

**Troop 89 Charles River Canoe Trip
Rocky Narrow Reservation
Sherborn, Massachusetts
May 22-23, 2010
TRIP INFORMATION**

Trip Description:

This is one of the all-time classic, best local Scout trips. We are very lucky to have a two-day "wilderness" canoe trip that starts right in our town. We will put canoes in the Charles River in Medfield Saturday morning, and paddle downstream to the Rocky Narrows reservation in Sherborn, a property of the Trustees of Reservations, where Scout groups are allowed to camp by special permission. Along the way we will pass through Charles River Floodplain and Medfield State Forest conservation land, with a lunch stop. We can expect to see blue herons, red-tailed hawks, muskrats and other river wildlife. After camping by the side of the river at Rocky Narrows, we will continue Sunday morning downstream to take out at South Natick dam, passing by Peters Reservation (Trustees of Reservations) and Broadmoor Wildlife Sanctuary (Audobon Society) conservation land.

Signup and Cost:

Signup deadline is the troop meeting May 6, 2010. The cost is \$15 per person, due at sign-up deadline. This covers 4 meals (Sat. lunch and dinner, Sun. breakfast and lunch) and canoe related supplies.

Adult Leadership and Equipment Request:

We welcome any new adults who have not attended a trip in the past and would like to come on one now. For adults not paddling with us, we ask for help with logistics - we need drivers and cars to meet us on Sunday at the South Natick dam to shuttle everyone back to the Scout shed.

Safety Requirements:

This trip requires special safety considerations due to our time on the water and remoteness from emergency facilities. Even though the Charles is a slow moving stream (class I river), it will be cold (temperature under 50F) and air temperatures anywhere between 30F and 75F. We will manage the trip abiding by strict standards of BSA Safety Afloat Procedures. Three points to highlight:

- All scouts and adults must be "swimmer" certified during the past year. For Scouts or adults who need to pass this test before the trip, we will arrange a time at the Westwood Pool.

- Absolutely NO collisions between canoes, paddle splashing or horseplay etc. will be tolerated. This is due to the hypothermia risk as well as the damage potential to our boats.
- Personal flotation devices will be worn at all times by all participants.

Logistics:

Saturday, May 22, 8:30 am: - meet at the Scout Shed. Patrol leaders and grubmasters will report at 8:00 am. We will organize gear and proceed with the canoes to put-in landing on the Charles.

Sunday, May 23, 12:00 pm: Approximate arrival at South Natick dam. We will have lunch, and then Scouts (as well as adult leaders) need to be picked up and brought back to the Scout shed with all our gear. Then Scouts will be dismissed for pickup from the shed after normal procedures for unloading and stowing gear.

Be prepared:

Being prepared is your responsibility and you should make sure YOU PACK all of the suggested equipment, clothes and safety items for the trip. This is a LIGHTWEIGHT trip like the backpacking trip, because all our gear must be brought in the canoes. Please make sure to bring this newsletter and equipment list on the trip. We will do a quick inspection prior to departure to make sure everyone has the necessary equipment.

Scouts must be prepared for COLD weather at night. Bring multiple layers of warm clothing, a wool hat, and mittens or gloves. Scouts must also bring at least 3 Liters of water bottle capacity. Despite cool weather it is easy to become dehydrated when paddling on the river strenuously, so it is important to drink plenty of water.

Parental Approval:

Form must be on file with the troop.

Environmental Impact:

We will practice "Leave No Trace" low impact camping in at Rocky Narrows. The Trustees of Reservations allows Scout groups to camp at this location as a special privilege, in return for our leaving the place in better shape than how we find it on arrival.

Meals:

Scouts should eat a hearty breakfast Saturday before coming to the Scout Shed. Lunch (cold sandwiches or trail lunch, for a riverside stop) and dinner Saturday, and breakfast and lunch (sandwiches, at South Natick dam) Sunday are included in the trip cost.

Advancement Note:

For those working on Camping Merit badge, the trip will count towards a night camping and fulfill requirement 9.b.5 (“take a nonmotorized trip on the water of at least four hours or 5 miles”).

For those working on tenderfoot, second class or first class, there will be opportunity to complete camping, plant and animal identification, and some cooking related requirements. Be sure to let your patrol leader and an adult know in advance what requirements you would like to complete.

PERSONAL EQUIPMENT LIST:

- This list, ready to review with leader
- Backpack or duffel bag with ALL gear in plastic bags, OR rubber dry bag
- Water bottles, minimum 3 L total capacity
- Sleeping pad
- Sleeping Bag (Winter weight)
- Shoes or sneakers that can get wet
- Second pair of shoes or sneakers to stay dry
- Wool socks (2 pairs)
- Underwear (2 pair)
- Long pants
- Shorts (optional - if it is warm)
- T-Shirts (2) - NOT cotton
- Long Sleeve T-shirt
- Wool shirt
- Sweater or down vest
- Fleece jacket
- Windbreaker
- Wool hat and mittens
- Raingear
- Long underwear to sleep in
- Personal mess kit, utensils, plastic cup
- Extra Plastic Trash Bags
- Beach Towel
- Personal toilet kit with Brush/Comb, Tooth Brush, Tooth Paste, soap
- Personal Basic First Aid Kit, with moleskin
- Any personal medications needed
- Flashlight with Good Batteries
- Sun hat or sunglasses
- Compass

Pocket knife (with Totin' Chip card only)

Camera (optional)

Scout handbook

Spending \$\$

Canoe paddle, if you have one

Personal flotation device, if you have one

Do not bring personal electronics (including cell phones, I-pods, and CD players). Scout uniforms will not be required. Any questions, please e-mail Mr. Lester tripcoordinator@troop89medfield.org.