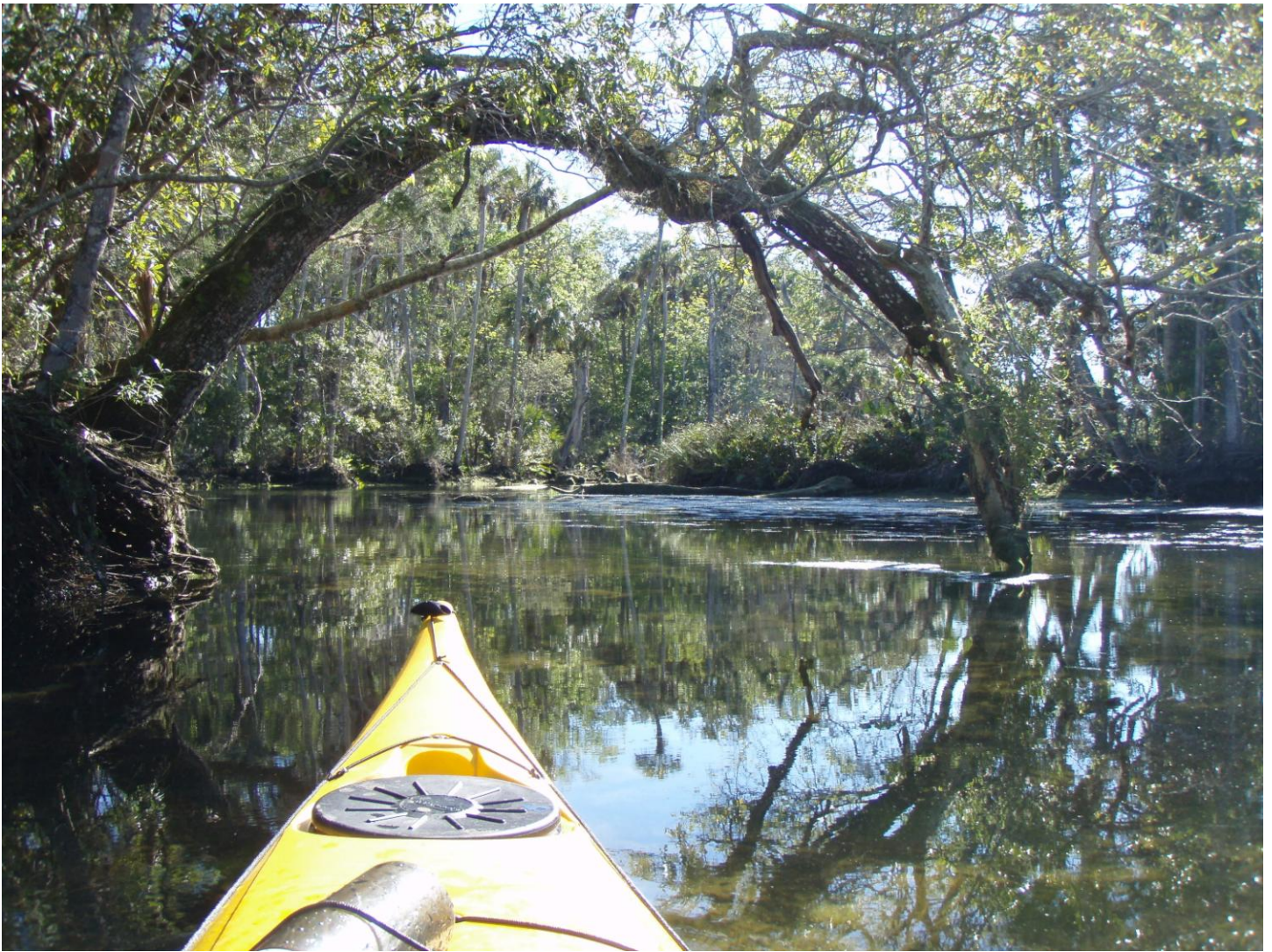


SPRING BREAK 2012- FLORIDA CANOEING



CANOEING- SUWANNEE RIVER WILDERNESS TRAIL

WELCOME! Thank you for your interest in this nine-day adventure that takes place in a remote and spectacular spring fed river near the Florida Peninsula. We pride ourselves on offering great canoeing trips to this area and can boast of many years of experience leading first time paddlers. We are committed to small group trips that are safe and have a friendly atmosphere. The information that follows will give you a clear picture of the type of adventure you can expect. We hope you will join us.

