

Event

Car accessible weekend still camp with advanced white water canoe and kayak courses. Course instruction will be qualified instructors from Paddler Co-op. Class I, II, & III rapids will be used. Canoes and kayaks will be rented from Paddler Co-op.

Schedule

Friday May 30

Depart Merrickville from the community centre at 6:30pm. One vehicle (Allan's truck) for all participants.

Travel highway 43 to Perth, highway 7 to Kaladar, highway 41 to Denbigh, highway 28 to Hardwood Lake, county road 514/515 to Palmer Rapids.

Arrive Paddler Co-op approximately 9:00pm.

Setup camp.

Travel distance approximately 200km.

Saturday May 31

White water canoeing and kayaking on the Madawaska river.

Sunday June 1

White water canoeing and kayaking on the Madawaska river. River trip from Aumond's Bay to Buck Bay. Kayak course may or may not run full length of river. The river trip is approximately 10km in length.

Make bag lunch at campsite. Lunch and dry clothes in waterproof bags for the river trip. Take thermos' of hot soup if cold.

Depart river approximately 3:00pm.

Arrive Merrickville approximately 7:00pm. Parents to be called enroute with exact arrival time.

Common kit to be distributed for cleaning and drying.

Participants

Name	Type	Section	Course	PFD
Yates, Allan	Adult	Venturer	WW II Kayak	Own
Catton, Ben	Youth	Venturer	WW II Kayak	Own
Szalai, Adam	Youth	Venturer	WW II	Group
Szalai, Grant	Youth	Venturer	WW II	Group
Beelich, Andreas	Youth	Scout	WW II	Own
McKay, Alex	Youth	Scout	WW II	Own

Qualifications

Name	FW Skill	WW Courses	ORCA	Swimmer	First Aid	Boat Rescue
Yates, Allan	Stern - Adv	WW I/II/III	MW 1	Yes	Standard	Yes
Catton, Ben	Stern - Adv	WW I/II/III	MW 2	Bronze Medallion	No	
Szalai, Adam	Stern - Nov	WW I/II		Yes	No	
Szalai, Grant	Stern - Nov	WW I/II		Yes	No	
Beelich, Andreas	Stern - Adv	WW I		Star 5	Standard	
McKay, Alex	Stern - Adv	WW I		Yes	Standard	

Financial Budget

Item	Youth - Canoe	Youth - Kayak	Adult – Canoe	Adult - Kayak
Course Fee	\$76.88	\$97.38	\$76.88	\$97.38
Equipment Rental	\$51.25	\$51.25	\$51.25	\$51.25
Transportation	\$20.00	\$20.00		
Food	\$25.00	\$25.00		
Council Subsidy	(\$20.00)	(\$20.00)	(\$20.00)	(\$20.00)
Budget Total	\$153.13	\$173.63	\$108.13	\$128.63
Advertised Total	\$160.00	\$175.00	\$115.00	\$135.00

Truck fuel costs billed at 22 cents/km. Car fuel costs billed at 11 cents/km.

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/kayaks will be maintained.

Personal 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, soap, shampoo, chapstick, etc.
Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag
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, recommended for kayaking)
Folding chair (optional)
Dry bag (optional)
Soccer ball (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). Glasses should be secured with a strap.

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

Gummy Bears

Apples

Butter tarts

Two bite brownies

Drinks

Hot chocolate

Juice crystals, lemonade

Orange juice, tetra paks

Kool-Aid singles

Water

Coffee

Milk

YOPs

Grocery List

Bacon, 2 packages (have 1)
Bread, brown, 1 loaf
Jam, strawberry, 1 jar (have)
Peanut butter, 1 jar (have)
Peanut M&Ms, 1 large bag
Corn Pops, 1 box (have)
Frosted Flakes, 1 box (have)
Milk, 2 bags
Buns, Focaccia, 12
Cheese, large slab, 900g
Mayonnaise, squeeze, 1 bottle
Lettuce, iceberg, 1 head (have)
Ham, 24 slices
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 (have)
Spaghetti sauce, 1 jars (have)
Sausages, breakfast, 12
Hot chocolate, 20 packets (have)
Apples, green, 1 bag
Coffee, decaffeinated (have)
YOPs, 12
Kool-Aid singles, 3 boxes (have)
Juice crystals, lemonade, 1 container (have)
Caesar salad, 1 bag (have)
Gummy Bears
Vegetable oil (have)
Butter tarts, 12
Brownies, two bite, 2 bags
Orange juice, tetra paks, 24
Garlic bread

Hospital

St. Francis Memorial Hospital
7 St. Francis Memorial Drive
Barry's Bay, Ontario
(613) 756-3044

Common Camping Equipment

Tents, Scout, 2
 Ground sheets, 2
 Tent pegs
 Tarps, large, 2
 Baler twine
 First aid kit
 Duct tape
 Matches, 1 box
 Dish soap
 Toilet paper
 Tinfoil
 Paper towel
 Garbage bags, 10
 Notebook & pencil
 Pot sets, 2
 Pot, large
 Toaster, stove top
 Frying pan, 1
 Griddle
 Lanterns, propane, 2
 Propane, 1 lb, 8
 Stove, 2 burner, propane, 2
 Basins, washing, 2
 Kleenex
 Water containers, 2, full
 Tea towel
 Dish cloth
 Spoon, large, 2
 Spatula, 2
 Playing cards, 2 packs
 Single cup coffee maker
 Coffee filters, #2, 5
 Scrubbing pad, nylon
 Carabiners, 6
 Slings, small, 6
 Cooler
 Ice packs, 3
 Cheese slicer
 Spaghetti lifter
 Ziploc bags, small (for sandwiches)
 Ziploc bags, large
 Milk jug
 Thermos, 2
 Garbage bag holder
 Rope, long, 2

