



Lake Michigan Sailing Expedition Teen & Parent Information

Welcome to Chicago Voyagers' overnight sailing program. We are looking forward to sharing some fun and helping you grow in some areas, including working together, being responsible and achieving more than you thought. These are things you can "take home" with you to be a better person. This document contains things which we thought would be helpful for you to know about the program.

What is it like?

We will sail on Lake Michigan for five days. Sailing on the one of the great lakes is an empowering experience. You will be the crew for the boat – learning and taking on all aspects (trimming sails, steering, navigation, even captaining!) of sailing. This is a great opportunity for building confidence and teamwork skills.

Each morning we undock and sail to a new area. Our goal is to be in port before dinner to have time to relax, explore and swim. We will adapt to the winds and weather. The boat has a head (toilet) and showers are available at some marinas.

This program allows us to work more in depth with your youth. Youth will set goals and journal. The group will bond over the five days and the youth will have an opportunity to be leader for the day. This is a great program to really get away and help your youth grow.

How do I know is this is right for me?

If you answer these questions yes, then please consider joining this program:

1. Can I keep a good attitude, even if it rains or sleeping quarters are tight?
2. Can I do without a shower for a few days?
3. Can I follow the rules and directions of the adults?
4. Do I want to go?
5. Am I free of recent convictions for violent behavior and sexual abuse/ assault?
6. If I have mental health struggles, have I been stable, including my meds, for six months?
7. Am I looking for a fun time and opportunities to grow as a person?

If you are unsure about any of these, talk to your agency/school leader.

What about safety?

This is a semi-remote experience on one of our great lakes. We can call the coast guard for help and the boat has a motor which can be used as needed. We will teach everyone lessons to live on board the boat safely. It is important that everyone follow safety instructions.

How about transportation?

You will drive together to the port of departure where our boat is stored.

What is the agenda?

- Day 1. Travel - after meeting up, we prepare the boat and set sail. We sail most of the day before finding a port to anchor for the night. We will make dinner and have a discussion before heading to bed.
- Day 2. This will be a full day of sailing, with breaks for snacks, water and lunch. We will try to dock by late afternoon.
- Day 3. We may find an offshore excursion this day to explore the local area.



- Day 4. This will be a full day of sailing, with breaks for snacks, water and lunch. We will try to dock by late afternoon.
- Day 5. We sail back to our main dock, secure and clean the boat, have a shower and celebration meal before heading home.

What do we do?

1. Sail a 26' sailboat – manning the sails, steering, tacking and so forth.
2. Talk about our lives
3. Hang out on the board
4. Sleep on board
5. Build friendships
6. Viewing stars – including the Milky Way
7. Lead the group
8. Learn a lot, like how to navigate and cook onboard.

What about weather?

We sail in most weather conditions and will provide rain jackets and other warm clothing as needed. We can stay safe in all sort of weather and will take refuge from storms if needed.

What about preparation?

We will be planning time to get together and learn to work together and sail.

What do we need to bring?

Everyone should bring:

- The **CV release-[English/Spanish](#)** and **CV Participant Medical Form ([English/Spanish](#))** if you haven't given us one before this year
- Pair of sandals with heel strap & toe protection or gym shoes. Please bring something with a non-marring sole (white or made to not mar).
- 1 pair wool or non-cotton socks (we can supply a pair if needed)
- 1-2 pairs athletic shorts (like basketball or soccer shorts)
- 1 swimsuit
- 1-3 pairs underwear
- 1-2 spandex or nylon sports bras (girls)
- 1-2 T-shirts (nylon dries faster than cotton)
- 1 visor/baseball cap
- 1 bandana
- Sunglasses
- Sunscreen
- Personal care items
 - Small toothpaste/toothbrush
 - Deodorant
 - Feminine hygiene products (for girls, even if you think you won't need it)
 - Chap stick or other lip protection
 - Prescription medications, if needed (in a container with pharmacy label)
 - Extra inhaler if you use one
 - Extra pair of glasses if you need them
 - Strap to keep your glasses on your head
- Clean change of clothes for the ride home (to be left in the van)
- Shower items (small towel, shampoo, soap) (to be left in the van)
- Luxury item such as camp shoes, comb or camera.
- Meals on the road: ask your agency leader how these will be handled.



**What does
Chicago
Voyagers
supply?**

Chicago Voyagers can supply:

- sleeping bag (based on weather, maybe just a liner blanket) and sleeping pad
- fleece jacket if needed
- waterproof jacket and pants
- Long underwear top and bottom
- Warm hat
- bowl, cup, & spoon
- 1 water bottle
- sandals
- Group equipment such as stoves and pots and all food.