



High Adventure Canoe Trip

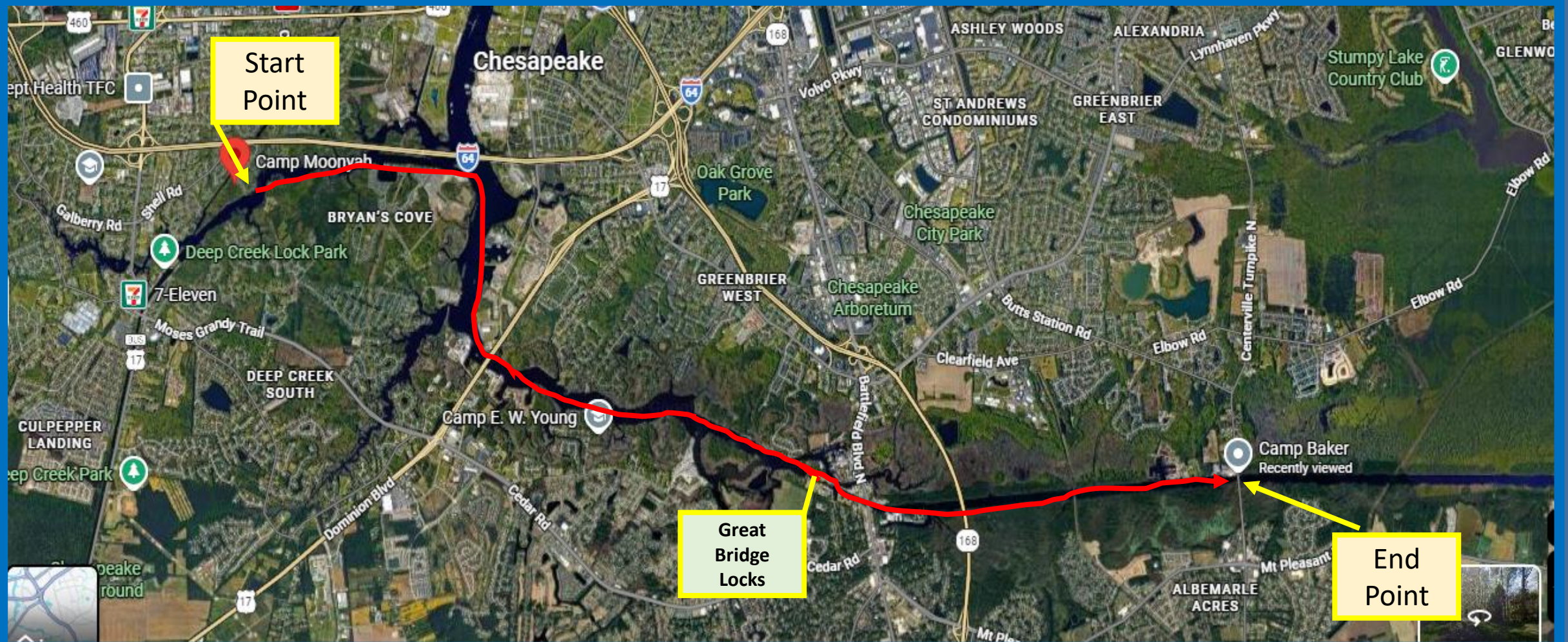
8-10 May 2026



Scout Leaders ASM Jonathan Gandy + Mr. Rob Bertrand

Mr. Robert Bertrand; text: 910.916.0755







Situation: Work on Canoeing MB, Camping MB, and Nature MB—*having Fun!*

Mission: *Scout Troops 259/5259 conducts 2-night canoe trip over Deep Creek from Moonya to Baker to skills, develop leadership, and have fun from 8-10 May.*

Execution: Scout Leadership Led

Scheme of Maneuver Planning (Advancement)

Leadership chosen (Advancement)

Individual Cooking (MB)

Navigation required (MB)

48x total hours from beginning to completion

Weather planning (MB)

Logistics: Coordinate for Canoes

Coordinate for seats in cars

Command and Control: Patrol Leader(s)

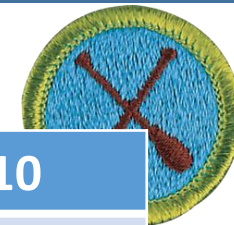
Each canoe Leader and seat assignments

Communication assignments (Photos, updates)





Scheme of Maneuver



May 5	May 6	May 7	May 8	May 9	May 10
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			*P/U Canoes, life preservers, oars		
Sr. Leader Final Coordination via Teams MTG or Zoom		Scout Meeting -Final Pre Checks by Scouts for Scouts			
			Depart Church		Depart Baker
			Arrive Moonyah		Arrive Church



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RON
XXXX

RON
XXXX





Preparation calendar for planning

April



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





Big Picture Plan



Trip Style: Deep Creek - Canal paddle with 2 overnight camps

Daily Paddle Time: 3–5 hours on the water per day

Total Distance Goal: Beginner Scouts: **5–8 miles per day**

*Plan to be **off the water by mid-afternoon** each day. Weather, wind, and tired Scouts slow everything down.*





