

Typical Day on Trip

- Wake up
- Breakfast prep and campsite take down
- Breakfast
- On the Water
- Practice whitewater strokes in the calm water
- Paddle to the next set of rapids
- Scout Rapids
- Dry land lesson on S-turns
- Practice and Play
- Head down river
- Lunch
- More Rapids
- Portage
- Paddle to the next campsite
- Swim and games (ex: Frisbee on the beach)
- Dinner prep and campsite set up
- Dinner
- Evening Activity (ex: journal writing, nature crafts)
- Evening Meeting
- Campfire
- Flashlights Out

****the day's activities depend on the weather and feelings of the group each day and the distance that needs to be covered****