

FALL 2018 CANOE TRIP ITINERARY

1. **Departure October 5th 8:30 from 2663 East M-43 Hwy**
 - a. Breakfast from 6:15 AM – 7:30 AM
 - b. Awards (If all are present) – if not, we will do awards at camp – Saturday AM
 - i. Lucas Koetje – Voyagers Badge
 - ii. Isaiah Jerue
 - iii. Caleb Halder
 - c. All fees and gear to be collected as attendees arrive
 - d. Guides will choose who is riding with who. – David/Carl to do head count prior to departure.

2. **Location - Launching from Hinchman's - Mio, Michigan**

702 N. Morenci
Box 220 Mio, Michigan 48647
Phone: (989) 826-3267 – Contact is Craig.
info@hinchman.com

3. **Arrival to Mio Approx. 12 Noon**
 - a. Gear will be unloaded from vehicles and brought to the launch area in the following order:
 - i. All attendees carry their own personal gear to launch area (wait until instructed)
 - ii. Then all Camp Crates /gear hauled to launch area
 - iii. Canoes last – unloaded from trailer.
 - iv. ALL GEAR WILL BE LAID IN TWO SEPARATE LINES / ROWS

4. **Lunch May be served prior to launch – divide up crackers-cheese-meat as necessary**
 - a. **NOTE: Meat-Cheese-Crackers-mixed nuts/raisins/craisins will be lunch meal for Saturday/Sunday.**

5. **Upon loading the canoes at Mio, we will “set off” for Camp #1, roughly five hours distant at current. Prior to launch, we need to:**
 - Introductions – everyone greet one another – Shake Hands – Eye contact – Carl will manage.
 - Explanations of trip purpose and expectations.
 - Guides will assign and assist all members to designated canoe at launch.
 - This should be decided in advance using attendee list
 - Be sure to go over canoe safety with all members
 - Be sure to identify all novices and pair them up with experienced.
 - Experienced ALWAYS goes in the stern.
 - Instructions MUST be done with attention given to the party members. Each person has their own conceptions of the proper way to “get in” and canoe and how to “paddle” it also. We are here to instill in the members’ the need to be “real” men as the Bible defines them. Therefore none should appear superior over the other in any manner but rather teach from behind, thus giving them a chance to do for themselves what they learn.
 - There are three components involved in proper paddling technique for canoes and kayaks. They are boat efficiency, paddle efficiency, and body efficiency. This article is an explanation of these three aspects of paddling efficiency.
 - Paddle Efficiency – This is Long, Deep & Wide strokes with the paddle as vertical as possible.

- Boat Efficiency – This is paying strict attention to the position of the boat, keeping it straight with the current.
- Body Efficiency – Sometimes called the “paddlers box” this refers to the space immediately in front of the paddler from the shoulders to the outstretched hands on the paddle, and all the way down to the deck of the canoe. This means there will be a systematic rhythm when paddling. Remember, if the paddler is manipulated by the paddle, there is something wrong.
- Be sure all gear is properly loaded and CHECKED OFF list – this demands all guides [adults].
- Be sure all gear is SECURED properly.
- Be sure all members have their life preservers and paddles.
- Be sure ALL members recognize the trip’s purpose therefore:
 - No shouting/screaming
 - No course talking
 - No demeaning or berating of other members [no pet names or...]
 - No splashing and risky joking [rocking the canoe]
 - Have respect for one another and make it a point to get to know all members of the party.
- Group should at all times STAY TOGETHER [at a distance that will allow rescue if necessary]
- Point man will take the lead - Boule will take up the rear
- Rear canoe has the lifesaving line snapped onto stern deck of canoe.

6. Stops along Au Sable –Cathedral Pines / McKinley Bridge / Butternut

- a. Guides should oversee the exit/entry and climbing – banks may be steep

7. Arrival to Camp – This begins with guides directing how we will move into unload canoes. All will unload and pull canoes safely up on the shore to be secured.

- The canoes should be emptied of all contents and “turned” over and emptied of all water.
- Camp gear will be carried to “camp site” and each member of the group will receive their orders.
 - Gear will be lined up in two rows
 - Personal Gear (first)
 - Camp Gear
- The group’s orders will be:
 - (2-6) Muster up small kindling and firewood (muster enough for two meals and evening fire)
 - (2) Set up and establish camp fire
 - (2) Set up camp site (Canoes) – This group will lay out canvas and distribute sleeping bags/personal gear.
 - (2) Camp Kitchen Set Up
 - (2) Facilitate/prepare and cook food and distribute dishes.
- After supper, (2) Attendees will be responsible for cleaning/washing their own dishes and utensils.
- Each member will bring them back for packing/storing in crate Old No. 7 – this will make them ready for the next meal.
- Then each member will get their gear and sleeping gear set up and prepared for bed.

This constitutes the camp chores – members are free to roam until evening fire.

8. Evening fire will be:

- Devotional reading [subject on men]
 - Reading verses of choice – See content printed.
 - Questions from the group [men will listen and then answer]
 - Answers will be bible based viewpoints

Then we'll allow those to turn in or enjoy fire till bedtime.

- Around the campfire – we all should talk with one another and get to know something about one another. This could be important throughout the trip.

