

Au Sable River Canoe Trip

Sessions 1 and 6

Group Schedule

On **Sunday**, campers participating on this trip will follow the basic camper schedule of health checks and swim tests, but will do so with their trip leaders instead of cabin counselors. The time typically spent at rotation sign-ups should be spent doing ice-breakers, and reviewing the goals, expectations, and itinerary for the week. Lodging for these campers while at camp will be determined one week before the session begins.

Monday (be sure to hydrate well prior to trip!)

Thought of the Day

Breakfast

Cabin Clean-up

Team Building (initiatives should relate to the upcoming trip in both experience and debriefing)

Lunch

Rest Hour

Canoe Practice on Lake Echo

- Use Tripping Canoes
- Practice Loading and Unloading from Trailer
- Parts of Paddle
- Paddling Strokes
- Lifejacket Basics
- Parts of Canoe
- Loading and Unloading People and Gear in and out of Canoe
- Canoe teams (to be primarily used on trip)
- Practice Touring on Lake Echo
- Talk through emergency and rescue procedures

Dinner

Packing for Trip (see packing list)

- Canoe Trailer should be prepped
- Bus should be ready (gas, gear, etc.)
- Trip Management Plan should be turned in
- Food should be packaged

Evening Activity

- Packing may run into this – if so, you may opt for a small campfire with a devotional

Counselors will confirm all final details by Monday Night

- Drivers
- Vehicles
- Weather
- Cell Phones Charged
- Packing Lists
- Fill out Trip Management Plan Worksheet (at least 3 copies needed)
- Has everyone been drinking enough water?

Tuesday (Day of Departure)

Thought of the Day

Breakfast

Check in w/ Camp Health Officer for pre-trip exam

Load Bus and Truck (have lunches packed and ready for eating on the ride up)

Camper Packing List:

Comfortable Shoes
Sandals / Water Shoes
Hat or Bandana
Swimming Trunks
1 pair of Pants
1 pair of Shorts
3 light shirts
Hoodie or Fleece for Nighttime
Rain Coat
4 pairs of Socks
Underwear
Toothbrush
Deodorant
Water Bottle(s)
Flashlight / Headlamp
Trashbag(s)

Additional Packing for Staff:

1st Aid Kits
Epi-Pen
Rope
Whistles
Floatation for Lifeguarding
Stoves
Stove Fuel
Utensils
Pots / Pans
Tents
Fire Starter
Fun Stuff (cards, Frisbees, etc.)
Cell Phone
Trail Maps
Trowel / Toilet Paper
Coolers / Straps

Confirm Canoe Trailer packing w/ Paddles and PFDs

10am	Depart
10am-1pm	In Transit to Drop Off
1:00-1:30	Unload Canoes and Gear at Burton's Landing (Toilets and water available)
1:30-2:00	Begin Trip on Au Sable River
3:30-4:00	Take a break at Stephan Bridge
7:00-7:30	Arrive at White Pine Canoe Forest Campground (Toilets and water available)
7:30-9:00	Store canoes and gear / Set-up Camp / Cook Dinner
9:00-9:30	Devotional

Remember to stretch, and get a good night's sleep!

River Time: App. 3 ½ - 4 ½ hrs. 14 miles

Trip Day 1 Emergency Notes and Numbers

- Call 911, and then the camp in case of emergency
- Call the camp at 231.821.2421 for any questions or minor incidents
- Be sure that all cell phones are charged before departure.
- Call Camp Pinewood to check in at these points (leave message if no answer):
 - When passing through Cadillac on the drive up
 - Upon arrival at Burton's Landing
 - At Stephan Bridge during break
 - Upon arrival at White Pine Canoe Forest Campground
- When near Cadillac, the closest hospital is:
 - **Mercy Hospital Cadillac**
400 Hobart St.
Cadillac, MI 49601
1-800-33-MERCY
(231) 876-7200
- When near Grayling, the closest hospital is:
 - **Mercy Hospital Grayling**
1100 Michigan Avenue
Grayling, MI 49738
(989) 348-5461
- **Grayling Sherriff's Department**
 - **(989) 348-4616**
- **Grayling DNR Field Office**
 - **(989) 348-6371**

Wednesday (Day 2 on the River)

8:00-9:30	Make Breakfast / Wash up / Break Camp
9:30-11:30	Paddle to Rainbow Bend Campground
11:30-12:15	Lunch
12:15-2:15	Paddle to McMasters Bridge
2:15-2:30	Break / Snack
2:30-5:00	Paddle to Parmalee Bridge
5:00-9:00	Store canoes and gear / Set-up Camp / Cook Dinner
9:00-9:30	Devotional

Remember to stretch, and get a good night's sleep!

River Time: App. 5 ½ - 6 ½ hrs. 16.5 Miles

Trip Day 2 Emergency Notes and Numbers

- Call 911, and then the camp in case of emergency
- Call the camp at 231.821.2421 for any questions or minor incidents
- Call Camp Pinewood to check in at these points (leave message if no answer):
 - When setting out on the river from White Pine Canoe Forest Campground
 - Upon arrival Rainbow Bend
 - At McMasters Bridge during break
 - Upon arrival at Parmalee Bridge

- When near Grayling, the closest hospital is:
 - **Mercy Hospital Grayling**
1100 Michigan Avenue
Grayling, MI 49738
(989) 348-5461

- **Grayling Sherriff's Department**
 - **(989) 348-4616**

- **Grayling DNR Field Office**
(989) 348-6371

- **Mio Sherriff's Department**
 - **(989) 826-3214**

Thursday (Day 3 on the River)

8:00-9:30 Make Breakfast / Wash up / Break Camp
9:30-11:30 Paddle to **Whirlpool Access Site** (North side of River)
11:30-12:00 Light Lunch
12:00-2:00 Paddle to **Mio Damn Boat Launch Ramp** (North side of River)
2:00-2:30 Load Canoes / Packs
2:30-6:00 Return Trip to Camp
6:00-6:30 Join Dinner!
6:30-7:00 Awards Show Recognition of Canoe Trip Campers!
7:00-9:00 Unpack / Clean up / Debrief
9:00-Evening Closing Ceremonies

Great Job! Get some Rest on the ride home!

River Time: App. 3½ - 4 hrs. 12.5 Miles

Trip Day 3 Emergency Notes and Numbers

- Call 911, and then the camp in case of emergency
- Call the camp at 231.821.2421 for any questions or minor incidents
- Call Camp Pinewood to check in at these points (leave message if no answer):
 - When setting out on the river from Parmalee Bridge.
 - Upon arrival at Whirlpool Access
 - Upon arrival at Mio Dam Boat Launch Ramp

- When near Cadillac, the closest hospital is:
 - **Mercy Hospital Cadillac**
400 Hobart St.
Cadillac, MI 49601
1-800-33-MERCY
(231) 876-7200

- When near Grayling, the closest hospital is:
 - **Mercy Hospital Grayling**
1100 Michigan Avenue
Grayling, MI 49738
(989) 348-5461

- **Grayling Sherriff's Department**
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Friday – Closing out the Adventure!

Clean out Cabins

Move Luggage to the Lodge

Breakfast

Goodbye Camp Pinewood!