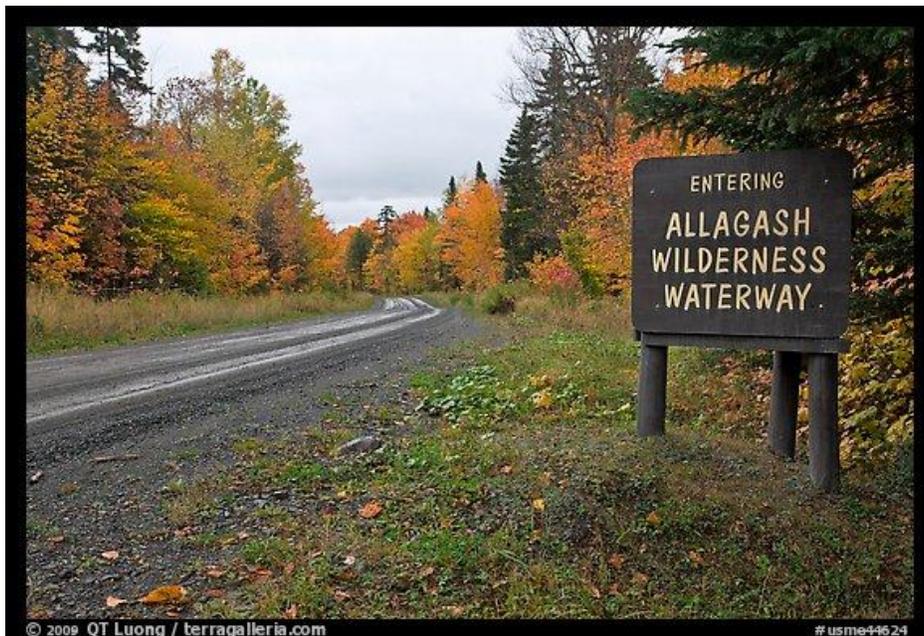


2014 HIGH ADVENTURE PROGRAM

BSA TROOP 420

MYERSTOWN PA.

DENNIS L. PALM-SCOUTMASTER



ALLAGASH WILDERNESS WATERWAY

MAINE

PARTICIPANTS GUIDE

JULY 11, 2014 –JULY 20, 2014



Welcome to High Adventure 2014! This guide has been prepared in an effort to provide all of the information that participants in the 2014 High Adventure canoe expedition to the Allagash Wilderness Waterway will need to prepare for the trip.

A tremendous amount of effort has gone into the planning and preparation for this trip. It is my sincere desire that all of the participants have a safe and fantastic experience during this trip to one of our nation's most beautiful places.

I welcome any and all questions you may have that have not adequately been addressed in this guide. I have made every effort to address all of the details, but if you have a question or a detail that isn't clear, please ask.

Feel free to see me at meetings, send me an e-mail at bill.batdorf@spartanerv.com or contact me on my cell number at 717-769-0167 or my home number at 866-7446.

We are looking forward to another memorable trip with your Scout. We are pleased to have him joining us.

Bill Batdorf-Assistant Scoutmaster

WHEN: The High Adventure Trip for 2014 will take place from Friday July 11, 2014 through Sunday July 20, 2014.

WHERE: The majority of our events and activities will take place in and around Greenville Maine and the Allagash Wilderness. If you would like to read more about this unspoiled area of the United States Google "Allagash Wilderness Waterway" or search for the same on YouTube.

DETAILS, DETAILS, DETAILS!

We will be departing from and returning to the Myerstown United Church of Christ. Departure time will be announced at a later date. We will return late Sunday evening July 20th. We will organize a phone chain to let parents know the exact time we will return to the church.

TRANSPORTATION

As part of the adventure, we will be traveling to Maine via Amtrak train service. Very few in our group have ever traveled by train, so that should provide an interesting twist to an already exciting itinerary. **We will need drivers to transport the group from the church to the Amtrak station in Lancaster on Friday night July 11th.** From Lancaster we will take the train to Philadelphia's 30th Street Station, changing trains in Philadelphia we will travel overnight on Amtrak's Northeast Regional, arriving in Boston, Mass. at about 8:00 am Saturday morning. Continuing the adventure (and you thought it was only a canoe trip) we will experience the Boston subway system where we will transfer from the Amtrak Back Bay Station to the Boston North Station. Once at the Boston North Station we will board the Amtrak Downeaster departing Boston at 9:00 am and arriving in Brunswick Maine at 12:25 pm.

