

**Overview**

Weekend backpacking trip in Frontenac Provincial Park. The Venturers will be doing the trip without leaders present.

**Schedule****Friday November 16<sup>th</sup>**

- Arrive at Frontenac Provincial Park at approximately 8:00pm. It is a 2 ½ hour drive from Merrickville.
- Camp in picnic area outside park office. Campfire not allowed. Running water not available.

**Saturday November 17<sup>th</sup>**

- Dismantle tents no later than 8:30am.
- Check in at the park office and place the campsites in the name of one of the Venturers (aged at least 16).
- Weigh rucksacks.
- Depart from park office no later than 10:00am.
- Hike approximately 5-6 hours to campsite; ~13km.
- Camp for the night.

**Sunday November 18<sup>th</sup>**

- Depart from campsite no later than 10:00am.
- Hike approximately 4-5 hours to park office; ~11km.
- Arrive at park office approximately 3:00pm

**Route**

The hiking route starts at the park office. Big Salmon Lake Road is closed at this point in the season. The route continues along the shore of Big Salmon Lake, turning south shortly after campsite #4, and stopping at campsite #1. The return route continues, passing by campsite #2, and ending at the park office.

**Transportation**

Parents will be responsible for driving their kids to and from the park.

**Sleeping Arrangements**

The four lads will be sharing a single tent and Laura will be in a bivi sack.

**Equipment Packing**

- Common equipment will be divided amongst the Venturers.
- Jam will be repackaged from glass jar into a plastic container (not a squeeze tube).
- Excess food on Saturday morning will be cached or left at the park office.
- Rucksacks expected to weigh 30-40 lbs.

**Participants**

<b>Name</b>	<b>First Aid</b>	<b>Command</b>
Catton, Sam		2 IC
Gale, Calvin	Standard	1 IC
Savage, Lochlan		
Yates, Laura	Advanced Wilderness	

**Tasks**

- Take many photos.
- Record departure and arrival times each day.

**Risk Management**

- Laura and Calvin have current first aid certification.
- Emergency supplies are cached throughout the park in 55 gallon steel barrels; shown as first aid signs on map.
- A SPOT satellite transceiver will be carried by the Venturers. They will check-in at: Saturday departure, Saturday lunch, campsite arrival, Sunday departure, Sunday lunch, and Sunday arrival at park office.
- All drinking water will be purified using chlorine bleach, at the ratio of eight drops per gallon (two drops per litre), shaken well, and let sit for 30 minutes.
- All participants have significant hiking and camping experience.

**Budget**

Item	Budget	Actual	Notes
Camping fee	\$25	\$32	\$2.25/person/night + HST
Food	\$125	\$106	\$25/person
Contingency	\$50		
<b>Total</b>	<b>\$200</b>	<b>\$138</b>	
<b>Total per Venturer</b>	<b>\$40</b>	<b>\$35</b>	

**Hospital**

Kingston General Hospital  
 76 Stuart Street  
 Kingston, Ontario  
 (613) 548-2333

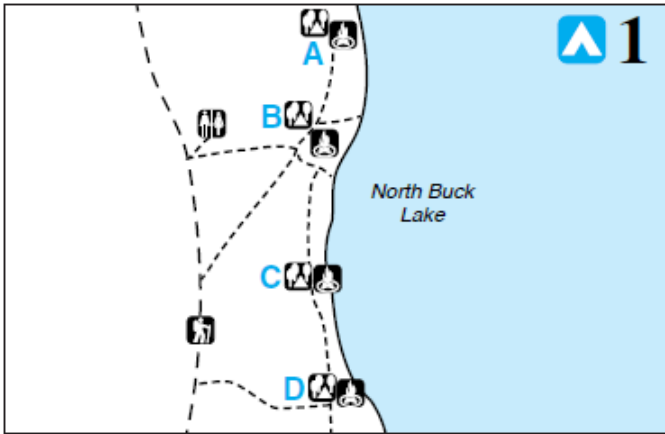


**Frontenac Provincial Park**

1090 Salmon Lake Road  
 Sydenham, Ontario  
 (613) 376-3489

Campsite #1 on North Buck Lake will be reserved for five people.

Camping fee is \$2.25/kid/night for a youth group.  
 Reservation required.



Fish available in North Buck Lake are Bass, Lake Trout, Pike, and Black Crappie.

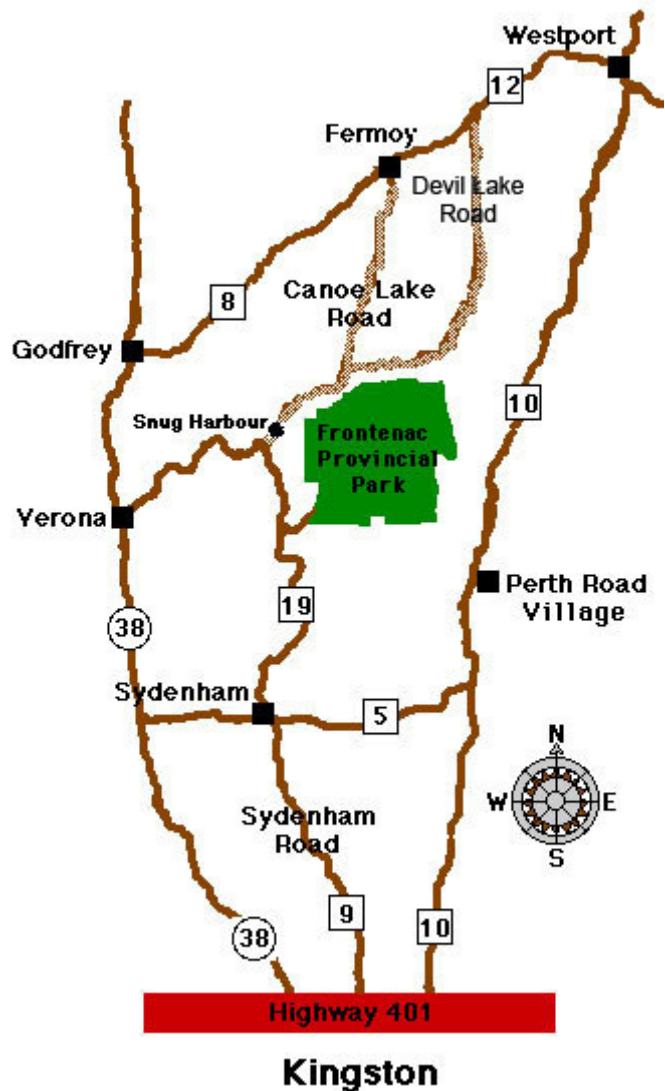
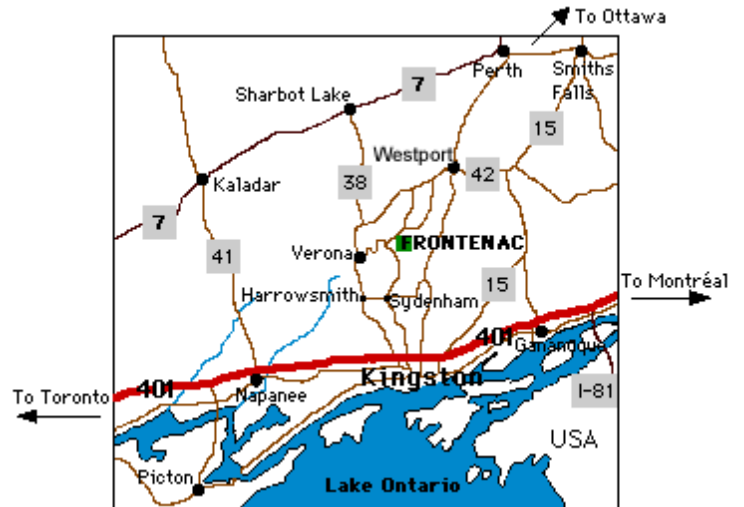
**Directions:**

Merrickville, Smiths Falls, County Road 15, Lombardy, Portland, Crosby, County Road 42, Newboro, Hutchings Road, County Road 10.

Shortcut: Perth Road Village, Wilmer Road, Norway Road, Charlie Green Road, Little Long Lake Road.

From Westport drive south towards Kingston on County Road 10 (the Old Perth Road). Shortly after Perth Road Village, you will see a Provincial Park sign indicating a right turn on County Road 5. Go as far as the village of Sydenham,

As you enter the village of Sydenham, watch for another Park sign on your right (1.9 km). From then on follow the signs. You will go through Sydenham crossing a small bridge over the Millhaven creek and passing a grocery and a beer store on your right as you leave the village. After driving 13 Km on curvy County Road 19, you will see a larger Park sign indicating a right turn and a drive of 2.4 km. This is the Salmon Lake road (just after the Outfitter), it ends at Frontenac Park.





Campsite 1A



Campsite 1B



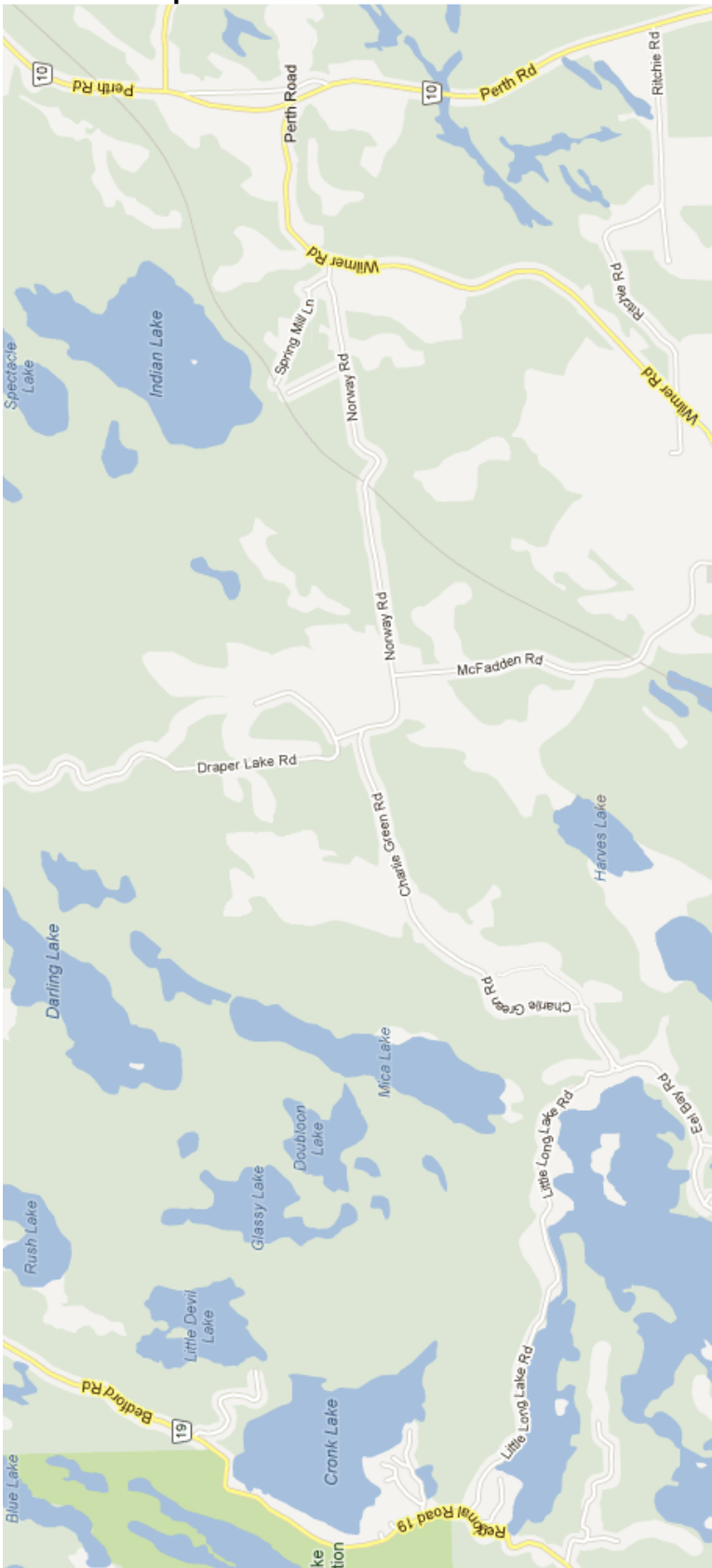
Campsite 1C



Campsite 1D



Short Cut Map



The shortcut is not for use in the winter, as Little Lake Road is not maintained from November through April.

Driving Options

Route	Length	Duration
Via Sydenham	116km	1h 30m
Via Long Lake Road	104km	1h 25m

**Menu**

## Friday Supper

Brown bag or eat before departure

## Saturday Breakfast

Toast, eggs, peanut butter, jam, bacon

## Saturday Lunch

Tortilla wraps (2pp), turkey, roast beef, mayonnaise, mustard, horseradish, lettuce, cheese

## Saturday Supper

Chili, grated cheddar cheese

## Sunday Breakfast

Toast, eggs, peanut butter, jam, bacon

## Sunday Lunch

Tortilla wraps (2pp), peanut butter, jam

## Snacks

Cliff bars, apples, smores (marshmallows, graham crackers, chocolate bars)

## Drinks

Hot chocolate

**Personal Kit List**

Rucksack  
Rucksack rain cover or plastic bags  
Hiking boots  
Hiking socks, 2  
Sleeping bag, fall/winter  
Sleeping pad  
Torch and/or headlamp  
Change of clothes  
Change of footwear (recommended)  
Socks  
Trousers  
Long sleeved shirt  
Towel  
Sweater or sweat shirt  
Sweat pants  
Rain jacket  
Rain pants  
Gloves  
Pyjamas  
Pillow (optional)  
Wash kit: tooth brush, tooth paste, soap, shampoo, chapstick, etc.  
Shampoo/body wash, no-rinse (astronaut) (optional)  
Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag  
Water bottle  
Toque  
Toilet paper  
Kleenex (optional)  
Pocket knife (optional)  
Sheath knife (optional)  
Camera (optional)  
Multi-tool (optional)  
Compass (optional)  
Fishing rod & tackle (optional)  
Technical long underwear (optional)  
Watch (optional)  
Plastic bag for wet clothes

All personal kit must be packed in a rucksack.

Kit must be rain proof, either using either dry sack(s), garbage bag(s), a rucksack rain cover, or a water proof pack.

Electronic devices are not permitted.

**Grocery List**

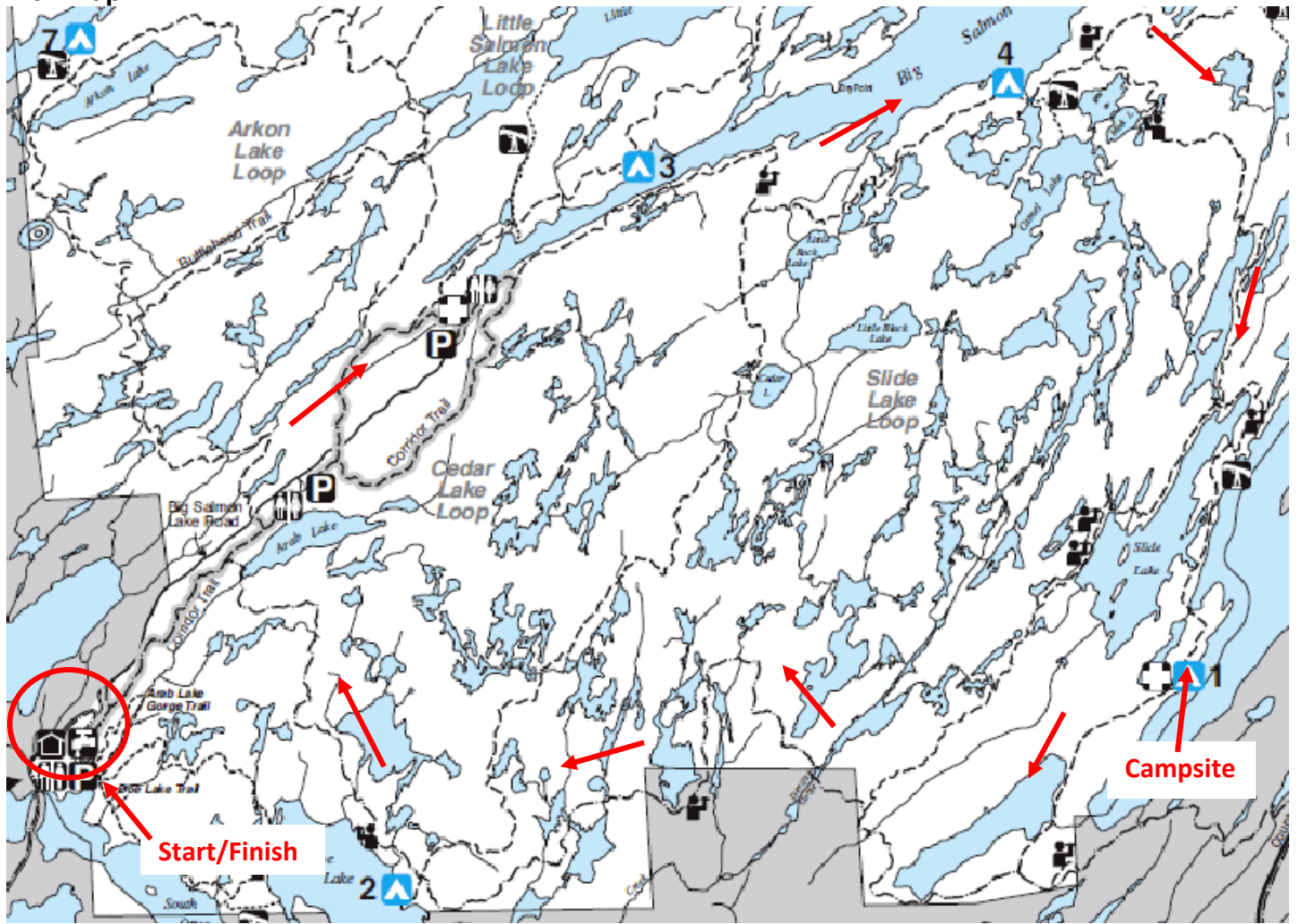
<b>Item</b>	<b>Quantity</b>	<b>Status</b>	<b>Store</b>	<b>Notes</b>
Bread	1 loaf			
Eggs	12			
Peanut butter, crunchy	1 large jar			Kraft
Jam, raspberry	1 large jar			ED Smith
Bacon	2 lbs			
Tortillas	16			2/person/meal
Turkey or roast beef	1 pkg (400g)			
Mayonnaise	1 bottle			
Mustard, Dijon	1 bottle			
Horseradish	1 bottle			
Lettuce	1 head			
Cheese	970g			Shredded
Chili	4 cans			
Cliff bars, peanut butter	8			2/person
Apples	1 bag			
Marshmallows	1 bag			
Chocolate bars	4			
Graham crackers	20			
Hot chocolate	10 pkgs			



**Group Equipment**

Tent, MEC, Apollo (3 man)  
Footprint, MEC, 4 man  
Bivi sack  
Tarp, light weight  
Paracord  
First aid kit  
Tensor bandage  
Matches  
Newspaper  
Saw, folding  
Dish soap  
Dish cloth  
Dish towel  
Garbage bags, 2  
Pot set, MSR, 3 pots (only the 2 largest pots)  
Stove, MSR Dragonfly  
Stove, MSR WhisperLite  
Fuel bottle, MSR, Dragonfly  
Fuel bottle, MSR, WhisperLite  
Frying pan  
Toaster, stove top  
Bleach w/dropper  
Collapsible water container  
Thermometer  
Camera, 2  
Utensil Roll-Up  
    Wooden spoon  
    Serving spoon  
    Spreader, 2  
    Spatula  
    Can opener  
Hanging scale  
Notepad  
Pencil  
SPOT Satellite Messenger  
Hiking trail maps, 2  
Physical fitness forms  
Canoe barrel, 30 litre  
Zip lock bags, large (for storing food outside of boxes)  
Plastic wrap (for wraps)

## Trail Map



## Report

The trip went well, and quite smoothly, considering this was the kids first exposure to light weight camping. They indicated they enjoyed themselves and would be interested in giving backpacking a go again, but in a more challenging location. Europe was the preference :), but perhaps something can be arranged in the Adirondacks. While the Venturers said the effort of the hike was good, but as they only hiked ~4 ½ hours on the Saturday and ~3 ½ hours on the Sunday, including breaks, I would say that the hiking was a little too easy.

Friday evening, before departure, the Venturers packed the camping equipment into their rucksacks and reviewed the food to ensure nothing had been forgotten. A few Ziploc bags were added for the purpose of taking food out of the original containers for easier packing. We tried to weigh the rucksacks using the hanging scale, but I had forgotten that it's maximum weight was 25 lbs. A bathroom scale was brought into service and the rucksacks weighed in at 23 - 40 lbs. Lochlan's load was easily double everybody else's, he had brought two huge sleeping bags and half his wardrobe! We also found out that Calvin weighed more than Sam, much to Sam's dismay. At their age they seem to want to weigh more; that objective will change eventually :)

An easy drive to Frontenac Provincial Park, just 1 ½ hours. We found the cross-country shortcut, bypassing Sydenham; much easier to find as Google has more road names than the provincial road map. Comparison later in the weekend showed the shortcut to only reduce the travel time by five minutes and 12km, but it's a more interesting route.

Upon arrival at the park, the kids thought they had died and gone to heaven. While most people see a park office, these lads saw a climbing gym! They figured they would just camp beside it for the weekend :) Camp was setup and a picnic table dragged under a park office light for the never ending card games of President (mixed in with koala bear hugs to the posts!). The next morning the leftover food from making the lunch wraps was cached in a canoe barrel, along with half of Lochlan's personal gear!

The trail was very well marked, though Sam did get the group on the wrong trail for a bit at one point. There was one other group camping at their campsite on Saturday night, and maybe 1-2 other groups camping throughout the park. There were quite a few day hikers on the trails. Calvin had some fun with his beaver imitation, gnawing at trees! At one point he said the tree tasted sugary, inciting a group taste-testing of said tree! Sam said the tree (sap) didn't taste sugary at all, only for Calvin to say that it was awesome to be able to get three other people to lick a tree :) They hung their food in a tree on Saturday night, but instead of using the normal method of throwing a stone tied to the line, they sent Sam to climb the tree. Why do things the easy way, when there is a fun way :) They made hot water bottles on Saturday night, using their Nalgene water bottles, but didn't put a sock over them like they were told, and Calvin burned himself; but he won't say where :) While filling the bottles, they held them by the cap, but as the neck ring heated up, it slipped off Laura's bottle and hot water cascaded everywhere. This is how they learn...

Because it became dark so early, their internal clocks were screwed up and they felt it was much later than it actually was. They were in their sleeping bags by 9:15pm. Supper was similarly rushed, with the Venturers starting to eat s'mores as soon as supper was finished. Said internal clocks malfunctioned for getting them out of bed as well... The Venturers stayed in their sleeping bags for a while after they woke up.

While sitting around the campfire, one of the discussions that happened was what they would do if a bear came that night. They decided that they would fight valiantly to save their Cliff bars. There was also an idea of putting the bivy sac half sticking out of the tent so that if a bear would come, it would see a giant turtle and become very scared. Laura would then make turtle noises to make it more realistic. What does a turtle chewing lettuce sound like anyway?

At lunch on Sunday, while sitting around, Calvin wanted to see the map that Sam had, so, being too lazy to get up (both of them), Sam made a paper airplane out of it and flew it to Calvin. Then Calvin made a paper airplane to send it back, only for it to fall in no-man's land between Calvin, Sam and Lochlan. Then Laura decided she wanted to see the map, but nobody wanted to get up. The boys came up with the solution of throwing sticks and rocks (Lochlan threw leaves) at the paper until it moved enough that Sam could get to it with a stick. He tried to make a paper airplane, but gave up and scrunched the map up instead to throw to Laura. A very complex operation...

The equipment all worked out fine. More Ziploc bags or some plastic wrap should have been brought to hold the wraps after they had been made. Toilet paper was used as paper towel which they nixed from the packing list. Two stoves were good as it allowed toasting and frying at the same time for breakfast. About 1 ½ bottles of white gas were consumed. One frying pan was fine. The large tarp was left behind as the weather forecast called for no rain. A smaller plastic sheet was taken just in case a windbreak was required; it wasn't used for that, but it was used to reinforce the garbage bag used to hang the food in a tree. The Venturers claimed the thermometer was always reading -30C or so. It worked fine for me when I tested it upon their return, but I replaced the battery just in case, as it had never been changed. Since the MSR SimmerLite and DragonFly stoves each take a different fuel pump, I will be attempting to colour code the stove bags and fuel pumps to make getting matching pairs easier. The folding saw worked great; they made lots of firewood and had a good fire. The can opener wasn't needed as the cans of chili had pull top lids.

From an organizational perspective, the Venturers generally appeared to do a good job. They arrived at their destinations on time, didn't get too lost :), tracked their departure/arrival times, and took lots of photos. The only key area for improvement I noticed was with respect to a comment about pots sitting around for a long time because nobody wanted to wash them. We have not yet been able to get the Venturers to a stage where they are volunteering for tasks for the good of the team, nor yet developed their leadership skills to the extent where tasks are being assigned.

Food worked well. Too much chili; 1 can per person would have been adequate. S'mores with After Eight mints didn't work, but done the regular way they were excellent (normal chocolate had been brought too). The thin spreader was voted useless (not stiff enough), but they liked the more expensive wide one. They got tired of jam and peanut butter as they had it for both breakfast and wraps on the Sunday. Frying eggs in the bacon fat worked fine. The entire block of cheese was used; extensive amounts on the chili. All the hot chocolate packets were used Saturday morning and night.

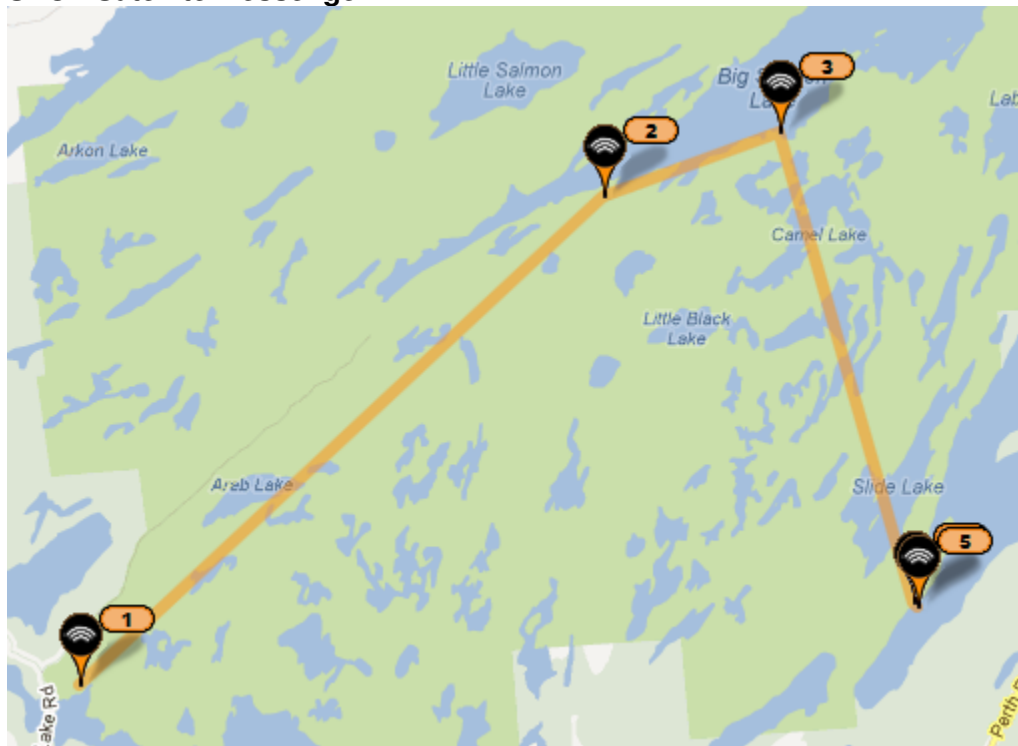
The SPOT Satellite Messenger worked perfectly sending position updates throughout the weekend. Gave a nice warm fuzzy feeling back home. Real time tracking would have been nice, but not a necessity, to help time the Sunday pickup.

Cheryl sent up a couple of thermoses of hot chocolate and some cookies to the pickup, so there was a little bit of relaxation and telling of stories from the weekend. Camping gear was extracted from the rucksacks and distributed for each person to take items home for cleaning and drying. We returned by a little different route, they are all about the same length, so we would pass by Lochlan's house for ease of dropping him off. Everybody snoozed on the way home. Subsequently Sam and Calvin were dropped off at their respective houses.

### Itinerary

Step	Awoke	Arose	Depart	Arrive	Bed	Breaks
Saturday	7:00am	7:30am	10:45am	3:40pm	9:15pm	~1h20
Sunday	7:15am	7:50am	10:15am	2:00pm		~1 hour

SPOT Satellite Messenger



Check In	Date/Time	Location
1	11/16/2012 08:28:58 PM	Park Office
2	11/17/2012 12:12:59 PM	Trail
3	11/17/2012 01:10:34 PM	Campsite #4
4	11/17/2012 03:58:06 PM	Campsite #1
5	11/18/2012 09:09:57 AM	Campsite #1