ABOUT THIS TRIP: Ten adults plus four leaders travel together in one 15-passenger van and a Crew-cab pickup to White Springs, FL, an historic river front community steeped in folk tradition and culture. The setting is a sparkling spring-fed river dotted with small communities on the way to the Florida Gulf Coast. Residents of this area include unique birds such as the Great Egret, Great Blue Heron, Snowy Egret, Double Breasted Cormorant, and American Coot. Observational trophies on past trips also included Manatees, Dolphins, Alligators, Turtles, and many varieties of fish.

At this time of year you can expect cool to warm days, refreshing water for swimming and cool nights for sleeping. Our itinerary is geared for first-time paddlers, but all experience levels will enjoy the beauty and solitude of this trip. We offer the use of both 15' and 16' canoes and the opportunity to paddle both. This trip is an expedition of sorts and we will be carrying all of our gear in our canoes throughout the trip—including water—resulting in an excellent outdoor learning experience and challenge.

Plan on observing a lot of native flora and fauna whether it is hundreds of birds, flowers in bloom, manatees, and other fun water creatures. We will do our best to make time each day to snorkel, fish, day hike, and of course relax and enjoy this amazing natural area.

WEATHER: “Plan for the worst, expect the best.” Warm days, breezy afternoons, cool nights, and plenty of sunshine is the norm. It is possible to experience rain. Expect temperatures as high as the 70's and as low as the 30's. The biggest factor to contend with is the wind, sun, and possible rain. We will get on the water early to avoid some of the afternoon winds, we expect folks to take care of their skin with sun block, and to be prepared to paddle in the rain.

INCLUDED IN THE PRICE: The fee includes, travel, three professional outdoor leaders, all camping and permit fees, round-trip transportation via air conditioned 15-passenger van, 22 meals (8 breakfasts, 7 lunches & 7 dinners), and complete outfitting of all canoe and personal camping gear. A \$200 deposit is required to reserve your space. Please read our cancellation policies carefully before registering.

NOT INCLUDED IN THE PRICE: Your personal expenses will include approximately six to seven meals on the road or in town, favorite snacks, and any souvenirs you would like to purchase.

YOUR TRIP LEADERS: The leaders guiding this trip have extensive paddling “know-how” in Florida and around the country. They also have many years' experience traveling and adventuring throughout Florida and have led trips well beyond the scope of this one. They look forward to sharing a wonderful canoeing adventure with a small group of enthusiastic trip members.

CANCELLATION POLICY: PLEASE READ BEFORE REGISTERING FOR AN OUTING

1. If you cancel prior to the pre-trip meeting you are entitled to a refund or a credit voucher good for the full amount which can be used toward another outing. Credit vouchers are valid through the end of the academic year. Note: transferring from one trip to another constitutes a cancellation and must be done within the aforementioned deadline to avoid loss of fee.

2. If you must cancel from an outing after the aforementioned deadline (Feb. 17th), you may receive a refund or a credit voucher good for the full amount **ONLY IF WE CAN FILL YOUR VACATED SPOT**. Please note that all other spaces must be filled before we can fill your space. If we are unable to fill your vacated spot, you will not be entitled to a credit voucher or refund. **NO EXCEPTIONS.**

3. Sometimes, we must cancel an outing due to low enrollment. In such a situation, we try to contact enrolled participants either by the Monday prior to the outing or the day of the pre-trip meeting. Enrolled participants will be eligible for a full refund or credit voucher.

4. In the event of cancellation due to unforeseeable circumstances on the part of Baylor Outdoor Adventure (bad weather, natural disaster, or instructor illness for example), we will make every attempt to reschedule the outing or issue a full refund or credit voucher.

RISKS/HAZARDS/SAFETY: On paddling trips Wind and Weather are always our biggest concerns. High winds can impede our progress and make even camping difficult. This area is known for both its pristine and calm waters, but at times, there are fierce winds and thunderstorms that can cause dangerous conditions to present themselves in a matter of minutes. Mornings are typically calm offering ideal paddling conditions, while afternoons can present us with windy or stormy conditions that can run the full range from strenuous paddling to dangerous conditions. This means we will rise early, have quick breakfasts, and hit the water with time in the afternoon for snorkeling, siestas, fishing, reading, and hiking. Getting up early, some days, may be non-negotiable.

The outdoor environment is unique, providing us with all kinds of opportunities to be bitten, stung, stuck, burned, etc. Protecting yourself from the sun is encouraged if not mandatory. There may be Sting rays in the warm shallows, Alligators in certain areas, rattle snakes and scorpions in the shade or under rocks, and sharp plants around—following safety protocols established by your trip leaders will help you protect yourself from these inherent risks. Also, paddling a sea kayak can be hard work at times—plan on working some muscles that may not get used much. You should consider training in the SLC on a rowing machine, and swim once a week, to get those muscles ready.

Practically speaking, the nearest medical facilities are in the towns along the way, but the closest major hospital would be in Tallahassee or Tampa some 2+ hours away. Everyone on this trip must make a conscious effort at all times to be safe. One person's disdain for safety will result in more hardship for the whole group. If we do have an accident or injury that requires medical attention beyond the scope of our leaders' experience, the trip is immediately over without refund. Our leaders are certified Wilderness First Responders which means they are trained to administer first aid in this type of "delayed transport" environment. However, while they can treat injuries—they cannot always prevent them. Lastly we do our best to stay in communication with our contacts in town via cell phone.

OUR EXPECTATIONS FOR PARTICIPATION: Please commit to being a contributing member of a group of 10. We expect that you will be in good physical condition and health, able to paddle upwards of four hours at a time, and camp in a primitive environment. We will enjoy meals together and divide equally all necessary camp tasks, such as carrying gear and kayaks and cleaning them at the end of the trip. The penalty for possession of illegal drugs is severe. Alcohol consumption is also prohibited.

CLOTHING & EQUIPMENT: Each participant must bring only the bare essentials or what is printed on the equipment list. Please limit yourself to one duffel bag and small road bag to transport all your gear in the van and truck. Once we reach our destination, you will transfer your gear into "dry bags". These dry bags will be provided by Baylor Outdoor Adventure and are designed to fit in your canoe and keep your gear dry.

TECHNOLOGY: This trip is designed for you to spend time in the wilderness enjoying the benefits of being close to nature, getting away from it all, and being part of a group expedition. For this reason electronic music players (iPods, MP3 players, CD players, TVs, etc...) cell phones, radios, etc...will not be allowed in the backcountry. Instructors will have all phones and radios necessary should any emergency arise. You may have them for the road trip portions of Spring Break. It is always fun to share your music with the rest of the vehicle.

HEALTH/PHYSICAL CONDITIONING: Paddling can be strenuous and uncomfortable at times. You're sitting for long periods of time, maintaining a constant pace with only short breaks and sometimes without the opportunity to use a toilet or stretch out your legs. We will be paddling 9 to 20 miles a day, which with proper instruction and technique should be a good workout, but manageable. Keeping yourself well hydrated, fueled up, and protected from the sun and wind is essential and will help keep your energy level high. Leg and foot cramps, back aches, etc. have all been common occurrences on our extended paddling trips. Stretching is essential.

FOOD/COOKING: We love to eat on the road in small towns in the United States– the food is good and it makes sense to support the local people and economy of the communities through which we travel. Plan on this aspect of the trip being one of the most rewarding. We hope you will be amazed (as many of our trip members have been) by some of the delicious dishes we will prepare together. Common dinner meals include: pasta and cheese, chicken and rice, enchiladas, or stir-fry; breakfast might offer granola, oatmeal, fruit, cream of wheat, and muffins; and drinks and desserts include cocoa, coffee, tea, lemonade mix, soup, brownies, cakes, and cobbler. Lunch food is salami, cheese, bagels, peanut butter, jelly, hummus, carrots, granola bars, and snack mix. All trip members will be asked to assist equally with preparing and clean up of all meals.

CAMPING: Our River Trail campsites will have running water and bathrooms. Our beach campsites will be mostly sandy/rocky and may or may not have running water and showers. Please be prepared to live in the elements for the duration of the trip.

STEWARDSHIP: It is always important to the Baylor Outdoor Adventure program to minimize our impact on the natural environment and resources from which we derive so much enjoyment and knowledge. We will require that everyone pack out all of their trash. Included in your confirmation packet will be a handout on specific minimum impact essentials. We require that you not only read it, but also agree to practice all of the techniques. We will dispose of fecal waste by using Wag Bags or RestStop 2s. There may be facilities along the way, but not guaranteed. One must master the art of going the bathroom in the woods.

