**Outdoor Pursuits 120 – Canoe Trip 2012 Cains River**

**Rationale and Trip Plan:**

The Cains River was chosen for our paddling out-trip for several reasons. First, it is populated by a number of camps and points that have access to roads; help is never too far away in case of emergency. Second, it is a section of both calm and ample water for this time of year. Third, the skills which the students have acquired while paddling at French Fort Cove should have them well prepared for anything they might encounter on this section of water. The entry point will be on the Grand Lake Road just outside of Doaktown. The intended campsite for the journey is at a camp at about the half way point of our journey. Our take out point will be at a camp just below the mouth of the Cains on the Southwest Miramichi River. Another advantage about paddling this New Brunswick River is that we have a detailed River Map, ideal for canoeing in that it is easy to determine where you are at all times while on route. We also have staff that has had paddling experience on this stretch of the Miramichi River.

 As well, as a good quality paddling trip to hone their skills, it should also prove to be an excellent opportunity to once again draw upon outdoor cooking, map and compass and teambuilding skills. We believe this trip will do a lot to further enthusiasm in enjoying the outdoors.

**Schedule**

**Thursday May 31st**

**9:00 AM – Leave from MVHS**

**10:30 AM – Arrive at the entry point on the Grand Lake Road**

**11:00 AM – Depart in canoes**

**12:30 PM – Lunch (bag lunch, we will not be cooking)**

**4:00 PM – Set-up campsite for the evening**

**6:30 PM – Supper**

**7:30 PM – Clean-up and do dishes**

**9:00 PM – Campfire and cooperative games**

**11:00 PM – Bed**

**Friday June 1st**

**7:00 AM – Rise and Shine**

**7:30 AM – Breakfast**

**8:15 AM – Clean-up and do dishes**

**8:30 AM – Pack all gear**

**9:30 AM – Depart in canoes**

**12:00 PM – Lunch (bag lunch we will not be cooking)**

**1:00 PM – Reach takeout at bridge**

**2:00 PM – Pick-up by bus**

**3:00 PM – Return to MVHS**

**\*Please note that this schedule is tentative and may change.**

**We are including an itemized gear list that students will need for the trip. Students have spent time planning meals with their cooking groups. If you have any questions regarding the trip you may contact me at 625-3879 or by email at** **james.watters@nbed.nb.ca**

**Emergency: Contact Shawn Wood at 622-7893**

**Please return the waiver form ASAP if you have not already done so.**

**Equipment List for Canoe Trip May 26 and 27 2011**

**Group Needs**

7 Tents 5one burner stoves Fire starter kit

Shovel for latrine 8 fuel bottles Bailers (2 per boat)

Water Purifiers 5 cook sets\ 5 dish towels\ 2 camp dish soaps Garbage Bags

First Aid Kit 3 camp saws and 1 axe Matches and lighter

AAA and AA batteries

**Personal Needs**

Pencil or pen and journal book 1 roll of toilet paper Sunscreen

2 bags to sort clothing camping mat Flashlight\headlamp

Batteries 1 liter of H2O Personal toiletries

Knife or multi-tool Camera and or video Trail snacks

1 Tuques Hat or handkerchief for head Gloves or Mitts

Fleece type jacket Shell or wind breaker Warm under layer pants

Over pants 1 pair of other pants 2 pairs of socks

3 pairs of underwear (who knows) 3 long sleeve t-shirts Rain gear!!!

2 pairs of shoes Sleeping Bag? Snacks

**Evaluation**

**Each group will be evaluated on the following:**

**Group Presentation – each group is responsible to take video and our pictures to document the trip. Each group will present to the rest of the class**

**Meal Preparation – each group is responsible to contribute to the group meal.**

**Clean-up – everybody is responsible to clean dishes, keep campsites clean, no trace camping etc.**

**Journal – everybody is responsible to keep a journal documenting the high and low points of the trip.**

**Canoe Skills**

**Waiver**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has permission to attend the Outdoor Pursuits trip to the Cains River.**

**Parent or guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medicare # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Allergies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medications\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**