



*Trip Planning and  
Route Selection Night*

*February 25, 2019*

# “Vive La Compagnie”



## CHORUS

Vive la vive la vive l'amour  
Vive la vive la vive l'amour  
Vive l'amour, vive l'amour  
Vive la compagnie!

1. Let every good voyageur join in a song  
Vive la compagnie!  
Success to each other and pass it along  
Vive la compagnie!
2. We paddle and paddle for miles everyday  
While singing a song every inch of the way!
3. A rock on you left and a rock on your right,  
But we still make it through with our skill and our might!
4. No portage is too long for a good voyageur.  
With rain and mosquitoes we love it the more!
5. We love the young maidens and they love us too.  
They cry when we leave in our birchbark canoes!

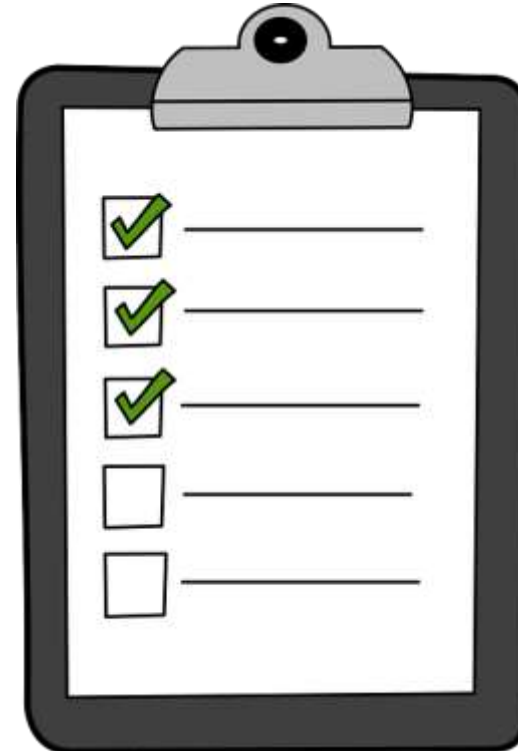


*The Campfire* from *The Voyageur*, by Grace Lee Nute

# Agenda



- Welcome and Introductions
- Canadian Immigration
- In Case of Emergency
- Physical Conditioning
- Leave No Trace in Algonquin
- The Risk Zone
- Itinerary Planning
- Menu Selection
- Crew Roster
- Materials on Web Site
- Q/A and Closing



# Canadian Immigration



- Required Documents
  - Group Roster on Letterhead
    - Listing each scout's name, primary address, phone number, date of birth, place of birth, and name of parent or legal guardian
  - Adults:
    - Passport or Enhanced Drivers License
  - Scouts (under 19 years old)
    - Birth Certificate (Photocopy is okay)
    - Government ID (School ID is okay)
    - Permission Slip
- One packet per vehicle, with appropriate documents for that vehicle
- Extra copy of all documents in Leader Packet

# In Case of Emergency



- Primary At-Home Contact
  - Home, Cell, Work #s
  - Should have copy of roster on-hand
  - Will coordinate communications to crew parents/guardians
- Guide will have Satellite Communicator
  - Requires text messaging
- Emergency Phone #s & Procedures
  - As outlined in Advisor Handbook





# Physical Conditioning



- Preparing your crew's Physical Condition
- Understanding Hydration

# Getting into Birchbark Shape



A Birchbark wilderness adventure is all about paddling and portaging.

This puts demands on your cardio-respiratory system and your joints.

- Injuries of the shoulder and shoulder joint are one of the top five injuries for paddlers

# Getting into Birchbark Shape



Just like dehydration related injuries, injuries caused by being out of shape are totally avoidable

Young adults and scouts will get into shape during the trek, older adults **WILL NOT!**

Get into shape now, for an enjoyable adventure



# Getting into Birchbark Shape



The first step is to check with your physician before starting any physical fitness program



**START TODAY!**



# Getting into Birchbark Shape



This is adapted from a three part series, originally published May, June and July editions of Field & Stream, 2014, by author Michael R. Shea. It is a three phase program developed by Under Armour pro staffer Cameron Hanes.