CANOEING COMFORT LEVEL, SKILLS AND ABILITIES: If you have never paddled a canoe, we urge you to try it before committing to this trip. We will be paddling fully loaded canoes in open water. This is very different from paddling a "sit-on-top" kayak which is much more stable and easier to re-enter in the event of capsizing. Our leaders need everyone to feel comfortable performing both solo and assisted recoveries. If a capsizing occurs in rough or windy conditions, each of us needs to know exactly what to do for the safety of our group. With this in mind, we have planned for the first morning on the water to be a hands-on canoe safety skills lesson. Even if you feel you are adequately (or even over-qualified) in terms of canoeing, we require your active participation, so that we are all on the same page once the trip begins and so that our leaders can also feel comfortable with your skills. Additionally, we will welcome your assistance and tips in helping those less experienced to gain knowledge and vital skills. The topics to be covered include: Wet exits and recoveries; Knowledge of your canoe and related equipment; Paddling techniques; Group paddling safety strategies.

TENTATIVE ITINERARY (subject to change)

PRE-TRIP MEETING: A required pre-trip meeting will be held **Wednesday, Feb. 15th** and again **Monday March 5th**. All participants must attend.

DAY 1- March 9th

Meet at SLC at 4:00pm Depart at 5:00pm. Drive to [Sam Houston Jones State Park](#) in Lake Charles, LA. Dinner will be on the road. Camp at the park. Up early on Saturday.

DAY 2- March 10th

Wake up early. Breakfast at camp. Drive to White Springs, FL and camp at [Stephen F. Foster Folk Center](#). Lunch on the road. Dinner at Stephen F. Foster.

DAY 3- March 11th

Canoe Skills & Safety Orientation on water at the put-in. Explore the Florida State Cultural and Heritage Museum and the Historic town of White Springs. Run the Class III [Big Shoals](#) rapids with empty boats. Camp again at [Stephen F. Foster Folk & Cultural Arts Center](#).

DAYS 4 – March 12th

Shuttle pick up vehicle. Mid morning, paddle to our first River Camp- Woods Ferry Camp. Set up camp, and get to know the area. Possible afternoon paddles, napping, fishing, and snorkeling. River Miles-9 mi- approx 3-4 hours.

DAY 5- March 13th

Today you will paddle from Woods Ferry Camp and have your first real full-day of paddling and time on the water. We will stop after 11 miles at the [Spirit of the Suwannee Music Park](#) in the middle of the day to take a break and look around. Then continue on until Holton Creek River Camp. This is the longest day so we will be up early ready to hit the water before the afternoon winds come in. River Miles- 18.4 mi - approx 6-7 hours.

DAY 6- March 14th

Paddle from Holton Creek River to [Suwannee River State Park](#). River Miles- 13mi- approx 4-5 hours. Take out and drive to Rainbow Springs State Park. Possibly Dinner on Road.

DAY 7- March 15th

Up early and drive to [Crystal River Preserve State Park](#). This area has the clearest water and the largest concentration of Manatees in the area. We have no agenda other than recreational paddling, snorkeling, and relaxing in the state park all day. Back to Rainbow Springs to Camp.

DAY 8- March 16th

Up early, get breakfast on the road at a local place, and drive to [St. Joseph Peninsula State Park](#). This is where we will be hanging out on White Sandy Beautiful Beaches. You can catch some sun; go for a hike, go paddling or snorkeling.

DAY 9- March 17th

Sleep in a little. Leave [St. Joseph Peninsula State Park](#) at 9am. Drive back to Lake Charles, LA. Stop in [Apalachicola, FL](#) for some fresh caught Seafood or Alligator at [Up The Creek](#) for Lunch. Dinner on the road.

DAY 10- March 18th

Leave Sam Houston Jones State Park and head back for Waco. Back by 5pm

EQUIPMENT & CLOTHING LIST- For Backcountry Portion (you may have other clothes in vehicle)

CLOTHING:

