

## **Canoe Tripping 2**

### **PADDLING RESUME:**

---

1. What Flatwater/Lakewater Paddling experience/levels do you have?
2. What Moving Water experience/levels do you have, including any rescue training?
3. What Tripping experience/levels do you have?  
Please submit a tripping log listing times and distance as best you can.
4. What First-Aid training do you have?
5. What Swimming qualifications do you have if any?
6. What camp experience do you have?
7. Have you done a leadership training program at camp?
8. What is your dream trip?

**CLOSED TOES SHOES MUST BE WORN IN MOVING WATER, PORTAGING, SCOUTING, AROUND THE FIRE/STOVE. I WOULD HIGHLY RECOMMEND LEAVING YOUR SANDALS AT HOME AND JUST BRING 2 PAIR OF SHOES, A WET PAIR AND A DRY PAIR.**

### **GEAR**

- A helmet will be provided for you, but if you would like to bring your own that's fine
- If you would like to bring your own PFD that is also fine... one will be provided for you.
- Paddle... there is a similar theme here too!
- Wetsuit - If you have a wetsuit, bring it!
- If you need something pre-trip ask, if you are bringing something we should know about inform us.

### **FOOD**

- All breakfasts will be provided.
- Participants provide a days food, lunch, supper and 2 snacks for 8. We will coordinate this pre-trip.

### **MATERIAL**

- If you have any games that you would like to teach, bring your props. I will have rope, webbing, and frisbee, but if there are other props you need bring 'em 'n teach 'em!

Additional comments: