

CAPE COD MARITIME ADVENTURE PROGRAM

**BASE CAMP PHONE NUMBER:
1-508-362-3428**

**COUNCIL OFFICE NUMBER:
1-508-362-4322**

**EMERGENCY NUMBER ONLY!
1-508-287-7301**



2009 Crew Guide Book

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NOTES

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The Cape Cod Maritime Adventure Program (CCMAP) offers challenging and exciting opportunities for older Scouts, Venture Crews, and other youth oriented groups. Whether your interest is kayaking, outdoor photography, biking, wildlife observation or any of the numerous other program possibilities, the Cape Cod Maritime Adventure is exciting and inspirational. The key to this successful program is flexibility...flexibility in what you do, as well as, when and where you do it

This flexibility starts when you plan to arrive. Each group, called a Crew can be flexible in size between six and eleven people, including adults, called advisors. One advisor becomes the Advisor of Record and serves as the contact person, or liaison, with CCMAP. Each Crew also selects or elects a youth leader, the Crew Leader, who helps with planning and assumes many of the leadership duties of the crew. Groups larger than eleven must split up into two or more crews with separate adult leadership. Co-ed crews are very welcome to participate but must follow BSA Policies for Co-ed Trips and Activities, including having male and female adult advisors. These groups should contact their local BSA headquarters to access these guidelines. Councils or regions sometimes put together provisional crews made up of individuals or small groups from several units, with appropriate adult leadership.

Early on arrival day at Greenough Scout Base, your group will meet with your guide to learn about the area and program possibilities available. Later during that day, after participating in other orientation activities, and after the crew has discussed the possibilities, crew representatives will again meet with the trip planner to finalize the itinerary. The options are many and varied.



AWARDS

Meeting the challenge of the Maritime Adventure program is worthy of recognition. By themselves awards have little value, but they represent a High Adventure experience that cannot be bought, sold or traded - they must be earned.

Every individual whose crew successfully completes their Maritime Adventure trip receives a base patch. This patch is worn on the right pocket of the Explorer or Scout uniform shirt .

DEPARTURE - Most crews like to get an early start for home. We can accommodate departure times of your choice after sunrise.



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CHAPPED LIPS - Carry a chapstick and apply to lips to prevent dry, parched, or cracked lips resulting from sun and wind.

FOOT INJURIES - Foot gear should be worn at all times except when in bed. A foot injury can be serious and could terminate your trip.

HEADACHES - Often results from sun glare, heat, and dehydration. Putting on a hat and sunglasses could help prevent headaches, as well as drinking plenty of water.

PHYSICAL CONDITION - Arrive in good shape for a rugged experience. Physically weak crew members, at times, keep the group as a whole from planning a challenging trip. Responsibility for selection and approval of crew members and advisors lies with the unit committee and local council. In the event that anyone arrives at the base camp under age or physically unable to take the trip, parents or the local council are asked for instructions as to how that individual should be returned home immediately at the expense of the crew.

MANNERS - Remember that a person's campsite in the wilderness is their home...enter someone's site only if you have their permission.

WEATHER - Cape Cod days are generally sunny, warm, and comfortable and the nights are chilly - just right for good sleeping. Bring warm clothes and bedding. Also, have proper rain gear, and pack so that your equipment will stay dry, even in a storm.

FIRE - Be sure yours is always attended or completely OUT!

ALCOHOLIC BEVERAGES, NON-PRESCRIPTION DRUGS AND FIREARMS ARE PROHIBITED AT CCMAP!

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Program flexibility allows crews to modify their planned itinerary if unexpected problems or conditions arise. There are opportunities to see new things and places, to refine skills or learn new ones, and to develop attitudes about wilderness-type areas and activities that will last long after the trip is over.

To support this varied program, crews are assigned a trained staff member, the Guide, who will accompany the crew for their entire expedition. The Guide oversees outfitting and training, offers environmental and historical interpretation, and serves as a consultant and advisor in matters of safety and outdoor skills. The Guide will help insure your crew gets the most out of its Cape Cod High Adventure. In addition to the Guide, your crew will be outfitted with the best and latest equipment available including: kayaks, paddles, PFD's, tentage, packs, and cooking equipment designed to help prepare the provided trail food. Participants need only bring their personal clothing and equipment.

Camp Greenough will serve as your base camp. The camp is a 300-acre property in the middle of Cape Cod. Facilities include a 30-acre fresh water pond with a complete waterfront, COPE area, rifle and shot-gun ranges, trading post, dining hall, rest rooms and showers.

Transportation: Mostly by bicycle. Enjoy miles and miles of beach with crashing waves of the Atlantic Ocean to the calmer, warmer waters of Nantucket Sound and Cape Cod Bay. Board a whale watching boat in Provincetown Harbor and head for the famous marine life sanctuary, Stellwagen Bank. Suddenly a hump-back whale breaches then crashes back into the water. See other whale species, dolphins, and marine birds.

Ride your mountain bikes through the Province Land Dunes. It's almost like being on a lunar landscape. Dip between the sand dunes then climb to ocean views.

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CREW TRAINING AND SHAKE DOWN - To insure the success of a trip to the Cape, every crew should prepare at home by having one or more training trips. You will be traveling about 25 to 30 miles per day on bikes. Pre-trip training can only help to prepare each crew member, physically and mentally. Molding the unit into an efficient camping crew. USE CREW GUIDEBOOK.

MEDICAL EXAMINATION - use the class three Health and Medical Record provided. Make sure that the participant or parent/guardian has completed the emergency contact portion, parent/guardian authorization, and health history, and that the medical evaluation section is completed and signed by your physician. Failure to bring this form properly completed, for every member of the crew, including advisors could result in extra expense and loss of trail time.

CAMPER INSURANCE COVERAGE - Many BSA councils provide the required accident insurance for their units. However, in those councils where this is not provided, crews can purchase a policy through the council, which will cover them while traveling to and from Cape Cod, as well as, during the CCMAP experience. Check with your local council. Your unit will need proof of coverage upon arrival at CCMAP.

PERSONAL PREPARATION - Make a list of skills needed for a successful biking, kayaking and camping trip to Cape Cod. Begin acquiring these skills with fellow crew members.

SKILLS, STAMINA AND TEAMWORK - A High Adventure trip on Cape Cod requires stamina, endurance and cooperation...you will derive great satisfaction from being in good shape and knowing that you can contribute to a successful rugged experience.

BE IN TOP PHYSICAL CONDITION.

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PREPARING FOR THE MARITIME ADVENTURE

- IMPORTANT DETAILS -

ADULT LEADERSHIP - Requires Council approval.

- A crew advisor must be a registered Scouter at least 21 years old and have appropriate leadership and camping skills.
- Advisors must be physically capable of hiking biking, kayaking and camping on Cape Cod without undue strain. Two advisors per crew are required.
- Advisors should be Scout minded, cooperative, enthusiastic, and should display a wholesome attitude.
- Co-ed crews are required to provide their own co-ed leadership while enroute to, and participating in, CCMAP. This includes at least one male and one female Advisor, each 21 years of age or older.

CREW MEMBER REQUIREMENTS

- Participants must be 13 years of age by January 1 of the year they attend. It is the responsibility of the Advisor Of Record to ensure that all participants meet this requirement. **UNDERAGE SCOUTS WILL BE SENT HOME AT THE EXPENSE OF THE UNIT**
- All participants must have completed a successful physical examination by a medical doctor and provide a health history with parents authorization. Use form provided.
- Participants must wear a PFD (personal floatation device) at all times while in or on the water. Crews with non-swimmers may be subject to restrictions regarding water activities.

CREW SIZE

The minimum number in a crew is 6 - the maximum is eleven, including leaders. The crew size is in keeping with the BSA policy on wilderness use, which lessens environmental impact and satisfies a landowner requirement. Larger groups must divide into two or more crews who travel and camp separately.

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PLAN YOUR TRAVEL - Consider these questions: Transportation method? Qualified drivers? Insured vehicles, Side trips? Travel time? Food and lodging locations? Sightseeing possibilities, Costs, Emergency plan? Health and accident insurance?

EMERGENCY CONTACT INFORMATION FOR PARENTS
(See back cover)

CREW EQUIPMENT- Although most equipment is loaned to you by the base, certain equipment must be furnished by your crew. Make sure that you have everything. Also note and obtain camping and other crew equipment you may need for travel to and from the base.

EQUIPMENT TO BE FURNISHED BY THE CREW

1. Personal First-aid kit
2. 20 feet of cord or rope for clothes line per crew
3. Compass or GPS per crew
4. Sewing kit - optional
5. Alarm clock - optional

PRE-SHAKEDOWN - At this time, everyone gets together and brings along their personal equipment. The Advisor and Crew Leader check to make sure each camper has the equipment listed on page 16. This is also a good time to gather and inspect the crew equipment.

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Trek Menu

Most meals are heat and serve, with plenty for everyone.

Cape Cod Clam and Lobster Boil for your last night at base camp.

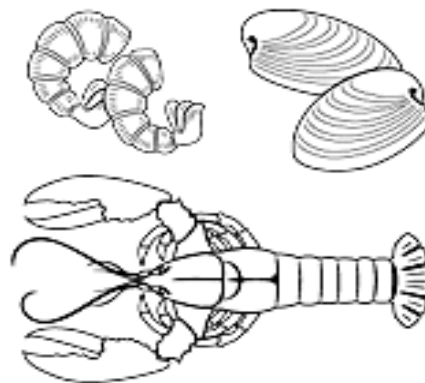
No freeze tried trail foods will be served.

