

BSA TROOP 212

COLORADO RIVER CANOE TRIP

HOOVER DAM LAUNCH TO COTTON COVE MARINA

DECEMBER 2011

(Revised and Printed Dec 19th 2011)

BSA TROOP 212 ~ COLORADO RIVER CANOE TRIP ~ DECEMBER 2011

As you know, the Troop will canoe the Colorado River this December during the school break. Properly qualified Scouts and Scouters of our troop, past and present Troop members, are welcome to take part in this river adventure. This year we will follow a section of The Colorado River from the base of Hoover Dam to Cotton Cove Marina. This special booklet is being prepared to answer the most commonly asked questions we receive and should be used as a planning and preparation guide. In the meantime, if you have any questions, please feel free to contact the Trip Leader, Scoutmaster John Douglas 310-628-4312(c).

QUALIFICATIONS TO GO?

Anyone who is a BSA registered Scouter or Scout with Troop 212 may come along. Registered Alumni of the Troop are also encouraged to participate. In addition, we require each and every participant to have as a minimum, pass the Summer Camp level swimming requirement, **or the equivalent**, as approved by the Trip Leader, in addition to attending at least 2 out of the 3 canoe practice sessions in Long Beach. (See Program Calendar for dates) In fact, we would prefer that all River trip participants attend all 3 practice sessions, if possible, in the interest of safety. Also for the safety of all participants, we reserve the right to administer our own swim test prior to trip confirmation.

WEATHER?

December days at about 65 degrees, can be changeable, but the most comfortable for canoeing. Wetsuits are not needed and are not advised. It's a bit cooler at night, about 35 degrees. Due to the radical weather changes in that part of the country, please plan for some rain on this river trip.

IS IT SAFE?

White water is at a minimum on this river adventure, although the river can be quite swift and challenging in several places. Don't worry, we'll show you how to stay safe. For the record, we expect not to exceed class II water for most of the way, which is considered MODERATE: larger waves but no obstacles or obstructions, some splashing. (Great fun!)

COSTS, RESERVATION DEPOSITS, FINAL PAYMENTS, PERMISSION SLIPS, AND CANCELLATIONS?

The estimated cost of this adventure will be \$200.00 per person to cover the cost of food, transportation, souvenir patches, camp fees, vehicle parking fees, as well as rentals of canoes, paddles, and life jackets. We believe this to be a reliable estimate, and we will do everything possible to hold at this cost level. Any changes to the final price will be determined later based on the actual number of participants and any volume discounts we are able to secure.

All RESERVATION DEPOSITS of \$100 must be submitted no later than the Monday, November 7th Troop Meeting.

Reservations payments should be made as soon as possible to ensure we will have a place for you. Of course you may choose to pay the full amount at any time. Please be aware that trip deposits are treated as a "commitment to attend" and are forwarded to our equipment with that commitment in mind. All canoe trip payments and Trip Permission Slips are collected by Jennifer Kerr at troop meetings.

All FINAL PAYMENTS, BSA Medical Forms, if applicable, (see BSA MEDICAL FORMS below) as well as the required Troop 212 Parent Permission Forms and Desert River Canoe Rental Permission Forms (copies will be available on our web page) all must be submitted/collected no later than the Monday, December 5th, Troop Meeting. If these payments, and all required forms, are not received by the Monday, December 5th deadline, this may be treated as an automatic cancellation, with a possible loss of deposit monies, and that spot filled by one of the waiting on "Stand by List" folks.

All checks should be payable to "BSA Troop 212". Sorry, but any bounced checks will be treated as an automatic cancellation. If you need to request a cancellation/refund, we can only return to you any un-expended funds we have not submitted/committed on your behalf to our vendors, so be sure by November 7th deposit deadline that you are serious about attending this High Adventure on the Colorado River.

EXTRA SPENDING MONEY?

Extra spending money needs for the participants has been kept to a minimum because all meals will be prepared troop style as part of the trip, except to first travel day picnic lunch, which you brought from home, and the last day lunch traveling back home, which will be a stop in a fast food location during one of our vehicle gas up stops. You will also need some quarters for the hot showers at Cotton Cove Campground the last canoeing day.

DEPARTURE & RETURN MEETING PLACE & TIME?