Our return trip is scheduled to have us back at the Lancaster train station at 8:10 on Sunday evening July 20th. Our exact departure times have not yet been determined. When our tickets are confirmed, an announcement will be made and distributed to all participants. Regardless of the departure time, it is expected that all participants will be on time. We will leave promptly on the scheduled departure time with you or without you.

Once we arrive in Brunswick Maine, I have rented several vans to transport us to our final destination of Greenville, Maine, the location of the guide service we will be using.

LODGING

Upon arrival in Greenville, we will check into our accommodations for Saturday night at the Leisure Life Family Resort (www.leisureliferesort.com) and prepare for dinner. Dinner will be as a group at the resort and is included in the price of the trip.



MEALS

If anyone in the group has any special dietary restrictions, please let me know as soon as possible. The guide service can plan for dietary considerations if they are made aware of the need.

All meals while on the river are planned by the guide service and are, of course, included in the cost of the trip.

The following meals are also included in the trip price:

Saturday evening July 12th –Dinner upon arrival in Greenville Maine

Sunday morning July 13th- Breakfast prior to the start of the canoe trip

Saturday evening July 19th – Dinner at the conclusion of the canoe trip

Sunday morning July 20th- Breakfast prior to boarding the train for the trip home.

ITINERARY

We will begin our week long trip at Chamberlain Lake or Indian Stream and paddle North nearly 100 miles to where the river meets the Saint John. It is a trip of great variety; we travel lakes, rapids, and meandering quiet water, with a few portages of only 200 yards at Allagash Falls and short lifts around two old dams. Challenging Chase Rapids teaches you to read whitewater and will test the paddling skills you've practiced along the way. We will explore sites of early logging activity like the Tramway, and hike to an expansive view of the Maine woods from the fire tower on Priestly or Round Pond Mountain, Campsites are primitive and beautiful, and we try to allow plenty of time for relaxing, swimming, and exploring.

Wildlife is abundant along the river and sightings of moose are frequent in the summer.

OUR GUIDE SERVICE



Lani on Allagash



Chip Loading Canoe

We have hired Allagash Canoe Trips (www.allagashcanoetrips.com) to assist us with our trip. The guides will obtain the required back country permits, plan and shop for supplies, arrange transportation to and from the river and supply canoes, paddles, PFD's etc.

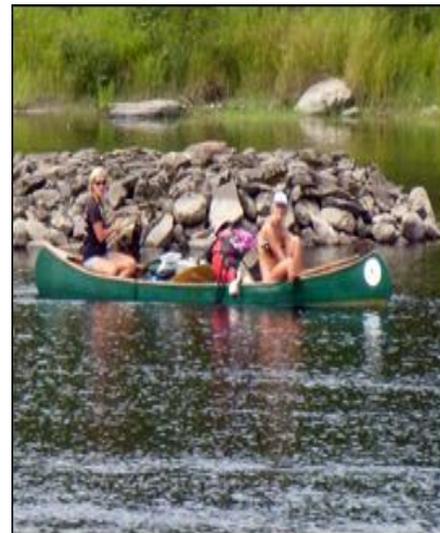
All of the trip leaders are registered Maine guides with first aid and CPR training. "We take pride in our safety record and our guests well-being is our first priority".

CHIP COCHRANE began guiding with his father, Warren and grandfather, Herb at age 11; since then he has accumulated over thirty years of Allagash experience. A former World Cup downhill racer for the US Ski Team, Chip now coaches developing alpine racers at Carrabassett Valley Academy during the school year. In recent years Chip has captured first place medals in several National Downriver Whitewater Open Canoe Championships, and is currently 8 time National Canoe Poling Champion. Chip is also a whitewater canoe and kayak instructor.

LANI COCHRANE began guiding with Chip in 1988, and has worked as a whitewater raft guide and kayak instructor. Lani has won several National titles in Downriver Whitewater Canoe Racing and is reigning Female National Canoe Poling Champion. She now takes care of the trip coordination and paperwork. Lani quite often guides many trips with their two daughters, the fourth generation, Chloe & Czari. In the off season she can be found coaching young ski racers, and is a physical trainer.



Allagash Canoe Trip Founder
Herbert "Coach" Cochrane



WARREN COCHRANE, Yale '60, a Maine Guide since 1957, began running Allagash trips in 1951 with his father, Herb and has been leading trips in Maine and Canada ever since. A former teacher and coach, he now operates a mail-order business specializing in anti-aging and sports nutrition. Warren teaches workshops on canoe poling and efficient paddling, and has won national awards in poling and downriver whitewater canoe racing.