# Getting into Birchbark Shape



I have adapted his program for use by Trekkers and Guides, to get you from zero to Birchbark shape in three months.

# Getting into Birchbark Shape



This program focuses on

- Cardio-respiratory
- Strength
- Joint health

**NOTE:** These exercises are written for someone who is already in good shape. If you are unable to complete all of the repetitions, work up to it.

# Getting into Birchbark Shape



## References

- Getting Into Elk Hunting Shape: Phase 1, by Michael R. Shea, Field & Stream, May 2014, Accessed 9/11/14, <http://www.fieldandstream.com/articles/hunting/deer-hunting/2014/05/get-elk-shape-phase-one>
- Getting Into Elk Hunting Shape: Phase 2, by Michael R. Shea, Field & Stream, June 2014, Accessed 9/11/14, <http://www.fieldandstream.com/articles/hunting/2014/06/get-elk-hunting-shape-phase-2>
- Getting Into Elk Hunting Shape: Phase 3, by Michael R. Shea, Field & Stream, July 2014, Accessed 9/11/14, <http://www.fieldandstream.com/articles/hunting/2014/07/get-into-elk-hunting-shape-part-three>
- “Shoulder Exercises for Kayaking and Canoeing”, by Christopher Crowhurst, Accessed 12/29/14, <http://www.paddlinglight.com/articles/shoulder-exercises-for-kayaking-and-canoeing/>

# Are You Hydrated?



Water is the key to your health and survival



Many injuries can be avoided by staying hydrated

- Hypothermia      cold related injuries
- Hyperthermia      heat related injuries

So stay hydrated!


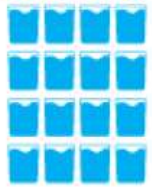
# Are You Hydrated?



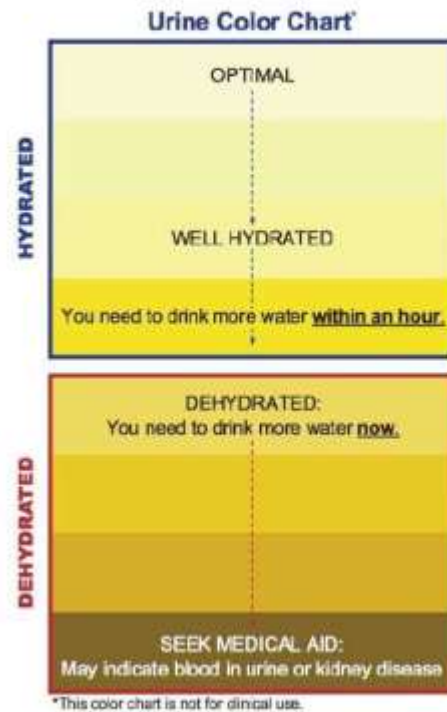
 **BODY WEIGHT** ÷ 2 = 

**Divide your body weight in half**

**THEN**  
**divide by 8**  
to find the # of cups of  
**water**  
you should drink each day

 ÷ 8 = 

## Are You Hydrated? Take the Urine Color Test



## How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.



# Are You Hydrated?



A loss of 2 quarts of body fluid (2.5 percent of body weight) decreases efficiency by 25 percent

A loss of fluid equal to 15 percent of body weight is usually fatal.

# Are You Hydrated?



Scouts and adults will not always drink their required amount of liquid readily and will need to be encouraged to drink more than they think is necessary as the sensation of thirst is not felt until there is a body deficit of 1 to 2 quarts of water.

# Are You Hydrated?



- Drink before you become thirsty
- Carry water in your belly
- Take frequent drinks
- Always drink water when eating
- Drink one quart of water in the morning
- Conserve sweat not water

## **WARNING**

**Drink water even if not thirsty. Thirst is not an adequate warning of dehydration.**

# Are You Hydrated?



- when water is warmer than 75°-80°F, people will not want to drink it, when possible, drink cool (50°-55° F) water.

**HINT:** Taking a military-issue wool sock, soaking it in water, and wrapping it around a canteen or placing it on a water bottle, will cool the water through evaporation.

# Are You Hydrated?



- Packets of artificial fruit flavoring, encourages consumption. Carbohydrate/electrolyte beverages (e.g., Gatorade) are not required. They are too concentrated to be used alone. Many athletes prefer to dilute these 1:1 with water.

# Are You Hydrated?



- Sources:
- <http://www.wilderness-survival.net/medicine-1.php>, Web. Jan. 20, 2014.
- <http://www.globalsecurity.org/military/library/policy/army/fm/90-3/index.html>, Web. Jan. 20, 2014.
- <http://phc.amedd.army.mil>, Web. Jan. 17, 2014.
- [www.salix.com](http://www.salix.com), Web. Jan. 17, 2014.
- [www.digitalfilmtree.com](http://www.digitalfilmtree.com), Web. Jan. 17, 2014.

# Leave No Trace





# The Risk Zone

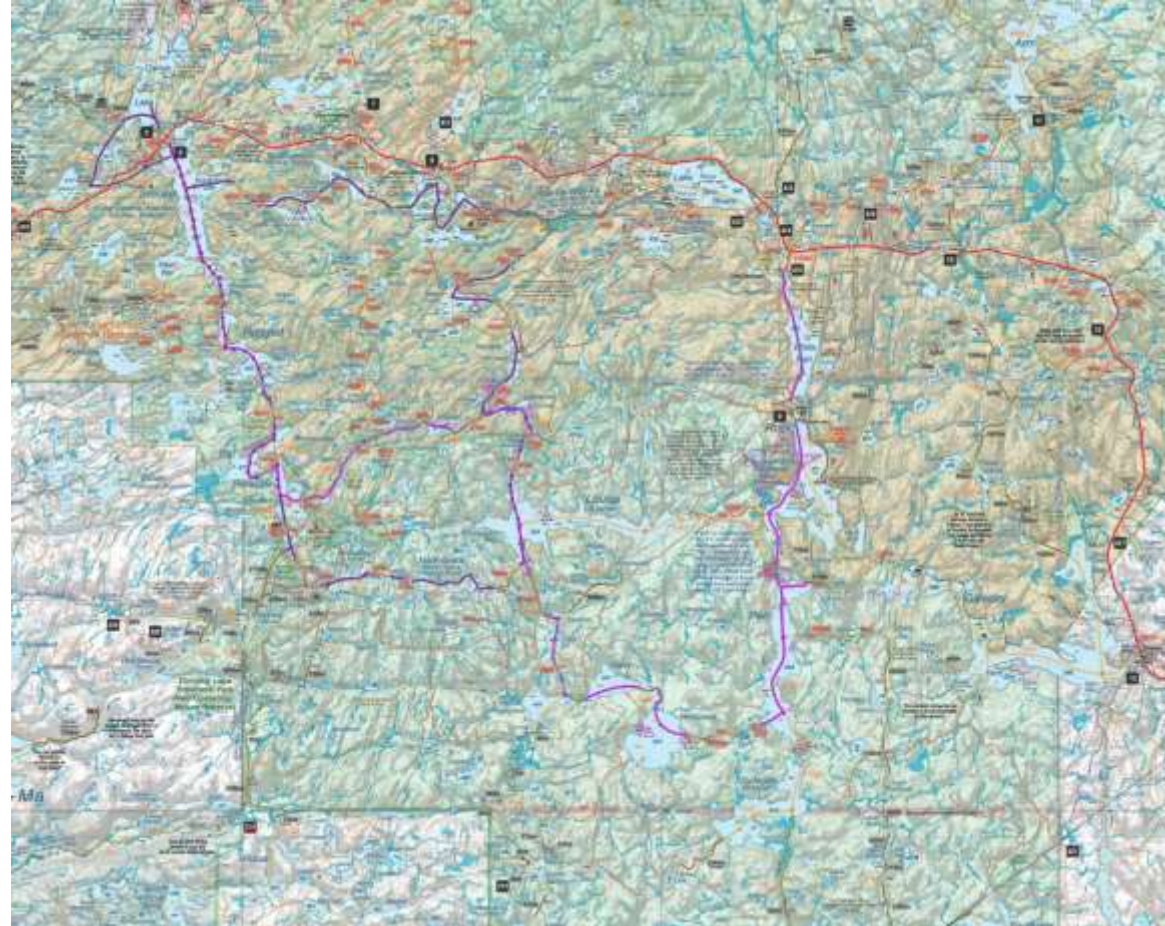


- Distracted Driving
- Drowsy Driving
- New Rules on Multi-Passenger Vehicles
- Vehicle Safety
- Trailers



