

**Troop 4 Milford
50 Mile Maine Canoe Adventure 2010
Information to Participants and Parents**

General Information

We have completed most of the planning for our high adventure expedition for 2010. Please read the information package as it contains important information, times, and dates.

We will leave Milford by chartered bus on Saturday morning, Aug 14th at 8:00 AM, and arrive later that day at the Allagash Gateway Campground just north of Millinocket ME (about 350 miles away).

We will meet our outfitter the next morning for our shuttle ride to the Roll Dam put-in site on the Penobscot River. We will canoe and camp along a predetermined route from Sunday through the following Friday afternoon. The water route is 50 miles.

The troop will finish back at the Allagash Gateway Campground on Friday, August 20th and return to Milford by 5:00 PM on August 21st for an awards ceremony and welcome home BBQ.

The scouts and adults will be sleeping in troop tents and cooking in patrol sized groups for the trip. The cooking will be done on a mixture of open fire and white gas stoves. We are bringing our own food and have done extensive planning and testing for the meals. The scouts will be grouped for canoe partners and patrols/friends so that all scouts will be comfortable with the canoeing and be with friends while on the water.

Final Payments Past Due

The total cost of the trip is based on the scout's participation level in the pancake breakfast fundraiser. Specific amounts due have been emailed to each scout. At this time all payments should have been turned in. Please coordinate payment of any outstanding balances with the troop treasurer right away, so that we have sufficient funds on hand to purchase the required troop supplies. Our treasurer, Deb Laviolette, can be reached at 508-520-1297, or by mail at 7 Paulene Drive, Franklin MA 02038.

Departure Information

We will meet at St. Mary's Parish Center at 7:15 AM Saturday morning Aug 14th. All personal gear should already have been packed and "ready to go" in each participants pack. Packs will be stored in the parish center after our Aug 5th preparation meeting. We will load the personal and patrol/troop gear on the chartered bus and support vehicle and leave 8 AM sharp.

Return Information

The troop will board our bus for the return trip home at 9:30AM on Saturday morning August 21st at the Allagash Gateway Campground. The troop should arrive back in Milford by 5:00 PM.

To close the high adventure trip, we will hold a welcome home BBQ and a brief awards ceremony at TBD location. During the ceremony all participants will be presented with the 50 Miler Award and other awards will be given out. The presentations/BBQ should conclude by 7 PM. Any parents that would like to help plan/prepare for the BBQ should contact Amy Croteau at Amy.Croteau@comcast.net.

Day by Day Itinerary

Sat.	Aug 14 Milford, MA to just north of Millinocket ME via bus to Allagash Gateway Campground	350 miles
Sun.	Aug 15 Shuttle to Roll Dam, and then paddle to Lobster Lake	~10 miles
Mon.	Aug 16 Adventure around Lobster Lake	~5 miles
Tue.	Aug 17 Lobster Lake to Big Ragmuff Campsite on Penobscot River	~12 miles
Wed.	Aug 18 Big Ragmuff to Gero Island on Chesuncook Lake	~10 miles
Thur.	Aug 19 Gero Island to Mouser Island	~10 miles
Fri.	Aug 20 Mouser Island to Allagash Gateway Campground	~3 miles
Sat.	Aug. 21 Depart for home via bus	350 miles

Emergencies

This is a wilderness based adventure, so it will be difficult to receive incoming emergency messages. Cellular telephone coverage is nonexistent. We will hand out several adult leaders' cell phone/voice mail numbers on the departure day to receive incoming messages while within coverage range on the bus.

As with our high adventure trips, the troop will follow the BSA policies for High Adventure Treks, Safe Swim Defense, and Safety afloat. All participants will be required to wear PFD's at all times on the water and all other safety policies will be followed. There are nine adult leaders and one parent going on the trip with 18 scouts. All of the adults have current Red Cross First Aid or Red Cross CPR certifications. One adult leader also has advanced wilderness First Aid training. All nine of the adult leaders have current certificates for BSA Safety Afloat and Safe Swim Defense.

The canoe route has been planned to keep us within reasonable range of ranger stations and the Chesuncook wilderness village (float plane access only), in order to facilitate assistance in an emergency. The route we are taking is well traveled by other backcountry groups.

The troop "Float Plan" includes even more detail and emergency information, and will be posted on the troop website prior to our departure.