You will receive excellent instruction in the most efficient handling of your canoe in varied water conditions. We'll teach the beginner fundamentals as well as help more experienced paddlers polish their skills. We take plenty of time preparing you to paddle the river. You will learn to read moving water, a must for successful rapid-running. On our advanced trips, we spend a lot of time scouting and evaluating difficult sections. Whether novice or practiced paddler, you will enjoy yourself while learning on our trips!



Poling is the most ancient way to move boats on water, and the poling tradition in the north woods dates back to the earliest natives. Canoe poling remains to this day the finest way to experience the dynamics of a river, both up and downstream. Once in danger of becoming a lost art, poling is gaining popularity as a sport and recreational activity. Our guides, with decades of traditional wilderness poling experience as well as national championships in sport poling, are uniquely qualified to teach this skill to interested trippers.

We take pride in our methods of cooperative, respectful existence in the natural world. Although we take little of modern civilization with us, our journey is free from needless hardship. We do not paddle from dawn to dusk, and often our campsite is reached early in the day. If we get wet and cold, we know the comforts of a roaring fire and hearty meal will be ours to enjoy reasonably soon. Sometimes there are unexpected challenges, courtesy of the wind, weather, and water level. In meeting those challenges, you will find you are far more capable than you knew.

EQUIPMENT

The guide service will provide equipment that is selected specifically for the conditions we expect to encounter in the North Woods. They will provide Old Towne or Dagger canoes, paddles, life jackets, waterproof duffel bags for gear, cooking and eating utensils, dining fly, and first aid kit.

Troop 20 participants will take our own tents, sleeping bags, sleeping pads and personal gear. See "equipment list" section for more information. Troop tents would be a good choice since they are relatively large and spacious, or bring your own backpacking tent.

Check your gear before the trip. If your tent leaks water or the zipper in your sleeping bag is broken-take care of it. You will be using and depending on your gear for seven days and nights.



MEALS ON THE RIVER

From the guide service... “Our meals are a highlight of our trips. Years of experience have taught us how to select the best fresh, frozen, canned and dried foods, including meats, salads, fresh fruits, and natural ingredients. When in season, vegetables from our own organic garden are on the menu. We serve jumbo pancakes with homemade maple syrup and baked rolls, biscuits and nourishing desserts. Every effort is made to provide generous, tasty, and nutritious meals.”



INSECTS

The peskier species of insects can be bothersome at campsites, especially thru the month of June, but they are not normally a problem on the water, and they bed down on cool nights. Regardless, they can be managed with repellent and suitable clothing.

A WORD ABOUT PERMETHRIN

Permethrin: Odorless Clothing Repellent As Effective As 100% DEET

When it comes to wearing insect repellents, the Industry has it all backwards. Most of us, when protecting ourselves from insects will rush to a skin repellent. But the truth is, you can treat your clothing with a repellent first, only then having to protect the limited areas of exposed skin with a skin repellent, limiting your exposure to the harsh chemicals. Permethrin, is engineered to be an odorless barrier of insect repellent that is proven as effective as 100% DEET.



Permethrin was developed from, and is the artificial analog of, naturally occurring pyrethrum from chrysanthemum flowers. Simply put, it is an odorless preventative repellent that also kills ticks and mosquitoes on

contact and it remains proficient in all clothing up to six washings.

Permethrin repellents are specially formulated so not to stain or damage your clothing, other fabrics, gear and equipment, including plastics or finished surfaces. It's odorless after drying, and one application to your clothing can last up to 6 washings. Permethrin was created to chemically bond itself to the fabric fibers as a part of the drying process. This unique fiber bonding allows the Permethrin molecules to keep on working to defend you, even through the roughest days outdoors and with repeated washings.

Although Lyme disease accounts for the majority of diagnosed tick-borne disease cases, there are several other important illnesses that can be transmitted from a tick bite. In the United States, more insect-borne diseases are transmitted by ticks than by any other insect. A bloodthirsty tick can carry many different pathogens, including bacteria, rickettsia, viruses, protozoa and parasites; and Permethrin is engineered to kill every known species of tick in the world.

Are you camping in a nylon (synthetic) tent or under mosquito netting? Be sure to treat bedding or tent netting, flaps and zippers with a Permethrin spray to keep flying and crawling insects away at night.

FISHING

Maine fishing is at its peak from May through June. As the water warms up, game species such as brook trout and salmon become harder to find. For those in our group who are interested in fishing, a 7-day non-resident fishing license is required for anyone over the age of 13. The cost for a 7-day license is \$43.00 and can be purchased on-line at www.maine.gov/ifw/licenses_permits/index.htm

Note: According to Maine law, possession of fishing tackle of any type without a valid fishing license is a prima facie violation and punishable by law. If you don't have a valid fishing license do not bring anything that can be considered fishing tackle.

WILDLIFE

Encounters with moose and deer are common along the river during summer months. Birdlife is always plentiful: you will be fascinated by the sudden flight of a great blue heron, the snow-white belly of a circling osprey or the thrilling glimpse of a bald eagle. Hearing the haunting call of the ever-present loon or exciting coyote songs in the night will send chills down your spine. You may even catch a glimpse of black bear, beaver, bobcat, or fox. In camp, entertainment by chipmunks, red squirrels, whiskey jacks and snowshoe hares will keep you chuckling.

OTHER REQUIREMENTS

BSA PHYSICAL FORM & MEDICAL RECORD

A complete physical is required by BSA for all participants. I am required to carry all BSA forms with me on the trip. BSA requires that we use their forms, which are available on the troop website at www.myerstownboyscouts.org It is not too early to schedule your physical with your family doctor.

I will take the completed forms, scan them and save them to a USB micro device. Each leader will carry one of these in the event of a medical emergency, upon which the records will be turned over to the emergency department at the hospital to assist in treatment.

The deadline for turning in your medical forms to Mr. Batdorf will be Wednesday July 2nd, 2014.

OUR BACKPACKS

We will take most of what we need in our regular backpacking packs. You should pack everything you need for the expedition in your pack. The things you need while in the hotel should be in a separate (small) duffel or daypack. Remember, you will have to carry your own bags throughout the train trip. A list of the equipment that I will be packing is included later in this guide for your reference.

HAZARDS

Sunburn is likely the biggest hazard we will have to deal with since rivers and lakes are obviously exposed to direct sunlight. It will be imperative that everyone is prepared and takes the necessary step to prevent serious sunburn. Please discuss with your Scout the need to protect himself both from the short term and long term risks associated with sunburn.

WEATHER

The weather in this region of Maine is varied and unpredictable. It can change dramatically within a few minutes, or remain hot, cool, dry or wet for days at a time. It is recommended that you have suntan lotion and rain gear, and clothing that can be worn in layers and peeled off or piled on as needed.

Summertime highs on the Allagash River generally tend to be in the 70's while nighttime lows are commonly in the 50's.

Thunderstorms and lightening are a constant possibility. Other environmental hazards to prepare for are sunburn and mosquitos & flies. All of the leaders on this trip have completed the BSA Hazardous Weather Training program.

TRIP COST & DUE DATES

In order to meet our obligations for the payment schedules requested by the various parties (Amtrak, ground transportation, guide service, etc.) the following payment schedule has been devised. In an effort to give as much notice as possible, I have not built any “grace periods” into this schedule. Please do not be late with your payments.

The final cost of the trip has been set at \$1300.00 all inclusive except as described above.

In order to cover our obligations the following payment schedule has been set:

Due date No. 1:

APRIL 23: \$300.00 PER PERSON TO PURCHASE AMTRAK TICKETS

Due date No.2:

MAY 23RD: \$500.00 PER PERSON (1/2 OF THE REMAINING BALANCE)

Due date No. 3:

JUNE 23RD: \$500.00 PER PERSON (BALANCE OF AMOUNT DUE)

A WORD ABOUT THE BOSTON SUBWAY

When we arrive in Boston on Saturday morning July 12th and again on Sunday July 20th during our return trip it will be necessary to move from one train station in the Back Bay section of Boston to the North Station of Boston. The actual distance is less than 2 miles. The MBTA Orange line runs from one station to the other. We will make this transfer as a tightly controlled group. The subway fee for students is \$1.00 each way with student i.d.and \$2.50 for adults. The subway fare is not included in the price of the trip simply because it is common to pay for your trip and then move through a turnstile to access the train platform.

ELECTRONICS POLICY

Normally, on Troop 420 events, electronic devices are prohibited. Due to the long train ride we are going to relax that policy a bit. I-Pod, I-Pad, Walkman etc. will be permitted when traveling in the train. If you use these devices, it is expected that you will also use earphones or headphones so that you do not disturb others who are seated next to you. Electronics will not be permitted on any of our scheduled activities, during group meals or on the canoe trip. **This includes camera phones.** If you wish to document your trip with photos...bring a camera, not a

phone. The leaders will decide when and where the use of electronic devices is permitted. They are to be kept in your baggage all other times.



