

Parent's Night

Varsity Scout High Adventure Plan



Adults

- Need at least two for entire trek (Varsity Coach as CPR and Wilderness First Aid)
- Any adult may participate in any leg of trek
- Need round-trip drivers on Tuesday to Missouri River
- Need round-trip drivers on Council Bluffs on Thursday p.m. or Friday a.m.
- Need round-trip drivers to SE Iowa on Saturday p.m. to return to Omaha

Team Expenses/Supplies Needed

Food
Bike trailer (like Cozycoupe - rent from bike shop)
Gas
Canoes (hopefully borrow)

Individual Scout Expenses/Gear

Working Bicycle
Bike rack (cheap)
Bike bag helpful
Light-weight backpack (like school backpack)
Personal first-aid kit
Water bottles or bladder
Camping and personal clothing and gear

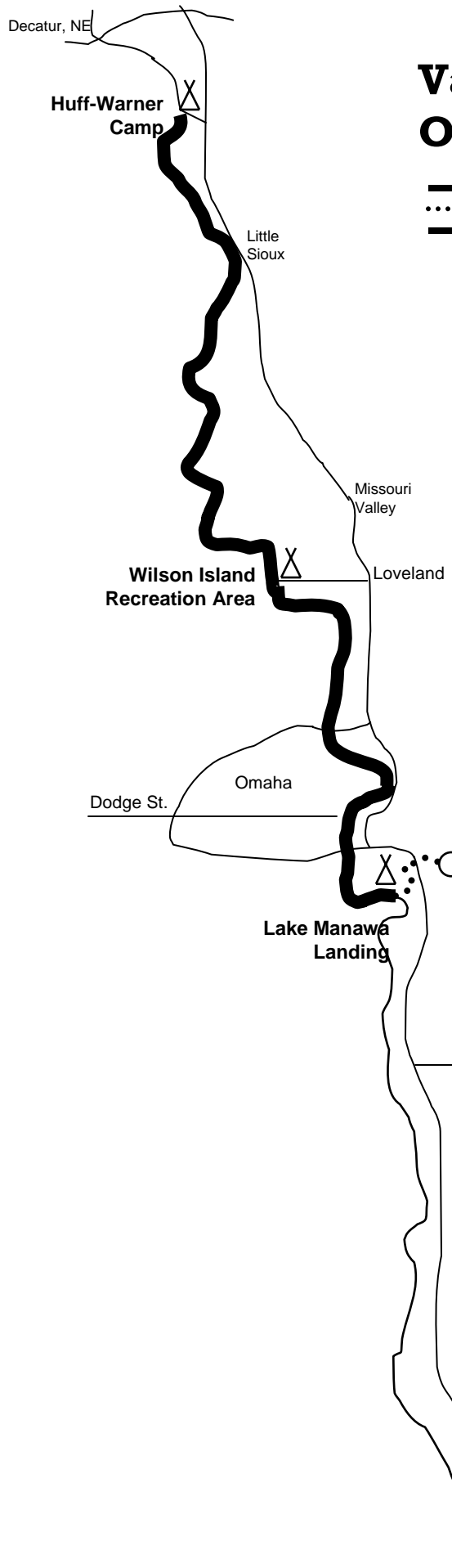
Conditioning

One canoe practice required (Wednesday activity at Lake Zorinsky) or cannot attend
Hike at campout Waconda March 28-29
Bike hike campout April 11-12
Full-gear bike trip May or June
Little Sioux campout May 23-24
Varsity Coach will make a hiking and biking schedule to be available

Varsity Scout Leadership

Varsity Scouts will take an active part in organizing this big event.

- Squad Leader to be quartermaster, equipment inventory, lead shakedown
- Squad Leader to be conditioning czar, record attendance and call to remind
- Program Manager to coordinate activities, write float plan, procure tour permit, trek meet ups, plan for food and expences, etc.



Varsity Scout Iowa Triathlon Option A

- Canoe
- Hike
- Bike

Itinerary		Miles Leg	Total
Date	Event		
Tue 7-8	Depart Omaha noon Arrive Huff-Warner camp afternoon; vehicles return to Omaha	-	-
Wed 7-9	Depart Huff via canoe Arrive Wilson Island camp	40.0	40.0
Thur 7-10	Depart Huff via canoe Arrive Manawa Landing, camp	34.2	74.2
Fri 7-11	Meet vehicles a.m., trade canoes for gear Depart Manawa via hike Vehicles meet at trailhead Arrive Wabash trailhead camp Pick up bikes; vehicles return Depart trailhead via bike Arrive Malvern camp	5.0 26.9	79.2 106.1
Sat 7-12	Depart Malvern via bike Arrive Shenandoah Arrive Coin (optional) Arrive Blanchard (optional) Vehicles meet in evening Return to Omaha	22.5 12.5 4.5	128.6 141.1 145.6

Triathlon High-adventure Supply List

In an effort to avoid excess gear to reduce the need of carrying un-needed items, it is recommended that Scouts think of gear in two separate ways: Gear used on the canoe leg of the trek, and gear used for the backpacking/bike-hike leg of the trek.