We will meet at the Church parking lot at 7:00 AM, with plans to depart at 7:30 AM MONDAY, December 26th. We plan to return to the same parking lot on FRIDAY, December 30th, between 3:00 and 4:00 PM. Updates on our return arrival time will be available by checking SPOT on our Web Site Friday OR my cell phone is 310-628-4312.

MAPS?

Maps for road travel will be handed out in the parking lot at departure time. However, they may also be found on the troop web site. River maps will be handed out while on the trip.

CANOEING SAFETY?

We expect to make this an equally safe & fun activity for all canoeists, whether they are experienced or beginners. It is for that reason that a safety boat may join us on this adventure. However, since the individual's personal gear, as well as an equal share of Troop gear, will be in the canoes, proper attendance of the practice sessions at Lee Way Sailing Center, located on Alamitos Bay, accessed by Ocean Blvd. in Long Beach, should ensure a safe river trip.

RISK?

This trip is not for everyone. River expeditions are fun, exciting, rambunctious, and occasionally tough to control. To join us in the fun, you must be in good health, free of heart conditions, back problems and other physical conditions which could be aggravated by this adventure. All participants must understand that there are inherent risks in any outdoor sport such as river canoeing. Accident and illness happen; sometimes even before the event. Each participant must be in good physical condition.

RESPONSIBILITY?

We reserve the right to cancel or make changes in itinerary or river section. This might happen if it were deemed advisable for the comfort and well being of canoeists and/or were necessary due to insufficient water levels, weather, sickness or other factors beyond control. In circumstances which our organization has no control, we accept and assume no responsibility whatever for any damages, injuries, losses or delays, whether to person or property. A Boy Scouts of America Tour permit has been submitted for this trip, therefore BSA Insurance coverage amounts and regulations apply.

BAGGAGE?

Ideally, for greater ease and comfort, all personal belongings, including your sleeping bag, should fit in one duffle bag with your name on it. But, if you must, a second, small bag, or day pack bag, for your essentials will be OK. Just make sure all bags are properly packed, name tagged and tied to the canoe.

WHAT TO BRING?

We want you to "be prepared" for all kinds of weather. However, please try to hold your baggage weight down. It might be helpful if you keep in mind you are carrying your own bag(s) **from** the canoe docking area pack line to the campsite at the end of each day, as well as bringing it back **to** the canoe docking area pack line the next chilly morning. **EVERYTHING YOU BRING MUST HAVE YOUR NAME ON IT.** Bring only the items you really need, which, as a minimum, should include:

- SLEEPING BAG..... (Be prepared for cold nights)
- WATER-PROOF RAIN SUIT..... (Good 2 piece suit. Important!)
- AIR MATTRESS OR FOAM PAD..... (Watch bulk problems of these)
- SOCKS..... (As a minimum, take 5 pairs)

HAT, WIDE BRIM TYPE..... (For day use)
HAT, WARM WOOL TYPE..... (For evening use)
TENNIS SHOES..... (For wet use in canoe)
WARM CAMP SHOES..... (For use at each camp site)
SHORTS..... (1 pair and quick drying, optional)
LONG PANTS..... (2 pairs minimum, cold evenings)
SWEATER AND WARM COAT..... (It gets **cold** at night)
SUNGLASSES & OTHER PERSONALS... (Necessary to you)
FEW BAND AIDS..... (Personal first aid supplies)
WASH KIT & TOWEL..... (And soap, hair brush, etc, can be stored with uniform)
TOILET PAPER & SMALL SHOVEL..... (For emergencies, in separate plastic bags)
ROPE CUT IN 10 FT LENGTHS..... (5 pcs, for all gear tie down & canoe docking)
FLASH LIGHT..... (Extra batteries also)
CANTEEN..... (Small plastic is best)
CAMERA AND SPARE BATTERY..... (In waterproof container)
GLOVES & KNEE PADS..... (May be needed when paddling)
SUN BLOCK OUT..... (Even for those that "don't burn!")
PERSONAL BOWL, PLATE, MUG, & EATING UTENCILS.... (Mostly for back up if paper products get wet. Must have name on them. Please note, the eating utensil will be used every meal, and washed.)
BAILER ON ROPE W/ SPONGE tied together w/ a min. 4 ft string (Must have name on it)

The above suggestion list may not be complete. You should complete it based on your personal needs/desires. If you are unsure about what to bring, please phone the Trip Leader.

