

TRAINING MANUAL FOR MICHIGAN 4-H

# OUTDOOR ADVENTURE CHALLENGE



## Section: WEEK-LONG SERIES



## **WEEK-LONG SERIES SECTION CONTENTS**

- Letter to 4-H Outdoor Adventure Challenge Leader Trainees and Instructors for Week-Long Training Series (Backpacking, Climbing and Canoeing)
- Gear List for Week-Long Series Training

May 16, 2008

TO: 4-H Outdoor Adventure Challenge Leader Trainees and Instructors

FROM: Jim Harper, State 4-H Outdoor Adventure Challenge Coordinator and Kalkaska County Extension Director, and Week-Long Series Trainers

RE: Week-Long Training Series (Backpacking, Climbing and Canoeing)  
Saturday June 28, 2008 through Sunday July 6, 2008

The Week-Long Series Training is an excellent opportunity for 4-H Outdoor Adventure Challenge Leaders to compact three training venues into a week-long period. If you are in need of the training, this is a great way to squeeze in backpacking, climbing and canoeing all in a week-long time frame as opposed to three individual weekends throughout the year. Please consider the week-long series as a great way to get your training in Outdoor Adventure Challenge programming.

**Please call Theresa Whitenight at her home 586-725-3086 or cell 586-260-1474 by June 13 to confirm your participation in this training.** If you have any questions, please contact the following leaders: Terry Umlor 231-263-5300 (Canoeing), Theresa 586-260-1474 & Joe Whitenight 810-602-5382 (Backpacking), Dave Green 810-667-1707 (Climbing), or Jim Harper 231-350-0501 (Outdoor Adventure Challenge Coordinator). We look forward to having you join us!

Be sure and bring  **Leader Certification Record and Health Form card**  
 **Personal Data Sheet**

For directions for any Outdoor Adventure Challenge training, we recommend you use Mapquest. You can Google Mapquest on your computer and get a detailed map of the area of the training and/or directions to and from the training. Mapquest web address is: <http://www.mapquest.com>.

If all you need are written directions, here they are:

From Munising, take 28 to Marquette. You will come to a fork in the road. Go straight into Marquette on Front Street. Front Street will end at the Superior Dome. Turn Left. At the next corner, turn right onto Presque Isle (You should start seeing signs for Big Bay). You will come to Wright Street. Turn left on Wright Street. Take Wright Street to Sugar Loaf. Turn right. Just past the Tourist Park turn left on 550. Follow 550 about 24 miles. You will see a sign for Little Tree Cabins on the right. 1/4 mile past Little Tree Cabins, you will turn left on 510. Follow 510 for 3.1 miles (there should be a truck crossing sign). This is Tripe A Road. Turn right on Triple A and follow for 1.2 miles. Turn right on a sand trail just before the sharp curve. Follow the sand trail north 3/10 mile. Bear left at the fork in the road. The climb site will be on your right about 100 yards.

The Week-Long Series is made up of an itinerary as listed below. Please see the attached combined gear list to be used in preparation for all three activities.

**LEAVE A COPY OF THIS PLAN WITH A FRIEND OR FAMILY MEMBER!**

If there is an emergency and you need to be contacted use these numbers. Remember emergency only:

While backpacking - Park Headquarters 906-387-3700

While climbing - Outdoor Adventure Challenge Leader Martha Bush, owner of Little Tree Cabins – 906-345-9535

While canoeing – Tall Pines – Amasa, MI 906-822-7713

If you need to get us a message, but it is not an emergency use this number 586-260-1474 (leave a message)

**Saturday, June 28** – The climbing site is “car camping” that means you can bring a real pillow, a more comfortable sleeping pad, a camp chair and a cooler. Unlike backpacking, car camping is luxurious.

**There is no water available at the climbing site. Bring enough drinking water for 3 days (a three to five gallon container).**

- Meet no later than noon at Perkins County Park in Big Bay
- From Perkins Park we will travel together to the climbing site
- Unload all climbing gear and immediately hold ground school
- Learn to set a climb
- Basic rock climbing; basic rappelling
- Set up camp
- A late dinner & processing around the campfire approx 10 p.m.

### **Sunday, June 29**

- 8:00 a.m. – Continue training on climbing, rappelling & belaying
- Pack a day pack with lunch, snacks & water. We will not stop for a formal lunch break. You can eat while you are waiting your turn to climb, rappel or belay.
- An afternoon trip to the Yellow Dog
- Late afternoon return to climbing, rappelling & belaying
- Watch the sunset
- Dinner and processing around the campfire approx. 10 or 11 p.m.

### **Monday, June 30**

- 8:00 a.m. Break up trainees into small groups, each group will set a new climb
- Once all climbs are set, the groups will gather to check each climb with the instructors
- Trainees will work on top and bottom belaying, belaying a rappel
- At about 3 p.m., all trainees will pack up gear to go on solo night. Each trainee will be taken to an area where he or she can spend time alone.

