

TRAINING MANUAL FOR MICHIGAN 4-H

# OUTDOOR ADVENTURE CHALLENGE



## Section: TRIP PLAN



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## **4-H Outdoor Adventure Challenge Leader Training Series**

### **Trip Plan Assignment Background Information**

This activity is assigned to you as a 4-H Outdoor Adventure Challenge Leader Trainee to complete to give you hands-on experience in thinking through and planning an outing for a group of youth.

This assignment is due by: **November 1**

To: Jim Harper, State 4-H Outdoor Adventure Challenge Coordinator  
MSUE – Kalkaska Co. Government Center  
605 N. Birch St.  
Kalkaska, MI 49646

**Your Trip Plan assignment will be returned to you with comments from the Instructor Team before the Winter Camping Session in January.**

### **PLANNING A 4-H OUTDOOR ADVENTURE CHALLENGE TRIP**

Advanced planning is the key to successful 4-H Outdoor Adventure Challenge activities. Realistic planning can help you as a 4-H Outdoor Adventure Challenge Leader conduct successful 4-H club trips and avoid disappointing activities. Keep in mind that activities that are very strenuous, in remote areas, or involving large groups of people require even more planning than an average day or weekend camping or canoe trip.

To help you and your group plan for the activity, think the trip through in your mind considering every aspect of it. I find it helpful if I do this several times. Consider what you need to know, have planned or have on hand to carry the trip out. Ask yourself and the group you are working with, the basic who, what, when, where, why, and how sort of questions. Some of the questions you should ask when planning a 4-H Outdoor Adventure Challenge trip are:

- Who and how many people are going on the trip?
- How will the youth be involved in planning and carrying out this activity?
- What role will the club meetings play in planning and carrying out this activity?
- Who will be leading the group? (Both adults and youth)
- What sort of activities will the group be participating in?
- What location has the group selected for the trip?
- How much time does the group have and what distance can be traveled in that amount of time?
- How will the group get there?
- What sort of equipment and food is needed?
- How will the group get the needed equipment and food?
- How much and what type of preparation is required before going on this trip and who will do it?
- What sort of tasks need to be done by group members during the trip and who will do them?
- How much will the trip cost and how will it be financed?

There are other questions that you should be asking as well, depending on the sort of activity the group is planning. Remember, advanced planning is the key to success!

## **WHO'S GOING, THE PURPOSE, AND WHO WILL LEAD**

Some of the first things you need to take into consideration when planning a 4-H Outdoor Adventure Challenge trip are the age of the youth going, how many people might be going and the experience of the group. It is important that you have answers for these questions, even if they are still somewhat vague – i.e. it might be 10 people or it could be 12. Answering these questions at the beginning of planning the trip will provide you with a framework to build the rest of the plan from. They will also help to guide you in making decisions about other aspects of the trip.

When planning a trip, it's important for you and the youth in the group to have a purpose in mind. This will help you and the group decide on the location to be traveled to and the activities the group will undertake. However, the adult leaders and the youth in the group do not necessarily have to share the same "primary" purpose. The youth might want to explore a cave for simply the fun of it and the experience while you and the other leaders in the group may want the youth to experience the cave environment for the isolate, the darkness, and the challenge of navigating through some of the smaller passages.

When deciding on a travel location, you may want to plan trips that include multiple locations or multiple activities. By combining suggestions from several group members the trip's itinerary will be more varied. However, be sure when making your plans that you do not include activities that are beyond the capabilities of your youngest or slowest group members. Yet planning trips with multiple activities and multiple purposes in mind keep your group's travels fun and interesting.

While you are dealing with the above aspects of the trip, you need to keep in mind the type of leadership that will be necessary to carry out the plan. All activities must have adequate leadership. There should be at least two adult leaders for every eight youth and all leaders must be qualified to lead the outing. Additional leadership support for the group should come from without the group from the youth. Take into consideration what leadership roles you can assign to group members and supplement the development of self-esteem in all members of the group by assigning each a leadership role to be completed during the trip.

## **TRANSPORTATION ISSUES**

There are numerous modes of transportation that your group can use, such as backpacking, canoeing, bicycling, private automobile or public transportation. You need to determine which mode, or combination, best meets your group's needs and time frame.