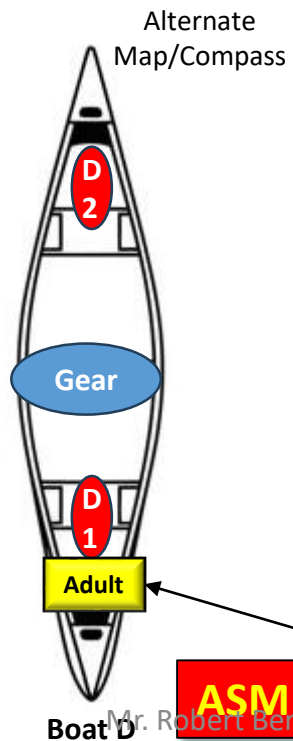
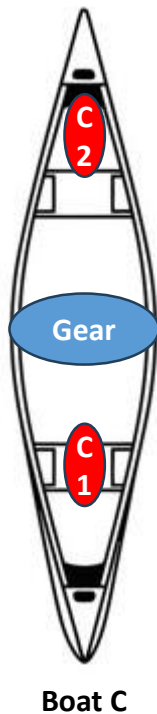
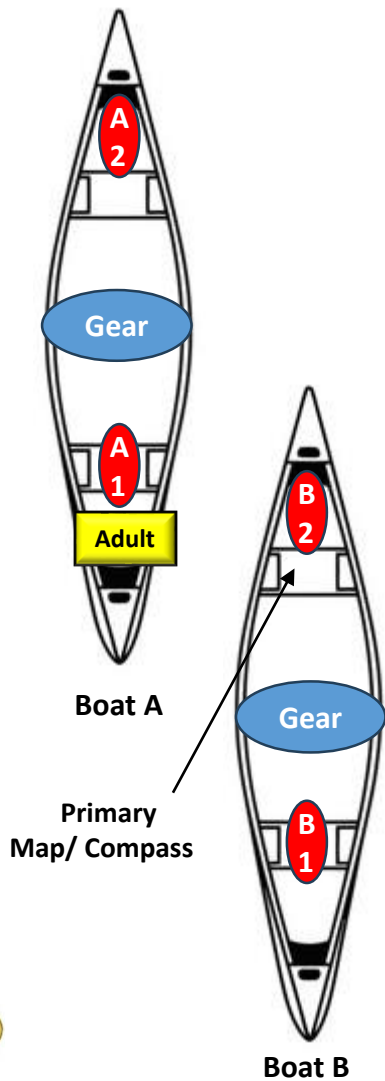
Group #1

APL: _____

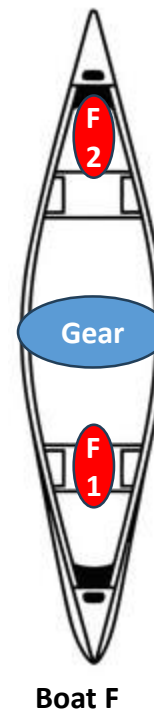
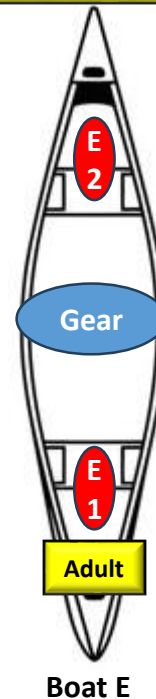
SPL: _____

Group #2

APL: _____



Alternate
Map/Compass



ASM Gandy Sr. Adult

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Route Planning



Choose water that has:

- Calm current (avoiding fast Class II+ rapids for most Scout trips)
- Legal camping areas:
- Easy launch and take-out spots: *Moonyah, Baker*
- Communication plan: Who is *primary, alternate, contingency, and Emergency*:

•P: A: C: E

- Launch point (Day 1)
- Camp 1 (Night 1):
- Camp 2 (Night 2):
- Take-out point (Day 3): Baker
- Road crossings & emergency exit spots:

Leave a **float plan** with:

- Route map
- Names of all participants
- Vehicle info
- Start & finish times

Secure a hand-held radios (x2) to communicate with the Lock Supervisor and get the freq; conduct pre-float checks w/ Locks