Make a personal list, and divide your gear into three groups:

1. Gear used only for the canoe trek
2. Gear used only for the backpack/bike-hike
3. Gear used for both legs of the trek

Separate Packing

For the canoe trek, pack all gear for canoe and gear used in both legs in one pack, and then pack all the gear used only for the bike-hike in a separate pack or garbage bag. We will take all the canoe gear at the beginning, and leave the separate bike-hike gear with the vehicles in Omaha. When we reach our final canoe destination, the vehicles will meet us where we will swap out the canoe-only gear for the bike-hike gear, and keep the gear used for both legs.

YOU ARE NOT REQUIRED TO PURCHASE TWO PACKS. You can keep the portion of gear not being used in a garbage bag if needed.

What to Bring

See reverse side of this sheet.

Do Not Bring

- Electronic games
- Music players
- Fireworks
- Sheath knives or razors
- Nuisance items
- Potty mouth

Questions

Call the Varsity Coach.

Gear Used for Both Legs of Trek

Required:

- Two water bottles (Nalgene size)
- Sleeping bag
- Personal first aid kit
- Sun screen (enough to last a week) and lip balm (like Chapstik) with sun screen
- Insect protection (spray or wipes)
- Simple mess kit: (small pan/plate, unbreakable washable cup, utensil such as a spork, spoon or fork)
- Necessary personal items (no deodorant or strong smellable items please)
- Rain gear, with rain pants preferred but not required, (ponchos are not allowed on canoes, but are OK for bike-hike).
- At least one T-shirt
- Sweatshirt or hoodie
- Comfortable long pants (non-denim better to dry faster if get wet)
- Comfortable socks
- Hat (ball cap OK, but wide-brim protects from sun better)
- Extra plastic bags (ziplock or plastic shopping bags)

Optional:

- Camelback-type water bladder (in addition to water bottles)
- Bandana (recommended tie around neck, has many uses)
- Cheap gloves (93 cents at Walmart) or work gloves (hand saver while paddling and biking)
- Long-sleeved collar shirt (recommended to protect from sun)
- Sleeping pad
- Camp pillow
- Sun glasses
- Flashlight
- Tarp to sleep in rather than tent (less weight)
- Pocket knife or Leatherman tool
- Scout belt
- Small amount of cash, we will stop at some stores, think about how to prevent it being lost or from falling in the river.
- Camera
- Cell phone

Gear for Canoe Leg

Pack:

Use a container that can be tied to the boat and is waterproof or resists getting soaked if a canoe overturns. Options include:

- A waterproof sea bag, **or**
- A backpack or duffle bag, preferably lined with a plastic garbage bag; bring an extra garbage bag in case one is punctured, **or**
- A plastic bucket with a handle and waterproof lid (like ones used for food storage wheat), one or two only reasonable size please.

Required:

- Old tennis shoes or shoes that can get wet

Optional:

- Deck shoes (water shoes) cheap ones are at Walmart
- Swimming suit or cutoffs
- Cheap non-absorbent knee pads (hardware stores carry in drywall department)

Gear for Bike-hike Leg

Pack:

- A backpack (soft lightweight OK), **or**
- A duffle bag (only if can be strapped to bike)

Required:

- Comfortable shoes or hiking boots

Optional:

- Bike helmet (recommended)
- Change of clothes and socks to swap out
- Extra set of underclothes
- Small amount of rope or bungee cords (recommended to strap gear to bike)
- Bike rack
- Bike bag
- Bike bell
- Bike water bottle holder
- Personal items like Vaseline or body powder

