



WHITE PLAINS TROOP 73

DELAWARE CANOE TRIP

June 11-13, 2010

Great Camping!
30 miles of Canoeing.
Wonderful meals and beautiful scenery.



Here it comes! Troop 73's annual Delaware Canoe Trip takes off in just two weeks. And we certainly hope to have lots of Scouts and family members coming along once again. So here is some information:

We begin our trip on Friday, June 11th. While many Scouts and their families schedule their departure from White Plains at their own convenience, there will likely be one or two main groups that will leave together, before and after rush hour. Upon our arrival at Ten Mile River Scout Reservation on the Delaware River, we'll set up our campsite and get some rest for the coming days' activities. Early Saturday morning, after a good breakfast, we'll leave our campsite and head down to the beach where we'll get our canoes, receive final instruction, and start paddling. Canoe partners will be decided and announced in advance, with adults accompanying new scouts and older scouts teaming with each other. In about ten miles, we will pull off the River and be met by our head *Mystery Chef* with our gourmet lunch. After lunch we get back on the river and paddle a bit further down. If the river doesn't get you wet on its own, certainly a friendly scout with a water-bazooka will be happy to help! When the river is flowing pretty well, the canoes will go about 3+ miles per hour by themselves. If you push the flat side of the paddle against the water in the right way, they go even faster! When we reach the end of our day's journey, we'll regroup and get shuttled back to the campsite. A fabulous dinner will be ready soon, to be followed by a campfire, and a good night's sleep.

Sunday morning we pack up the entire campsite and load the cars. Many (or most) of us will get back in our canoes one more time and enjoy a different section of the river. There's still a plenty of action-packed river left to see! Upon reaching our final destination, our group is shuttled back to the cars where we are greeted by our eagerly-awaited lunch. When all has been said and done, everyone heads for home, usually arriving home well before 5:00 P.M., often as early as 2:30 or 3:00 PM

The final deadline for registering is June 8th.

**More Detailed Info on "What to Bring" and "What to Expect" is available, and can also soon be found on the Troop Website:
www.troop73bsa.com**

Any Questions?
CALL MICHAEL S. BENNETT: 949-4679
Scoutmaster@Troop73BSA.com





WHITE PLAINS TROOP 73

Delaware River Canoe Trip

June 11-13, 2010



On Friday afternoon, June 11th, Troop 73 will embark upon its annual canoe trip down the Delaware River. The canoeing portion of the trip will be approximately 25-30 river-miles, over 1 ½ days. As usual, we will be camping at the Ten Mile River Scout camp and will carry very little in the canoes other than ourselves and perhaps a towel, sunscreen, a kneeling pad, or other such gear. Rumor has it that some Scouts paddle while heavily armed with water-projecting devices as well. In this packet is information on what to bring and what to remember, as well as some tips on what to do in different situations. Further questions may be addressed to Troop 73's adult leaders at your convenience.

Those of you who have already been on this trip know that many Scouts bring friends and family with them. Because so many parents like to come along, and all want to leave White Plains at a different time, there is no *group* meeting/departure time. Everyone is free to leave White Plains when they wish. But if you want to canoe with us on Saturday, you'd better be in our campsite by 8:00 am. So if you don't have your own ride, and don't have a good friend you can go along with, make sure you speak to Scoutmaster Bennett in advance so that he can help you arrange for a ride.

Those of you who have gone before know that there are numerous stretches of white-water. These make the trip quite exciting. You may also recall that, occasionally & inadvertently, often intentionally, we dump a few canoes. Because of this, we must have a strict policy regarding life jackets. As in recent years our policy will be as follows:

1. It is Boy Scout policy that all persons participating in boating activities wear life jackets. So this is not open to compromise.
2. Regardless of the existence of this rule, there are some scouts who will "forget." Any and all adults on this trip are asked to help enforce this rule. While in a canoe, especially during stretches of white-water, but also in calm water and even when swimming near shore, everyone must wear life jackets. It really is common sense.
3. Despite the B.S.A. policy, some adults may decide not to wear their life jackets at all times. It is strongly recommended, however! Remember that no matter how good a swimmer one is, if he hits his head on a rock or on the side of the canoe, **an unconscious person can not swim**. The life jacket is designed to keep you afloat with your head out of the water.
4. In each canoe, there must always be, at least, the same number of life jackets as there are people. That is the law! It is also the law that life jackets, when not worn, must always be accessible and may not be tied down. National Park Rangers may (and do) serve violators of these laws with fines. We've seen them pull canoes off the river and fine canoeists!
5. All of this is precautionary as the river is very "user friendly." Most accidents happen to those who break the rules, specifically: not knowing how to swim, canoeing without life jackets, and canoeing under the influence of alcohol. None of these will apply to us! But to be safe - let's be prepared!

☺AND LET'S HAVE FUN☺

**TROOP 73
CANOE TRIP 2010**

WHAT TO BRING, PACK OR WEAR

Checklist

<u>item</u>	<u>check when packed</u>
Friday Trail dinner (brown bag)	
Sleeping bag	
Clothes for 3 days and nights (for warm and cool weather – wet and dry)	
Extra socks	
Extra underwear	
Hiking boots and/or sneakers	
Old sneakers for river-wear (no open toed shoes)	
Cap with visor	
Bathing suit or shorts for river-wear	
Towels	
Poncho or rain gear (but it never rains)	
Flashlight w/extra batteries	
Insect repellent	
Personal first aid kit (Band-Aids, etc.)	
Personal grooming/hygiene kit (comb, brush, soap, toothpaste and brush, mirror, shampoo, etc.)	
Canteen/water bottle (avoid dehydration on the river)	
Camera (very risky in canoe - maybe a disposable)	
Sunscreen (high number to prevent burn)	
Noxema (just in case you miss a spot)	
Air mattress (if desired)	
Extra cash to purchase snacks at canoe bases along the river	
Extra cash to pay adult leaders for a good canoe (just kidding)	
Sunglasses (if desired, not good for river w/o strap)	
Super-soaker type water guns - if desired	

TROOP 73 CANOE TRIP 2010

RIVER RULES

- ALWAYS** Wear your life jacket according to Troop 73 policy. Improper behavior may result in immediate disciplinary action and removal from the river as soon as possible. This may be from Troop 73 Leaders, local Scout Camp Rangers, or National Park Rangers...really! The river is safe and enjoyable if the necessary precautions are taken.
- ALWAYS** Wear sneakers or other footwear in canoe or while swimming. There are slippery & sharp rocks on the bottom of the Delaware. You can do serious damage to your feet if you don't protect them. One boo-boo can ruin the whole trip.
- ALWAYS** Use sunscreen. We must accept the fact that all of our beautiful tans will peel off (with most of our skin) if we do not use a highly protective sunscreen. Not to mention the stiffness and pain you'll feel the next day, and for a week or so afterwards. Please take our word for this one!
- ALWAYS** Keep any personal belongings in a waterproof bag, bin, or can, and securely tied to the canoe. Don't bring anything in the canoe which you can not afford to lose - except yourself.
- NEVER** Swamp adult leaders' boats. Aside from the fact that they sometimes carry first aid kits, cameras, and other such necessities with them, they also make the decisions on who cleans the pots and pans after each meal. Need we say more?
- ALWAYS** Let adult leaders swamp your canoe if they want to... See explanation above.
- ALWAYS** Ask, if you have any questions about where to go, what to do etc. Don't allow yourself to become the lead canoe, if you're not sure where our next stop is. Also, don't become the last canoe.
- ALWAYS** Have a good time and fully enjoy yourselves. The trip is a lot of fun, one of our favorite campouts of the year, and it'll give us all a lot of good memories.



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WHAT TO DO IF WE SWAMP?

Get Wet!

1. Laugh, smile, have fun! Hold on to your paddle if possible. If not, don't worry about it - or your other gear. If it was properly tied down, it will stay with the boat. If it floats, we'll find it down stream. If neither, then it's too late to worry about it anyway.
2. If the water is calm, hold onto and then get back into your canoe if you can. Even if it's full of water, it will not sink! You can paddle over to the shore and dump it out. In very rough water, however, it may be safest and best to swim away from the boat so as not to get caught between the boat and a rock as you travel downstream. If you find yourself staying with the boat, waiting for a good moment to hop back in or swim it to the shore to dump out the water, be sure and stay inside or on the up-stream side of the canoe (the side facing up-river). This will keep the boat between you and any rocks or other objects (other boats) which may be in your path as you travel downstream. If you get back in the swamped canoe, sit low and paddle with your hands if the real paddles are gone. Our group will likely have 15 or more canoes on the river so there will be plenty of help for you. Don't worry - it happens to all of us.
3. If you can not, or choose not to stay with the canoe, float with your feet going first down the river and your head facing up-stream. This will allow your feet to bounce you off of any rocks or other objects rather than your head. Makes sense doesn't it? When the water calms, you can either swim to shore or catch up with your canoe. And don't forget about your partner!
4. When you and your boat both reach calm water, get to shore and dump out the water. Then get back in and start off again. That's all there is to it.

ADVANCEMENT ON THE CANOE TRIP

There may be opportunities for passing rank requirements, not to mention requirements for the canoeing merit badge. Second class candidates will have the chance to complete such requirements (or do them again if requested) as selecting campsites, setting up tents, and assisting with fire-building, cooking, and cleanup.

So be prepared!



**TROOP 73
CANOE TRIP 2010
RIVER NOTES**



KNOW YOUR STROKES:

BOW MAN:

DRAW: turns canoe towards side paddling on.

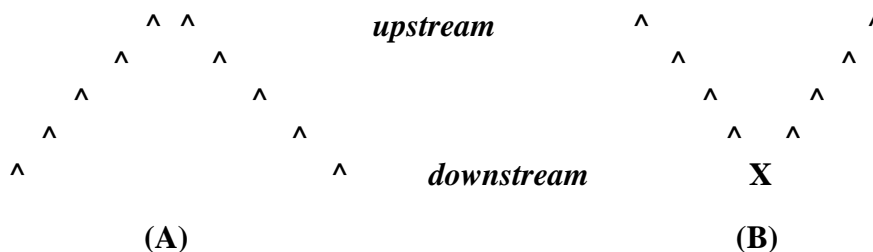
SWEEP: turns canoe away from side paddling on.

STERN MAN:

J-STROKE: turns canoe towards side paddling on.

SWEEP: turns canoe away from side paddling on.

RIVER WARNINGS:



If you see a "V" in the river it may mean one of two things.

(A) indicates a rock dead center which must be avoided! To be safe, try to avoid everything (except the water).

(B) indicates a channel between two rocks or rows of rocks. These are eel traps and you *may* be able to steer through the middle of them, no guarantees though.

ONE MORE RULE

ALWAYS stay with your canoeing partner and your buddy canoe. These will be assigned before the days' canoeing begins. Your buddy canoe may be able to help you in the event of a swamp, and also help to keep the Troop together a bit. It's a long river, and not everyone knows where to stop for rests, have lunch, be careful, etc. So...stick together!

QUESTIONS?

SCOUTMASTER Michael Bennett

949-4679

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