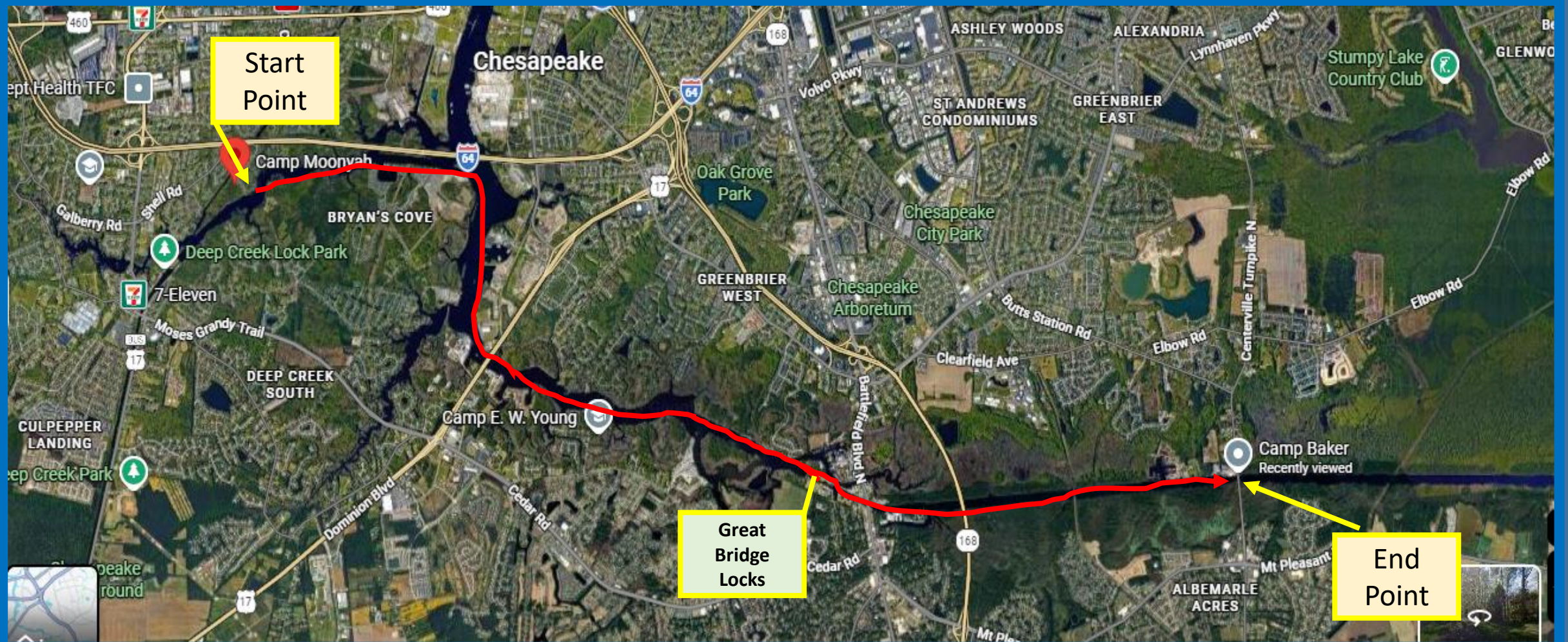
Boat Coordinator:

Adult + Scout: _____ + _____

Boats w/ trailer pick-up?

Adult _____







Leadership & Safety (Super Important)



- At least one **trained adult leader** in Paddle Craft Safety (Basic), Safety Afloat, & Safe Swim Defense
- Buddy system on the water
- **Life jackets (PFDs) always worn**
- Swim test done ahead of time
- First aid—trained adult

1 adult for 2x boats

Canoe Group #1 Adult Names

- 1)
- 2)

Canoe Group #2 Adult Names

- 1)
- 2)





Personal Gear (per Scout)



Clothing

- Quick-dry shirt & shorts (no cotton)
- Rain jacket
- Warm layer (fleece)
- Hat + sunglasses
- Water shoes or old sneakers
- Sleep clothes

Camping

- Tent (***shared***)
- Sleeping bag
- Sleeping pad

Essentials

- Water bottle (2 liters total capacity)
- Headlamp + first aid kits
- Sunscreen & bug spray
- Mess kit + Stoves
- Small towel
- Personal meds

Waterproof everything in dry bags or trash bags inside packs.





Group Gear



- ~8 Canoes, paddles, extra paddle
- Throw rope + rescue rope per boat
- First aid kit (per boat)
- Repair kit (duct tape, zip ties)
- Water filter or purification
- Bear bags or food storage system
- Map + compass + whistle
- Weather radio if possible





Food Plan (Individual - KISS)



Dinner 1: Foil packet meals, pasta, or chili

Breakfast 2: Oatmeal, bagels, fruit

Lunch 2: Tortillas, tuna/chicken packets

Dinner 2: Rice + sausage, mac & cheese, or stew

Breakfast 3: Granola bars, fruit





Framework Sample Schedule



Day 1

- (time unknown) Meet & gear check
- Launch
- Lunch on shore
- 1400–1500 Reach Camp 1
- Swim / relax / dinner / campfire

Day 2

- 0800 Breakfast
- 0930 Paddle
- Lunch stop
- 1400 Camp 2
- Fishing / skills / games

Day 3

- 0800 Breakfast
- 0930 Paddle
- 1200 Take-out
- Clean gear & depart





Risk Management

#1 is Qualified Supervision (Adults Trained)



Prevent and plan for:

- Cold water (hypothermia risk even in mild air temps)
- Afternoon storms
- Dehydration
- Sunburn
- Tired Scouts making bad decisions

Mitigation:

- 1) PFDs w/ ropes get scout out of H2O ASAP
- 2) Check weather
 - a) Night before
 - b) Morning of
 - c) Each break
- 3) Ensure each scout wears sunscreen, hat, long sleeves
- 4) Each scout brings filled water bottle
- 5) Practice paddle strokes and emergency techniques the first 30 min of trip on water

Rule: If weather looks bad, get off the water early.





Extra Fun Ideas

- Paddle strokes contest
- Wildlife spotting list
- Night navigation game
- Leave No Trace challenge





Promotion Tasks and Merit Badge Opportunities



Canoeing Merit Badge (obviously #1)

You can cover:

- Parts of the canoe & paddle
- Launching/landing
- Forward, back, J-stroke, draw strokes
- Deep-water rescue (in a controlled area)
- Capsize procedure (planned, safe)
- Trip planning & safety talk

Basically the **entire badge** can be built around this trip.

🌿 Nature / Environmental Science

Perfect setting for:

- Plant & animal identification
- Aquatic ecosystem discussion
- Invasive species talk
- Water quality observation

Turn it into a “river nature hike” during lunch stops.