THE BEST WAY TO PACK?

First, don't panic. It's easy, it's simple, and it's inexpensive. PAY ATTENTION HERE: Nothing--absolutely nothing-- beats an old fashioned DUFFLE BAG, GI style canvas, zipper style, nylon or cotton. We strongly recommend one duffle bag per person AND one small essentials bag for under the seat. BOTH need to be tied/tethered to the canoe and BOTH with your name on the bag.

For your sleeping bag, line the inside of a stuff bag with a heavy duty trash bag -- NOT the outside, the INSIDE. Stuff your sleeping bag inside. This goes in your large black duffle.

Next pack your clothes, toilet articles, cameras, etc. in Zip-Loc type bags, large and small. Place all of these in one or two larger nylon bags, or even an old pillow case, to protect the plastic bags from ripping and these go into your duffle. That's it! A few extra plastic bags for later use can be put on bottom for good measure. NOTHING SHOULD HAVE PLASTIC BAGS ON THE OUTSIDE, THEY WILL RIP IMMEDIATELY!

We want you to bring everything you need to make your trip pleasurable. BUT trucks, vans, trailers and canoes have only so much space and cannot be stretched. A canoe full of loose gear is an accident waiting to happen. Duffle bags and canoes were made for each other. TRY IT...YOU'LL LIKE IT!! Backpacks are great for backpacking, but framed packs DO NOT work in canoes. Frames WILL BE DAMAGED, so leave them home.

UNIFORM?

As always, full BSA uniforms will be worn during automobile travel time. Uniforms will be stored just before we go canoeing in our vehicles at the base camp to ensure that they are kept neat & dry. Scout Class "B" T-shirts are recommended to be worn while on the river and at river campsites.

PROPER ID'S?

Please remember that as part of the Hoover Dam security, they may ask everyone for ID credentials. Typically, driver's licenses and School ID's are the usual things to show. Also, please remember to keep them handy, and NOT pack them in your canoe bags until we are actually by the Launch Site at the bottom of Hoover Dam

MENU?

As is the tradition of Troop 212, we are planning on fantastic meals while on the river! Possible meals are:

BREAKFASTS: Cheese omelets, bacon omelets or River Toast w/ warm syrup, hot chocolate, hot coffee, hot tea, hot cereal w/ raisins and honey, fruit cup.

LUNCHES: Tuna salad or chicken salad, or PNBJ sandwiches, juice drink, cheese, cookies, fruit cup, granola bars and cookies.

DINNERS: Pot Roast, Chile, beef stew, string beans, corn, hot soup, juice drink, hot coffee, hot tea, hot chocolate, dessert.

River meals will be prepared Troop style, with everyone responsible to assist as outlined in the Duty Roster, below.

MEAL TIMES?

We plan on breakfast at 7AM, so the Kitchen Crew must be up by 6 AM. They should pack their personal gear bags quickly and then proceed to the kitchen area... The lunch time target is 12 noon, but is dependent of beach side availability or "rafting up" arrangements. We plan on having supper by or before 5PM, to allow for ample clean up time, an evening campfire, and a good night's sleep. This goal will be accomplished if we can locate an acceptable beach side camping area by 3 PM that day.

PERSONAL UTENSILS?

In order to conserve washing water, we will be using troop provided paper plates, paper cups (not styro), paper bowls and paper towels, all of which are expected to be burned at evening campfires. No plastics will be burned in the campfire. Each trip participant is still directed to bring their usual reusable plates, bowls, cups, mugs (see "WHAT TO BRING", above) as back up, in case the paper products get wet.

We will not be using disposable plastic forks, spoons or knives this trip. You will need your own reusable plastic/metal forks, spoons and knives for each breakfast and supper. Trip participants will be responsible for the proper cleaning of their personal utensils. Washing facilities for these personal utensils will be made available.

GARBAGE?

We carry out everything we bring on the river. This would include magazines, tin cans, bottles, raincoats, etc. Everything you bring in must be taken out. We will only burn our paper garbage while on the river during our evening campfires.

FOLDING CHAIRS?

These chairs are only acceptable if they are small light weight, easy to fold & transport, as well as easy to pack in the canoe. For safety, we do not plan on using these chairs to sit in the canoes. They are for camp use only.

TENTS AND OTHER GEAR TROOP PROVIDED?

