

**Manistee River Trail Backpacking / Canoeing Trip
Schedule**

Sessions 1 and 5

Group

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 will 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 will relate to the upcoming trip in both experience and debriefing)

Lunch

Rest Hour

Trip Briefing

- Maps
- Trip Itinerary

Break

Trip Etiquette / Expedition Behavior

- Water
- Food
- Feet!

G-Swim

Dinner

Hike Around the Lake

Capture the Flag!

Showers

Devotional

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

Thought of the Day

Breakfast

Cabin Clean-up

Tent Practice (in tent teams)

Backpack Briefing

- Adjustments
- How to pack

Packing Lists

Lunch

Rest Hour

Meal Plans

Food Prep (in meal teams)

Dinner

Canoe Instruction on Lake Echo

Packing Time

Stove Usage

Campfire at Trips Building / Fire Management

**Counselors will confirm all final details by
Tuesday 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?

Camper Packing List:

Comfortable Shoes
Sandals (Optional)
Hat or Bandana
Swimming Trunks
1 pair of Pants
1 pair of Shorts
2 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

Confirm Canoe Trailer packing w/ Paddles and PFDs

Wednesday (Day of Departure)

Thought of the Day

Breakfast (Trip Announcement to the Camp!)

Load Truck / Bus

See Health Officer

10 am Depart from Camp Pinewood
12 pm Arrive at **Seaton Creek Camp Ground** (Call to Check in)
12:00-12:30 Lunch
12:30-4:00 Hike to **Campsite #7** (app. 5 ¾ Miles)(Call to Check in)
4:00-5:00 Set up Camp
5:00-6:00 Swimming / Crawfish Hunt!
6:00-8:00 Dinner / Clean-up
8:00-9:00 Stories / Chill by the Fire!
9:00 Devotional

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
- Call Camp Pinewood to check in at these points (leave message if no answer):
 - Upon Arrival at Seaton Creek Camp Ground
 - Upon Arrival at Campsite #7

- Possible Evacuation Locations
 - Miles 1 and 2 **O'Rourke Rd.**
 - Miles 2 to 4 **FR 7123**
 - Miles 4 to 5 ½ **FR 7120**
 - Miles 5 ½ - 6 ½ **S. Slagle Creek Rd.**

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

- **Grand Traverse County Sheriff**
 - **(231) 263-2722**

- **USDA Forest Service Manistee Ranger Station**
(231) 723-2211

Thursday (Day 2 on the Trail)

7:00-8:30 Make Breakfast / Wash up / Break Camp (Call to Check in)
8:30-11:00 Hike to **Red Bridge** (app. 4 ½ miles) (Call to Check in)
11:00-11:30 Lunch at Red Bridge / Meet with the Canoe Trailer
11:30-12:00 On-Site Canoe Orientation / Reminders
12:00-4:00 Paddle to **Tippy Dam Boat Launch** (short breaks as needed) (Call to Check in)
4:00-6:30 Great Success! Enjoy Dinner on the Ride Home!

6:30-9:00 Unpack / Return Gear / Showers
9:00 Closing Ceremonies

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 trail from Campsite #7
 - Upon arrival at Red Bridge
 - Upon arrival at Tippy Dam

- Possible Evacuation Locations
 - Campsite #7 to Mile 6 ½ **S. Slagle Creek Rd.**
 - Mile 6 ½ to Mile 8 **Cottage Rd.**
 - Mile 8 to 9 ½ **Arquilla Creek Rd.**
 - Mile 9 ½ to 10 ½ **Red Bridge**

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

- **Grand Traverse County Sheriff**
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Friday – Closing out the Adventure!

Clean out Cabins

Move Luggage to the Lodge

Breakfast

Goodbye Camp Pinewood!