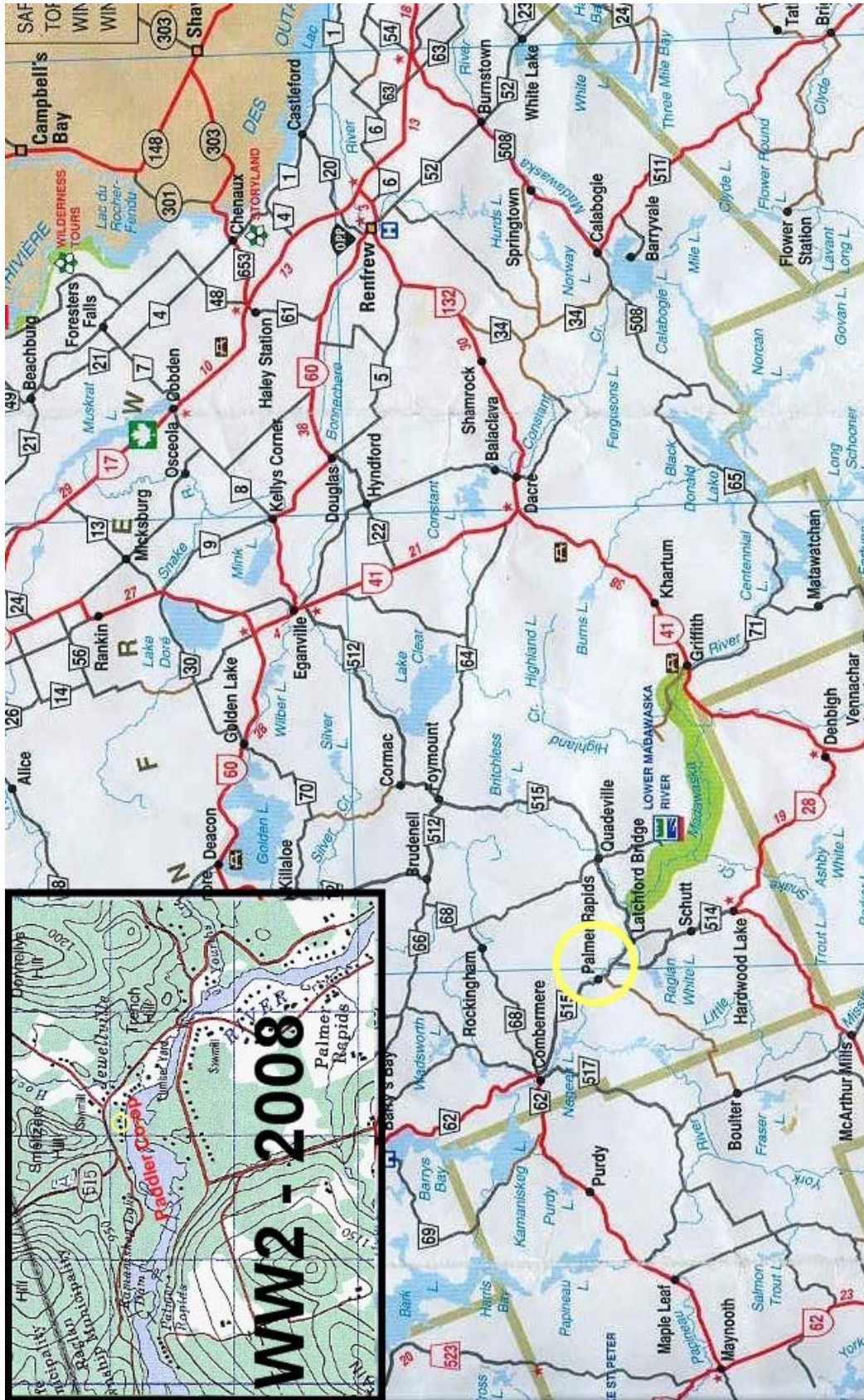
Allan's Extra Kit

Pre-training notes
 Sheath knife
 Multi-tool
 Thermometer
 CDs
 Trip plan
 Watch
 Camera
 Camera spare battery
 Mobile telephone
 Mobile telephone car charger
 Book
 Physical fitness forms
 Tent (poles, pegs, ground sheet)
 Headlamp
 Lantern, battery
 Pelican camera case, w/lanyard & carabiner
 First aid kit
 Truck garbage container w/bags
 Briefcase
 Weather forecast
 Chairs, folding, 3
 Clipboard
 Shaver
 Contact lens solution

