

*The Vikings Boys Summer Whitewater Rafting and Paddling Experience*  
**Itinerary I Monday July 19<sup>th</sup> – Sunday July 25<sup>th</sup>**

**Day 1**

- 1000 Arrive at base. Collect and review any outstanding paperwork. Icebreakers and team building activities.
- 1200 Bag lunch from home
- 1230 Split Group Period 1: Check for gear and clothing issues and group gear packing
- 1330 Split Group Period 2: Check for gear and clothing issues and repackage food
- 1430 Trip expectations, review policies and procedures, snack
- 1530 Depart for campsite: Upon arrival at campsite, set up kitchen, set up tents. No trace camping instruction
- 1800 Dinner and cleanup
- 2000 No trace camping instruction
- 2130 In tents, quiet time
- 2200 Lights out and quiet

**Day 2**

- 0600 Wake up and hygiene
- 0630 Breakfast and cleanup
- 0700 Expedition briefing
- 0730 Whitewater Rafting Class I-II “E-Town Rapids” on the Androscoggin  
Lunch
- 1300 Return to camp
- 1330 No trace camping instruction, team building
- 1700 Down time
- 1800 Dinner and cleanup
- 1900 Down time
- 2000 Expedition day debrief
- 2100 In tents, quiet time
- 2200 Lights out and quiet

**Day 3**

- 0600 Wake up and hygiene
- 0630 Breakfast and cleanup
- 0700 Expedition briefing
- 0730 First Aid and Wilderness Medicine Scenarios  
Lunch
- 1300 Return to camp
- 1330 Afternoon mountain bike ride
- 1700 Down time
- 1800 Dinner and cleanup
- 1900 Down time
- 2000 Expedition day debrief
- 2100 In tents, quiet time
- 2200 Lights out and quiet

**Day 4**

- 0600 Wake up and hygiene
- 0630 Breakfast and cleanup
- 0700 Expedition briefing
- 0730 Canoe paddling and safety instruction including rescue scenarios, dry land and in water, snack
- 1130 Break camp, lunch, load boats with gear
- 1330 Depart for campsite, paddling across Lake Umbagog
- 1700 Arrive at campsite; unload gear, set up camp, start dinner/ down time
- 1800 Dinner and cleanup
- 1930 Down time
- 2000 Expedition day debrief
- 2100 In tents, quiet time
- 2200 Lights out and quiet

**Day 5**

- 0600 Wake up and hygiene
- 0630 Breakfast and make and pack trail snack and lunch
- 0700 Expedition briefing
- 0730 Rafting safety meeting, issue equipment
- 0800 Whitewater Rafting Class II-IV Rapid River. Prepare rafts and equipment, begin hiking to put-in, snack, lunch on river
- 1400 Snack, Downtime
- 1800 Dinner and cleanup
- 2000 Expedition day debrief
- 2100 In tents, quiet time
- 2200 Lights out and quiet

#### **Day 6**

- 0600 Wake up and hygiene
- 0630 Breakfast and cleanup, make and pack trail lunch
- 0700 Expedition briefing
- 0730 Break camp, load canoes
- 0900 Depart camp, paddle across Lake Umbagog to take out and next camp. Snack.
- 1200 Lunch
- 1500 Arrive at camp, setup camp, snack, down time
- 1700 Debrief day
- 1800 Dinner and cleanup
- 1900 Downtime
- 2030 Campfire
- 2100 In tents, quiet time
- 2200 Lights out and quiet

#### **Day 7**

- 0600 Wake up and hygiene
- 0630 Breakfast and cleanup, make and pack trail lunch
- 0700 Expedition briefing
- 0800 Wrap up activity
- 1200 Lunch
- 1245 Depart for base

On arrival at base, students and staff will de-issue gear, clean and dry group gear, clean out vehicles, dry tents, wash dishes, etc. Students will provide written feedback and staff will conduct brief student interviews.

- 1600 Final expedition debrief to prepare to bring the expedition to a conclusion.
- 1700 Parent pickup, no early pickups.

The above itinerary, although well thought out and detailed, is not “set in stone”. Weather, group dynamics, energy levels, and the unexpected play a part in outdoor experiences. It is our first priority to maintain a safe and enjoyable experience. This is a guideline that we will try and follow. Any significant changes will be communicated to our contact person.