DISCIPLINARY POLICY

High Adventure Trips are specifically designed for older, more mature Scouts. When traveling on this trip it is expected that all Scouts will demonstrate maturity, discipline and self-control. You will be representing not only your Scout Troop, but your school, community, family and Mr. Palm. Disciplinary problems will be dealt with by the leaders swiftly and in accordance with BSA policy. It should be noted that BSA policy regarding shop lifting, vandalism and other such offenses require the leaders to report the incident to local law enforcement.

DRESS CODE

The weather in Maine in July can range from hot and dry to raining and very cool. Expect to need to change clothes frequently. T-shirts and shorts are acceptable. Profane, suggestive or otherwise offensive graphics are not acceptable. You will need only Class B uniform shirts. You will be expected to dress appropriately for whatever activity we are participating in. You will also be expected to present yourself for meals relatively clean and well groomed.

You will need a minimum of two (2) Class B Troop T-shirts for the trip. We will wear Troop T-shirts while traveling on the train to Maine. You will need a second, clean Class B T-shirt for the return trip home.

DIETARY, MEDICAL RESTRICTIONS, AND PRESCRIPTION MEDICINES POLICY

If you have any specific medically based dietary restrictions, let Mr. Batdorf know as soon as possible. We will make every effort to accommodate it. BSA Policy has been revised to allow prescription medicines to be possessed and administered by the Scout to whom they are prescribed. Any prescription medicine must be in its original container with the prescription label. It is recommended that the container have only a sufficient number of doses to last for the duration of the trip.

REFUNDS

The costs associated with this trip have been calculated using 16 participants. I have negotiated discounts with Amtrak, Enterprise car rental, lodging and guide service based on the size of our group. Therefore, it is expected that all who have signed up will be participating in the adventure. No refunds will be made for a cancelled trip, missed train or any other reason.

WHAT IS NOT INCLUDED IN THE TRIP

The following is not included in the trip price...

Subway Fare in Boston (\$1.00 for students with photo i.d. and \$2.50 for adults...each way)

Personal spending money

Money to eat in the train stations or on the train

Souvenirs

Special gear-where required and not specifically provided by the guide service.

LEADERSHIP

The leadership for this Troop sanctioned trip includes Assistant Scoutmaster Mr. Bill Batdorf, Assistant Scoutmaster Mr. Stephen Habowski, Assistant Scoutmaster Mr. Joe Smith, Committee Members Mr. Mike Heck, and Mr. Ralph Bryant.

THE SCOUTS RESPONSIBILITY

As mentioned earlier, a High Adventure Trip is designed for older, mature Scouts. It is expected that the Scouts on this trip will plan for and be adequately prepared to participate in all of the planned activities. This includes, but is not limited to, having adequately planned and packed for the canoe trip, having planned and brought along all necessary personal hygiene products (and uses them) and conducts himself responsibility at all times.

It should be noted that many clients of guide services such as Allagash Canoe expect to have their every need attended to by the guide service. I told the guide that will not be necessary for our group. We will participate in all aspects of the expedition including setting up camp, gathering firewood, doing dishes and preparing meals, and any other assignments needed to make the trip successful.

FORMS REQUIRED

The following forms are required of every participant. The required medical forms will be posted on the Troop website where you can print them and have your family physician complete them.

1. Boy Scouts of America Medical Evaluation Form
2. PennDot Form DL-54A for Photo I.D. (Un-licensed Drivers) or school issued photo identification card.
3. Valid drivers license



PERSONAL IDENTIFICATION

If you are not a frequent traveler, there are several important points I want to make you aware of. First, when we provided traveler information to Amtrak, the name on the ticket must match exactly the name that is printed on your identification. For adults, that should be the exact name that is on your driver's license.

For boys who do not have a driver's license, the State of Pennsylvania will issue a state sanctioned photo identification card for a non-driver. The cost of the photo ID is \$13.50 and is available at the driver's license photo center across from Giant Supermarket at 900 East Cumberland Street in Lebanon. Navigate to www.dmv.state.pa.us or Google "PennDot photo ID".

Amtrak will also accept a school issued photo identification card.

PHONE CARD

It is not necessary for the Scout to bring a cell phone with him. They will not work in the backcountry anyway. The Troop will not be responsible for lost or stolen devices. It is recommended that the Scout purchase and bring along a phone card. In that way, he can call home if necessary from any phone whether there is cellular service or not.

PROHIBITED ITEMS, DRUG & ALCOHOL POLICY

It should not be necessary to mention it, but the BSA policy on drugs and alcohol is obvious. Any infractions will be dealt with in accordance with BSA policy up to and including involving local or state police as warranted.