Below are recommended safety rules when using private automobiles for trips involving youth:

- Use a relief driver so that no one drives more than four hours at a time
- Travel a maximum of eight to ten hours per day
- Take only what the group needs. Do not crowd equipment or people. It is dangerous and can be very uncomfortable.
- Do not drive at night, except for emergencies
- Obey all speed and other traffic laws
- Be sure there is adequate insurance on the vehicles and all passengers
- Plan enough time to include points of interest and leisurely meals. It will make traveling more fun and give the drivers breaks to refresh themselves.
- Make all reservations well ahead of time. Contact 4-H staff in the areas you plan to visit. They can be very useful resource people and help you in making arrangements.

Allow adequate time to load the vehicles. Packing the cars the night before the trip usually helps facilitate this. Be sure to pack items you anticipate needing during the travel time where they are easily accessible.

## **BUDGETING AND FINANCING THE TRIP**

Keep your trip budget simple, but be sure to include everything. When creating a budget and estimating the cost of your trip, you should cover:

- Lodging** Camping is usually the least expensive and most efficient means lodging. State and national park passes allow unlimited access to camping areas. Camping in state forests and game areas is another possibility, but you should be aware of the rules and regulations that govern these areas. Other considerations are privately owned campgrounds, hotels and motels.
- Travel** Public transportation costs can be obtained from a travel agent. Private auto costs can be calculated by dividing the number of miles per gallon that the auto gets into the total number of miles to be driven, multiplying this number by the cost of the gas. Parking fees, insurance, oil, and possible repairs should also be added to the cost. Canoe rental fees can be obtained from local liveryes.
- Entrance Fees** Check ahead of time on entrance fees, bridge tolls and turnpike tolls and add these to the trip's cost.
- Equipment** Get firm prices on all equipment that must be purchased or rented. This needs to be added to the cost too.
- Food** You can include this in the group cost or have individuals provide their own. If you decide to include in the cost of the trip cooking your own meals is the least expensive. This can be done for between a \$1 and \$2 per person per meal. Restaurant meals are faster, but much more expensive.
- Reserve** Total all basic costs for your trip, then add at least 5% for a reserve to give you a close approximation of the total cost of the trip. Divide this amount by the number of participants.

It is better to have some money left over than to come up short. Any money left over can go to purchase some special equipment or to go on a side trip. This decision should be made by the whole group.

Group members should probably bring some amount of additional personal spending money. These funds are the property of the individual and should usually be held by the individual. It is a good way to help develop responsibility and financial management skills in group members. However, if you as the group leader do hold the funds for individuals, you need to make them available upon request. As a leader, you can only advise your group members on their expenditure of funds, not control them. Traveler's checks and credit card are usually better than carrying cash. They can be replaced if lost or stolen.

There are several ways 4-H Outdoor Adventure Challenge groups can finance trips.

1. Individuals participating pay out-of-pocket the cost of each trip and the cost of those activities that lead up to the trip. This can be done by having each member make a series of payment to the group leader that are placed in an account until the predetermined amount has been reached. Or by having each member earn a lump sum payment before each trip. Using this method often tends to limit the type of trips and activities that the group can afford to participate in. It also limits the participation in 4-H Outdoor Adventure Challenge group activities to only those youth whose families can afford the cost of the trips and activities. Usually not the preferred means of financing most 4-H Outdoor Adventure Challenge group activities.

2. The 4-H Outdoor Adventure Challenge group conducts fund raising activities to pay for the cost of group activities. This is the most common means used by 4-H Outdoor Adventure Challenge groups to fund their activities. The group can distribute the funds in these ways:
  - They can pay all the costs for all participants out of group funds.
  - They can evenly distribute the funds amongst all participants to cover as many of the costs as possible, divide the amount not covered by the number of participants and charge each participant the same additional amount out of their pocket. Using this method in combination with the first means of financing mentioned.
  - The group can hold fund raisers and divide the amount by the number of individuals who participate in project, giving each youth a credit for the amount raised within a group account that can be applied toward group trips and activities. This is usually the fairest way.

