

Aquatics in



High Adventure

Offered by the
HIGH ADVENTURE TEAM
Greater Los Angeles Area Council
Scouting America

H
I
K
E

A
I
D

The High Adventure Team (HAT) of the Greater Los Angeles Area Council (GLAAC) of Scouting America is a volunteer group of Scouters which operates under the direction of GLAAC-Camping Services. Its mission is to develop, promote and conduct challenging outdoor programs and activities within the Council and by its many Units. It conducts training programs, sponsors High Adventure awards, and publishes specialized literature such as Hike Aids and The Trail Head. It also promotes participation in summer camp, in High Adventure activities such as backpacking, peak climbing, conservation, and in other Council programs.

Anyone who is interested in the GLAAC-HAT and its many activities is encouraged to direct an inquiry to the GLAAC-Camping Services or visit our web site at <https://glaac-hat.org/>. The GLAAC-HAT meets on the first Tuesday of each month at 7:30 pm in the Cushman Watt Scout Center, 2333 Scout Way, Los Angeles, CA 90026. These meetings are open to all Scouters.



REVISIONS

Feb 2025	Maintenance release. Updated URLs.	Tom Thorpe
Nov 2016	General revision. Thanks to David Decker for his contributions.	Tom Thorpe Steve Dodson
May 2006	Nominal edits and corrections. Thanks to Richard Hoesly for his contributions.	Lyle Whited
June 2001	Revised.	Lyle Whited
Original	Prepared by Lyle Whited and composed by John Hainey	

Warning

An aquatics High Adventure Program places its participants in an environment that possesses significant risk to the inexperienced, the inattentive, the undisciplined, or the untrained. These risks will most often be in locations without medical facilities and to which search and rescue personnel may not have ready access. The Unit should use the services of a Certified instructor to teach all participants the rudiments of the specific aquatic activity and have an instructor or similarly qualified person accompany the Unit on any outing that involves any risk beyond that which the Unit can reasonably handle. The Unit Leadership must vigorously enforce the National Council's Safe Swim Defense and Safety Afloat programs for every aquatic activity.

Aquatics in High Adventure

Published by the
HIGH ADVENTURE TEAM
of the
Greater Los Angeles Area Council
Scouting America
2333 Scout Way
Los Angeles, CA 90026

Table of Contents

Introduction	1
Planning	2
Risk	2
Fitness.....	4
Awards	4
Clothing and Equipment.....	5
Personal Gear.....	5
Unit Equipment	6
Maps	6
Getting Instruction	7
Where To Go.....	9
Lower Colorado River Canoe Trip Plan	10
Boundary Waters Canoe Trip Plan	12
Equipment and Guide Service Providers.....	14
Bibliography	15
Mountain Manners For Aquatic Adventures.....	Back cover

“Failing to prepare is preparing to fail.”
John Wooden

“Danger and delight grow on one stalk.”
English Proverb

“A man must know his limitations.”
“Dirty Harry” Callahan

Introduction

For many youth, Scouting provides the first opportunity for meaningful participation in aquatic activities. They may have splashed around in the shallow end of a swimming pool or at the beach, but this is when they learn to swim. For most, this is the first, and, possibly, only chance to learn to handle any kind of watercraft. The experience can be healthy, safe, and enjoyable or it can be otherwise. The outcome depends upon the Unit Leadership, as with any outdoor activity.

The GLAAC-HAT recommends that the Unit require that a member earn the Swimming merit badge as a qualification for participation in a High Adventure aquatic program. Each adult that participates should demonstrate a swimming proficiency that is equivalent to that required for the merit badge. While each person must wear a U.S. Coast Guard (USCG) approved personal flotation device (PFD) when on the water, it is a backup safety device, not a substitute for knowing how to swim and function in the water. The National Council strongly recommends that a Unit have at least one adult or older Scout certified as a lifeguard. This person is to assist in the planning and to participate in the conduct of all aquatic activities. For a more challenging program, the Unit may want to require participants to earn Lifesaving and the related aquatic merit badges.

Of course, the Unit will be getting technical instruction in the aquatic activity from a qualified source before the outing. For some activities or outings, such as whitewater rafting, an instructor or guide will probably be accompanying the Unit. This is especially important for outings where the potential risks exceed the current proficiency of the participants. Training should, at the very least, inform the students of planning principles so that they will not place themselves in the position of finding themselves beyond their skill level without a guide. Proficiency in handling any watercraft requires training, practice, and experience. Being on the ocean, river, or lake is an entirely different environment than that of a training or instructional situation; skill in the latter does not automatically translate into skill in the former. Practice is very important.

Instruction in associated aquatic matters is also desirable at the start of a program, to be repeated at regular intervals and as new members join the Unit. This should cover such matters as:

- ◆ basic knots and rope handling.
- ◆ use of safety equipment, such as rescue ropes and life preservers.
- ◆ basic rescue techniques.
- ◆ rescue breathing.
- ◆ the basic nomenclature of boating, including port and starboard, fore and aft, etc.
- ◆ basic boating skills, including handling and maneuvering.