Paddling Equipment

PFDs, medium, 2

Paddler Co-op



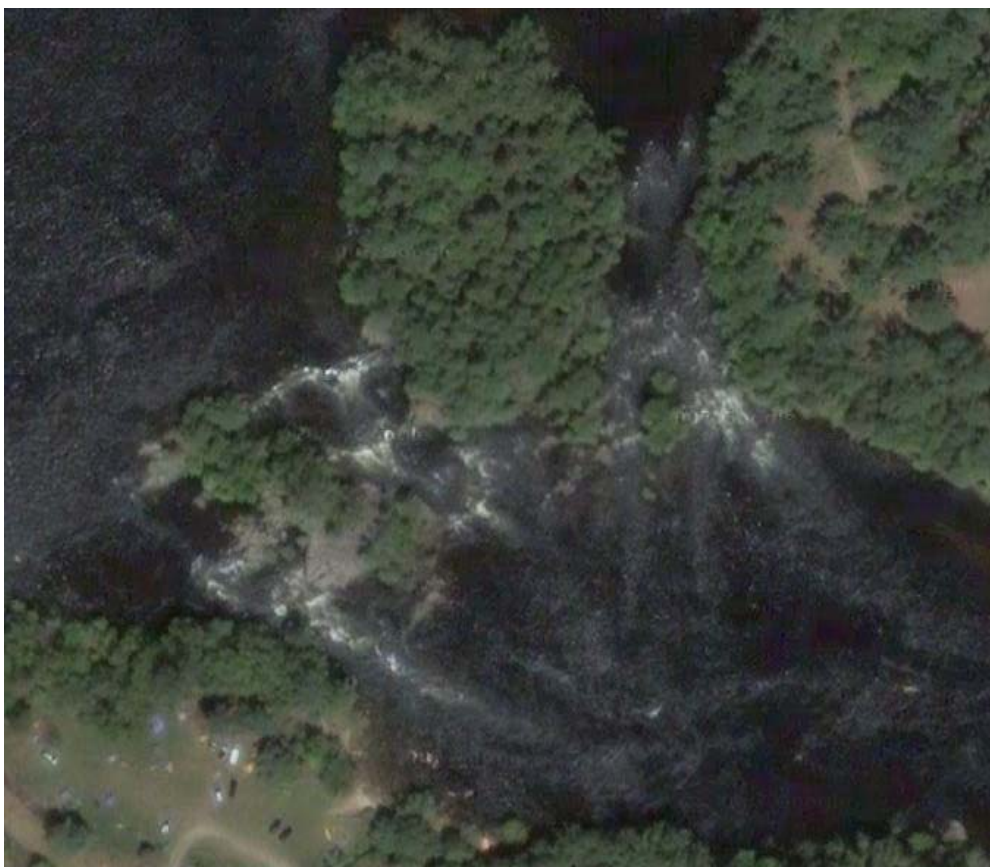
Paddler Co-op



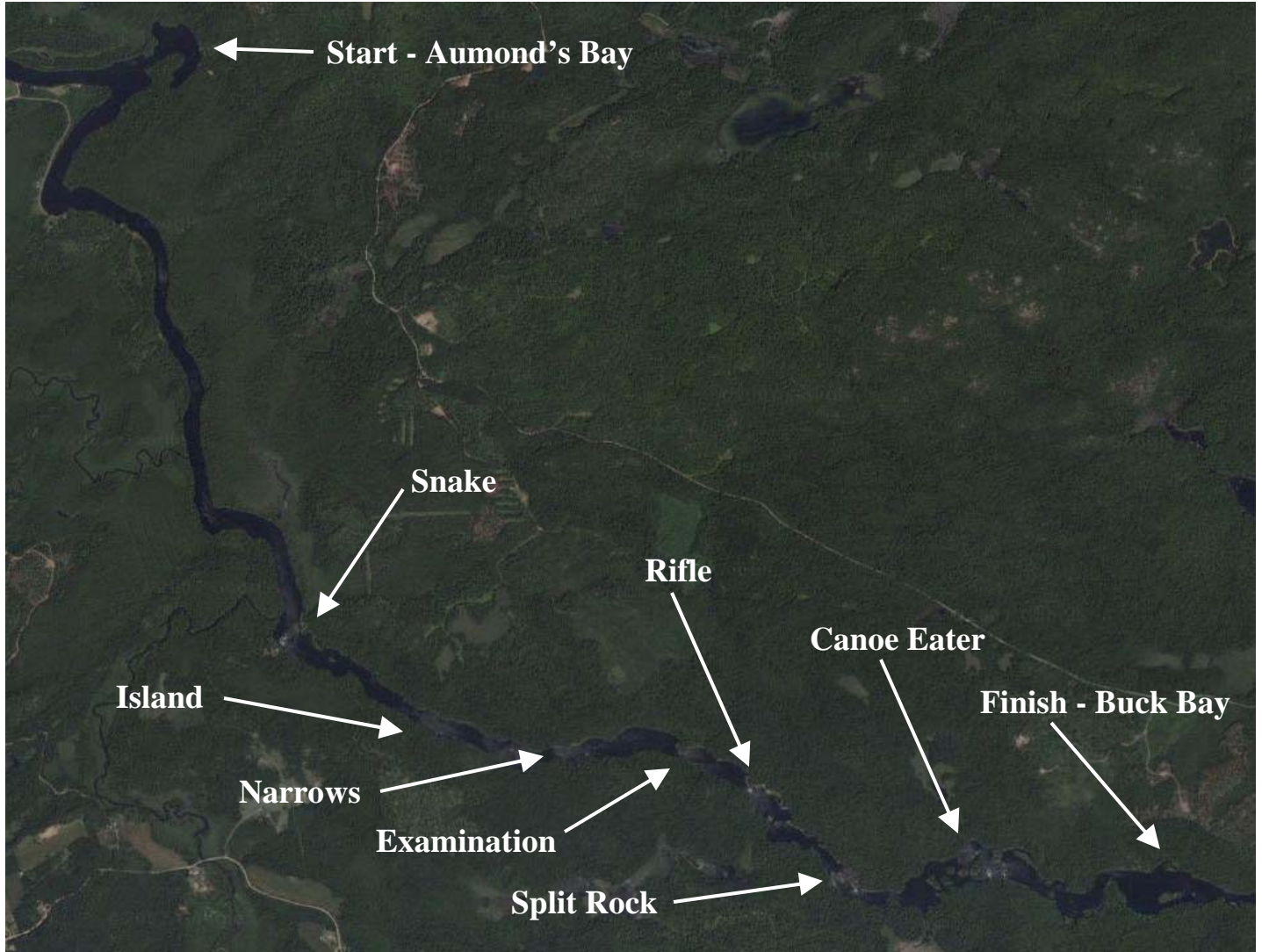