As you can see from the Personal List above in this booklet, you do not need to bring your own tent. We have enough TWO man tents for most of the canoes going on this adventure. The actual number of tents available for use will be determined on the Saturday afternoon we have scheduled for gear checking. Some of the adults may be asked to bring their own. However, if you would like to voluntarily use your own tent, please make this request, in advance, with the Scoutmaster.

The troop will still be providing the usual troop gear, such as cooking pots/Dutch ovens, stoves, propane, , lanterns, etc. We will also be using SPOT for tracking updates. Therefore, please advise your friends and family at home they can follow our progress through this GPS tracking system. Just have them "click" on the SPOT logo located on our troops main web page, and follow along.

MEDICINES?

Use of any prescription drugs need to be clearly explained to the Scoutmaster or his authorized assistant to trip departure. (Same process as Summer Camp.)

BSA MEDICAL HEALTH FORMS REQUIRED?

If you have attended our most recent Summer Camp with the properly completed Health Forms, you are

probably covered for this River trip. Please confirm this with Dana S. at d24expbug@aol.com

For all other trip participants, we suggest they schedule their appointment with their health care provider for a physical exam soonest possible, and bring the new Annual Health and Medical Record Form (Rev 2/2011) Part A, B, and C which is available under Resource/Forms on our troop website www.troop212.net/resources/forms (print pages 1-4). These completed forms will be due when final payments are collected Monday, December 5th, and will be collect by Dana S.

In order to fulfill this requirement completely, please remember;

1. Part A, B, C required (For participants in any event that exceeds 72 consecutive hours, all high adventure base participants, or when the nature of the activity is strenuous and demanding)
2. Make sure immunization section is complete (Part A).
3. Make sure to get the Signature of the health care provider on Part A, under the medication section, and on Part C.
4. Attach a copy of the medical insurance card, front and back.
5. All Scout/Adult signatures on Part B

CANOE PAIRS/TEAMS ON THE RIVER?

Trip participants with requests to be matched and paired in the same canoe with their buddy will be honored, as long these requests are registered with the Trip Leader in a timely manner. However, the Trip Leader may need to modify these requests based on observed canoeing abilities and weight balancing requirements.

PRE-TRIP PREPARATIONS & DUTIES?

Long before this river adventure begins in December, detailed preparations need to be made well in advance. These include such things as food planning, food shopping, equipment readiness, prepackaging of food boxes, vehicle loading, etc. Individual Scouts and Scouters will be needed in the following areas;

1. We will ALL meet at the Scoutmasters house (Alley way in the back) on Saturday, December 10th, at 1:00 PM for equipment prep work.
2. We will meet, ADULTS only (scouts optional) on Thursday, December 22nd, 6 PM at Signal Hill Costco, for food shopping of non-perishable foods. These items will be re-packaged at the Scoutmasters house for River use and loaded in the marked River boxes. Ending time for this will be no later than 10 PM....hopefully earlier..
3. We will NOT meet, Saturday, December 24th, 10:00 AM, Signal Hill Costco for perishable food shopping. This has been cancelled for the group. The Trip Leader will take care of this personally.
4. We will meet ALL ADULT DRIVERS Sunday evening, December 25, 6 PM, at the Scoutmasters house (ALLEY in the back, again) for troop gear loading in to Cars/Vans/trucks. We will NOT be using the Troop Trailer this trip.

NOTE: Please contact the Scoutmaster/Trip Leader if you are unavailable to assist with any of these activities.

DAILY OPERATIONS?

While on this river adventure, each canoeing pair (AKA Canoe Teams) will be responsible for their own canoe and related safety gear. Each canoe will have in it the personal gear of its occupants, the single dome tent assigned to those occupants, and some troop gear (a lexan food box, plastic food boxes or food coolers). Everyday these Canoe Teams will need to load and unload their own canoe, secure with their own rope their own canoe when they get out, carry all the gear from the canoe to camp, and pitch their own dome tent when they arrive at camp.

Please note that in order to ensure an effective early morning departure every day, each Canoe Team must pack up their personal and tent equipment first thing and then immediately carry this gear to their canoe,

leaving space for one lexan box or 2 plastic food boxes, or 2 coolers, which the Canoe Teams will need to carry from the kitchen area to their canoes, when the meal is completed. These boxes/coolers will be numbered to match the canoe numbers.