Triathlon High Adventure Float Plan and Itinerary

Varsity Scout Team 336 Iowa Triathlon, July 8 to 12, 2008

Day	Trek Activities	Logistic Support	Menu
Mon	<ul style="list-style-type: none"> Bring all bikes to Cardwell home Count bike racks, see if we need a bike trailer (rent or borrow) 	<ul style="list-style-type: none"> Determine how canoes will be transported (Young's trailer too?) 	<p>Large snack items:</p> <ul style="list-style-type: none"> Trail mix Nuts Dried fruit Jerky Energy bars/granola bars Sunflower/pumpkin seeds Raisins
Tue	<ul style="list-style-type: none"> Load canoes at homes 2:00 Meet at church to load gear Drop off "bike" garbage bags to Cardwell house Drive to Huff, drop off gear Set up camp Prepare for early morning launch Dinner Review safety and trek rules (whistles) Retire 	<ul style="list-style-type: none"> Two extra drivers (Kathy and Susie?) drive to Huff, drive vehicles back to Omaha K. Partridge help disconnect trailer at Young home 	<p>Lunch: Eat before leaving Dinner (Huff):</p> <ul style="list-style-type: none"> Steak Rolls Cooked carrots Corn on the cob Chips Cookies Milk Sunny-D
Wed	<ul style="list-style-type: none"> Arise early a.m. Breakfast Pack up, launch canoes Mid-morning snack on water Stop for lunch Afternoon snack on water Arrive Wilson Island, check in and set up camp Dinner Retire 		<p>Breakfast (light):</p> <ul style="list-style-type: none"> Donuts Milk Sunny-D <p>Snack (large): See list Lunch:</p> <ul style="list-style-type: none"> PB&J on bread Summer sausage Fruit cups Little Debbie Water <p>Snack (light): Fruit gummies Dinner:</p> <ul style="list-style-type: none"> Spaghetti and meatballs Can peas Sm'ores Water
Thur	<ul style="list-style-type: none"> Arise Breakfast Pack up, launch canoes Mid-morning snack on water Stop for lunch Afternoon snack on water Arrive Manawa Landing, check in and set up camp Lock up canoes Dinner Retire 	<ul style="list-style-type: none"> Partridge to Cardwell home in p.m. to load "bike" garbage bags, install bike rack, load bikes Partridge to Young home to connect trailer to van 	<p>Breakfast:</p> <ul style="list-style-type: none"> Muffins Bananas Hot chocolate <p>Snack (large): See list Lunch:</p> <ul style="list-style-type: none"> Skinny meat & bread Pretzels Cheese sticks Apples <p>(cont. on next page)</p>

			<ul style="list-style-type: none"> • Little Debbie • Water Snack (light): Fruit gushers Dinner: <ul style="list-style-type: none"> • Can stew • Rolls • Can corn • Cookies • Water with lemon-aid
Fri	<ul style="list-style-type: none"> • Arise • Breakfast • Vehicles arrive, load canoes on vehicles, swap garbage bag gear • Vehicles and one adult departs for trailhead • Hike to trailhead with packs (5 miles) • Arrive at trailhead • Snack • Prepare bikes, depart • Lunch on trail • Arrive at Malvern, check in, set up camp • Dinner • Retire 	<ul style="list-style-type: none"> • Early a.m., Kathy and Susie? drive vehicles to Manawa campsite • Swap personal gear for bike garbage bags • Load canoes, one trek adult rides to trailhead with vehicles, unloads bikes and remains at trailhead • Vehicles return home • Partridge in p.m. to Cardwell and Young homes to unload canoes and “canoe” garbage bags 	Breakfast: <ul style="list-style-type: none"> • Instant oatmeal • Danish rolls • Hot chocolate Lunch: <ul style="list-style-type: none"> • Fried chicken* (Kathy buy in Council Bluffs) • Rolls • Cookies • Soda Snack (light): Fruit rollups Dinner: <ul style="list-style-type: none"> • Raman noodle cups • Can beans • Vienna sausage • Crackers • Brownies • Water
Sat	<ul style="list-style-type: none"> • Arise • Breakfast • Depart • Snack on trail • Arrive Shenandoah, stop at grocery store to buy food for lunch and dinner • Lunch in Shenandoah • Depart • Call for vehicle while on trail to determine meeting time and location • Arrive Blanchard • Dinner • Meet vehicles, pack up • Depart for Omaha 	<ul style="list-style-type: none"> • Partridge and Schlotterbeck? drive truck and van (with trailer) to Blanchard after afternoon cell phone call from trek • Load vehicles, depart for Omaha 	Breakfast: <ul style="list-style-type: none"> • Pop tarts • Breakfast bars • Instant oatmeal • Water Snack (large): See list Lunch: * (Buy in Shenandoah) <ul style="list-style-type: none"> • Chili dogs on buns • Cheese sticks • Cookies • Soda Dinner: * (Buy in Shenandoah) <ul style="list-style-type: none"> • Kid’s choice at grocery store

Triathlon High Adventure Risk Management Plan

Varsity Scout Team 336 Iowa Triathlon, July 8 to 12, 2008

Trip Contingences There are two alternate treks that can be taken if the planned trek cannot be completed:

Planned trek:

- Huff Warner to Manawa Landing via canoe
- Manawa Landing to Council Bluffs via foot
- Council Bluffs To Blanchard via bicycle

Alternate trek 1:

- Wilson Island to Manawa Landing via canoe
- Manawa Landing to Council Bluffs via foot
- Council Bluffs to Blanchard via bicycle

Alternate trek 2:

- Canoeing at Lake Manawa
- Lake Manawa to Council Bluffs via foot
- Bicycle to Malvern and back to Council Bluffs

Contingences depend on the fitness of the boys, weather, accidents, equipment failure, or cost of gas.

Health

The primary concern for health has been the training and physical fitness of the team. The team has held biking and canoeing training and practice sessions. Physical conditioning began three months prior to the high adventure, that included multiple 5-mile hikes, two canoeing evening events, one 17 mile bike-hike campout, one 10-mile bike hike, two 25-mile bike hikes, and one 50-mile bike hike.

All but one team member has participated in some or all events. One member joined late in June and is the highest risk.

First Aid

All Varsity Scouts are Life rank and have first aid merit badge training. All members are required to carry personal first aid kits. The trek will also carry a camp first aid kit owned by the unit.

Of the two adults, Tim is current with CPR training, and Robert is current with Wilderness First Aid training.

Supervision

The adults attending the trek are:

- Two adult leaders
- One junior adult leader (18 years old)
- One adult joining the trek on the last day

Insurance

In addition to each member's individual family insurance, other insurance coverage applies:

- LDS insurance
- Boy Scout insurance

The Varsity Team Committee Chairman has submitted tour permits with the Scout Office and the LDS stake leaders.

Safety Rules and Regulations

The team will follow unit, council and public safety rules. Canoeing safety rules taught at canoe practice sessions. Unit safety and etiquette rules have been taught and practiced at other practice sessions and team meetings.

All boys have passed a BSA swim test and have Safety Afloat training. The buddy system will be enforced at all times.

Equipment

The trek will use three canoes owned by the adult leaders. Each member will have a PFD and paddle. Bicycles are owned by each person, and have been used in practice sessions. Bike helmet have been encouraged.

All vehicles will have seat belts for all passengers.

In-service Training

- Planning sessions (several since December 2007)
- Parent Meetings
- Leader risk assessment and logistics meeting
- Practice Biking/Canoe
- Equipment Lists

Environmental Considerations

All team members have been trained in, and will practice front-country Leave No Trace principles during the event.

Evacuation Points

In the case of an evacuation emergency, the group will evacuate to the nearest point on the trek:

Canoe Leg:

- Huff-Warner Access, Blencoe, IA
- Pelican Point, NE
- Deer Island Access, IA
- Iowa Access Area, Little Sioux IA
- Remington Access, Mondamin IA
- Tyson Bend Access, IA
- Driftwood Restaurant, NE
- Cottonwood Marina, NE
- Blair Optimist Picnic Grounds, NE
- Rand Access, IA
- DeSoto National Wildlife Refuge, NE
- Wilson Island, IA
- Boyer Chute National Refuge, NE
- Dodge Park, NE

- Narrows State Park, IA
- Sand Piper, NE
- Freedom Park, NE
- Miller Landing, NE
- Lewis and Clark Landing, NE
- Manawa Landing, IA

Bike Hike (all in Iowa)

- Dumfries
- Mineola
- Silver City
- Malvern
- White Cloud
- Strahan
- Imogene
- Summit
- Shenandoah
- Coin
- Blanchard

Emergency Contacts Leaders will collect from each member emergency contact for each participant. Two copies will be held by Kathy (at home), and adults on trip.

Map and Compass Detailed maps of each of the three trip legs have been created. Five sets have been made, two held by the trip leaders, three provided to other drivers.

At least two compasses will be held by the adult leaders. The group should never separate

Nutrition See the Float Plan and Itinerary for daily menus.

Costs

Travel:

Omaha to Huff, RT = 124 mi
 Omaha to Manawa, RT = 40 mi
 Omaha to Blanchard, RT = 184 mi
 Total 348 mi. x 2 vehicles = 696 mi x \$0.33 gas = **\$229.68**

Camping/Trail:

Huff-Warner = Scout camp free
 Wilson Island and Lake Manawa = **\$44.00** (includes reservation fee)
 Boehner Park, Malvern = unavailable
 Wabash Trail fee: \$1 per day per person = **\$16.00**

Food: See menu, **\$230.00** estimate?

Equipment:

Canoes: No cost, adult leaders own
 Bikes: No cost, all owned bikes
 Bike trailer: Borrow from K. Partridge if needed?