Training Area A



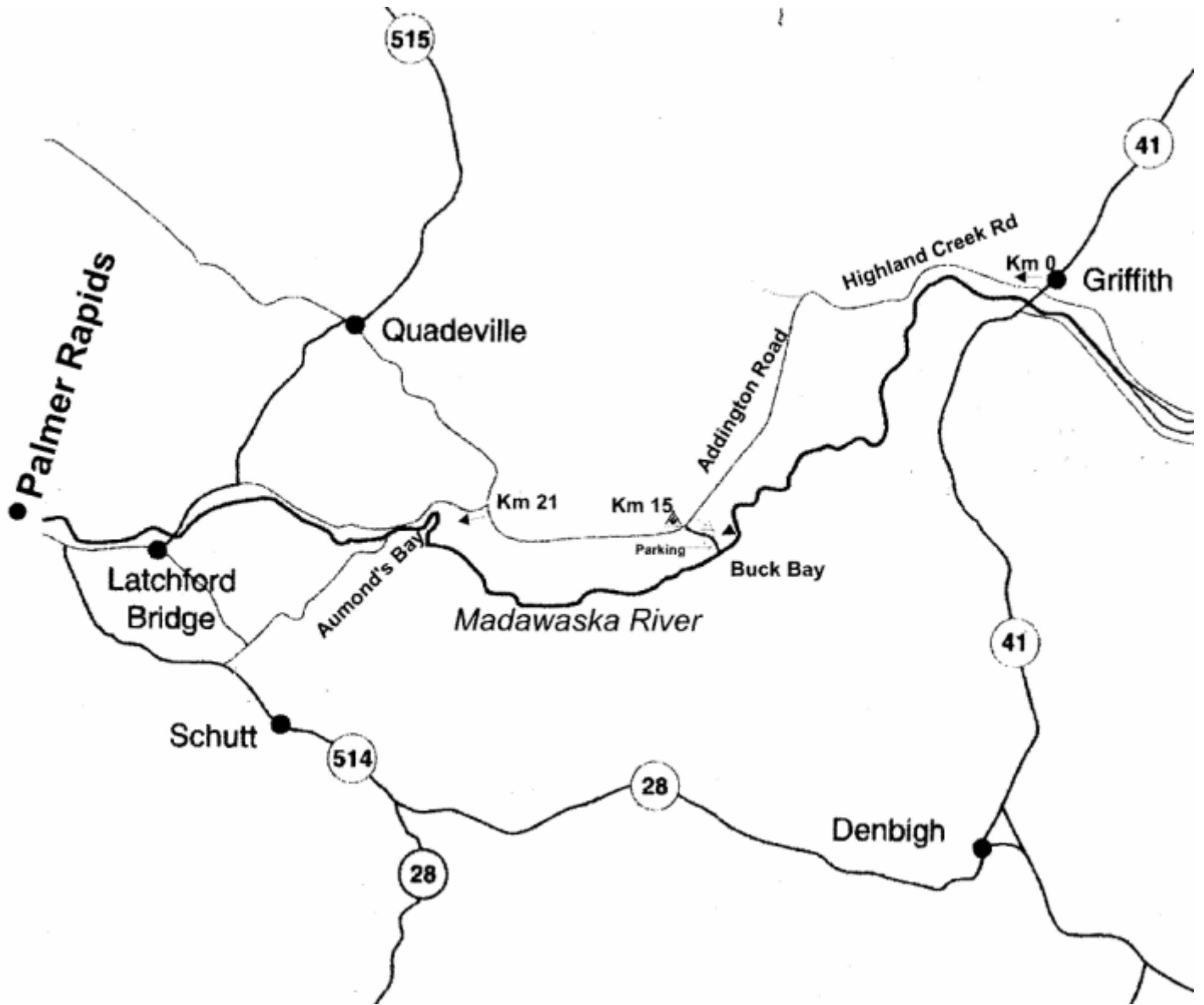
Training Area B



River Trip



River Trip



St. Francis Memorial Hospital

