

### **Typical Day on Young Adventurers**

- Wake up
- Breakfast prep and campsite take down
- Breakfast
- Activity at the campsite (eg arts and crafts, navigation lesson...)
- Paddle and portage with stops for lunch, exploring a dry creek bed, swimming from the canoes.....
- Arrive at the campsite
- Swim and games (e.g. Frisbee on the beach)
- Dinner prep and campsite set up
- Dinner
- Evening Activity (e.g. journal writing, bracelet making...)
- Campfire
- Flashlights out

\*\*the day's activities depend on the weather and feelings of the group each day and the distance that needs to be covered\*\*

## **Typical Day on a Whitewater Paddlefoot Trip**

- Wake up
- Breakfast prep (and campsite take down if we are moving that day)
- Breakfast
- “Chalk talk” and dryland lesson on river dynamics
- Load the boats and get on the water
- Instructional lesson on a whitewater paddling skill (e.g. paddling strokes)
- Paddle to our first set of rapids
- Scout the rapids and plan a route through
- Run the rapid
- Play and learn at the bottom
- Lunch
- Portage around big rapids
- Paddle on to the next site
- Arrive at the campsite
- Swim and games (e.g. Frisbee on the beach)
- Dinner prep and campsite set up
- Dinner
- Evening Activity (e.g. journal writing, bracelet making...)
- Evening Meeting
- Campfire
- Flashlights out

*\*\*the days activities will depend on the age, skill level and river, all above activities are likely to happen on a Paddlefoot trip\*\**

### **Typical Day on a Paddlefoot Kayak Trip**

- Breakfast and Pack Up
- Load Raft
- Dry land lesson on river dynamics
- Get in Kayaks and get on the water
- Flatwater practice on paddling strokes
- Scout rapid and learn about hydrology
- Run the rapid
- Lunch
- Practice and play at the bottom of the rapid
- Paddle to next campsite
- Campsite set up
- Dinner
- Evening activities (games on the beach, crafts etc)
- Campfire and evening meeting
- Flashlights out

*\*\*the days activities depend on the skill level of the group and the river the trip is taken place on\*\**