TROOP 420 HOLD HARMLESS STATEMENT

We have made every effort to plan an exciting but safe adventure for your scout. The activities we will participate in all have some inherent risk associated with them. For that reason, we have spent the money to hire trained guides who are well qualified and experienced in those activities. Troop 420 is not responsible for lost or stolen items or events resulting from failure to follow instructions, policies or the directions of the leaders. You are responsible for your own safety.

LIGHTERS

It is a policy of BSA Troop 420 that Scouts are not permitted to possess or use butane lighters (BIC butane type). When packing your backpack, plan accordingly to use matches only. Any Scout found to possess a lighter can expect to have it confiscated.

IMPORTANT AMTRAK POLICIES

From Amtrak's website...

The following prohibited items list is not an exhaustive list. Any item that is similar to the prohibited items below, even if not specifically mentioned, is also prohibited. Amtrak personnel may determine if an item not mentioned in this list is prohibited.

Item Type	Carry-On Baggage	Checked Baggage
Animals including comfort animals <i>*Service animals are allowed onboard with restrictions.</i>	No*	No
Archery equipment	No	No
Batteries with acid that can spill or leak <i>*Batteries used in motorized wheel chairs or similar devices for the mobility-impaired are allowed.</i>	No*	No*
Canisters, tanks or other devices containing propellants <i>*Oxygen equipment for medical reasons is allowed onboard with restrictions.</i>	No*	No
Corrosive or dangerous chemicals or materials , including but not limited to liquid bleach, tear gas, electronic control devices (stun guns, TASER guns), radioactive and harmful bacteriological materials	No	No
Firearms or ammunition <i>*Black powder, percussion caps or any ammunition used with a matchlock, flintlock, percussion-cap ignition system or similar type are never permitted; this includes self-loaded, gunpowder-based modern ammunition</i>	No	Yes*
Fragile and/or valuable items , including but not limited to credit cards, electronic equipment, jewelry, identification, and money <i>*Amtrak accepts no liability for theft or damage for any items brought onboard.</i>	Yes*	No
Household and automotive items , including but not limited to antiques, appliances, artwork, furniture, machinery and car parts, powered tools, silverware, tires, and tow bars	No	No
Incendiaries , including but not limited to flammable gases, liquids, fuels, fireworks and other explosive devices	No	No

Item Type	Carry-On Baggage	Checked Baggage
Martial-arts and self-defense items , including but not limited to billy clubs, nightsticks, and nunchuks	No	No
Oversized and/or overweight items	No	No
Perishables <i>*Small amounts of food or drink is allowed onboard for the passengers trip.</i>	No*	No
Sharp objects , including but not limited to axes, ice picks, knives, spears, and swords <i>*Scissors, nail clippers, corkscrews, and razors are allowed in carry-on baggage.</i> <i>**Sheathed equipment, to include fencing equipment, are allowed in checked baggage.</i>	No*	No**

SO...we won't be taking stove fuel or gas cylinders anyway (we won't need them). But we will all have BSA compliant pocket or folding knives.

My plans are to collect everyone's knife that they wish to take along and mail them via UPS to the guide service. We will then retrieve them when we arrive at guide service office in Maine.

WHAT'S IN MR. BATDORF'S BACKPACK?

Below is a comprehensive list of everything that will be packed in my backpack. Maybe you will find it useful.

BACKPACK	BANDANA(S)	FORK & SPOON
TENT/STAKES.POLES	LIGHT COLORED CLOTHING IN LAYERS	FLASHLIGHT & BATTERIES
GROUND CLOTH	WIDE BRIMMED HAT	FOLDING KNIFE (SEE ABOVE)
SLEEPING PAD	DEODORANT	
SLEEPING BAG	TOOTH BRUSH & TOOTH PASTE	LIGHTER (Matches for Scouts)
SUNSCREEN (ENOUGH FOR A WEEK OF DAILY USE)	SCOUT HANDBOOK	HEADLAMP & BATTERIES
SUNGLASSES & CHUMS	LEATHERMAN MULTI- TOOL	DRINKING MUG

BOOK TO READ	INSECT REPELLANT (100% DEET)	COMPASS
FIRST AID KIT		CAMP CHAIR
DIGITAL CAMERA	550 PARACORD	LEXAN TROWEL
	SEVERAL PAIR SPARE SOCKS	BABY WIPES
TOWEL (BATH OR BEACH)	RAIN JACKET & PANTS	PERSONAL MEDICATION
	TREKKING POLES	

All of my gear will be packed in waterproof bags, Ziplock bags, dry-sacks or equal. The guide service will provide waterproof dry sacks for our gear when we arrive in Maine.