As a 4-H leader, you need to be aware of the fact that many counties have local rules governing fund raising and 4-H group bank accounts. You should check with your local 4-H staff to be sure of the rules in your county. However, there is one federal regulation that could affect your fund raising projects that all counties must abide by. It is that “all funds raised in the name of 4-H must be used to further the educational purpose of 4-H.” This rule can, and usually is, applied pretty broadly. But it does mean that your group can not hold fund raisers and simply distribute the funds amongst its members and tell them to use them to cover the cost of 4-H Outdoor Adventure Challenge activities.

You, as the leader, are responsible for making sure the funds are used appropriately. This is why many groups use a credit system and hold funds in a group account until the individual uses them. Other implications of this regulation are:

- a. That if an individual leaves your group and has funds in the group account, you can not simply turn these funds over to them. They either become the property of the group or you can allow the individual to spend them in some manner that you feel meets the above regulation. Whichever of the two choices your group decides to use is fine. However, it should be a group decision applied the same to all group members and group members should be made aware of the group’s policy in this area when they become members. It is recommended that you put it in writing and distribute it periodically.
- b. If your group ceases to exist, the funds in the group account, once again, can not be distributed to individual members for personal expenditures. The group can choose to allow the individuals to:
  1. spend their accumulated funds in some manner that you, as a person responsible for carrying out this federal regulation, feels meet it
  2. the group can decide to donate the funds to some worthy cause in a community service project, or
  3. allow the funds to become the property of Michigan State University Extension 4-H Youth Programs and need to be turned over to your local 4-H staff or to the State 4-H Outdoor Adventure Challenge Coordinator.

3. Third method some groups have explored and have been successful with is applying for grants or finding corporate sponsors to support 4-H Outdoor Adventure Challenge group activities.

If you're interested in exploring this avenue, you should discuss it with your local 4-H staff and try to enlist their support and expertise. Several members of the Instructor Team are currently or have in the past explored this option with some success. They could also be resource people to you in your efforts.

4. Many 4-H Outdoor Adventure Challenge groups use a combination of the above mentioned ways to finance trips and activities. Usually the broader your group's means of financing, the more successful you will be.

Financial management of group funds and financial records are ultimately the responsibility of the group leader. However, many 4-H leaders involve youth members in the record keeping process by having their groups elect a treasurer. Either way, the treasurer or the group's leader, must keep receipt for all expenditures and they should be kept in some sort of ledger or record book. 4-H Club Treasurer's Books are available from your local 4-H staff free-of-charge, or at a very small cost. They work very well for this purpose.

### **BEFORE LEAVING**

You must have a Trip Consent Form and a Medical Treatment Authorization Form signed by a parent or guardian of anyone going on the trip under the age of 18. The consent form is a parental "okay" for a youth to go on your trip. The medical form is a parental "okay" for treatment of a sick or injured youth. Both are very important. Both of these forms can be found in the Forms section of the notebook.

You should have a designated contact person located in your group's home area. They will be better equipped to contact relatives if there is an emergency change in the group's plans, or there is a sick or injured group member.

All parents, group members and your contact person should have the following:

- A trip itinerary in case of emergencies
- The name and telephone number(s) of the contact person
- The license number of all vehicles in your group
- A list of group members and pieces of equipment to be taken on the outing, including arrangements for food.

All leaders must be current in their First Aid and CPR certifications.

Taking a practice trip, simulating real conditions as closely as possible, is a good idea. Check out all equipment to see what is necessary and what needs repair at this time. Also, check out group members to be sure that they are all up to the real trip.

Be sure that each person in your group has a good map of the area, a compass, a knife, a whistle, matches in a waterproof container and the knowledge to use these items in case of a wilderness emergency. Have an emergency procedure review session. Emphasize keeping a positive mental attitude, the dangers of traveling when lost, improvised emergency shelter types, and signals for aiding searchers.

Be prepared and make sure that all members in your group are prepared!

## **TAKING THE TRIP**

When you arrive at your destination and before departing into a wilderness area:

- Obtain a back country camping and fire permit where they are necessary
- Notify the local authorities of your travel plans and leave a copy of your itinerary with them
- Do not change your trip plans!

In unfamiliar wilderness areas, good topographical maps are a minimum precaution against getting lost. You might consider hiring an experienced guide for maximum safety. Have plans for all weather conditions.