All of this sounds like a lot for just a weekend canoe trip on the Colorado River or for using a guide service to raft the Kern River. However, even for a single activity, the greater the amount of preparation and training, the greater the likelihood of a safe and enjoyable experience. This, in turn, may lead to aquatic activities becoming a regular part of the Unit's High Adventure Program.



Planning

For an aquatic outing to be successful, planning of the same basic nature and quality as for a backpack trip must be prepared. The comments on this matter, to be found in other Hike Aids and the Training Syllabuses, apply. However, instead of the Trail Profile/Trail Schedule, an aquatic program requires float plans. All of the other planning and preparation is, basically, the same in principle.

The float plan identifies the location, specifies the start/end point for each day, distance traveled, estimated times, maps and other planning materials used, hazards and the correct means to avoid them, etc. All local rules that apply to conduct on the water and/or at each campsite are specifically stated. Opportunities to “bail out” are identified, along with contingency plans for dealing with an unexpected event.

Gee, that sounds an awful lot like the same type of planning and preparation that is necessary to ensure a safe and healthy backpack trip. The point is that it's not enough to arrange for an outfitter/guide service to provide an aquatic outing and just show up at the appointed time; you are always responsible for providing reasonable and prudent leadership and the safety margin needed to match the group's skill level with the conditions to be encountered.



Risk

Water is a dynamic medium. Even lakes, which are considered still water, generally have currents and a slight breeze blowing across them (the difference in land and water temperature all but guarantees it). This dynamic quality demands everyone's constant attention to proper behavior and careful, correct handling of any watercraft. An unexpected event is just that, not something that occurs at a convenient time, when the Unit is totally prepared to deal with it.

About a dozen persons die each year in rafting accidents on California rivers, with the Kern River accounting for a significant portion. Boating, water skiing, swimming, and snorkeling also regularly claim victims. However, all of these are recognized by the Scouting America as acceptable activities for a Scout Unit. Water is an inherently risky environment and mandates that the Safe Swim Defense and Safety Afloat programs be enforced on every aquatic outing. When under these very controlled conditions, each one can be a safe and enjoyable experience for every participant.

Persons get into trouble on the water for the following reasons:

- ◆ insufficient or no training.
- ◆ insufficient or inadequate equipment.
- ◆ unrealistic assessment of skill.
- ◆ inadequate supervision.
- ◆ lack of discipline.
- ◆ unrealistic assessment of risk.
- ◆ failure to use, or improper use of, safety equipment.
- ◆ attitude.
- ◆ alcohol use.
- ◆ overloading the watercraft.

These are conditions that must be avoided through proper Unit training.

Drowning is not the only way that water can harm the unwary. It can induce hypothermia, induce disabling shock, contain hazards, contain biological and chemical contaminants, and accelerate sunburned skin and eyes. Hypothermia sufficient to disable a person occurs in about 20 minutes of submersion in water with a temperature of 50 degrees. The lower the temperature, the shorter the time. However, prolonged immersion in water in the 50-65 degree range can also cause a dangerous drop in body temperature. When a person begins to shiver, he/she must get out of the water.

The body does not handle an abrupt change in the surrounding temperature very well. Yet most aquatic activities in the western United States occur in conditions where the difference in air and water temperatures ranges from 10-40 degrees. The greater the difference, the more likely that persons will experience disabling shock when they jump or fall into it. The consequences can range from disorientation and reduced motor function to heart arrhythmia. The person may not be able to assist in his/her rescue, much less put on a personal flotation device. The impact of this shock can be lessened somewhat by splashing water on one's face and neck for a minute or two before full immersion.

Concealed hazards can harm both the watercraft and the person. Submerged trees or branches and rocks, eddies, and shallows or sandbars will damage or overturn watercraft. Persons are injured by broken glass, sharp rocks and sticks, and holes or sudden drop-offs. All are reasons for Item 3, Safe Area, of the Safe Swim Defense program.

Biological and chemical contaminants are a too frequent occurrence in our inland and coastal waters. Their effects can range from relatively mild illness to death. Besides staying out of the water, there isn't much that can be done beyond advising everyone not to drink it, (unless treated or filtered) and to dry their hands (and use hand sanitizer) before eating.

Sunburn occurs very quickly when a person is on or near water, even when he/she is already tanned. Moreover, the reflected sunlight can cause it to occur in the most unlikely places, such as the armpits, roof of mouth, and inside of nostrils. Extra care is mandatory to protect the skin and eyes: long, loose fitting clothing; wrap-around sun glasses; a hat with a wide brim; sunscreen or sunblock for anything left exposed. Sunburn can disable a person, and is always painful.

Another source of risk in aquatic activities is the weather; it changes more quickly over water than land. The Unit Leadership must be constantly alert to the classic signs of a change: temperature drops; wind changing direction or intensity; clouds; drop in barometric pressure; birds and insects disappearing. Even one of these conditions is reason enough to get off the water; several increase the urgency. In or on the water is not the place to be when there is any chance of high wind, rain, or lightning.

A different type of risk is other boaters. Learn and obey all rules of the road for the specific aquatic activity. Unit Leadership must be aware of the location and actions of other watercraft; the goal is to "drive defensively" on the water. An incident involving another watercraft is almost always more serious than one that does not.

Properly planned and conducted aquatic activities are great additions to the Unit's High Adventure Program. As with all outdoor activities, the proper assessment and accommodation of risk are vital to safe, enjoyable experiences.



Fitness

Aquatic activities involve more than just "... cruising down the river on a Sunday afternoon...". Even motor boating, not a notoriously physical pursuit, requires a certain amount of mental and emotional fitness. The point is that all participants need to understand that they will be in situations where they must perform certain tasks, in certain ways, and at certain times to ensure their safety.

The level of physical fitness that is required can range from what is necessary to earning the Swimming merit badge to paddling a canoe into a 30 mile per hour headwind. The duration can range from a few minutes to reset or trim sails to several hours of continuous, strenuous rowing or paddling. Everyone on a watercraft is expected to share in these tasks; High Adventure aquatics are not the keel boat ride at Disneyland. Persons will get a feel for what this involves when they receive instruction in handling a craft. However, once on the water, blisters and muscle aches will develop in unexpected places.

Which leads us to the emotional fitness that is needed to overcome these little annoyances. Not that aquatic activities are not fun - they certainly are, they just are not trouble free. Because you are on, or near, the water all of the time, persons are subjected to sunburn, insect bites, and wind, in addition to blisters and sore muscles. Emotional fitness gets you over them and into the fun and feeling of accomplishment of the outing.

Mental fitness keeps the person on track during the activity. Instructions must be remembered and followed, as time and conditions dictate. Water is dynamic, it doesn't wait for you to make up your mind and act. Macho and "I dare you" attitudes are inappropriate and unsafe. Mental fitness keeps the person focused, ensuring a safe and enjoyable experience.

The GLAAC-HAT recommends that every person who participates in a High Adventure Program have a physical examination every year, using the Annual Health and Medical Record, and maintain a physical fitness program that includes aerobic workouts 3-4 times a week.



Awards

Several unique outdoor awards may be earned by members of the Unit that includes aquatics in its High Adventure Program. Listed below are those sponsored by the Scout Councils in Southern California, plus the National Council's award. As its program grows and the Unit becomes more adventurous, it should check for awards offered by Councils in locations such as Northern California, Southern Utah, and Northern Arizona. The rivers and lakes there are not that much further away, particularly when the outing is for more than a couple of days. Besides the possibility of other awards, these areas provide different aquatic experiences.

- | | |
|--------------------------|-----------------------------------|
| ◆ 50 Miler-Afoot, Afloat | Sponsor: National Council |
| ◆ Colorado River-50 Mile | Sponsor: California Inland Empire |
| ◆ Weekend Canoeing | Sponsor: California Inland Empire |
| ◆ River Rat | Sponsor: San Diego-Imperial |
| ◆ Lazy Rat | Sponsor: San Diego-Imperial |

- ◆ Old Salty Rat Sponsor: San Diego-Imperial
- ◆ Aquatic Adventure Sponsor: Los Padres
- ◆ Flashing Paddles Sponsor: Verdugo Hills

The requirements are completely discussed in literature issued by the sponsoring Council; you must refer to it to ensure that you have satisfied all of them. Any deviation from any of those requirements must be approved in advance by the sponsoring Council.

The National Council offers several other awards to Scouts who become more proficient in aquatics. They are Mile Swim and Snorkeling. Several may be earned at summer camp. Promote earning them, as they offer benefits to the person and to the Unit's program. An aquatic High Adventure Program also provides an opportunity to earn water-related merit badges, beyond Swimming. These are Canoeing, Fishing, Lifesaving, Motor boating, Rowing, Small-Boat Sailing, Waterskiing, and Whitewater. Encourage your Scout to earn them, then provide opportunities to meet requirements while on outings. An active aquatics program is an award-rich experience for the Unit that chooses to take advantage of it.



Clothing and Equipment

Practically all of the clothing and equipment (personal and Unit) that are used in backpacking are usable for an aquatic program. A couple of additional items of personal gear will be needed, along with the aquatic equipment that is unique to the activity. Some of the latter may be provided by an outfitter or guide service; just be certain of the details in advance. Also, do not assume that participants can bring a lot of extra stuff, because they won't be carrying it. Most watercraft have limited capacity. Also, if the trip involves portages, they have to carry it.