I will also be packing a small duffel with clean clothes and personal effects for use in the hotel(s). We will make arrangements to store our duffels with the guide service during the canoe trip.

BUNK ASSIGNMENTS

Sleeping arrangements will be determined by the leaders and announced as our trip gets near. The bunk assignments while in hotel accommodations have been arranged to minimize our costs with 2 Scouts or leaders to a room. Please follow the guidelines, which will be announced at a later date. Rest assured that the accommodations will be very comfortable and will adhere to BSA policies.

PERSONAL SPENDING MONEY

Every family will need to make their own personal decision on this one. There will be limited opportunities to spend money in the train stations and very likely at the various guide service headquarters and other stopping points (gas stations etc.). It may be advisable to arrange for some cash for your Scout in addition to a pre-paid Visa card to avoid the possibility of losing cash or having it stolen.

LUGGAGE

Amtrak allows 2 carry-on bags per traveler. One bag should be your backpack with everything you will need for the canoe expedition. The other should be a light duffel with those things you will need for overnight in the hotel...including a clean set of clothing for the trip home. Despite this, I encourage the group to pack relatively light as you will be handling your own luggage and backpack at all times. Take what you need but don't over-do it.

PARENTS NIGHT

While I have made every attempt to make this guide as comprehensive as possible, I recognize that there may be questions or concerns that I have not adequately addressed. As a result, we have scheduled a Parents & Scout night for participants where we will discuss the details of the trip, answer questions etc.

The parent's night meeting will be held on a regular Wednesday meeting night and has been scheduled for Wednesday evening June 25th at 7:00 pm. All parents and Scouts are encouraged to attend.

RANDOM THOUGHTS

- Amtrak does permit passengers to bring their own food and drink onto the trains. There is also a café car on the train that sells refreshments such as sandwiches, drinks, pizza and snacks, etc. Being a captive audience, these services tend to be rather expensive, but they are very convenient. Amtrak accepts Master card, Visa, American Express and Discover as well as debit cards. Personally, it is my intention to pack a lunch with sandwich, drink, snacks etc. for the overnight train trip to Boston.
- Although the train trip to Boston is overnight, there are no bunks to sleep in. The seats in the train are pretty large and comfortable and they do recline. Reading lights, Wi-Fi, fold down tray and electrical outlets are available. Restrooms are provided within every car.
- Scouts may wish to bring along a simple game to play as a group on the train and on the river. Electronic games will not be permitted on the river, but there are many appropriate card games and board games that would be well suited.
- We are told that the worst of the buggy season is finished by mid-July when we will be in Maine. However, it would be wise to plan to have long pants. Long sleeve shirt or jacket and even light gloves or headnet in the event that prediction is wrong. This will be especially true if you personally find flies and mosquitos bothersome.

Canoeing Etiquette - The Finer Points

A good high adventure team is like a powerful, well-oiled, finely-tuned marriage. Members cook meals together, face challenges together, and finally go to bed together. A bad adventure, on the other hand, is an awkward, ugly, embarrassing thing characterized by bickering, filth, frustration, and crispy meals.

Nearly all bad adventures have one thing in common: poor behavior. This is true even if team members follow the stated rules, such as Don't Wear Muddy Boots into the Tent, Separate Fuel and Food, No Soap in the River, Wash your Hands Before Cooking, Don't Hit Me in the Head with Your Paddle, etc.

Unfortunately, too many rules of canoeing etiquette remain unspoken. Leaders seem to assume that their team members already have strong and generous characters like their own. But judging from a few of the boaters I've encountered, more rules ought to be spelled out. Here are ten of them.

RULE #1: Get your butt out of bed. Suppose your team members get up early to fetch water and fire up the stove while you lie comatose in your sleeping bag. As they run an extensive equipment check, pack gear, and fix your breakfast, they hear you snoring. Last night you were their buddy; now they're drawing up lists of things about you that make them want to spit. They will devise cruel punishments for you. You have earned them. The team concept is now defunct. Had you gotten out of bed, nobody would have had to suffer.

RULE #2: Do not be too cheerful before breakfast. Some people wake up perky and happy as fluffy bunny rabbits. They put stress on those who wake up mean as rabid wolverines. Exhortations such as "Rise and shine, sugar!" and "Greet the dawn, pumpkin!" have been known to provoke pungent expletives from wolverine types. These curses, in turn, may offend fluffy bunny types. Indeed, they are issued with the sincere intent to offend. Thus, the day begins with flying fur and hurt feelings. The best early-morning behavior is simple: Be quiet.