Review emergency procedures again. Each group member should know who is in charge if the leader is injured, who will accompany an injured person if they have to be evacuated, how to contact the proper authorities in case of an emergency, and what to do if they become separated from the group.

It is the responsibility of one of the leaders to take the point position, leading the group. If you have advanced youth members of the group that can be designated to carry out this responsibility, assign it to them. Have a leader follow up the point person and a second leader should bring up the rear to be sure that no one is left behind. The leaders must maintain group discipline and a pace that accommodates the slowest group member at all times.

Travel during daylight hours only. Be realistic about the distance traveled by the group for the mode of transportation being used. The leaders should keep a constant check on the health and well-being of all group members during the outing.

Be sure to start the trip with at least one well-stocked First Aid kit, depending on the size of the group. Make sure that everyone in the group knows who is carrying the kit(s). If your group activities include swimming, make arrangements for a qualified lifeguard.

During a wilderness outing, all water taken from lakes or streams must be boiled or purified before it is used for cooking or drinking. All eating utensils should be boiled after being washed in water from a lake or stream. Be sure that all dishes that are washed and people who bathe do so away from lakes and streams.

Allow plenty of time for all activities. The trip should be pleasant and enjoyable for all!

## **4-H OUTDOOR ADVENTURE CHALLENGE LEADER TRAINING SERIES TRIP PLAN ASSIGNMENT**

This assignment is due by: **November 1**

To: Jim Harper, State 4-H Outdoor Adventure Challenge Coordinator  
MSUE – Kalkaska Co. Government Center  
605 N. Birch St.  
Kalkaska, MI 49646

**Your Trip Plan assignment will be returned to you with comments from the Instructor Team before the Winter Camping Session in January.**

Some examples of the sort of plan that you are expected to compile for this assignment are the trip plans you have and will be receiving from instructors throughout this training program. Samples of consent slips and health cards, as well as other forms that may be helpful to you in completing this assignment have been included. If you need assistance in completing this assignment, please feel free to contact any of the instructors.

### **THE ASSIGNMENT**

You have two choices for planning a trip. *You need to complete only one.* Think of this assignment as preparation for a real 4-H Outdoor Adventure Challenge group trip. (Then take the trip with your 4-H OAC group after the training program because you'll already have much of the trip plan work done!) While you will not actually be making the formal arrangements with the managing agency (permits, etc.) for this trip, you will need to contact them to obtain information on procedures.

Include the following information in your assignment:

1. Where and when you'll be going, and what sort of trip is planned.
2. Total number of participants (at least six including yourself - specify number of members and adult leaders/helpers).
3. The transportation arrangements including the route you will be taking to and from the site, an approximate time schedule, lodging arrangements, meal plans, and any planned side trips.
4. Your daily travel, campsite and activity plans once you hit the trail or water. Include a map with the route marked and indicating other important stops or information.
5. Copies of the materials you would send to the managing agency to obtain permits and maps, and any other relevant information or requests.
6. Copies of materials you would give group members. These should include a suggested list of equipment, clothing, and food.
7. Copies of materials to be sent to group members' parent/guardians, including a consent form and health card.
8. Itemize anticipated group costs (e.g. transportation, lodging, any group equipment or food, etc.) and determine a per member charge for the trip. Tell how you plan to cover the cost of this trip.
9. Suggest some pre-trip activities you might schedule to prepare the group.

It is not necessary to follow the format presented here, as long as all information is included.

## COMPLETE ONLY ONE

Based on the information provided in this packet, your Outdoor Adventure Challenge notebook and other sources, as well as your own experiences and resourcefulness, complete one of the following “Trip Plan Assignments”:

### First Choice

You and your 4-H Outdoor Adventure Challenge group have decided to venture forth on at least a 4-5 day (i.e. Saturday through Friday, including travel time) wilderness adventure. Once you arrive at the site, means of travel will be backpacking or canoeing, *or* a combination of both. You choose the area, but it must be a wilderness experience. Whatever your destination or means of travel to and from the site, allow at least **THREE** full days on the trail and/or water.

