

# *sbəq'wa?*

## Blue Heron Canoe Family

### Honoring Our Medicine Puyallup Nation Tacoma WA

### Saturday July 14 – Sunday August 5

The Blue Heron Canoe Family will gather at Neah Bay (Makah Nation) and then paddle East/South to Puyallup Nation (Tacoma).

You can expect to contribute about \$22.00 per day to the canoe family while traveling for expenses (gas, ferry, camping (park) fees etc.) Fund raising continues all year, so start now! Contact Mike Evans (didahalqid) for participation details.

[blueheronskipper@msn.com](mailto:blueheronskipper@msn.com) (253) 350-7118

# I plan on participating!

(We need to know who's coming and when)

\$35.00 non-refundable fee required.

Name \_\_\_\_\_

Dates \_\_\_\_\_

Contact \_\_\_\_\_

I would like to: (circle one or more)

paddle/pull      drive/ground crew      cook      sing/dance      fundraise  
Other (explain)

Most all of the Blue Heron Crew will be camping in tents for most of the time. The host community usual will provide locations for this. Mark all belongs with initials so others can ID it.

Estimated daily costs will cover most food, gas, ferry, boating fees, etc. as well as gifts for give away.

Remember bags will be handled **roughly** at times and at least twice each day by others. They need to be **durable canvas** duffle bag or equivalent. **NO PLASIC GARBAGE BAGS!**

The following is a list of equipment for all campers:

## REQUIRED

- \* ID, medical history, insurance provider info
- \* If under 18 years old, consent form and conduct agreement form \*
- Medication, prescription

Tent (shared) med-large – 3 Season tent. Make sure it is complete and water tight.

Sleeping bag in a durable stuff-bag, (mat, pillow optional).

Personal clothing for 4 – 5 days, Coat for cold weather.

Swimsuit

Bath towel (2), wash cloth (2),

Bae of Soap, shampoo, shave kit, comb, hairbrush, etc.

Toothpaste, toothbrush, floss, etc.

Flashlight with extra batteries

Mesh bag for dirty clothes Camera,

journal/diary?

Quarters for laundry, showers, orators (speakers)

Bandana

Pair of shoes (extra) Drum

and regalia.

Copper Ring

## Dry Bag for the Canoe

Rain Coat and Pants

Wool hat

Garbage bag/Emergency poncho

Thermal blanket

Several one liter water bottles

Long sleeved shirt, drip-dry with SPF 30 or better

Long pants, drip-dry with SPF 30 or better

Wide brim hat

Skin care, etc

Food bar (emergency)

Sun Glasses

You are responsible for all of your belongings. Leave nothing behind !! Keep them in good working order. Be helpful and lookout for others belongings. **MARK ALL** of your clothes with your initials. 2016