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🏕️ Camping Merit Badge

This trip hits:

- Overnight camping nights
- Gear selection
- Camp setup
- Cooking outdoors
- Leave No Trace
- Duty roster
- Weather planning

Have Scouts help plan menus and campsites.





Promotion Tasks and Merit Badge Opportunities



First Aid

Do scenarios at camp:

- Hypothermia
- Heat exhaustion
- Blisters
- Cuts
- Near drowning response discussion

☐ **Navigation**

Use the river!

- Map reading
- Plotting route
- Estimating distance
- Using compass along shoreline
- Identifying landmarks



Cooking Merit Badge

Knock out trail cooking:

- Stove safety
 - Trail meals planning
 - Food safety outdoors
 - Cooking meals for patrol
- Let patrols cook dinner and breakfast.

☐ **Wilderness Survival (partial)**

You can do:

- Survival priorities discussion
- Improvised shelters (don't sleep in them unless planned)
- Fire building practice (where allowed)
- Signaling methods
- Survival kits

Great evening activity.

Pioneering

Good side activities:

- Lashing practice
- Camp gadgets (wash stand, gear rack)
- Simple signal tower or tripod

Fish & Wildlife / Fishing

If legal and time allows:

- Fish identification
- Local regulations
- Habitat discussion





Camping Merit Badge

Best for: **Everyone**

This trip counts for:

- Camping nights
- Gear selection
- Tent setup
- Cooking outdoors
- Leave No Trace
- Campsite selection
- Weather planning

Have Boats / patrols:

- Choose tent spots
- Set up bear bags/food storage
- Create duty rosters

Navigation

Use the river as your classroom:

- Map overview before launch
- Scouts track distance paddled
- Identify bends, tributaries, landmarks
- Older Scouts lead route decisions

Nature / Environmental Science (partial)

Do during shore breaks:

- Identify 5 plants
- Identify animals or tracks
- Discuss aquatic ecosystems
- Talk about pollution/invasive specie

Pioneering (partial): At camp: Lash tripod for wash station; Build gear rack; Simple table or flagpole





- 1) Leaders Recon of boats
 - a) Drop off point
 - b) Camp sites
 - c) Pick-up point
 - d) Equipment verification- PFD size, whistles, 2x lights per canoe, lighters
- 2) Scout practice emergency drills, paddle strokes, on-water commands
- 3) Emergency notification plan: who gets roster, times, locations
- 4) Training – packing, food, stoves, navigation
- 5) Inspections of gear – waterproof and tie down everything
- 6) Commo tests
- 7) Adult names
- 8) Driving canoes
- 9) Packing list

Highly Recommended Additional Gear

- **Bailing Kit:** A half-gallon jug (cut open) and a large sponge, tied together.
- **Communication:** A small, waterproof, handheld marine VHF Radio for each adult leader.
- **Anchor:** An anchor bucket with a line.
- **Lines:** A "painter" line for both the bow and stern of your canoe is **crucial** for the locks.
- **First-Aid Kit:** A well-stocked kit in a waterproof bag.
- **Dry Bag:** To keep a change of clothes, extra food, and electronics safe and dry.
- **Sun Protection:** Sunscreen, a wide-brimmed hat, and sunglasses.



