

RESICA FALLS SCOUT RESERVATION

2010

Cradle of Liberty's

PADDLE-RAMA

Formerly Boot & Paddle

Cradle of Liberty's Paddle-Rama

Spend an exciting week on a 70+ mile canoe trip touring the historic and scenic jewels of the Delaware River. Unlike previous years we will now be traveling the upper portion of the Delaware River from New York State to the Delaware Water Gap. This is a new High Adventure excursion you do not want to miss!

Explore the Options

Each week this summer season we will send out a group on Paddle-Rama. Scouts and Scouters can sign up for this adventure as:

1. An individual on a provisional basis
2. A small group of few to a patrol
3. A large group of 20 or more reserving the whole week's trip just for your group.

If you are signing up as a large group you can customize your trip to include a hiking component along the Appalachian Trail for the traditional Boot & Paddle style trip. Talk to us about the possibilities, we would love to help you plan your dream trip. Remember design your trip for your unit through us so we can sweat the details and provide the equipment and logistics!

Explore the Program

Begin your week at Resica Falls Scout Reservation where you will meet your guides for the week. With their help you will go over the trip's itinerary, get a review and fit of the equipment you will use and get any skill refresher you may need. You will then review the safety procedures and effectively pack for your adventure.

Your trip begins just after breakfast on Monday as we transport you to the launching point up in New York State. Your adventure on the historic and scenic Delaware River will cover some 70+ miles down to the awesome Delaware Water Gap camping each night along the river's edge. On Friday you will be met by staff to pick up your canoes, equipment, and gear and you'll spend the day exploring the Water Gap by hiking to the top and/or enjoying some second to none rock climbing along the cliffs that overlook the river.

You will be transported back to Resica Falls in time to clean up for dinner on Friday evening. Your expedition will be recognized at the Campfire on Friday night in front of the whole camp and your week ends when you depart Resica Falls on Saturday morning after breakfast. Your adventure is over, but your memories will last a lifetime!

Explore the Benefits

- Explore the Delaware River
- Earn the BSA 50 Miler Award
- Earn the Whitewater Merit Badge (Must have Canoeing Merit Badge. Advanced preparation on requirement 13.)
- Teambuilding with your group
- Learning a lot about yourself as you challenge your limits

Explore the Requirements

- Be a registered Boy Scout, Varsity Scout, or Venturer
- 13 years old at the time of Participation
- A completed Annual Health and Medical Record signed by a physician within the last 12 months.
- Be able to attain "Swimmer" at your swim test
- Submit a reservation form with a non-refundable \$50 deposit with the full fee paid before your trip begins. The cost of Paddle-Rama is \$325 per person.

Explore some Planning Hints

- Review the Leave No Trace Principles
- Leave at home – sheath knives, fireworks, electronics, jewelry, and other expensive items
- Participants must be in good physical condition. We suggest an exercise plan prior to your arrival.
- We encourage you to practice canoeing, paddle strokes, and swimming.
- If coming as a group from a Council other than the Cradle of Liberty you must provide a Local Tour Permit and certificate of insurance both available from your Council office.

Explore the Equipment Needed

The Cradle of Liberty Council provides all canoes, paddles, waterproof bags and PFD's. We also provide a tent for every two participants, cook gear, food, maps, and a trek guide. The Cradle of Liberty Council puts a high value on its facilities and equipment and it is our goal to use it for many years. Any damage to camp owned equipment through negligence or abuse will be the sole responsibility of the user. You will be charged the retail value of damaged items and you must pay for these damages before leaving camp.

Paddle-Rama Packing List

- Completed Class 3 Medical Form with proper signatures
- Drug Administration Record (for all drugs brought on trip)
- Class A Scout Uniform complete with Scout Socks and Belt
- Shorts (2)
- Bathing Suit
- Long Pants, nylon (1) blocks the sun
- Long Sleeve Shirt (2) blocks the sun
- Short Sleeve T-Shirts (4)
- River Shoes – shoes that you don't mind getting wet. They must have a sturdy sole to protect your feet
- River Socks (4) preferable polypropylene or polyester
- Shoes to wear around camp, sneakers or your hiking boots
- Socks to wear around camp, cotton
- Foot powder, anti-fungal
- Underwear (5 or more)
- Light Nylon Jacket (1)
- Soap Biodegradable
- Towel and Washcloth
- Sunscreen 8 oz of 30 spf or higher, Chapstick
- Insect Repellent
- Toothbrush and paste
- Small Flashlight with extra batteries
- Hiking Boots that are broken in
- Backpack with internal or external frame and hip belt (Only needed for Treks with Hiking Option)
- Light Sleeping Bag or two blankets
- Sleeping Pad
- Sunglasses with strap
- Rain Gear – Jacket and Pants type
- River Hat – for protection from the sun with wide brim.
- Water Bottles 2 quart need to be able to be tied down/secured in the canoe
- Pocket Knife or Multi-tool
- Fork, Spoon, Bowl and Cup
- Camera – waterproof or disposable
- Zip Lock Bags 1 or 2 gallon sizes to store gear inside your pack. Keeps underwear and stuff dry.
- Trash Bags or crunchable bag for transporting your gear to and from camp. Waterproof packs will be provided for your use on the river. If you can fit all your gear into a trash bag then it should fit in our bags
- Money for Trading Post and the possibility of a couple stops along the river. Recommend \$50 but it really depends on your spending habits
- Optional: Pillow, extra batteries, Small Games (chess, cards...) Extra Towel, Light for Tent, Fishing Rod (NJ/PA license required if over 16), Snacks (bear proofed), Light Gloves, Soft Knee Pads, Toilet Paper, personal PFD's First Aid Kit, Camp Chair
- NOT RECOMMENDED: Don't bring extra equipment or gear. We can not store it while you are on the river.