[http://www.scouting.org/filestore/HealthSafety/pdf/632-006\\_WB.pdf](http://www.scouting.org/filestore/HealthSafety/pdf/632-006_WB.pdf)

# Canoe Route Selection Process



# Food Ordering Process



## Birchbark Expeditions Trip Menu Planner - 2016

### TRAIL MENU

Crew \_\_\_\_\_

Leader \_\_\_\_\_ Phone \_\_\_\_\_

Special Menu Considerations: \_\_\_\_\_



| Day       | Breakfast | Lunch   | Dinner  |
|-----------|-----------|---------|---------|
| Sunday    | xxxxxxx   | xxxxxxx |         |
| Monday    |           |         |         |
| Tuesday   |           |         |         |
| Wednesday |           |         |         |
| Thursday  |           |         |         |
| Friday    |           |         |         |
| Saturday  |           | xxxxxxx | xxxxxxx |

| Breakfasts |   |
|------------|---|
| #1         | Oatmeal, pop tarts, hot cocoa, Tang. The classic        |
| #2         | Pancakes, precook bacon, maple syrup, cook spray (cook) |
| #3         | Plain granola, powder milk, hot cocoa                   |
| #4         | Cranberry raisin granola, powder milk, hot cocoa.       |

| Lunches |  |
|---------|--|
| #1      | Peanut butter and squeeze jelly on pita bread with fruit snack packs (9)         |
| #2      | Triscuits* crackers, stick pepperoni, peanut packages(9)                         |
| #3      | Triscuits* crackers, tuna salad packages, summer sausage                         |
| #4      | Peanut pkgs(9), granola bars(9), summer sausage, fruit snacks(9)                 |
| #5      | Black beans and rice wraps (requires cooking - prepare during morning breakfast) |

\* Wasa Crackers can be substituted for Triscuits - note in Special Menu Considerations

| Dinners | All dinners include a side vegetable or soup, desert and powdered drink |    |                         |
|---------|---|----|-------------------------|
| #1      | Chicken and Rice  | #7 | Vegetable stew w/beef   |
| #2      | Beef Stroganoff   | #8 | Chicken teriyaki w/rice |

# Program Ideas



- A collection of program ideas
- Meetings / Campouts
- Include crews and adults
- Use time to sort out crew readiness
- More time for fun on your expedition!

# Shakedown



## **Birchbark Expeditions Shakedown at Camp Scouthaven**

June 8<sup>th</sup> from 9AM – 4PM

*Mandatory for local crews, this day-long hands-on training event gives crews a chance to practice their skills in a simulated "day in Algonquin".*

### **Meeting is for:**

All Adult Advisors and Youth.

### **Please Bring with You:**

Dry Packs - loaded with change of clothes. You will throw it into the lake for a 1-hour waterproofing test.

Rope – 8-foot shank for knot tying

Compass

Water shoes. Your water shoes will get wet. An old pair of sneakers is fine.

Change of clothes. We are NOT planning on swamping, but it is wise to have a change.

Lunch and a hearty snack.

TARP and ropes for your troop/crew

More at: <http://www.wnyscouting.org/event/2405442>

# Mark your Calendars



## University of Scouting

March 2<sup>nd</sup> at ECC North

This one-day training event is designed for ALL Cub Scout, Scouts BSA, Sea Scout and Venturing Leaders. In addition, we have training opportunities and courses for youth ages 11 and up – Scouts BSA and Venturers.





*Mark your Calendars*



# **American Canoeing Association Canoe Training**

June 7<sup>th</sup>, 2019 – 9AM–4PM

Camp Scouthaven

Registration at:

[http://www.wnyscouting.org/  
event/2478879](http://www.wnyscouting.org/event/2478879)





# Q/A and Closing





*See you at the Shakedown!*