Also, on a daily rotation basis Canoe Teams will be on the Kitchen Crew, responsible for the Troop Duty Roster for feeding duties listed below.

When you are on the Kitchen crew, based on the Duty Roster below, Canoe Teams (you need to be aware of your canoe number) will be on the Kitchen Crew, responsible for the Troop feeding duties of the MEAL assigned. The Kitchen Crew is responsible for proper/complete food preparation, kitchen equipment & kitchen area clean up and kitchen pack up for the full meal. **Paper products will be used this trip to conserve wash water, since we are raw beach camping two nights with two suppers, raw beach breakfasts two mornings and beach lunch three days.**

The Kitchen Crew will also need to monitor the food cooler ice and purchase more ice as needed whenever possible. In addition, the Kitchen Crews that have lunches are strongly advised that before we leave land/camp in the morning, to properly identify the food for lunch in coolers or packing boxes and make note of this information, so it will be easier to locate while on the river. All campsite hot water requirements will be the responsibility of the Kitchen Crew. With support from the Safety Boat, the Kitchen Crews will keep the kitchens' fresh water jugs filled at all stop opportunities as well.

DUTY ROSTER FOR KITCHEN CREW?

Below is an example of how the duties may be distributed.

MON.BR: At home	MON.LU: Bag lunch f/ home	MON.SU: C1 C2 C3
TUE.BR: C4 C5	TUE.LU: C6 C7 C8	TUE.SU: C9 C10 C11
WED.BR: C12 C13 C14	WED.LU: C15 C16 C1	WED.SU: C2 C3 C4
THU.BR: C5 C6 C7	THU.LU: C8 C9 C10	THU.SU: Restaurant C11
FRI.BR: Restaurant C12	FRI.LU: C13 C14 C15 C16	FRI.SU: At home!!

Please note two canoes, C17 AND C18 will be responsible for lanterns and stoves set ups for all meals and responsible for canoe load balancing and some cooking support co-ordination. As you can see, this roster is a Troop CANOE based process, and not PATROL based process, with each Canoe Team expected to assist in the kitchen. This schedule may be adjusted and newly presented the day of departure, based on any last minute unforeseen adjustments that occur.

NON-KITCHEN CREW DUTIES?

While NOT on kitchen duties, all other trip participants are expected to be working on their camp chores to include such things as tent pitching or tent folding, their gear unpacking or gear packing, or their canoe unloading or loading. Fire wood for the evening needs to be gathered as well.

Please remember the following time gating elements;

1. The supper crew cannot begin the meal preparation until all the canoes with their share of troop gear have arrived at that evening's camp site, and delivered their troop gear to the kitchen area, one late canoe or late delivery of a gear/food box delays supper for the whole troop.
2. The whole troop does not launch onto the River after lunch or breakfast until ALL the canoes are properly loaded and checked by the Trip Leader. In order to make these departures easier, and timelier, please assist the members of the kitchen crew with some support duties that they are un-able to perform while they are performing their assigned kitchen duties. Ask them what they need done. Perhaps tent pitching or pack would be helpful.

DOCKING AND TIE UP PROCEDURES?

Whenever we dock on a beach for lunch, stretch break, or overnight camp, we need to be mindful of rising water levels that may draw our canoes into open water. To prevent this, we all need to pull our canoes fully onto the beach, as reviewed during the practice sessions. In addition, for night time security, a long rope, threaded between each canoe, will be tied/anchored to a non floating location.

LONG BEACH CANOEING PRACTICE SESSIONS?

We will be conducting THREE scheduled practice sessions at Lee Way Sailing & Aquatic Center, 5437 Ocean Blvd, on Alamitos Bay in Long Beach at a cost of \$15.00 per person. These sessions will last 2 hours each on the first two and 3 hours on the third. Attendance of at least two of these sessions required, and the final one is mandatory. **However, we prefer that all River Trip Participants attend all 3 practice sessions, if possible, in the interest of safety.** Any of our Scouts or Scouters may attend these sessions even if they do not plan to go on the December trip. The dates for these sessions are listed on the Web Site. If there are any questions as to days or start time, please call the Scoutmaster/Trip Leader at 310-628-4312.

