advanced Maneuvers, Rescues, and Water Quality

Expand paddle skills by learning advanced maneuvers and rescue techniques. After lunch, conditions permitting, paddle beyond South Bay to take water samples, then return to shore to perform chemical tests of water quality.



Thursday: River Paddling and the Riparian Ecosystem

Receive a briefing about the differences between lake and river paddling, plus how to read a river and use a throw bag. Paddle the Des Plaines River upstream, have lunch on its banks, and learn about what makes riparian ecosystems special. Return downriver with exploration stops along the way that may include water quality sampling and netting. **Drop-off and pick-up is at North Bay Pavilion. If river conditions aren't ideal, the alternate site is Hastings Lake Forest Preserve, 21155 W. Gelden Rd., Lake Villa, IL 60046. Drop-off and pick-up is at Shelter A.**



Read This, Too!

In case of inclement weather, wind, air temperature, or water conditions that prevent safe on-water experiences, alternative activities may include aquatic plant and animal study from the shoreline, fishing, team-building, land use experiments, and more. We will try our best not to cancel and to provide a fun, educational experience. Cancellations or changes of this camp due to weather will be sent to the email(s) listed on the camp health form. If you have questions or concerns, please contact camp director Jenny Sazama at **847-276-5382** or jsazama@LCFPD.org.