### **Tuesday, July 1**

- All solo trainees will return to camp by 8 a.m., processing of solo experience
- Evaluation forms, paperwork
- Break Camp, by 11 a.m. leave as a group to travel to Porcupine Mountain Wilderness State Park to begin backpacking training
- Stop at Park Headquarters to get camping permit
- Take Lake Superior Trail to Lone Rock campsite approx. 5 miles
- Set up camp, make dinner, take a swim, watch the sunset & process
- Turn in for the night 11 p.m.

### **Wednesday, July 2**

- 8:00 a.m. Break camp & hit the trail
- Travel to Shining Clouds Falls camp site
- At the camp site we will do some orienteering practice using the topo map & compasses
- Leave No Trace will be emphasized on trail and in camp: bathroom, fire, durable surface
- Use trail map & topo map along trail

### **Thursday, July 3**

- 8:00 a.m. Break camp & hit the trail
- Travel to up the escarpment to Lake of the Clouds
- Retrieve vehicles

- Travel to a Bewabic State Park, 720 Idlewild Rd., Crystal Falls, MI 49920 Phone 906 875-3324. We have sites 57 & 55 reserved
- Prepare all gear for the canoe portion of the trip
- Process, turn in for the night

#### **Friday, July 4**

- 8:00 a.m. Break camp & travel to Tall Pines near Amasa.
- Meet Terry Umlor at 9:00 a.m. at Tall Pines
- Shuffle cars, load canoes, do throw bag practice
- Canoe to camp. Practice strokes, learn eddy turns, learn to ferry, etc.
- Run uppers
- Practice t-rescues, other rescues??
- Portage canoes back up
- Set up camp, make dinner, process

#### **Saturday, July 5**

- 8:00 a.m. Eat breakfast, pack a lunch in dry bag
- Run uppers, line & run lowers
- Take out at bridge
- Shuffle cars & canoes
- Put in at dam site. Canoe to camp
- Make dinner, process

#### **Sunday, July 6**

- 8:00 a.m. Eat breakfast
- Run uppers, line & run lowers
- Take out at bridge
- Shuffle cars & canoes
- Process along river
- Take out at bridge, group picture, lunch at Fobs in Crystal Falls
- Paperwork completed-head home

**GEAR LIST WEEK-LONG SERIES TRAINING**  
**Combined Gear List for Backpacking, Climbing and Canoeing**

**General Packing Items:**

- Day pack
- Internal or External Frame pack for solo night
- Tent with ground cover
- Sleeping bag
- Sleeping pad (foam or self inflating)
- Stove
- Camp chair
- Pillow
- Flashlight with extra batteries
- Extra container of Water 3-5 gallons
- Matches in waterproof container
- Lighter
- Plate, cup, spoon, fork
- 1 or 2 small pots for cooking
- Flashlight w/extra batteries/bulb
- Water filter
- 20 - 32 oz. Water bottles (2)
- Pocket knife or multi-tool (small)
- Compass
- Nylon cord (30-50 ft)
- Whistle
- Duct tape (small amount wrapped around pencil)
- Mesh head net (for bugs)
- Hat
- At least one large garbage bag
- Hiking boots or running shoes
- Water shoes or old tennis shoes
- Wool or synthetic socks 3-4 pairs
- Underwear (7 pairs)
- Polypropylene long underwear shirt 1
- Polypropylene long underwear pants 1
- Fleece vest or jacket or light wool sweater
- Rain poncho or rain coat
- Swimsuit or synthetic shorts
- Pants Synthetic
- Long sleeve shirt synthetic or tightly woven cotton dress shirt (a must for bugs)
- Short sleeve shirt or t-shirt
- Gloves for climbing

**First Aid Kit to include:**

- Band-Aids
- Personal Medications
- Sunscreen
- Lip balm
- Insect repellent

- Moleskin
- Emergency Blanket
- Toothbrush & toothpaste
- Toilet paper & trowel
- Sanitary items
- Small container of liquid soap
- (bio-degradable camp soap or dish soap)
- Washcloth/towel (small)
- Small package of baby wipes

**FOOD**

- Trail mix and snacks for 9 days
- 8 Breakfasts
- 8 Lunches
- 8 Dinners
- 1 or 2 Extra Meals
- Drink Mixes

**Emergency contact numbers:**

Joe Whitenight (810) 602-5382  
Theresa Whitenight (586) 260-1474  
Terri Umlor (231) 263-5300  
While backpacking - Park Headquarters  
(906) 387-3700  
While climbing Martha Bush, owner of  
Little Tree Cabins (906) 345-9535  
While canoeing – Tall Pines  
(906) 822-7713  
Jim Harper (231) 350-0501