Arrive a bit earlier in clothes and shoes that are able to get wet, because you will be dunking the canoes. Please don't forget towels and sunscreen and spare dry cloths. There are **two** Release Forms that must be completed each morning in order to participate in these practice sessions.

SOUVENIR PATCHES?

All participants will have the opportunity to earn several souvenir patches. First, there will be small patches given to each participant of the Long Beach practice sessions. One patch for each attended session will be issued. This means that some participants may earn up to four of these small patches. Then a larger, custom designed, canoeing souvenir patch, will be issued to those that complete the river run.

CANOEING MERIT BADGE?

Scouts may be eligible to earn the Canoeing Merit Badge. If, after reading the M. B. requirements, you wish to work for this badge during this trip, you must inform the Trip Leader (who is also the M.B. Counselor) **before** December 25th.

GEAR WEIGH-IN & GEAR CHECK MEETING?

In a way, the trip begins before we actually depart from the Church parking lot. Therefore, on the Monday December 19th Troop Meeting, we will all meet in the large Hall, at the Church with our **fully packed bags** of gear for gear check and gear weigh in. Any additional questions or last minute announcements or changes about the trip will also be taken care of at this meeting. After this meeting, all personal equipment bags may be brought back home for corrective action.

RADIO COMMUNICATIONS?

As usual, we will be using the troop FM radios during our road travel time and during river travel.

TRIP ITINERARY

The first day, MONDAY, December 26th, will be a travel day to the Colorado River, Cottonwood C.G. (Base Camp). Along the way we will stop in a road side rest area to have the bag lunches/drinks you all have brought from home. When we arrive at this River Base Camp, at about 2 PM, all participants will change out of their uniforms and into play cloths, transfer gear to the Canoe Support Vans, store their uniforms into the parked cars to ensure they are clean, and dry for the return drive home. All vehicles (park them facing OUT for easier departure later) and the safety boat will remain at the River Base Camp and we will proceed about two more hours by Canoe Support Vans to our launch location near Hoover Dam. Since it will be cold that evening and we will be tired from the drive, so we will plan on staying at the Hacienda Hotel very near the launch site, have a 6:00 PM supper and go to bed early, in order to ensure plenty of rest for the rigorous days ahead.

The next day, TUESDAY, the 27th, will be our first canoeing day. We wake up early enough to attend the 6 AM breakfast. Then the first thing that morning participants will be responsible for packing up their personal belongings in their bags (ready for canoeing) and, filling up their canteens, and getting all gear packed in trailers/vehicles to drive down to the Hoover Dam launch site. The safety boat will launch from Cotton Cove and meet us at Willow Beach. We will camp about one mile downstream from Willow Beach, on the right side (as we go down stream) in an open beach area. Our camping destination is an open beach area about 14 miles downstream from our launch point. This camp site will have NO facilities. When we all arrive at this first camp everyone needs to make sure all canoes, life jackets and paddles are secured. We will be on the River all day, stopping along the way for a beach side lunch and stretch breaks.

The next day, WEDNESDAY, the 28th, will be our second canoeing day. First thing that morning, and every

morning, participants will be responsible for packing up their personal belongings, filling up their canteens from a water source from the Safety Boat only, and getting gear into their canoe. By now everyone should be familiar with the required routines for cooking and packing. After a hearty breakfast, we will be canoeing a bit further today; about 16 miles. Lunch will be either a raft up type or a beach side type, depending on conditions. Our destination will be an open beach camping area again. This camp will not have any facilities, so we will pick the best spot that can handle a group of our size.

The next day, THURSDAY, the 29th, will be our third and final day of full canoeing. We will be on the River for a relatively short time in the morning when you will notice it open up wide and almost looks like a lake. Usually at this time high winds become apparent, so we will travel down the safest side of the water way. We are looking for Cottonwood campground again. If you plan on using their hot water showers, please remember to bring a few quarters. Later that evening, we will enjoy supper at the local CG Café.

The last day, FRIDAY, the 30th, after a good nights sleep at Cottonwood (Base Camp), and an easy morning breakfast at the Marina Cafe, the group will pack the camp gear on the Troop trucks, change into our class "A" uniforms, and while driving back home, we will stop and prepare lunch along the way in a rest area. Along the way home we will stop for rest breaks as needed. Since our estimated time of arrival to the Church parking lot is between 4 and 6 PM, we will make every effort to reach this goal, but not at the risk of accident or other mishap.