How to Choose Your Equipment for Paddle-Rama

This trip includes a 70+ mile canoe trek. The canoe will get wet and your gear, either through mishap or carelessness, can get wet. Equipment that works when wet or that dries rapidly is therefore desirable.

Canoes not only transport the people during this trip but also all of the equipment that you bring. This includes the group equipment provided by Cradle of Liberty Council. This group equipment is distributed amongst the canoes and packs while on the trek. Overloaded canoes ride low in the water and are easily swamped. It is important that a person does not bring so much gear that they can not carry it or overload their canoe.

Weather is always a factor in any outdoor/wilderness activity. The area in which this trip occurs can be beastly hot during the day and quite cool at night. It can also be cool during rainy days. Equipment needs to be able to handle these extremes.

FACTORS TO CONSIDER:

WEEK LONG TRIP: you need to bring enough equipment to stay relatively clean and comfortable. It tends to be hot during the day and cool at night. A packing list is enclosed. It is possible, but rarely done, to hand wash clothes during the trip. The items in bold are mandatory. The quantities are only a guideline.

NOT TOO MUCH EQUIPMENT: We recommend bringing no more than what will fit easily into a thirty gallon trash can liner. Less would be nice. Don't try stuffing your fishing pole into a trash bag.

WET TABLE EQUIPMENT: don't go out and buy a brand new sleeping bag just so you have one that works well when wet. With reasonable care, you should be able to keep it dry. You may want to get some nice nylon shorts and long pants. Why nylon? Because it dries faster than cotton. Remember, you will get wet! Whether or not you stay that way most of the morning has a lot to do with what

kind of fabric you are wearing. We found that nylon swim trunks and polypropylene t-shirts keep you more comfortable than cotton. One of the reasons that polypropylene or polyester is more comfortable is that its faster drying time actually keeps you cooler. Take some advise and stay away from blue jeans. Wet blue jeans are miserable things.

As far as shoes go... You need to wear a shoe that protects your feet. That means no sandals. So the question is, do you buy one of those fancy river shoes that look really cool or do you wear an old pair of sneakers? River shoes often have really great soles that grip wet stone well, but your feet still stay wet. Old sneakers are cheap and readily available, although they often get grit in them. Raingear – get some. You'll appreciate it on cold, rainy days. It is also a good idea to have some clothing packed away that is always dry. Save a set of clothing (in its own zip lock bag) to wear Friday and Saturday at the end of the trip.

A RANGE OF TEMPERATURE: The first problem is the sun. Research has shown that many sunscreens do not provide sufficient protection to eliminate the possibility of skin cancer. Experts recommend long sleeve shirts and pants be used during high sun exposure activities such as canoeing. We do not require them. We do require that you bring a hat. Temperature: most people bring a light sleeping bag and are comfortable. A system of a sleeping bag cover, blankets, and a jacket will keep you comfortable over a wider range of temperatures. Check it out some night when it dips down to 50 degrees and see if it works. Stay away from slow drying cotton blankets. As for a jacket, nylon or fleece is a good choice. Fleece can be expensive but it is good when wet, quick drying, and both functional as well as stylish for year-round use. If you get a cotton jacket wet it doesn't work well and never dries.



2010 PADDLE-RAMA CONFIRMATION

TO: _____

PADDLE-RAMA DATE: _____

Your Paddle-Rama registration date is shown above. If this does not agree with your information, please call us immediately at the Council Office at 610-688-6900.

Here is some information to help get your trip off to a good start:

- Please arrive at Resica Falls Scout Reservation on Sunday afternoon of your week at 1:00 p.m. If you are coming with a troop that is camping at Resica Falls for the week that is arriving later, that is OK.
- An equipment list is enclosed. Please follow this list as it ensures your comfort on the trail and river.
- A current Class 3 Boy Scouts of America medical form is enclosed and must be signed by a physician within the past 12 months. Please note that this form must also be signed by a parent or guardian if the participant is 18 or younger.
- The Drug Administration Record must be filled out prior to arrival if prescription drugs need to be administered during the trek.
- The "Over the Counter" Non-Prescription drug permission form must be filled out for us to administer ANY non prescription medications.
- Please place ALL medications in their original containers in a waterproof zip type plastic bag.

The Paddle-Rama trek involves canoeing on the Delaware River. Conditions on the Delaware range from flat water to moderately difficult (Class 3) rapids; but vary greatly depending on river flow. Our staff will work with all participants to build and strengthen your paddling skills. Your trek may also involve hiking over rough terrain on the Appalachian Trail if your group selected this option.

The trip ENDS at the Delaware Water Gap and all participants depart for home from Resica Falls on Saturday morning at 9:00 a.m. unless prior arrangements have been made.

PARENT INFORMATION

PADDLE-RAMA TRIP ITINERARY:

- Sunday:** Arrive at Resica Falls at 1:00 pm. Sunday will be spent in training, preparing, and swim classification.
- Monday AM:** Participants will be transported from Resica Falls to the starting point on the Delaware River to begin the trek.
- Monday PM-
Friday AM:** Canoeing the Delaware River and overnight camping along the way.
- Friday:** Arrive at Delaware Water Gap and spend the day exploring the Gap by hiking to the top and rock climbing on the cliffs. Get transported back to Resica Falls where showers are available.
- Saturday:** Scouts are to be picked up at Resica Falls around 9 am.

PLEASE NOTE: This itinerary may be adjusted to include a hiking component if your group selected this option.

EMERGENCY CONTACT:

Resica Falls Scout Reservation (Sunday through Wednesday) 1-570-223-8312
Cradle of Liberty Council (Monday through Friday 8:30 am – 4:00 pm) 1-1610-688-6900