Ideas to share around the campfire:

- How to use Crickets to tell the temperature
- Frostbite Treatment
- Poison Ivy FACTS
- Preventing TICK & CHIGGER bites
- Corn Starch for chafing
- Drying out your leather boots in the wild
- Sleeping on the ground
- Finding the North Star
- Finding EAST & WEST
- Waterproofing the TENT
- Compass Truisms

9. Sleeping

Depending on the number of members to our party, the canvas is essential [to cover the sleeping bag]. This protects the sleeping bag from deep dew or frost. Be sure to manage this aspect when setting up sleeping arrangements.

Guides should be aware of how this will work – who sleeps where.

Sleeping under the stars is truly an enjoyable experience if you're prepared.

10. Saturday Activities – See List

- a. Pole Boxing
- b. Rope Bridge
- c. Orienteering Mission – search & rescue
- d. Games – Capture the Flag or...
- e. Focus items – behaviors and relationship discussions

11. **Departure - Sunday October 7th will be the last day on the river.** We want the members of the party to have a lasting Great memory of this trip and the best way to do this is to make the last run to pick up enjoyable and stress free.

Provided we've done a good job, we'll have a leisurely coast to the pickup point.

The Hinchman van should be there to get us picked up around 3pm Sunday afternoon. This will allow us to have time to slow up and enjoy the river.

Make sure each member carries their own pack to the van when picking up – the guide will be responsible for ensuring the same manner of carrying of the supplies and other gear is done in order and that proper management is in place. No leaving of gear or items behind.

MEALS

- 12. Friday Night Dinner** 6pm – Beef Brisket, Potatoe, beans and fruit.
- 13. Saturday Morning Breakfast** – 5am/6am, whoever gets up first kindles the fire and secures the water for coffee, put coffee on fire. If rainy, use the stove and gas.
All members should be out of their sleeping bags by 7AM or “roust them”. Eating and cleaning, packing gear for travel all needs to be done when a schedule is important to keep.

Same rules apply – assign the members chores in 2’s.

Breakfast: Pancakes, Eggs, Sausage & Fruit (May add dried fruit & nuts) – Pineapple Juice-Water

14. Saturday Noon Break [lunch]

Break will consist of pulling the canoes into a place along the river for the noon meal. While the goods are unpacked, all members not needed are free to roam about.

Lunch: Meat Sticks (Hunter Sausage-Hot & Spicy), Crackers, Cheese – (Dried Fruit/Nuts)

A short devotion & prayer at lunch.

15. Saturday Supper (Follow/repeat Rules #2)

Dinner: Pork Chops, Kielbasa, Vegetables/Beans, Fresh & Dried Fruit, Nuts (other)

16. Sunday AM Breakfast:

Pancakes-Mush, Eggs, Bacon, Sausage, Fruit (Other)

OTHER NOTES

- Private Snacks will exist – **the NO BEAR CLAUSE** should be explained. **If the snacks are in their gear – that is where the bear will go first. AVOID this by placing all candy/food in secure place overnight.**
- ALL back packs & dry bags should be placed in select canoes. This will lessen the chance of wet gear. The “Boule” canoe is the big freight canoe we will have to carry all the gear.
- Each canoe will have two persons. The most experienced will take the stern. If you are not familiar with how this is done, we will work with you – very simple.
 - In your canoe you will carry your water and your snacks – flash light, and any other small items.
 - Each canoe will be the sole responsibility of its crew when beaching or pulling ashore to camp. The canoes will all be “keel up” when at camp.
 - Persons who do not know how to swim will wear life preservers – we will ask.
- Canvas is provided – crews will assist in set up and tear down – packing of freight prior to departure each morning.
- Meals will consist of Breakfast – lunch – supper.
- Camp will be made each evening at select spots along the river if a base camp is not selected. Breakfast and supper will be served while at camp.
 - Lunch will be along the river at select locations or in camp if base camp is selected.
- Each camp will require “set up”. This will be to set up the gear for camp fire, cooking and handling of all camp chores.
 - Crew will be expected to assist doing all manner of chores asked of them promptly.
- Bathroom... toilets are available along the river at select canoe camps. Make sure you “GO” before you go!
- The Boule will have a first aid kit in Supply Canoe Pack.
- The Boule will expect complete and strict attention to cleanliness of all sorts. Please keep this front and center.
- ALL attendees will participate in ALL activities
- Guides and Badge Carriers should see to it that all attendees are engaged and involved.
- Guides should discuss together the activities selected and for what times

Many other small details and camp remedies will be offered along the trip so no worries.

Remember, we are to have a genuine great outdoor experience while working together as a team of men. We welcome any questions you may have. If so, please call me at 269-838-6410.

ITINERARY

- Friday October 5th - 8:30 AM Depart Hastings
12:00 PM Arrive in Mio (Au Sable River)
1:15 PM Depart Mio by canoe
5:30 PM Camp 1
6:00-6:45 Dinner
7:45 Devotions around the fire
- Saturday October 6th 7:00 AM Breakfast
8:00 AM put camp into order - dishes-fire wood – kindling – all areas tidy.
10:30 Team Building Exercise (Till Noon)
12:00 Noon – Lunch
1:00 PM – Exercises (Till Dinner)
5:00 PM Supper
6:45 Evening Devotions
8:30 Talk around the fire
- Sunday October 7th 7:00 AM Breakfast
8:00 AM
8:45 Sunday Service
9:30 – 10 AM - AM Break Camp
3:00 PM Pick Up (Head back to Mio).
4:00 PM Depart Mio for home
7 – 8:00 PM Arrival Home (Hastings)