Personal Gear

- ◆ Boots should not be needed, unless some hiking or extended portages are a part of the outing.
- ◆ Sport or deck shoes will be worn practically all of the time, except for fun in the water, at a safe location. Barefoot any other time is to risk injury.
- ◆ Water socks, a specialty item, are a good piece of clothing.
- ◆ A backpack is usually not needed and it doesn't pack easily in a canoe. However, a daypack with the "10 essentials" (and waterproof storage bags for some items) is required.
- ◆ Wool and synthetic clothing, long sleeves, long legs, loose fitting.
- ◆ Quality rain jacket or poncho and rain pants. (Abrasion from paddling will shred thin material.)
- ◆ Quality, wraparound sun glasses, with full UV protection.
- ◆ No down sleeping bags; they'll get wet and stay wet.
- ◆ Extra socks.
- ◆ Fanny pad, for kneeling and sitting. A canoe chair with backrest is a nice option for an extended trip.
- ◆ Swim suit and bath towel.
- ◆ Spare set of glasses or contact lenses, for those who wear them.
- ◆ Extra sunscreen or sunblock, lip balm, and insect repellent.
- ◆ Extra resealable plastic bags for personal gear.
- ◆ Lightweight, cotton gloves, to help prevent blisters.
- ◆ Fishing gear and license.

- These are supplemental to your usual list for a High Adventure outing. The quantity and warmth of clothing is conditional to the location and time of year.

- ◆ Watercraft and their operating gear, sufficient to safely and comfortably accommodate all participants. Overloading is a major factor in many aquatic accidents.
- ◆ USCG approved personal flotation device (PFD): one per person.
- ◆ 65 foot throw line: one per watercraft.
- ◆ Waterproof gear bags (dry bags): sufficient for all personal gear, Unit equipment, and food.
- ◆ NOAA weather broadcast radio.
- ◆ Signal flares.
- ◆ Watercraft repair kit/items.
- ◆ Spare oar(s) or paddle(s).
- ◆ Bailer: one per watercraft. Cut off the bottom of a gallon plastic bottle and glue on the lid.
- ◆ Large sponge: at least one per watercraft.

- ◆ Other unit equipment is the same as for the backpacking program.
- ◆ Carry and use backpack or liquid fueled camp stoves. Do not have a wood fire for any purpose. River banks and shores are extremely fragile, with a high fire potential.
- ◆ The 100 foot bear bag rope is now a multi-use item.
- ◆ Several short (15-25 foot) pieces of rope per watercraft - to tie down gear.
- ◆ Extra, heavy duty trash bags: backup for dry bags; carry out all trash, garbage, and used toilet paper.
- ◆ Maps and charts for the location, in waterproof sleeves (double, resealable bags).
- ◆ Permits, money, etc., in waterproof sleeve.
- ◆ Camera and film.

[illegible]

Maps are just as useful to an aquatic program as they are to backpacking. The Unit Leadership will certainly need highway maps and, probably, detail maps for the location of the waterway to be traveled. Detailed maps of the water course are vital to understand upcoming navigation hazards and locate bail-out points, etc. As with the maps used in planning for other types of outings, the more current and detailed, the better.

6

usual state and county maps, get a copy of its “Colorado River-Lake Mead to Yuma” map. Also ask as to what other current items it might have that are specific to boating and fishing.

Detailed maps or charts for the location of the aquatic activity are needed when the Unit is not to be accompanied by a guide or someone who is equally familiar with it. It is just as easy to become disoriented on a river or lake as it is in unfamiliar backcountry. Topographical maps may be purchased from several sources:

- ◆ Specialty backpack stores, such as REI, for popular California locations south of Lake Tahoe.
- ◆ U.S. Geological Survey, P.O. Box 25286, Denver, CO 88025 (303-234-3832) for all locations in Western States.

The California Dept. of Fish and Wildlife has free literature about the Colorado River. This includes maps of portions of it and information about fishing and the kinds of fishes to be found there. Obtain by writing CDFW, 1416 9th Street, 12th Floor, Sacramento, CA 95814.

Be certain to take all precautions to keep these maps dry while on the water.



Getting Instruction

The members of the Unit need instruction in the aquatic activity before an outing. The Unit Leadership may provide it, or an outside source can be used. Numerous “how to” books are available, both from Scouting America and commercial publishers, as instructional guides (see the [Bibliography](#)). There are several local sources of instruction. Whatever the process, the product must be a level of skill and comprehension on the part of each person that is adequate to the potential demands of the outing.

Before deciding to go the “do it yourself” route, consider the following questions:

- ◆ Is there someone in, or available to, the Unit with sufficient knowledge and skill to provide/direct the training?
- ◆ Does the Unit possess, or have access to the use of, sufficient, proper equipment?
- ◆ Is a suitable site for training conveniently available?
- ◆ Can the training be conducted in a safe manner, with minimal risk for each participant?

