

Trek Check – Considerations for a Canoe Trek

Here's a last-minute check-off for your use.

Call Mike Hock with questions: 614.888.4703 (h) or e-mail to <mailto:mdhock@columbus.rr.com>

- ❑ **We've named a crew leader:** a Scout, responsible for organizing & planning the crew's activities, ideally, someone trained as a junior leader, or who has gone to a high Adventure base who leads by example
- ❑ **We've told people where we're going:**
 - ❑ *For instance*, Quetico Provincial Park, Atikoken, Ontario
 - ❑ *For instance*, travelling through Canoe Canada Outfitters, 300 O'Brien Street, PO Box 1810, Atikokan, Ontario, Canada P0T 1C0
 - ❑ **Emergency messages won't be received** until we come off the water: *for instance* Saturday, at 807-597-6418 or fax to 807-597-5804. Indicate the message is a dire emergency, for a member of BSA 365 crew.
- ❑ **We've reviewed risk:** severe weather; medical conditions; accidents; risks associated with being on large, cold lakes; encounters with wildlife
- ❑ **We've reviewed risk prevention:** 1st aid; purify water; wash & rinse dishes thoroughly; prescription drugs split; PFDs; shoes @ all times; buddy boats
- ❑ **We've gathered personal gear to take:**
 - ❑ All the forms: a BSA 365 consent form, your personal citizenship identification (a passport or a copy of a birth certificate plus a photo ID)
 - ❑ Road clothes, for the trip up & back
 - ❑ A Scout shirt for the road
 - ❑ A sleeping bag (& pad?) to sleep in on the road & in the cabin Saturday night before we get onto the water
 - ❑ Road cash: perhaps \$20
 - ❑ Road gear packed into a bag that can be left behind
 - ❑ Trek raingear
 - ❑ Trek windbreaker (if it's not your raingear)
 - ❑ Trek sturdy footwear
 - ❑ Trek hat (wide-brim?), sunglasses
 - ❑ Trek trousers

- Trek 2 or 3 pr heavy socks
 - Trek heavy shirt, sweater or fleece
 - Trek swim pants or shorts
 - Trek underwear (you can wash it on the trail) & sleepwear (another underwear?)
 - Trek insect repellent & sun block
 - Trek a string or croakee for your glasses
 - Trek necessary toilet articles, hand disinfectant to clean up, something to read on the toilet
 - Trek camp shoes, light-weight, moccasins or sneakers or such
 - Trek gear packed into a stuffsack you can put into the outfitter bag
 - [Your own sleeping pad & sleeping bag, if you're taking it on the trek rather than leaving it behind]
 - [Fishing tackle, if you decide not to share it]
 - Trek water bottle, pint or liter (one per guy)
 - Trek personal eating utensils: bowl, cup, spoon, pocket knife
 - Your very own paddle & PFD if it has to come along because you love it so very much & just can't paddle without it
 - A notebook to record impressions of the trip
- **We've gathered crew gear to share:**
 - Crew insect repellent & sun block
 - Crew small flashlight
 - Crew repair stuff (duct tape?) & tool (Leatherman?)
 - Crew 1st aid kit [check with Hock if you don't have one yourself]
 - Crew Polar pure water purifier [Hock provides]
 - Crew 50' of ¼" rope
 - Crew sharpening stone or file
 - Crew fillet knife
 - Crew camera & film
 - Crew shared fishing tackle
 - Crew compasses (one for each boat)
 - Crew cook gear we have to have (for instance, an outback oven)
- **We've organized our crew for duties each day**