**Outdoor Pursuits 120 – Canoe Trip 2015 Cains River**

**Rationale and Trip Plan:**

The portion of the Cains we are looking to paddle was chosen for several reasons. First, as it is followed closely by the Route 8 HWY, 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 and the MVHS pool should have them well prepared for anything they might encounter on this section of water. The entry point will be the Grand Lake Road near Doaktown. This section of water will provide some wilderness paddling while later on we will be passing camps and “civilization” more frequently. The intended campsite for the journey is around Shinnickburn, likely on the shore along the route. Our take out point will be at the park in Blackville. Another advantage about paddling this New Brunswick River is that we have 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 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**

**Monday May 25**

**8:30 AM Pack the bus**

**9:15 AM Depart from MVHS**

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

**11:30 AM Depart in canoes**

**1:00 PM Lunch (bag lunch along the river)**

**4:30 PM Set-up campsite for the evening**

**6:30 PM Supper**

**7:30 PM Clean-up**

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

**11:00 PM Bed**

**Tuesday May 26**

**7:00 AM Rise and Shine**

**7:45 AM Breakfast**

**8:15 AM Clean-up and dishes**

**8:45 PM Pack gear**

**9:45 AM Depart in canoes**

**12:00 PM Lunch (bag lunch)**

**3:00 PM Reach takeout at park**

**5:00 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**](mailto:james.watters@nbed.nb.ca)

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

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

**Equipment List for Canoe Trip May 22 and 23**

**Group Needs**

5 Tents 5 one burner stoves Fire starter kit

Latrine Shovel 5 fuel bottles Bailers (2 per boat)

2 water purifiers 5 cook sets Dish towels\camp soap

Garbage Bags First aid kit 2 camp saws\ 1 axe

Matches\lighter AAA and AA batteries

**Personal Needs**

Pencil or pen and journal 1 roll of toilet paper Sunscreen

2 Garbage bags camping mat flashlight\headlamp

Batteries 1 liter of H2O Personal toiletries

Knife or multi tool Camera Snacks

1 tuque Hat Gloves

Fleece type jacket Shell or wind breaker Warm under layer pants

Over pants 1 pair extra pants 3 pairs of socks

3 pairs of underwear (who knows?) 2 long sleeve shirts Rain Gear!

2 pairs of shoes Sleeping bag\pillow

**Evaluation**

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

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

**Meal Preparation – each group is required to cook a Dutch oven meal for the group supper**

**Clean-up – every group is responsible to clean dishes and keep the campsite clean, no trace camping!**

**Journal – everybody is responsible to keep a journal documenting their trip**

**Canoe Skills – Individuals will be evaluated on their canoe skills**