If the answer to each of these is a strong “yes”, then self-instruction seems reasonable.

However, most Units are going to seek an outside source for training in the different types of aquatic activities. The first place to consider is the aquatic program of the Scout Councils. Every summer camp offers a waterfront program. Some are more extensive than others, and the quality of instruction can be uneven. However, it is a good place for Scouts and adults, to get some initial instruction through the merit badge programs offered.

Even more attractive for this training are the aquatic camps that several local Councils operate. As they are ocean front, or access, facilities, they offer more complete programs, typically on a year-round basis. The Unit can usually arrange for instruction in the activity of choice, any time of the year. Reservations and discussions in advance with the staff are advisable to ensure an understanding of what the Unit desires. Most of these camps have the equipment and qualified staff to provide instruction in swimming, life saving, canoeing, rowing, small boat handling, and snorkeling. Those most conveniently at hand are:

- ◆ Cabrillo Beach Youth Waterfront Sports Center www.cabrilloyouthcamp.org
Operated by Greater Los Angeles Area Council; located in San Pedro.....310-831-1984
- ◆ Newport Sea Base www.newportseabase.org
Operated by Orange County Council; located in Newport Beach.949-642-5031
- ◆ San Diego Youth Aquatic Center sdicscouting.org/camps/youth-aquatic-center
Operated by San Diego-Imperial Council; located on Mission Bay, San Diego. 619-298-6121

Obtain a brochure from the Council that operates the base for specifics on the type of training offered, fees, camping arrangements, etc.

Two Scout camps are on Catalina Island:

- ◆ Cherry Valley greaterlascouting.org
Operated by the Greater Los Angeles Area Council.626-351-8815, x237
- ◆ Emerald Bay www.bsa-la.org
Operated by the Western Los Angeles County Council.818-785-8700, x130

While not as convenient, and more expensive for a day or weekend of instruction, combining it with several days of canoeing along the coast can make an attractive package.

The American Red Cross offers some training in aquatics, and, certainly, swimming, life guarding, and water safety. For information as to the type, location, and fees, call the main Los Angeles office at 310-445-9900. Training is conducted at community pools throughout the county and is quite comprehensive.

If none of these suggestion sound attractive, or if the do not offer the specific type of instruction that you want, check with REI. As they sell aquatic equipment, they may have referrals to local, qualified persons. Before deciding to use him/her, ask about qualifications and any state or local trade associations to which he/she belongs.

The training for some specialized activities, such as whitewater rafting and tall ship sailing, will probably be as a part of the outing and provided by the outfitter/guide service. When you discuss such an outing with one of these services, be certain that they understand that the persons participating are untrained, unskilled, and, mostly, teenagers. If they are unaware of the Safe Swim Defense and Safety Afloat programs, send them a copy. The National Council requires that Unit Leadership enforce them for the duration of every aquatic activity, even when using an instructor or guide service.

When renting just equipment from an outfitter, such as canoes for the Colorado River, check for what instruction it provides as a part of the deal. If it normally does not, ask for a brief review of watercraft handling, safety, and rules of the road. Require every person on the outing to participate; it is a matter of due diligence.

Where To Go

“Water, water, everywhere ...”; any direction from Los Angeles there is some suitable for an aquatic activity. The question of where is conditional to deciding what you want to do. A good way to determine the interests of your Scouts is to spend a weekend at one of the local Council aquatic camps and sample what it offers. However, there are aquatic activities beyond those. These include tall ship sailing, ocean and river kayaking, and flat and whitewater rafting. Southern California, and beyond, has a complete universe of aquatic opportunities.

Canoeing-fresh water.

- ◆ Castaic Lake.
- ◆ Santa Fe Dam.
- ◆ Silverwood Lake.
- ◆ Big Bear Lake.
- ◆ Owens River.
- ◆ Russian River.
- ◆ Sacramento River.
- ◆ Lower Colorado River.
- ◆ Boundary Waters Canoe Area Wilderness.

Canoeing-salt water.

- ◆ Mission Bay, San Diego.
- ◆ Los Angeles Harbor.
- ◆ Catalina Island.

Kayaking-fresh water.

- ◆ Kern River.
- ◆ Lower Colorado River.

Kayaking-salt water.

- ◆ Channel Islands Harbor, Oxnard.
- ◆ Catalina Island.

Rafting-flat water.

- ◆ Lower Colorado River.
- ◆ Green River, Utah.

Rafting-whitewater.

- ◆ Kern River.
- ◆ Upper Colorado River.
- ◆ Merced River.
- ◆ Green River, Utah.
- ◆ Lots of other locations throughout California and the West.

Sailing.