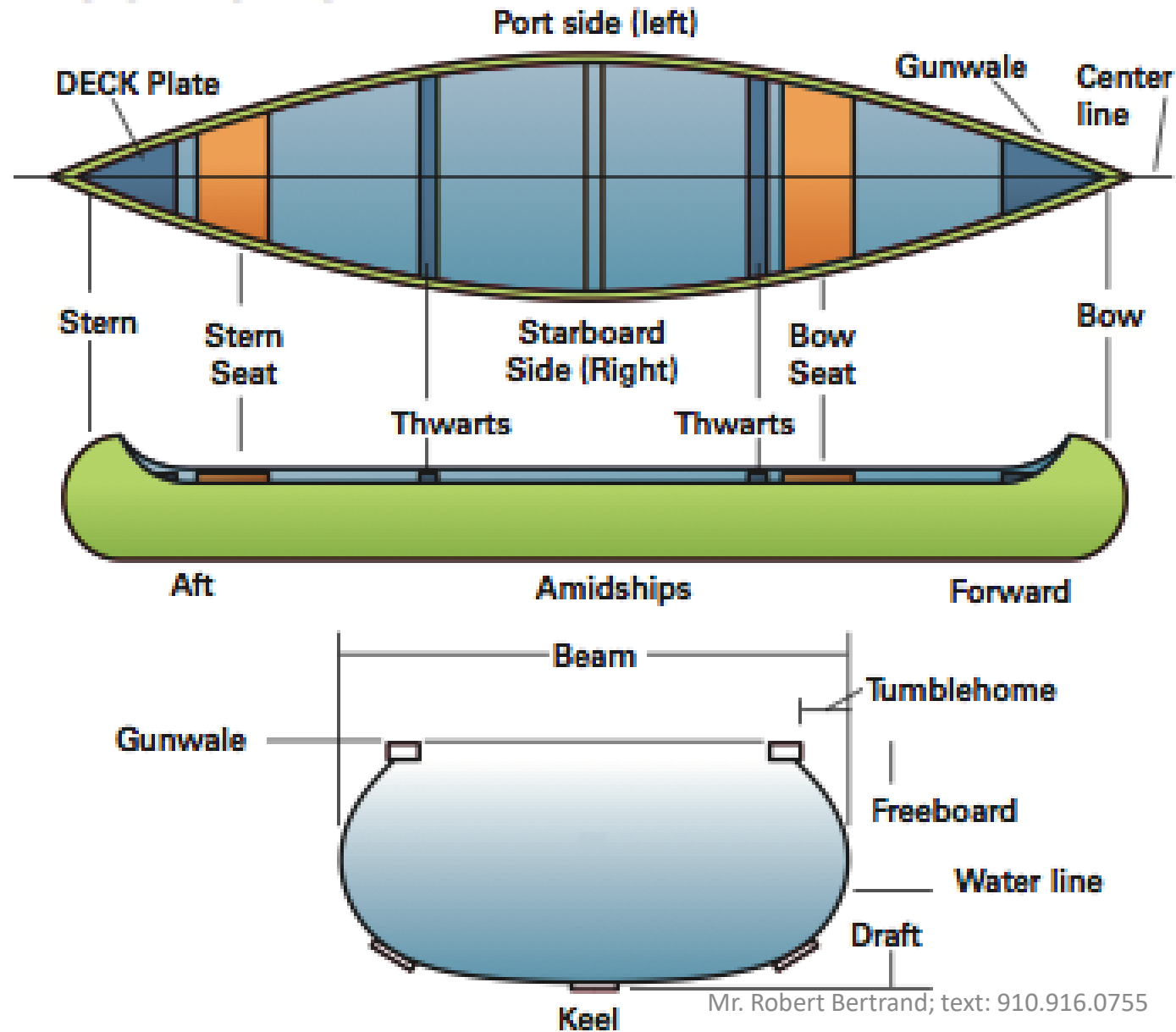


Scout Education Prior to Departure

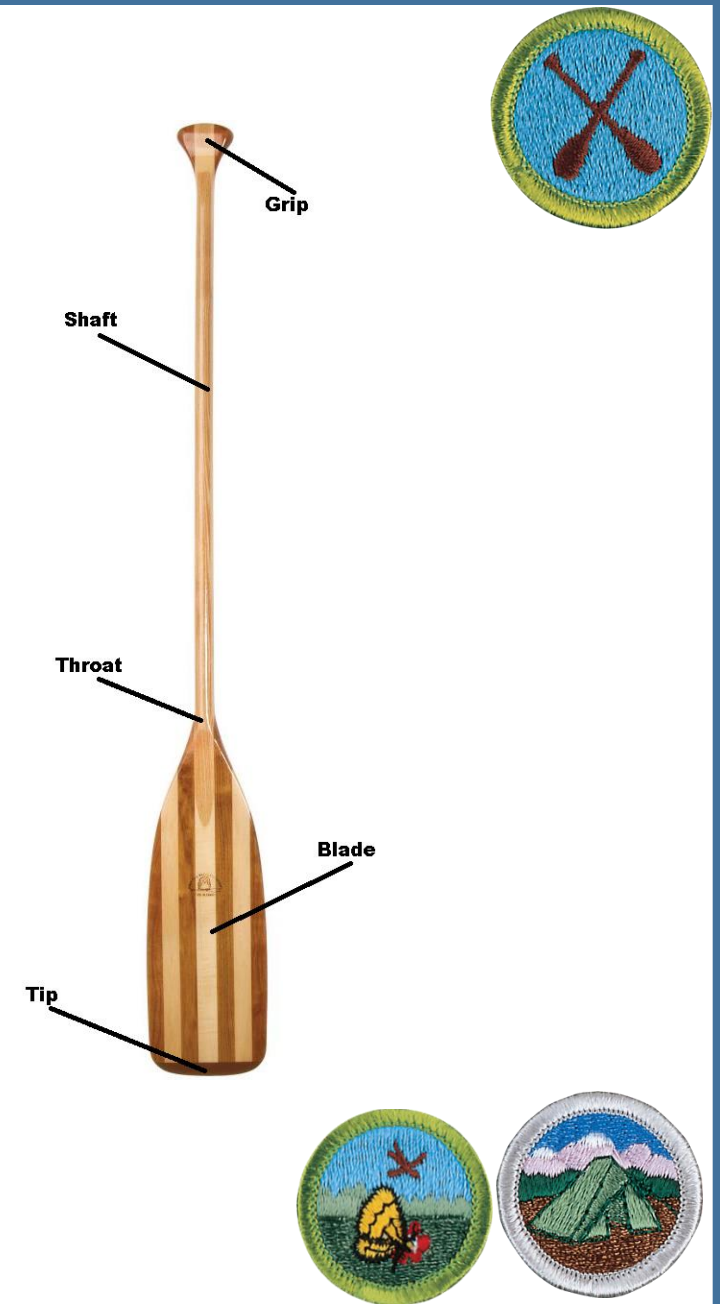


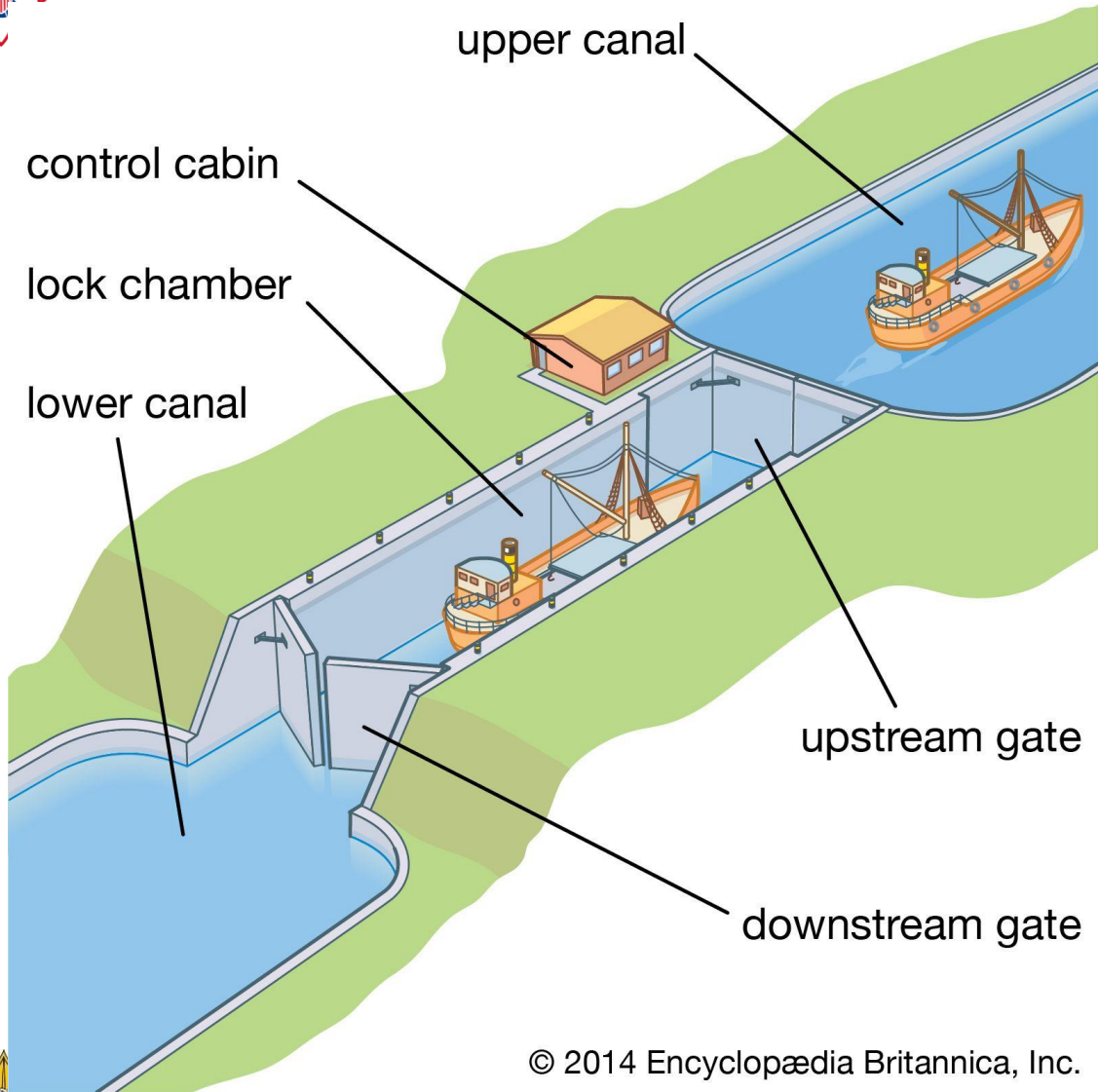
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PARTS OF A CANOE

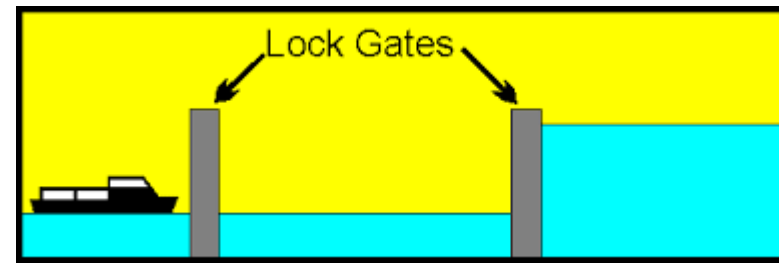


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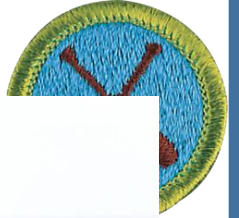