Medical Forms

BSA regulations require that for this trip we have a current (within the past year for all participants) physical done by a doctor. Forms are available on the troop website.

The BSA medical forms **MUST be: completed, signed off by the doctor, signed off by the parent, and have the medical insurance company name & policy number listed. Many doctor's offices use a standard form. The standard form is fine to use as long it is signed by the doctor and the BSA form is completed by the parent.** Note: this is slightly different from the Camp Resolute procedures as this is an out of state trip.

Medical forms must be mailed or dropped off to Phil Bedard at 22 Harmony Trail, Hopedale, to arrive no later than August 5th. This requirement applies to all adults, too, no exceptions. We are in a remote wilderness area and it is paramount that all participates

are medically cleared to attend, and that we have ALL detailed medical information on hand. Please note any medical/food allergy information so that the troop can address any needs.

Release Form From Outfitter

The outfitter who we are using for the canoe rentals requires a release form signed by the participants and parents for persons under 18 years old. We will have the forms available for signoff at the planning meeting.

Merit Badge Sign-Up

Scouts are required to sign up for at least 2 (max. 4) merit badge classes that we will have on the trip. The troop will hold the classes at night and during down times during the day. This will be lots of fun as we will be working with small groups in the field on the badges. Most of the “field work” and some/all of the paperwork for the badges should be completed by the end of the week. Scouts will fill out the required blue merit badge cards at our 8/5 planning meeting. Here is the list of merit badges offered:

Astronomy	Canoeing	Cooking	Camping	FirstAid
Mammal Study	Pioneering	Fishing	Tracking	Weather
Wilderness Survival	Photography	Bird Study		

Pocket Money

Participants will need some \$ to buy a fast food lunch on Saturday on the way out to Maine and on our return bus ride to Milford. In addition, we will spend some time one afternoon at a small remote village during the trip and scouts may want some \$ for snacks, souvenirs, etc. \$30 is a reasonable amount.

Troop Four Expedition Shirt

All participants will receive a special edition Troop Four Expedition long sleeve shirt on the day of our departure. The shirts are in and they look great. Thanks to Bob Garber for coordinating and designing the shirt.

Maine State Fishing License

Anyone 12 years and older must have a ME state fishing license to fish. Licenses can be purchased online at http://www.maine.gov/ifw/licenses_permits/fishing.htm. The fee is \$12 for those under 16, and \$43 for those 16 years old and older. If you do not plan to fish, you do not need a license.

Personal Gear Check List

Attached is a check list of personal gear for the trip. Weight and size are factors to consider when packing. **Be sure to double check the list to the gear as it is packed.** The troop will issue large, strong plastic bags to go over the gear when it is in the canoe. However, as many individual items or groups of items should be packed in plastic bags as possible. The list is divided into 3 sections: required gear, optional gear, and stuff not to bring. Most of the gear the scouts already have or can be obtained at little cost.

Adult and Adult Leader Required Forms

All adults must have the health form completed - a BSA requirement for the trip. In addition, all

registered leaders must take the BSA "Youth Protection Course" on line. All registered Adult Leaders must also take the BSA "Safety Afloat Course", "Safe Swim Defense Course" and "Hazardous Weather Course" on line. Go to the Knox Trail Council website at: www.ktc-bsa.org and go to "Council Resources" and "Leader Training". Registered leaders please email the completed certificates to Stacey Barie (staceybarie@gmail.org) by Aug 5th.

The BSA 50 Miler Award

All the participants of the trip will receive the BSA National 50 Miler Award. This is a prestigious and rarely earned award - one that all the participants should be proud of! We will present the award to all the participants at the awards ceremony on Saturday evening.

Daily Journal Contest

Explorers of old often kept daily journals of their adventures. We will have a daily journal contest for all scouts who would like to participate. Scouts who participate will need to keep the journal daily for the week. Mr. Barie will judge the journals on the way back to Milford on Friday and a special folding knife prize will be awarded to the winner along with prizes for second and third place.