- ◆ Orange County Council-Newport Sea Base: small boats. High Adventure aquatic program.
- ◆ Florida National High Adventure Sea Base: tall ships and other watercraft.
- ◆ The Los Angeles Maritime Institute: tall ship.....310-833-6055
Berth 73, Suite 2, San Pedro, 90731 www.lamitopsail.org

When seeking ideas about where to go, check with the folks at REI. Also, look for ads for outfitters in Sierra and other outdoor magazines. The Tour Books published by the Auto Club identify aquatic activities in its coverage of recreational opportunities for areas within each state. The Where To Go section of the Bibliography lists several books that identify locations within California and beyond.

Lower Colorado River Canoe Trip Plan

Overview

The Needles area of the Colorado River is a very good location for a Unit to begin a canoeing program. There are a number of put-in and take-out points along the 65 miles of relatively quiet water from Davis Dam (just north of Laughlin) to Havasu Lake Landing. Plus, the area is served by a reliable outfitter who is experienced in dealing with Scout Units.

This portion of the river encompasses a wide variety of desert scenery. South of Needles, it flows lazily along the edge of Topock Marsh. South of the City of Topock, it passes through Topock Gorge, which is accessible only by boat. Emerging from the Gorge, the river enters the broad, placid expanse of Lake Havasu (habitat of numerous wild creatures).

The following trip plan was prepared by Rich Hoesly in 1998, based upon his experience with Troop 849, Manhattan Beach. Other outfitters are available in this area. Jerkwater Canoe is identified because of the good service this Unit has received.

Trip description

The trip begins and ends with a 300-mile (5-6 hour) drive between Los Angeles and Moabi Regional Park, about 15 miles south of Needles on Interstate 40. The outing is for two and a half days, with about 30 miles on the river. On the morning after your arrival, the outfitter picks up the Unit at its campsite and transports it up river to Needles Marina Park. After checking out canoes and safety instruction, the Unit is on its own. The balance of the day is easy paddling down 10 miles of river. This allows plenty of time to learn to handle the canoes and enjoy the water. As the day ends back at Moabi Regional Park, you need only carry safety equipment lunch and other supplies for the day.

The next day's canoeing starts here and continues down river. It is much longer, covering 17-20 miles, so an early start is desirable. Before leaving, the Unit clears camp, packs the camping gear in the vehicles, and leaves them in the outfitter's lot at Moabi. Once again, the Unit need only carry safety equipment, lunch, and supplies for the day. The Unit comes off the water at Castle Rock, on the Arizona side, where the outfitter waits. They transport you back to Moabi for your drive back to Los Angeles. This portion of the river is within the Havasu National Wildlife Refuge and is patrolled by Rangers. Camping is not permitted along its banks.

If the Unit feels more adventurous, this trip may be extended to three days on the water. In this scenario, you do not pull out at Castle Rock, but continue down river and camp on its bank (check with the Havasu National Wildlife Refuge for acceptable locations). The next day, you paddle to London Bridge at Lake Havasu City and are met by the outfitter. For this trip, all food and equipment are carried in the canoes on the second and third days. The per person cost increases for the additional day's canoe rental and food.

Season for trip

As the trip is in the desert, the best time is spring and early summer. Troop 849 has done it in October and has had tolerable weather. Daytime temperatures for these periods are normally in the 70's to mid-80's; overnight, they drop into the mid-50's. Regardless, there is plenty of sun, so be prepared.

Approximate cost

These amounts are for each person's share of common costs. Additional expenditures for Unit or personal gear may be necessary.

Vehicular transportation	\$15	Drivers do not pay
Canoe rental	\$50	
Food	\$12	Six meals
Campground	<u>\$3</u>	Two nights
Total	\$80	

Reference

Trek Aid 101, "Canoe The Colorado River", San Diego-Imperial Council-High Adventure Team.

Contacts

- ◆ Jerkwater Canoe Co. (outfitter)..... 800-421-7803/928-768-7753
P.O. Box 800, Topock, AZ 86436 www.jerkwatercanoe.com
- ◆ Moabi Regional Park.....760-326-9000
100 Park Moabi Road, Needles, CA 92363
- ◆ Havasu National Wildlife Refuge.....760-326-3853
317 Mesquite Avenue, Needles, CA 92363 www.fws.gov/refuge/havasu/

Master schedule

- Day one
 - 5 pm Meet at Unit assembly point.
 - 6 pm Depart for Colorado River, via Interstate 40.
 - 12 am Arrive at Moabi Regional Park.
- Day two
 - 6 am Reveille.
 - 8 am Jerkwater personnel arrive at campground, take Unit upriver, and conduct safety orientation.
 - 10 am Depart Needles Marina Park.
 - 12 pm Lunch and fun along the river.
 - 4 pm Arrive at Moabi Regional Park.
- Day three
 - 6 am Reveille.
 - 8 am Depart Moabi Regional Park.
 - 12 pm Lunch and fun along the river.
 - 4 pm Arrive at Castle Rock; Jerkwater personnel pick up Unit.
 - 5 pm Back at Moabi Regional Park.
 - 6 pm Depart for Los Angeles.
 - 12 am Back home.