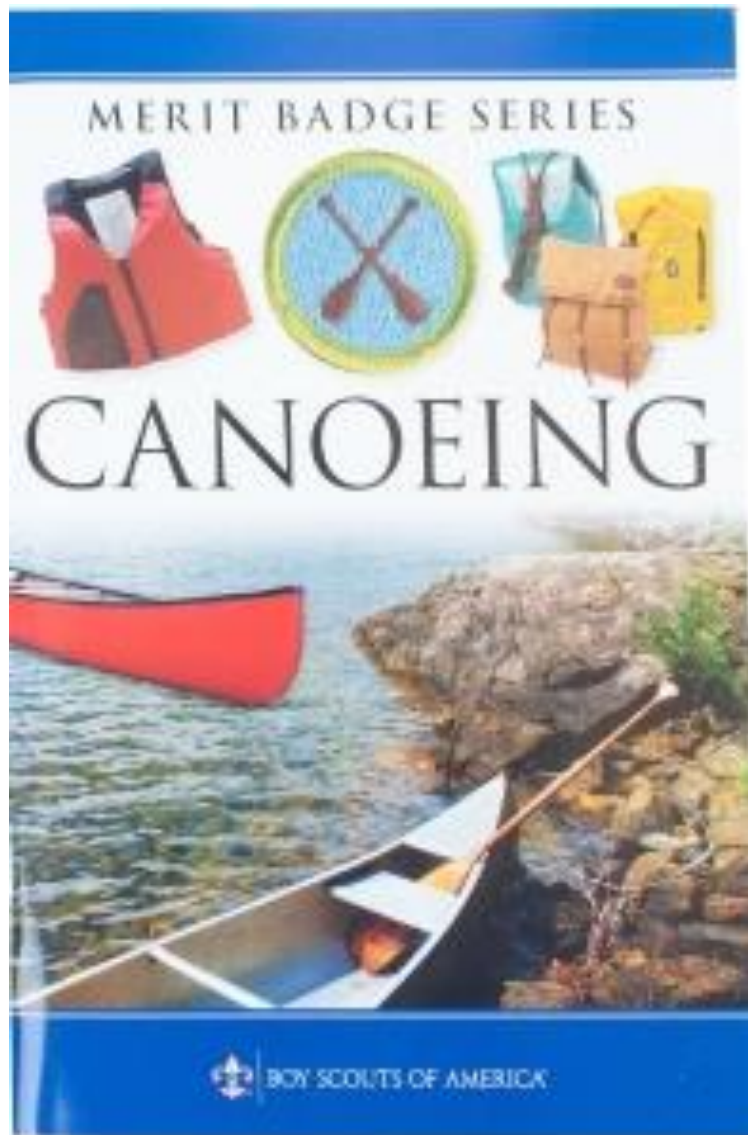


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Canoeing MB



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Canoeing MB Requirements

1. Do the following:

•(a) Review with your counselor the most likely hazards you may encounter while participating in canoeing activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards. (b) Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that could occur while canoeing: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, and strains. (c) Discuss the Scouting America Safety Afloat policy. Tell how it applies to canoeing activities.

2. Before doing the following requirements, successfully complete the Scouting America swimmer test, found in the *Swimming* merit badge pamphlet.

3. Do the following: (a) Name and point out the major parts of a canoe.(b) Describe how the length and shape of a canoe affect its performance.

4. Do the following:(a) Name and point out the parts of a paddle.(b) Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position.

5. Do the following:(a) Review with your counselor the characteristics of life jackets most appropriate for canoeing and tell why a life jacket must always be worn while paddling. (b) Demonstrate how to select and properly fit the correct size life jacket.(c) Review the importance of safety and rescue equipment such as a sound signal device, extra paddle, sponge, bailer, bilge pump, rescue sling, ropes, and throw bag.

6. Review with your counselor the general care and maintenance of canoes, paddles, and other canoeing equipment.

7. With a companion, use a properly equipped canoe to demonstrate the following: (a) Safely carry and launch the canoe from a dock or shore (both, if possible). (b) Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location. (c) Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position. (d) Change places while afloat in the canoe.

8. With a companion, use a properly equipped canoe to demonstrate the following:

•(a) Safely exit the canoe in deep water without losing contact with the canoe. Reenter the canoe with the assistance of the other paddler without capsizing the boat. (b) Safely perform a controlled capsize of the canoe and demonstrate how staying with a capsized canoe will support both paddlers.(c) Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.(d) In deep water, rescue a swamped canoe and its paddlers. After checking that those in the water do not need immediate assistance, empty the swamped canoe and help the paddlers safely reenter their boat without capsizing. (e) Perform a canoe rescue of a conscious swimmer. (f) Using a rescue (throw) bag from shore, lay the line within 3 feet of a conscious swimmer 30 feet away. Show how to repack the bag when done.

9. With a companion, using a properly equipped canoe to demonstrate the following tandem maneuvers while paddling in unison on opposite sides and without changing sides. Each paddler must demonstrate these maneuvers in both the bow and stern and on both sides of the canoe while maintaining trim and balance of the canoe:

- (a) Pivot (spin) the canoe 180° (half circle) to the right from a stationary position, stop, and return to the starting position by pivoting to the left using draw and pushaway strokes or using forward and reverse sweeps staying within 2 boat lengths of the starting position.
- (b) Move a canoe sideways (abeam) in one direction for 10 feet and then return to the starting position using the draw and pushaway strokes.
- (c) While in forward motion, stop the canoe within two boat lengths using the backstroke.
- (d) While in the stern position and without assistance from the bow paddler, paddle in a straight line 15-20 boat lengths using an appropriate steering stroke, e.g., the J-stroke or thumb-down rudder stroke with or without a stern pry.
- (e) Move the canoe in a straight line 15-20 boat lengths with the bow paddler using as necessary the forward stroke, draw stroke or forward sweep and the stern paddler using an appropriate steering stroke, e.g., the J-stroke or thumbdown rudder stroke with or without a stern pry.
- (f) While maintaining forward motion, turn the canoe 90° in an arc to the right in 5-10 boat lengths with the bow paddler using as necessary either the draw stroke or forward sweep and the stern paddler using only the forward stroke. Repeat the maneuver turning the canoe 90° to the left.
- (g) Move the canoe backwards in a straight line 3-4 boat lengths using as necessary the back stroke, reverse sweep or draw stroke in the bow or the stern.
- (h) Complete a figure of 8 course around markers 3-4 boat lengths apart using appropriate strokes including the draw stroke, and the forward and reverse sweeps.



Part 2: Rules of the Waterway

You're not just a canoer; you're the captain of a vessel. Act like it by respecting the waterway and other boaters.

"No Wake Zone" is Law: The entire canal system, like the Dismal Swamp Canal, is a designated "NO WAKE ZONE." This means your canoe should not create waves that can disturb other boats or erode the canal banks. Paddle smoothly.

Maintain Distance: Don't tailgate! It is important to keep a safe distance from other boats, especially near the entrance to the locks.

Know Your Waterway: Be aware of the conditions. The Dismal Swamp Canal, for example, has a controlled depth of 6 feet. Also, be alert for temporary issues like the **Deep Creek Bridge Replacement Project**, which can cause local disruptions. Always check for advisories before you go.



Part 3: The Main Event - Conquering the Locks

This is the highlight of your trip! A lock is simply a water elevator that will lift or lower your canoe to the next water level. Canoes and kayaks are generally permitted, but it's always smart to confirm, as some places may have specific rules. Safety is the top priority.

General Lock-Through Procedure

Approach with Caution: Wait for the lock keeper's signal (a light, horn, or hand signal) before entering the lock chamber. It's great practice to call ahead or radio the lock operator to let them know you are coming, especially with a group.

Use Your Lines: Have your bow and stern lines ready. You will need to pass them up to the lock operator or loop them around posts or cables on the lock walls.

CRITICAL RULE: Never tie your boat securely! The line must be able to slide as the water level changes. Hold the end of the rope. As the water rises, you'll pull the slack in. As it lowers, you'll let it out.

Follow Instructions: Always obey the lock operator. They are the authority in the lock.

Be Still: Once you are secured in the lock, stay quiet and minimize movement.

Case Study: The Deep Creek Locks (Chesapeake, VA)

Knowing the specifics of the locks on your route is key. If your trip was on the Dismal Swamp Canal, here's the information you would need:

Operating Hours: Openings are on a fixed schedule: **8:30 a.m., 11:00 a.m., 1:30 p.m., and 3:30 p.m.**, seven days a week. Plan your arrival time accordingly.

Contact: The lock operators can be reached by phone at **757-487-0831** or on **VHF**

Channel 13.

The museum is open Tuesday-Saturday, 10am-5pm | Sundays, 12-5pm. Park open daily, sunrise to sunset.



About

Visit

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DETAILS Please make reservations two weeks in advance. To reserve your tour, call 757-482-4480 or [email us](#).

COST (groups of 10 or more) \$7 Self-guided | \$9 Docent-led guided tour (allow 1.5 hours); Tour escort and uniformed motorcoach driver receive complimentary admission. Payment must be made in advance or on the day of your visit, in the form of one payment. Cash or credit.

GREAT BRIDGE

Virginia's Bridge to Liberty

Water supports and restricts transportation, thus defining the narrow strip of land where British and Virginian troops fought on December 9, 1775.

The Battle of Great Bridge, December 9, 1775, played a critical role in the Revolutionary War and the subsequent creation of our great nation. It was this patriot victory that forced Lord Dunmore, British Royal Governor of Virginia, and his soldiers to evacuate and ultimately leave Virginia. As a direct result of this victory, four days after this crucial battle, The Virginia Convention adopted the first public declaration expressing a spirit of independence. How different our country might be, had it not been for the Battle of Great Bridge and the significant contributions of our waterways



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✂ Part 1: Gear Up for Safety (Be Prepared!)

Before your paddle ever touches the water, a Scout is prepared. Safety on the water is non-negotiable, and that means having the right gear. The U.S. Coast Guard and local laws have strict rules. Here's your essential checklist.

Required Equipment

Equipment	Requirement Details
Personal Flotation Devices (PFDs)	There must be one U.S. Coast Guard (USCG)-approved wearable life jacket for each person on board. These must be readily accessible, in good condition, and properly sized for the wearer. For canoeing, a Type III PFD is a common and comfortable option. Children must have correctly-fitted, child-sized life jackets.
Sound-Producing Device	All vessels, including canoes, must carry a device capable of making an efficient sound signal to alert other boaters. A whistle or horn audible for at least a half-mile is sufficient for a canoe. It is recommended to attach the whistle to your life jacket. If you are operating between sunset and sunrise, or during periods of restricted visibility (like fog or heavy rain), you must have a white light. For a canoe, this can be a flashlight or a lighted lantern that can be exhibited in sufficient time to prevent a collision. We will not be canoeing after dark, and will avoid canoeing in restricted visibility (fog or heavy rain) so we will not plan on bringing navigation lights. In a pinch, a strong flashlight for each boat will suffice.
Navigation Lights	



Highly Recommended Additional Gear

Beyond the absolute must-haves, smart Scouts carry extra gear for added safety and convenience.

Bailing Kit: A half-gallon jug (cut open) and a large sponge, tied together.

Communication: A small, waterproof, handheld marine VHF Radio for each adult leader.

Anchor: An anchor bucket with a line.

Lines: A "painter" line for both the bow and stern of your canoe is **crucial** for the locks.

First-Aid Kit: A well-stocked kit in a waterproof bag.

Dry Bag: To keep a change of clothes, extra food, and electronics safe and dry.

Sun Protection: Sunscreen, a wide-brimmed hat, and sunglasses.





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