Mandatory Planning Meeting

All scouts are required to attend a pre-trip planning meeting on Thursday August 5th at the Parish Center. Scouts will be required to bring all their gear to this meeting, and we will leave/lock this gear at the scout room so that we will be guaranteed ready and prepared when the bus arrives to pick us up on August 14th. At the Aug 5th meeting, older scouts will inventory every item in a scout's bag to ensure they are prepared. If any critical item is missing, scouts must bring it on the morning of departure. Only fully prepared scouts can depart with the Troop. The August 5th meeting is also an excellent time for parents to ask questions about the upcoming trip. Parents are welcome to come and stay for this entire planning meeting. If a scout is on vacation, and cannot attend the Aug 5th meeting, he must call the Scoutmaster to make arrangements to have his gear inspected at an alternate time. The meeting will run from 630pm to approximately 830pm.

Troop 4 50 Miler Canoe Trip Personal Gear List

Required Gear:

- ___ Backpack
- ___ Sleeping bag (wrapped in a garbage bag or waterproof cover). If possible, avoid the heavier winter bags.
- ___ Jackknife (or sheath knife if you are Life rank, and meet the troop requirements)
- ___ Poncho or lightweight raincoat
- ___ Two 1-quart (1-liter) water bottles/canteens - **DO NOT bring the bottled water type bottles!** The best type to bring is the 1-liter nalgene camping water bottle - it costs about \$10 and will last forever; and can be attached to the canoe. Can get these at the Scout store, EMS, REI or Walmart (cheap).
- ___ Small flashlight that works - with a new set of batteries in it - and a spare set of batteries.
- ___ Trail food snacks that can fit in one 1-gallon zip lock bag. Participants name on the bag.
- ___ Matches 4 to 5 packs of the wooden (small ones - not the kitchen size) matches in small zip lock bag or water proof container.
- ___ full size bottle of sun screen the higher the rating the better
- ___ two pump style bottles of bug repellent (should contain DEET, no aerosol cans).
- ___ Compass
- ___ At least 6 pairs of socks in a plastic bag
- ___ Warm sweater or jacket - wool or synthetic is best.
- ___ Underwear - several pair
- ___ Small personal first aid kit (band-aids, antiseptic) and personal medication (if needed) in a plastic bag or waterproof container
- ___ Mess kit consisting of (not the whole kit, just these parts only:
 - Spoon and fork
 - Bowl or plate
 - cup (at least 8 ounces)
- ___ Two plastic trash bags big enough to fit over your backpack/duffel bag
- ___ Cleanup kit (in a zip lock bag or waterproof container) consisting of:
 - Soap, small bar or bottle for personal use - not dishes
 - Tooth brush and toothpaste
 - Washcloth
 - Two roll of toilet paper each in a zip lock bag
- ___ Hat with a brim (baseball cap is good, Red Sox are better, Yankee version will get your canoe tipped over)
- ___ Sneakers (hiking boots are too heavy for this trip)
- ___ closed toe beach sandals for in the canoe
- ___ Two pair of swim trunks

- ___ Bath/beach sized towel
- ___ Two pairs of shorts
- ___ One pair of long pants
- ___ One long sleeve shirt
- ___ Two short sleeve shirts (synthetic is best).
- ___ Sunglasses
- ___ Pocket \$ for lunch up/back (and for the trading posts at the wilderness town)
- ___ Small note book and pencils for merit badge and journal work in a Ziplock bag.
- ___ 1 spare gallon or quart size zip-lock bag

Optional Gear:

- ___ Watch
- ___ Camera (in a waterproof bag)
- ___ bug head net to wear
- ___ Small foam sleeping pad or inflatable air mattress
- ___ fishing equipment - keep it compact (do not bring if you did not purchase a license)
- ___ Shaving gear
- ___ Roll of toilet paper

Stuff Not to Bring:

- Microwave oven (extension cord would be too long)
- Electronic gear of any value - Any such gear can (and probably will) get wet.
- Cell Phone
- Anything in an aerosol can.
- Bottles of soda or juice (for the trip on the bus is o.k.), and other food that won't fit in the one gallon zip lock bag.
- Perishable foods – there is no cooler space for personal perishable food

Please Remember: All personal gear must fit in the participant's backpack or be firmly attached to the pack. We may be backpacking short stretches if we encounter a portage (portage is a French word that loosely translates to "a short, easy hike in the woods" - at least that's what we tell the scouts). Fishing poles can be carried separately (the tackle and related stuff must be carried in the pack, however). In addition, the packs must be able to fit in a standard canoe with another person's gear and some troop/patrol equipment.