Boundary Waters Canoe Trip Plan

Overview

The following information was provided by Dave Decker of Troop 303, La Crescenta. In August of 2010 his troop went on a long-term canoe trip to the Charles L. Sommers Canoe Base. The canoeing was in the Boundary Waters Canoe Area (BWCA) of Minnesota and Quetico Provincial Park in Canada.

There are three options to being outfitted.

- ◆ Use an outfitter to supply only canoes and associated aquatic gear.
This option requires more effort on the part of the Unit. It is fine for the Unit that has done extensive canoeing, has the associated equipment, and knows how to organize and conduct itself on the water. This is the cheapest option.
- ◆ Use an outfitter to supply the canoes, food, and the other necessary equipment for the trek.
This option requires minimal effort on the part of the Unit but costs more.
- ◆ Use Charles L. Sommers Canoe Base.
Note: The Charles L. Sommers Canoe Base is part of the Northern Tier National High Adventure Program. The Northern Tier National High Adventure Program is a collection of high adventure bases run by the Scouting America in the Boundary Waters Canoe Area Wilderness of Minnesota, Ontario's Quetico Provincial Park, Manitoba's Atikaki Provincial Wilderness Park and points beyond.
This option costs slightly more but is worth it for the camp programs and facilities, an enthusiastic, youthful and empathetic staff, and the close ties to the Scouting America program ideals. This is the option that Troop 303 chose.

Prerequisites

- ◆ Camping Merit Badge, Swimming Merit Badge
- ◆ Swim Check
- ◆ Safety Afloat / Safe Swim Defense

Training

- ◆ Attend Canoeing Merit Badge training
- ◆ Attend 3 of 4 training treks
Topoc Gorge – 13-15 February, 2010
Silverwood Lake Trek – 12-13 June, 2010
Castaic Lake – 26 June, 2010
Mission Bay Canoe Trek – 16-18 July, 2010

Paperwork

- ◆ Passport
- ◆ Remote Area Border Crossing form
- ◆ Parental permission form
- ◆ Northern Tier Class 3 Medical Form



Route

The route was the Agnes Lake Loop in Quetico Provincial Park. This popular 8 to 10 day route is the quintessential Quetico Route as immortalized in "The Far Northland" song of the Northern Tier ("... from Lake Agnes by Louisa to Kawnipi I will go..."). You travel up the middle of Quetico Provincial Park and have the experience of sitting in the "bathtub" under Louisa Falls. Although there are 24 portages, only four are longer than 100 rods. (One rod is 16.5

feet.) Some of these are a challenge however. You find more solitude as you travel north. View the pictographs on Agnes Lake and the only known petroglyphs (carvings) in the park.

Master schedule

- Day one Moose Lake / New Found Lake / Sucker Lake / Birch Lake
12 miles, 1 portage of 40 rods (0.12 miles)
 - Day two Carp Lake / Ottertrack Lake / Saganagons Lake
24 miles, 8 portages totaling 339 rods (1.06 miles)
 - Day three Layover
 - Day four Saganagons Lake / Kawnipi Lake
10 miles, 8 portages totaling 289 rods (0.90 miles)
 - Day five Kawnipi Lake
12 miles, no portages
 - Day six Kawnipi Lake / Agnes Lake
12 miles, 3 portages totaling 24 rods (0.08 miles)
 - Day seven Agnes Lake / Sunday Lake
8 miles, 2 portages totaling 352 rods (1.10 miles)
 - Day eight Sunday Lake / Moose Lake
12 miles, 2 portages totaling 154 rods (0.48 miles)
- TOTAL: 90 miles, 32 portages totaling 1,414 rods (4.42 miles)

Cost

The following costs are for a crew size of 6 adults and 10 Scouts making this trek in 2010.

Item	Cost each	Total cost	Remarks
Sommers Canoe Base	\$500	\$8,000	\$500.00 per person Includes food, lodging, canoes, PFD's, misc. equipment, emergency radio
Interpreter	\$24	\$380	(\$16.02/day x 10 days) + \$30.00 / 8 per crew
Quetico Provincial Park	\$102	\$1,627	[\$12.00 + {(\$16.02/Adult/day x 6) + (\$6.42/Scout/day x 10)} x 10 days] / 16 = \$101.70
Remote area border crossing form processing	\$11	\$180	\$30.00 / adult x 3 / 8
Maps	\$9	\$144	
Fishing license	\$16	\$252	\$42.00 x 3 / 8 per crew
T-Shirt	\$22	\$352	
Photos	\$8	\$128	
R/T airfare (LAX-MSP)	\$340	\$5,440	
R/T Taxi (MSP-Sommers)	\$140	\$2,240	Options - \$2,200 / \$1,780
Patches (3 each)	\$12	\$192	
Road food	\$25	\$400	
Bar-B-Q's	\$19	\$304	\$300 / 16
SUBTOTAL	\$1,228	\$19,640	
Contingencies, 3%	\$37	\$589	
TOTAL	\$1,264	\$20,229	