### Second Choice

You and your 4-H Outdoor Adventure Challenge group have decided to venture forth on *two weekend* trips (i.e. Friday evening or Saturday morning through Sunday late afternoon or early evening, including travel time). If you plan a backpacking or canoe trip, it needs to be in a wilderness area. If you choose some other trip (i.e. caving, climbing, etc – you must be certified to lead that activity at the end of the training program. You choose the area and the activities. Whatever your destination or means of travel to and from the site, allow at least *one* full day on the trail, water, rock faces, or in the cave.

## Sample Trip Plan – Manistee River Trip

### Important Phone Numbers

Tamra Cornell – Main Emergency Contact Person (ECP) 734-483-1975

Jim Harper, State 4-H OAC Coordinator, office: 231-258-3320; cell: 231-350-0501

Crawford County Sheriff 517-348-4616

Kalkaska County Sheriff 231-258-8686

State Police-Kalkaska 231-732-5141

State Police –Grayling 231-732-5141

Kalkaska Hospital 231-258-9142

Mercy Hospital 231-779-7200

Shel-Haven Canoe Livery 989-348-2158 or 888-348-2158

Parents’ Numbers:

Emergency Contact Numbers (for club members going on the trip):

Drivers License Plate Numbers

### Pre-Trip

We are planning on eventually doing the Chapeau River into Elsas, Ontario and then continue up the Nemagasenda to return to the starting point, in Chapeau, Ontario, so we are working toward achieving this goal maybe in a year or two. Since we have only been a club for a full year this will be our first river trip. Pre-trip activities have included a day of canoeing skills on Fife Lake, where we practiced how to get in and out of a canoe, how to keep your weight low, paddling techniques including backstroke, draw-stroke, J-stroke and sweep stroke, open water “T” rescue and solo rescue techniques, and we finished up the day with a “canoe tug-of-war” challenge at the public access. We have also practiced waterproofing techniques for sleeping bags and tents and tested them. We have spent time planning and preparing foods, drying fruit, making venison jerky, trying different instant foods like couscous, rice, Mac-n-cheese, tuna packets, instant potatoes, fruit roll-ups, instant cereals, freeze dried foods, and we even dried some morel mushrooms that we found earlier in the year to mix in with instant meals. We have talked about the importance of protein (meats & nuts), fruits (fresh and dried), hard candy, nuts and sweets for quick energy, carbohydrates for stored energy. I let them get into pairs to plan and pack their own food which seems to work best since we do not all like the same things. This way each club member can learn to prepare and cook foods they enjoy plus have the skills necessary to work the stoves. At our last meeting we packed our backpacks and waterproofed our sleeping bags, warm clothes,

and extra clothes. We have talked about the importance of breathable waterproof shell, synthetic and wool clothing, also the benefits of wicking moisture away from the body and the importance of regulating your body temperature by wearing a wool or fleece hat and staying hydrated. We have practiced using the club backpacking stoves and different methods to starting a fire. We have practiced setting up different tents during our Wednesday meetings and even had a competition to see which team of two had the fastest tent set up time. We have gone on an over night campout and day hike with plant identification guides and we know the basic benefits and dangers of native plants. I also am waterproofing and bringing a cell phone, signed consent forms from parents, and health cards. I have also handed out a trip itinerary to each of the club member's parents in case of emergencies, and we have an extensive First Aid kit and both leaders are certified in First Aid and CPR. We are ready.

### **Trip Plan**

1. Where and When:

This trip will take place on the Manistee River this coming summer beginning Saturday the 28<sup>th</sup> of June until the Wednesday the 2<sup>nd</sup> of July.

2. Total number of participants:

6 youth (ages 15 and 16) and 2 adults (myself included)