RULE #3: Do not complain about anything, ever. You are cold and wet, visibility is four inches with wind driven sleet granules embedding themselves in your face like shotgun pellets, mosquitoes and black flies are sucking one quart of blood per hour, and the day's route includes a five mile portage of your canoe and gear. Must you mention it? Do you think your friends haven't noticed the conditions? Make a suggestion. Tell a joke. Lead a prayer. Do not lodge a complaint. If nothing can be done to correct the situation there is no point to complain. Whiners are generally drowned on the spot and those that survive are not invited back.

RULE #4 : Learn to cook at least one thing right. One expedition trick is so old that it is no longer amusing: on the first cooking assignment, the clever cook prepares a dish that resembles, say, Burnt Sock in Toxic Waste Sauce. The cook hopes to be relieved permanently from cooking duties. This is the childish approach to a problem that's been with us since people first started throwing lizards on the fire. Tricks are not a part of a team spirit. If you don't like to cook, say so. Offer to wash dishes and to prepare the one thing you do know how to cook, even if it's only boiled water. Remember that talented camp cooks sometimes get invited to join major expeditions in Nepal, all expenses paid.

RULE #5 Either A) Bathe, or B) Accept an unflattering new nickname. After a week or so in the backcountry, without bathing, hair forms angry little clumps and wads and the body odor is extreme. This leaves the person looking and smelling like an escapee from the basement of a mental ward outhouse. Such an appearance could shake a team's confidence in your judgment let alone your tent mates willingness to share space with you. If you can't bathe, be prepared for others to do it for you when you least expect it.

RULE #6 Do not ask if anybody's seen your stuff. Experienced canoe trippers have systems for organizing their gear. They very rarely leave it strewn around camp or lying back on the riverbank of your last stop. One of the stupidest things you can do is ask your tent mate if they've seen the tent poles you thought you packed 15 miles ago. Even in the unlikely event you get home alive, you will not be invited on the next trip. Should you ever leave the tent poles 15 miles away, do not ask if anybody's seen them. Simply announce, with a good-natured chuckle, that you are about to set off in the dark on a 30-mile canoe trip to retrieve them, and that you are

sorry. Also, it's unprofessional to lose personal items such as your spoon or your toothbrush. If something like that happens, don't mention it to anyone.

RULE #7 Never ask where you are. If you want to know where you are or how much farther the destination is, look at the map. Don't verbalize your question. Everyone is encouraged and welcome to participate in the evening or morning route planning sessions, or you may want the challenge to try to figure it out yourself. Go for it. If you're still confused, feel free to discuss the identity of landmarks around you and how they correspond to the cartography. But if at some point you: A) suspect that a mistake has been made, B) have experience in interpreting topographical maps, or C) are certain that your group leader is a novice, speak up. Otherwise, follow the group like sheep.

RULE #8 : Always carry more than your fair share when portaging. When the trip is over, would you rather be remembered as a stud or a sissy? Keep in mind that carrying the canoe more than halfway on a portage won't kill you. In any given group of flatlanders, somebody is bound to try not carrying their fair share; usually by stating that their back is sore or their shoulders hurt. When an argument begins, take the canoe the whole way yourself. Then shake your head and gaze with pity upon the slothful one. This is the mature response to childish behavior. After the portage is complete and the canoe is reloaded, contrive a strategy to leave the offender on the shore and let them walk the rest of the way.

RULE #9 : Do not get sunburned. Sunburn is not only painful and unattractive. It's also an obvious sign of inexperience. Most newbies wait too long before applying sunscreen. Once you've burned on an expedition, you may not have a chance to get out of the sun. Then the burn gets burned, skin peels away, blisters sprout on the already swollen lips. Anyway, you get the idea.

Wear SPF 30 protection. It gives you just about 100% protection. It does get on your sunglasses, all over your clothes and in your mouth. But that's OK. Unlike sunshine, sunscreen is non-toxic.

RULE #10 : Do not get killed. Suppose you successfully canoe down a flooded Colorado River in the Grand Canyon, without a wetsuit, and finish by saving the lives of three other canoers . Pretty macho, huh? Suppose now that you take a vertical detour over a waterfall and never make it back to civilization. Would you still qualify as a hero? And would it matter? Nobody's going to run any fingers through your new chest hair. The worst thing to have on your outdoor resume is a list of the possible locations of your bloated, fish nibbled body. Besides, your demise might distract your team members from enjoying what's left of their vacations.

All canoeing etiquette really flows from this one principle: Think of your team, the beautiful machine, first. You are merely a cog in that machine. If you can't think about others first, forget about joining the high adventure. Your team will never have more than one member.