- ◆ Northern Tier National High Adventure Program218-365-4811
P.O. Box 509, Ely, MN 55731 www.ntier.org
- ◆ Boundary Waters Canoe Area Wilderness877-550-6777
Superior National Forest.....218-626-4300
8901 Grand Ave Place, Duluth, MN 55808 www.fs.usda.gov/main/superior/home
- ◆ Ontario Parks..... www.ontarioparks.com



♦ ARTA River Trips..... 800-323-2782/209-962-7873
24000 Casa Loma Road, Groveland, CA 95321.....www.arta.org
Rafting on several rivers in the Yosemite area, plus Oregon, Utah, and Idaho.

- ## Utah

- This listing of businesses does not represent an endorsement by Scouting America or the GLAAC-HAT.



Instructional

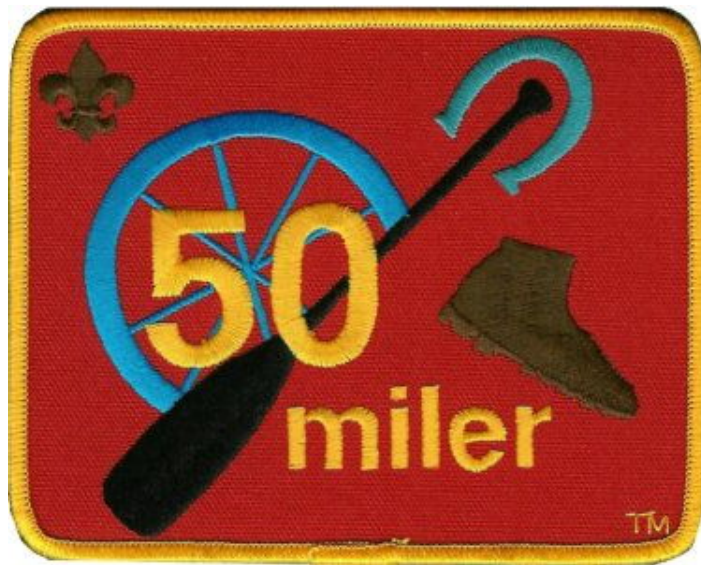
- ## Where to go

- 15

- Cassidy, Jim, Calhoun, Fryar, and Cross, Bill, Western Whitewater from the Rockies to the Pacific, North Fork Press, Berkeley, CA, 1994.
- Coale, John, Canoeing the California Highlands, Changing Sky Publications, Cedar Ridge, CA, 1998.
- Dirksen, D.J., Recreation Lakes of California, Recreation Sales Publishing, Aptos, CA, 1999.
- Mohle, Robert, Adventure Kayaking: Trips from Big Sur to San Diego, Wilderness Press, Berkley, CA, 2010.
- Stienstra, Tom, California Boating and Water Sports, Foghorn Press, San Francisco, CA, 1996.
- Trek Aid 101, "Canoeing the Colorado River", San Diego-Imperial Council, San Diego, CA.
- Trek Aid 101A, "Old Salty Rat", San Diego-Imperial Council, San Diego, CA.

- Craighead, Frank C., Jr. and John J., How To Survive On Land and Sea, U.S. Naval Institute, Annapolis, MD, 1984.
- Manhoff, David, Mosby's Outdoor Emergency Medical Guide, Beechwood Healthbooks, Inc, Wilmette, IL, 1996
- First Aid Fast, American Red Cross, 1996.

- “American Whitewater” www.americanwhitewater.org
American Whitewater Affiliation, P.O. Box 1540, Cullowhee, NC 28723.
- “Canoe News” www.uscanoe.com
United States Canoe Assn., 12802 Lake Jovita Blvd., Dade City, FL 33525.



Mountain Manners For Aquatic Adventures

- ◆ Mountain manners are just as appropriate and important on the water as in the mountains.
- ◆ Enforce the Safe Swim Defense and Safety Afloat programs at all times.
- ◆ No wood fires - use backpack and camp stoves.
- ◆ Do not wash or discard anything in the water.
- ◆ Immediately release all fish that you do not intend to eat.
- ◆ Establish and aggressively enforce rules as to the what, when, and where of water play.
- ◆ Do not disturb the plants and animals.
- ◆ Perform body functions in private, well away from the water.
- ◆ Put used toilet paper in ziplock-type bags; pack it out with trash.
- ◆ Pack out all trash, garbage, and uneaten food.
- ◆ Quiet - sound carries farther over water.