3. Transportation:

**1<sup>st</sup> Day-** We will all meet at my place at 6474 Marsh Road in Kingsley on Saturday morning, June 28<sup>th</sup> at 7:00 a.m. for a blueberry pancake breakfast for parents and club members. We will have my two canoes already loaded on the roof rack of my truck, and I will double check that each of the kids has their life jacket, water bottle, baseball hat, sun block, and canoe paddle before loading their backpacks into the cab. Parents will transport the other two canoes that we rented from the Shel-Haven canoe livery at M-72 for \$128.00 until Wednesday, July 2<sup>nd</sup>. The drive is only 45 minutes from my house to the put-in-point, which is in the small town of Deward, north of Grayling in Crawford County on Manistee River Road. My fiancée will take my truck to the Old US 131 State Forest Campground and leave it there and then get a ride home to Kingsley with another one of the drivers. At the put-in-point there is a small portage (1/4 mile) down to the river where we will be able to practice our portaging skills with canoe on our head and backpacks on our back to avoid making multiple trips. Depending on the weather we have been practice some new paddling techniques and review our basic skills that we have been practicing on Fife Lake during previous club meetings. This will also give us some extra time at the put-in-point (before parents head back home) to make absolutely sure we are not missing anything (extra paddles, life jackets, etc.) There are two bridges within the first two hours, which could be a great place to get out of the weather and have a floating lunch if needed. If the weather is nice we can stop on a sand bar for a short lunch (cheese, crackers, fresh fruit, jerky) and then after about a 4-5 hour paddling day we will spend the first night at the Upper Manistee River State Forest Campground, which is about a mile below Red Bridge and is off of Goose Creek Road. We can collect dead wood for an evening fire along the way. There is a secluded rustic group campsite for canoeists, which we have reserved in advance. Since this first day will be a short day on the river, we could have a fire, heat up some rocks and put up the sweat lodge (a dome tent with the color cut out).

**2<sup>nd</sup> Day-** The next morning we will try to eat a quick breakfast (instant oatmeal, dried fruit, and hot chocolate) pack our backpacks and break camp early. In the late morning we will float under M-72. Shel-Haven Canoe Livery is located here and we can treat ourselves to an ice cream cone. Then, we will continue for another couple hours and have a long lunch at a place called Yellow Trees Landing, which is a little over half way for the day. Then on to the CCC Bridge campground, which will make for a total of about a 7-8 hour paddling day. We will camp at the campground, which will probably be a little more populated than any of the other nights on the river. We will have a nice fire and spend some time talking about some of the challenges and successes of the trip.

**3<sup>rd</sup> Day-** The third day will also be a good 7-9 hour day on the river. We will pass the small town of Sharon where the current increases to moderately fast and there are scattered rocks to canoe around this should be a good place to practice in fast water. Late in the day we will pass under the M-66 bridge where the Smithville Landing and campground is located and a public access is just below the bridge. The river begins a long series of moderately fast riffles over gravel and large rocks and there are scattered campsites along the high wooded banks. There are reportedly quite a few good campsites along this stretch and since we have had a long day on the river we will probably be ready for a good dinner on the camp stoves and some sleep and relaxation.

**4<sup>th</sup> Day-** The fourth day is our final day on the river, which will be a nice 8 hour float through a stretch of slower, sandy-bottomed section of the river with a few cottages and homes and much solitude. We will end the day at the Old US-131 State Forest Campground, one-half mile below US -131. There is good access and parking here which will make for an early morning departure and a breakfast/brunch at a local restaurant in Manton. I will let parents/drivers know we made it to the pick-up point and to meet us the next morning around 9:00 to load vehicles. My fiancée left my truck in the parking lot and the club members have an extra pair of clean clothes in the cab.

**5<sup>th</sup> Day-** Wake up around 8:00 and pack up the tents and backpacks to load into the cars.

### **SAMPLE CANOE TRIP PACKING LIST**

Note: To date I have already collected 5 light weight fleece jackets, 4 synthetic t-shirts, 3 backpacking tents, 3 backpacking stoves, 4 therma-rests, 3 light weight rain jackets, 4 life jackets, 3 throw bags, 5 backpacks and 4 synthetic sleeping bags from various sources (retail returns, Salvation Army, Goodwill, Value Village). Below is a list that will go out to the club members who will be going on the trip.

The following items will need to fit in, under or on your backpack.

- SPF Sun Block (10 or above)
- Sunglasses
- Sleeping bag (double waterproofed in stuff sack)
- Tent (double waterproofed in stuff sack)
- Sleeping Pad (preferably a therma-rest which will not need to be waterproofed)
- Light Weight Hooded Rain Jacket (preferably made fro a breathable material)
- Warm Fleece Jacket
- Polypropylene/Synthetic T-shirts (2)
- Synthetic Long Underwear (2)
- Wool Hat or Fleece Hat
- Fleece Gloves or Mittens
- 3 Pair Silk or Polypropylene/Synthetic Underwear
- 2 Pair Wool or Synthetic Socks
- Lightweight Camp Shoes
- Extra garbage bags
- Toothbrush
- Biodegradable soap
- Personal toiletries and Hygiene
- Flashlight and Batteries
- Insect Repellent
- Waterproof matches and Lighter
- Camp Stove
- Spoon
- Lightweight Cooking Pot or Mess Kit
- Snacks and Munchies (G.O.R.P., jerky, hard candy, fruit roll-ups, dried fruit)

