

## Typical Day on River Trek

- 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 on down river
- Lunch
- More rapids
- Portage
- Paddle the next campsite
- Swim and games (e.g. beach frisbee)
- Dinner prep and campsite set up
- Dinner
- Evening Activity (e.g. 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\*\*