- ❑ Shade Hat – side brimmed is best. Baseball cap with bandanna covering the back of your head and neck will work in a pinch.
- ❑ Warm Hat – a wool or fleece stocking cap or balaclava is wonderful if you are a “cold” sleeper or for wearing in the evening when it is cool and windy.
- ❑ 2 x Cotton T-shirt/shirt – cotton is wonderful to put on after a long day of paddling. Keep a shirt designated only for “camp” to avoid the saltwater chafe.
- ❑ Synthetic T-Shirt for paddling- long sleeve or short sleeve is fine
- ❑ Synthetic Long Underwear Top – Light or Medium Weight (Capilene, Polypropylene, etc.) – will keep you warm even when wet. Nice to wear under your spray jacket as added insulation.
- ❑ Wind Breaker or Nylon Shell.
- ❑ Wool Sweater or Fleece Jacket/Pullover – great for in camp or if conditions get cold.
- ❑ Nylon shorts: better than cotton because it dries quickly.
- ❑ Synthetic Long Underwear Bottoms – Light or Medium Weight
- ❑ Cotton or Fleece Sweat Pants: nice to have in camp for the cool evenings.
- ❑ Bathing Suit
- ❑ Underwear- 2-3 pair
- ❑ Sport sandals: The terrain around camp can be very rugged. In warmer weather sport sandals are nice to wear all the time. Keen, Chaco, Teva or similar.
- ❑ Hiking Shoes/Tennis Shoes: Essential for day hikes.
- ❑ Hiking Socks: Wool or Wool/Nylon blend.

PERSONAL EQUIPMENT:

- ❑ Sunscreen, Chapstick & Hand Lotion- paddling all day can lead to cracked hands
- ❑ Sunglasses w/retainer strap: The sun can be extremely bright at times. A good pair that offers UV protection w/polarized lenses is recommended.
- ❑ Small Towel & Toiletries: Bring what you need to feel comfortable. Fresh water will be at a premium, so bathing will be limited (we’re big fans of baby wipes).
- ❑ Ziploc Bags (6) & Heavy Trash Compactor (2) come in very handy throughout the trip for numerous uses. Such as for personal garbage, wet gear, etc.
- ❑ Coffee Mug, Cup, Bowl, Fork & Spoon
- ❑ (2) One-Quart Water Bottles. Water is your lifeline in the outdoors. Nalgene and Gatorade bottles are excellent because they will withstand someone stepping on them.
- ❑ Water Bags/Hydration-Hose Systems: These are wonderful when paddling because they allow hands free access. Camelbak, Platypus or similar.
- ❑ Flashlight or Headlamp with spare bulb and batteries.
- ❑ Snack Food: Our motto is “Lunch begins right after breakfast”. Please keep your energy and calorie level high all day! We will provide some food for snacking, but if you have your favorite snack that helps keep your energy up- like Clif Bars, Power Bars etc... Please bring them.
- ❑ Toilet Paper in Ziploc bag: It is our goal and responsibility to leave the areas we visit in better condition than we find them. We will be asking that everyone take responsibility for packing out all of his or her toilet paper and other personal garbage (when away from facilities of course)
- ❑ Camera & Film (waterproof disposable cameras work great)
- ❑ Journal and Pen (optional, but nice to record experience)
- ❑ Insect Repellent of Choice (they should not be too terribly bad)
- ❑ Cycling Gloves or Paddling Gloves (helps with blisters for some folks)
- ❑ Wetsuit: 3/2mm “farmer john” wetsuits are perfect for snorkeling during spring or early summer in Florida- try to borrow one if you don’t own one. If the weather is above 60F you probably won’t need one, but if you get cold easy, you may want to find one.
- ❑ Snorkel, Mask, & Fins- can be purchased for under \$30 on-line.

- ❑ Binoculars (optional) nice for bird watching
- ❑ Wristwatch-waterproof
- ❑ Pillow for van ride
- ❑ Van Entertainment (cards, travel games, book, etc) We encourage you to try not to use your iPods, video games, etc... and get to know the other people on the trip.

PERSONAL EQUIPMENT THAT OUTDOOR ADVENTURE WILL PROVIDE:

- ❑ 2 or 3 person freestanding dome tent w/rainfly.
- ❑ 20° Mummy Sleeping Bag w/plastic bag lined stuff sack
- ❑ Ensolite Pad
- ❑ Large Dry Bags (4) for storing all of your gear in your canoe.
- ❑ Small Dry Bag for storing your sunscreen, snacks, water, paddling jacket, etc., for easy access while paddling
- ❑ Rain Jacket or Pants – if you need them
- ❑ Splash Jacket for paddling

GROUP EQUIPMENT THAT AZTEC ADVENTURES WILL PROVIDE:

- ❑ Expedition First Aid Kit, Kayak Repair kits, two-way radios, Canoess, paddles, drybags, and all related safety gear
- ❑ Stoves, fuels and all cooking gear, 8 Breakfasts, 7 dinners, 7 desserts for 12 people, Water Containers-totaling over one gallon per person per day

DON'T DELAY- SIGN-UP TODAY!!!