- Powdered Gatorade
- Medications
- First –Aid Kit
- Water Bottle (at least 2 liters)
- Money (for end of trip dinner \$15.00)
- Ice Cream at Shel-Haven (\$5.00)

**You will also need:**

- River Paddle (plus one extra for each canoe)
- Bailing Bucket and sponge
- River Shoes (old tennis shoes with protective sole, NO OPEN-TOED SHOES)
- Life Jacket (certified for your weight)
- Whistle
- Knife (preferably one that can clip safely to your life jacket or belt)
- Baseball Hat (one that protects your face from the sun)
- Gas Money (\$3.00)

**Optional Items:**

- Disposable Waterproof Camera
- Cards
- Extra change of dry clothes to leave in the car for the end of trip.

**Food Plan**

Note: As a club we get into groups of two and plan our meals together. This encourages each of us to try new things and it gives us the opportunity to practice with the camp stoves. Sometimes we will have a group dinner on trips, but I want club members to feel comfortable planning, packing and preparing their own food.

**Saturday, June 28<sup>th</sup>**

**Breakfast**-Blueberry Pancakes at my house for drivers, parents and club members

**Lunch**-Floating Lunch: Crackers, Cheese, Jerky, Fresh Fruit, Gatorade

**Dinner**-Camp fire Dinner: Plan on using some of your heavier meals that take a little more time and effort to prepare. I will provide S'mores for around the fire. Some good examples include: Canned soup or spaghetti, potatoes and onions, corn, hotdogs (frozen the night before) fresh fruit.

**Sunday, June 29<sup>th</sup>**

**Breakfast**-Quick Breakfast- Instant Oatmeal and Almonds, Breakfast Bar, Dried Fruit, Hot Chocolate

**Lunch**-Floating Lunch: Crackers, Cheese, Jerky, Fresh Fruit, Gatorade

**Dinner-**

**Monday, June 30<sup>th</sup>**

**Breakfast**- Quick Breakfast: Instant Oatmeal and Walnuts, Breakfast Bar, Dried Fruit, Hot Chocolate

**Lunch**-Floating Lunch: Crackers, Cheese, Jerky, Fresh Fruit, Gatorade

**Dinner-**

**Tuesday, July 1<sup>st</sup>**

**Breakfast**-Quick Breakfast: Instant Oatmeal and Pecans, Pop Tarts, Dried Fruit, Hot Chocolate

**Lunch**-Floating Lunch: Crackers, Cheese, Jerky, Fresh Fruit, Gatorade

**Dinner-**

**Extra Day**

**Breakfast**- Quick Breakfast: Instant Oatmeal and Almonds, Breakfast Bar, Dried Fruit, Hot Chocolate

**Lunch**-Floating Lunch: Crackers, Cheese, Jerky, Fresh Fruit, Gatorade

## OUTDOOR ADVENTURE CHALLENGE TRIP PLAN

Select First or Second Choice from the Training Manual.

1. Where and When
2. Total number of participants, minimum 6 including self: \_\_\_\_\_ youth \_\_\_\_\_ adults
3. Transportation
  - Route
  - Time Schedule
  - Lodging Arrangements
  - Meal Plans on the road
  - Side Trips
4. Daily travel at destination
  - Campsite
  - Activity Plan
  - Map with Route marked
5. Budget:
  - List:
    - Transportation
    - Lodging
    - Group equipment
    - Group food
  - What is per member charge?
  - How will you get the money?
6. Pre-trip activities to prepare the group such as: preparing food, canoeing on flat water, a day hike, practice setting up a tent, group games
7. Copies of materials you will send to get permits and maps
8. Copies of what you give to group members
  - Suggested list of equipment
  - Clothing
  - Food
9. Copies of what you will send to parents
  - Consent slip
  - Health card
  - Emergency contact number