EQUIPMENT CLEAN UP

We have scheduled Saturday, January 14th, 9:00 AM for all canoe trip participants to assist with this clean up effort. Location TBD.

OTHER IMPORTANT & HELPFUL TIPS?

- If you wear glasses, be sure to have tie-on strings for them to prevent lose.
- Bring something to be used as knee pads for the bottom of the canoe.
- Jewelry, rings, and other valuables should not be taken along on this trip. If it can't swim, don't take it.
- Extra spending money needs for the participants has been kept to a minimum because all meals will be prepared troop style as part of the trip, except to first travel day picnic lunch, which you brought from home, and the last day lunch traveling back home, which will be a stop in a fast food location during one of our vehicle gas up stops. You will also need some quarters for the hot showers at Cotton Cove Campground the last canoeing day.
- Although canoe paddles will be provided by the canoe rental company, several experienced Troop 212 canoeists bring their own. This is certainly encouraged, but we are still responsible for all the rented paddles, even if we don't use them. Therefore, these rented "extra" paddles will be kept with the canoes for "emergency" purposes. We also suggest that the owners name be placed somewhere on the personal paddles.
- Each participant should bring their own bailer (with their name on it) and sponge, tied together by a 3 foot nylon cord, as demonstrated at the November and December Parents Committee Meeting and Troop Meeting. Bring extra cord as well in order to tie down the gars in the canoes.
- How do we get in and out of a canoe? When shoving off, the person in front should get in first. Likewise, when landing, the person in front should get out first, stabilize or brace the canoe and remove the gear.

- Be aware of strainers. Strainers are obstacles such as trees or fences that allow water to flow through but traps boats and paddlers. Strainers are common on small streams and can be deadly in fast current.
- Immersion in very cold water can cause you to lose your breath and cause cardiac arrest in older people. Cold water can numb your extremities making it impossible to hold onto a rope or side of a boat. Hypothermia causes the body's core temperature to drop and needs to be treated. Change from cold wet clothes to dry clothes immediately.

PLEASE BRING THIS GEAR CHECK FORM FOR WEIGH IN MONDAY, DECEMBER 19th. FELLOWSHIP HALL

(INSTRUCTIONS TO CHECKER: Mark off items below that were packed and circle items forgotten. When completed, the Trip Leader reviews the info and signs this form. Then this form is returned to participant so that he/she may make any noted improvements, if needed.)

Participants' Name:

Checkers' Name:

CHECK OFF LIST:

- SLEEPING BAG..... (Be prepared for cold nights)
- WATER-PROOF RAIN SUIT..... (Good 2 piece suit. Top can double for a jacket!)
- AIR MATTRESS OR FOAM PAD..... (Watch bulk problems of these)
- SOCKS..... (As a minimum, take 5 pairs)
- HAT, WIDE BRIM TYPE..... (For day use)
- HAT, WARM WOOL TYPE..... (For evening use)
- TENNIS SHOES..... (For wet use in canoe)
- CAMP SHOES..... (For camp use)
- SHORTS..... (1 pair and quick drying)
- LONG PANTS..... (2 pairs minimum, cold evenings)
- SWEATER AND WARM COAT..... (It gets cold at night)
- SUNGLASSES & OTHER PERSONALS... (Necessary to you)
- FEW BAND AIDS..... (Personal first aid supplies)
- WASH KIT & TOWEL..... (And soap, hair brush, etc)
- TOILET PAPER & SHOVEL..... (For emergencies)
- ROPE CUT IN TO 10 FT LENGTHS... (For gear tie down & canoe docking)
- FLASH LIGHT..... (Extra batteries also)
- CANTEEN..... (Small plastic is best)
- CAMERA AND FILM..... (In waterproof container)
- GLOVES & KNEE PADS..... (May be needed when paddling)
- SUN BLOCK OUT..... (Even for those that "don't burn"!))
- SILVERWARE..... (For back up if Paper Products get wet. Must have name on them)
- BAILER ON ROPE W/ SPONGE (Must have name on it)

Will this participant be bringing a small day bag?: (YES) or (NO)

How many other personal gear bags are there?:

Were all bags properly packed?:

Did ALL bags have the participants name on the outside?:

OTHER NOTES & COMMENTS:

SCOUTMASTERs SIGNATURE: