

**Event**

Car accessible weekend still camp with novice and advanced white water canoe courses. Course instruction will be qualified instructors from Bear Creek Outdoor Centre. Class I and II rapids will be used. Camping at Black Bear campground on a sandy beach.

**Schedule**

Friday May 23

Depart Merrickville from the community centre at 5:30pm.

Travel highway 43 towards Smiths Falls, Rosedale road to highway 15, on to Carleton Place, county road 29 to Arnprior, highway 17 to Petawawa.

Arrive Black Bear campground approximately 7:30pm.

Setup camp.

Travel distance approximately 200km.

Saturday May 24

White water canoeing on Petawawa river.

Make bag lunch at campsite.

Sunday May 25

White water canoeing on Petawawa river.

Make bag lunch at campsite.

Andreas picked up at ~12:00pm at the training area parking (marked on map).

Depart river approximately 3:00pm.

Arrive Merrickville approximately 6:00pm. Parents to be called enroute if return time significantly different.

**Participants**

Name	Type	Section	FW Skill	WW Skill	Course	PFD	Swimmer
Yates, Allan	Adult	Venturer	Stern - Adv	WW I & II	WW III	Own	Yes
Ricketts, Bill	Adult	Venture	Stern - Adv	None	WW I	Group	Yes
Sargent, Robert	Adult	Scout	Stern - Adv	None	WW I	Own	Yes
Catton, Ben	Youth	Venturer	Stern - Adv	WW I & II	WW III	Own	Bronze Medallion
Beelich, Andreas	Youth	Scout	Stern - Adv	None	WW I	Own	Star 5
Hitsman, Harry	Youth	Scout	Stern - Nov	None	WW I	Own	Bronze Medallion
McKay, Alex	Youth	Scout	Stern - Adv	None	WW I	Own	Yes
Sargent, Stacey	Youth	Scout	Stern - Nov	None	WW I	Own	Yes
Skelhorne, Bradley	Youth	Scout	Stern - Nov	None	WW I	Own	Yes

**Safety Precautions**

- All participants will wear a properly fitting life jacket and helmet when near the water.
- Life jackets and helmets will be securely fastened when worn.
- A paddle, for support, will always be carried when scouting rapids.
- No participants have mortal allergies.
- All usage of the river training area will be under the supervision of an instructor.
- A ratio of one instructor per four canoes will be maintained.

**Kit List**

Sleeping bag  
Sleeping pad (optional)  
Torch  
Change of clothes (several)  
Change of footwear  
Trousers  
Long sleeved shirt  
Swim suit  
Towel  
Sweater or sweat shirt  
Rain jacket  
Rain pants (optional)  
Pyjamas  
Pillow (optional)  
Wash kit: tooth brush, toothpaste, etc.  
Water bottles w/carabiner, 2  
Sunscreen  
Insect repellent  
Hat  
Baseball cap  
Kleenex  
Toilet paper  
Whistle on a lanyard  
Knapsack  
Kneepads (optional)  
Bicycle gloves (optional)  
Sunglasses w/strap (optional)  
Water shoes (optional)  
Pocket knife (optional)  
Personal Flotation Device (optional)  
Wetsuit (optional)  
Folding chair (optional)

Quick dry materials such as polypropylene, polyester fleece, and a nylon wind jacket and pants are recommended. A rain suit can double as an extra layer in cold weather.

Wet feet are a given, and participants will get wet even if they don't dump their canoe (which they are likely to do anyway).

No electronic games.

**Menu**

## Friday

## Supper

Brown bag from home or eat before departure

## Saturday

## Breakfast

Cereal, bacon, toast, jam, peanut butter

## Lunch

Sandwiches (bacon, ham, buns, mayonnaise, lettuce, cheese), chicken noodle soup (if cold)

## Supper

Spaghetti, Caesar salad, garlic bread

## Sunday

## Breakfast

Cereal, sausages, toast, jam, peanut butter

## Lunch

Sandwiches (bacon, ham, buns, mayonnaise, lettuce, cheese), chicken noodle soup (if cold)

## Snacks

Granola bars

Peanut M&Ms

Pringles

Apples

Gummy Bears

## Drinks

Hot chocolate

Juice crystals, lemonade

Kool-Aid singles

Water

Orange juice

Coffee

Milk

YOPs

**Grocery List**

Bacon, 3 packages  
Bread, white, 1 loaf  
Jam, strawberry, 1 jar  
Peanut butter, 1 jar  
Beer nuts  
Corn Pops, 1 box  
Frosted Flakes, 1 box  
Milk, 4 litres  
Buns, Focaccia, 18  
Cheese, large slab, 907g  
Mayonnaise, squeeze, 1 bottle  
Lettuce, iceberg, 1 head  
Ham, 24 slices, 1 kg  
Cup-a-soup, Chicken Noodle, 10 packages (have)  
Granola bars, chocolate covered, 1 large box  
Granola bars, sweet & spicy, 1 large box  
Ground beef, 2 lbs  
Spaghetti noodles, 1 package (900g)  
Spaghetti sauce, 0.875 ml  
Sausages, breakfast, 24  
Hot chocolate, 10 packets  
Apples, red, 1 bag  
Apples, green, 1 bag  
Coffee, regular (have)  
Coffee, decaffeinated (have)  
YOPs, 12  
Kool-Aid singles, 3 boxes (have 1 box)  
Juice crystals, lemonade, 1 container (have)  
Caesar salad, 1 bag  
Garlic bread, Texas style, 16 slices  
Gummy Bears  
Pringles, 2 containers  
Vegetable oil

**Hospital**

The nearest hospital is the Pembroke Regional Hospital. To access the hospital from Highway 17, exit at the lighted intersection of Paul Martin Drive and Highway 41. Take Paul Martin Drive to Town Line. Turn right on Town Line. Turn left on Mackay Street and the hospital can be found three blocks away.

705 Mackay Street  
(613) 732-2811

**Common Camping Equipment**

Tents, 2 (1 Scout, 1 Cub)  
 Ground sheets, 2  
 Tent pegs  
 Tarps, medium, 2  
 Baler twine  
 First aid kit  
 Duct tape  
 Matches  
 Dish soap  
 Toilet paper  
 Tinfoil  
 Paper towel  
 Garbage bags, 10  
 Notebook & pencil  
 Pot sets, 2  
 Pot, large  
 Toaster, stove top  
 Frying pans, 2  
 Lanterns, propane, 2  
 Propane, 1 lb, 6  
 Stove, 2 burner, propane, 2  
 Basins, washing, 2  
 Kleenex  
 Water container, 2  
 Tea towel  
 Dish cloth  
 Spoon, large, 2  
 Spatula, 2  
 Playing cards, 2 packs  
 Folding chairs, 3  
 Single cup coffee maker, 3  
 Coffee filters, #2, 20  
 Scrubbing pad, nylon  
 Carabiners, 9  
 Thermos, 3  
 Slings, small, 6  
 Cooler  
 Ice packs, 4  
 Cheese slicer  
 Spaghetti lifter  
 Paper bags, small, 20 (for lunches)  
 Dining shelter, self supporting (car port)  
 Cub picnic tables, 3  
 Ziploc bags, small (for sandwiches)  
 Ziploc bags, large  
 Sandwich bags  
 Milk jug

**Personal**

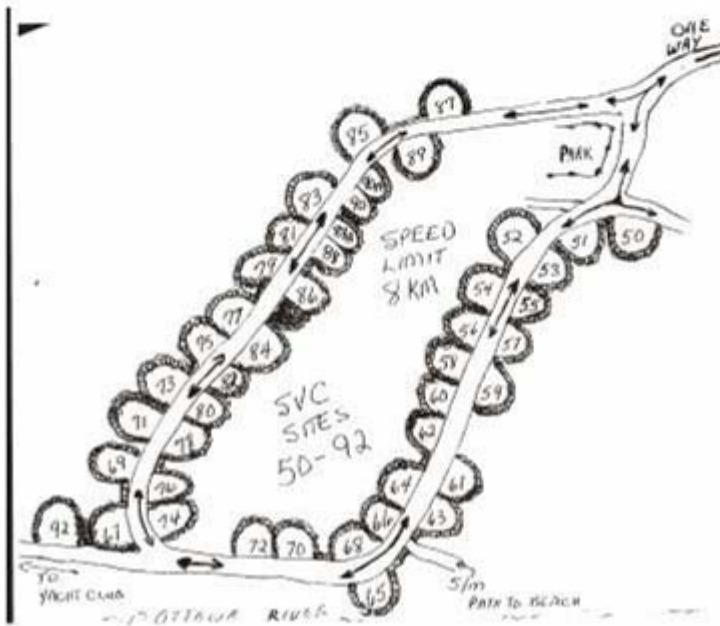
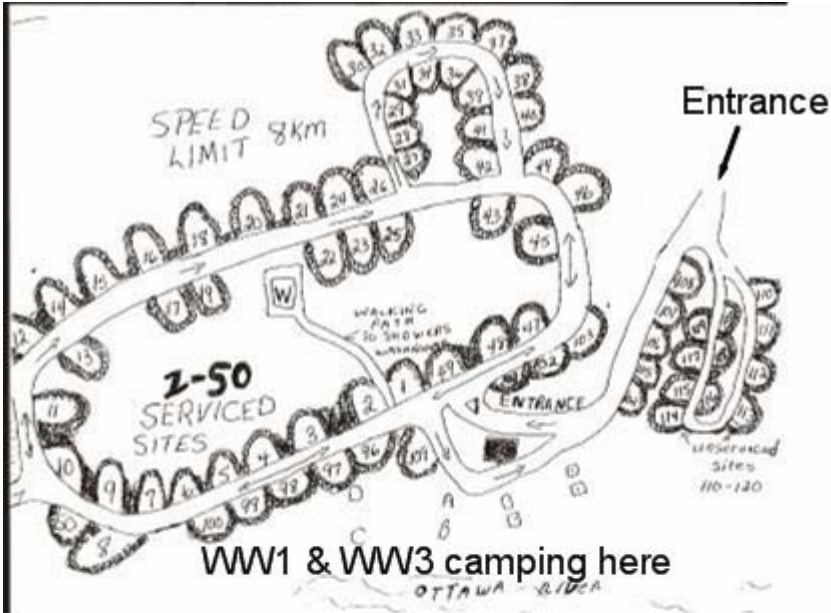
Pre-training notes  
 Sheath knife  
 Multi-tool  
 Thermometer  
 CDs  
 Trip plan  
 Watch  
 Camera  
 Camera spare battery  
 Camera battery charger  
 Mobile telephone  
 Mobile telephone car charger  
 Book  
 Physical fitness forms  
 Tent (poles, pegs, ground sheet)  
 Hammock  
 Headlamp  
 Lantern, battery  
 Pelican camera case, w/lanyard & carabiner  
 First aid kit  
 Truck garbage container w/bags  
 Briefcase  
 Weather forecast

**Paddling Equipment**

Paddles, plastic/aluminum, 10  
 Lifejackets, large, extra, 1  
 Lifejackets, medium, extra, 2  
 Canoes, with fore/aft float bags & thigh straps, 5  
 Painters, 5  
 Bailers, 5  
 Canoe trailer (Kemptonville Scouts)  
 Canoe tie down ropes, short, 8  
 Canoe tie down ropes, long, 2  
 Canoe supports, 2"x4"x6', 2  
 Helmets, 9



Black Bear Campground



**Black Bear Campground**





**Training Area**

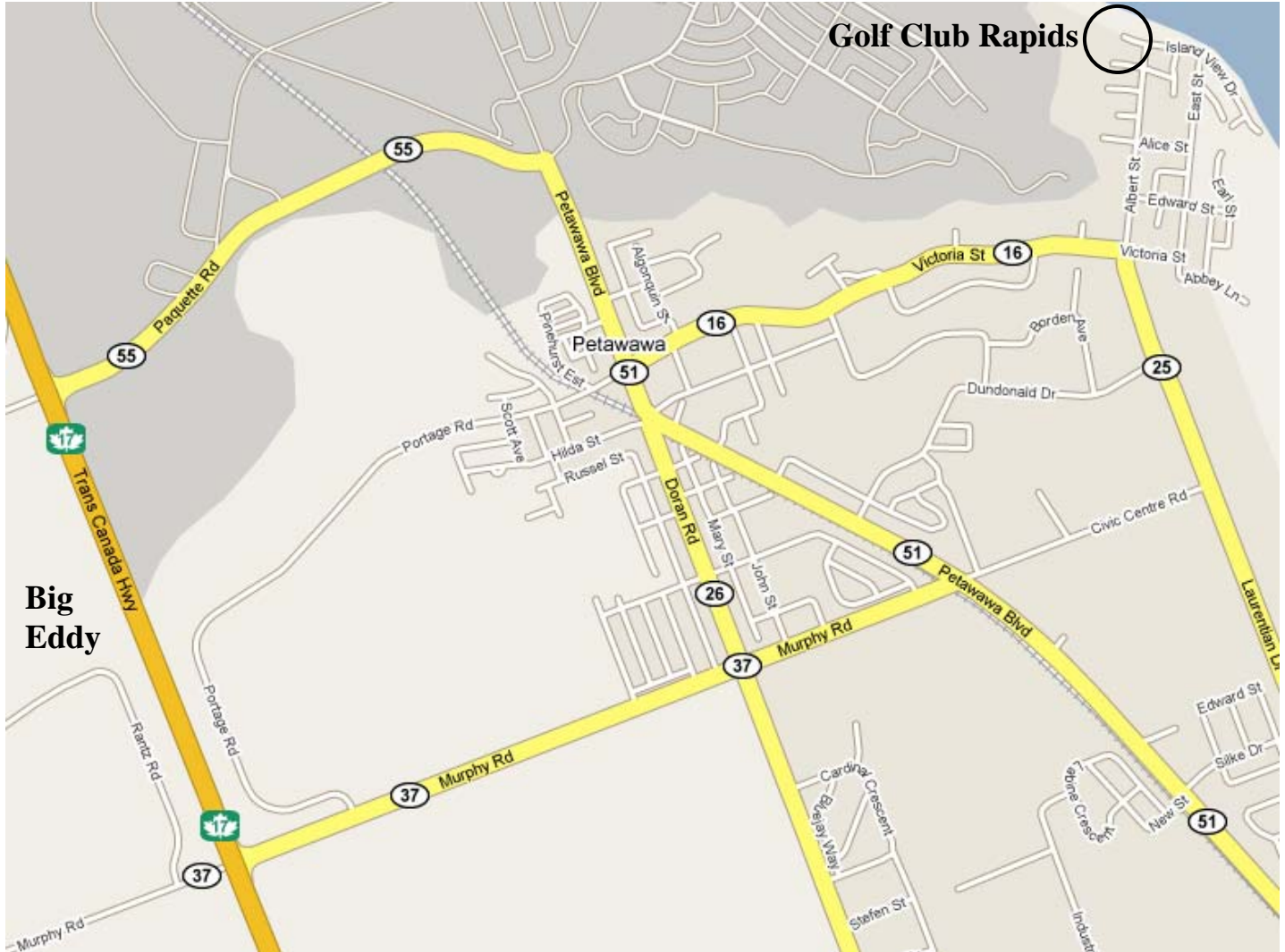
Left of the highway (upstream) is the beginners area. Big Eddy is more advanced for Sunday.



**Golf Club Rapids – White Water III Sunday Training Area**



Map to Golf Club Rapids



Pembroke Regional Hospital