Breakfast will be cereal and instant oatmeal and other quick to prepare meals on the trail.

Easy to make and easy to carry lunches

Full course meals for supper.

(You can be opted out of the supper meal and purchase pizza in Provincetown at the crews expense.)



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BE PREPARED FOR ANYTHING!

SUNBURN - Can be quite dangerous as well as uncomfortable and will sneak up on a person in short order on Cape Cod. Get a good tan at home before you come to the base. Start slowly at first, then increase the dosage as you see what you can take. Use sun tan lotion and cover the parts of your body most apt to be burned - knees and legs are most susceptible. Wear a hat with brim or visor.

LOST EYEGLASSES - Can ruin a trip for their owner. Everyone who wears glasses should have an elastic strap for them.

FOOD DAMAGE - Keep foods out of reach of wild animals by bagging food packs at night and never leave food in tents.

SWIMMING - Learn and follow the safe swim defense. Learn and be prepared to use basic rescue techniques of reach, throw, row, and as a last resort, go. Never swim after dark or alone.

SAW - Learn to use the saw properly and see that all members of your crew do so with safety.

DRINKING WATER - Approved drinking water will be provided by the base supply trucks that will supply you fresh water every day.

DISHES - Unseen bacteria can cause serious intestinal illness. Wash all dishes thoroughly in hot soapy water then rinse in sanitized water keeping submerged for at least one minute. (Sanitize tablets are distributed along with your food at the beginning of the trip.)

MOSQUITOES AND DEER TICKS...Can be extremely annoying and unpleasant. Dress adequately. Be prepared with repellent and insecticide. High Adventure tents have mosquito netting. Keep tent doors closed tightly. Avoid using your flashlight inside the tent. Carry bug bite relief.

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ONE FOR ALL AND ALL FOR ONE

While taking a bike or kayak trip, you will want to get up early and get on the trail. The fireman starts the stove and gets water on to boil. At the same time, dishwashers and cooks should be packing their own personal gear. As breakfast is being prepared by the cooks, the firemen will have an opportunity to pack their own gear and help the dishwashers with their jobs. Everything except the cooking gear should be packed when your crew sits down to breakfast. After breakfast, the firemen and cooks go over the site carefully, clean it up, while cooking gear is being washed. The dining fly comes down last and the cooking gear is packed while the firemen packs up the stove. One of the very last jobs to be done is closing the latrine just before the party shoves off.

KNOW FIRST AID - Crew members and advisors should be well versed in first aid. Some of the most common matters requiring treatment on the trail are:

Sunburn, cuts (all varieties), sprains, fishhooks, headache, stomachache, constipation, diarrhea, blisters, and burns. See that your crews first aid kit is supplied for such problems.

Suggested Supplies for Your Personal First Aid Kit

Aspirin/Tylenol	Burn ointment
Bug bite relief	Pepto-Bismol
Protective Barriers	tweezers
Adhesive tape	moleskin
Band-Aids	scissors
Bandages -2"	triangle bandages
Gauzepads-3"x3"	Sterile pads - 2"x3"
Sterile Handiwipes	

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GETTING READY TO EAT - Gauge whether or not a dish is done by the consistency and softness. Usually, the carrots, rice, macaroni, and potatoes are the last things done. If they are tender, the dish is ready to serve. When everything is ready, the cooks call the crew members to the serving arm, which has been cleaned up. Grace is offered. Although manners on the trail differ from those at home, good manners make any meal more enjoyable.

Suggested graces

For food, for raiment, for life and opportunity, for sun and rain and Nature's wonders. For friendship and fellowship, we thank you, Oh Lord.

For health and food and loving friends, for everything thy goodness sends, Father in Heaven, we thank thee. Amen.

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord, Amen.

Blessed are You, our Lord, our God, King of the universe, Who gives us bread. Amen.

Bless this food to our use and us to Thy service. Amen.

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TRAINING TRIPS -Plan and take overnight canoe or camping trips to practice the skills and teamwork you need for a successful High Adventure trip. Refer to the "High Adventure Hints" beginning on page 21.

RELIGIOUS SERVICES – There are a number of churches near the base camp and time is set aside to attend one of them.

YOUR CREW LEADER - Each crew should elect or select their Crew Leader (youth) before they begin their trip. He or she leads by example. This position requires a demonstrated leader, respected by all crew members - with awareness of the interests and capabilities of everyone in the crew. Remember that the Crew Leader speaks for the entire crew during trip planning. Although the crew Advisor may assist the Crew Leader, should there be any difficulty with discipline or other special problems, the Crew Leader leads the crew.

DEVELOPING YOUR TREK IDEAS

On your first day at base, your crew will meet with your Guide to develop your trip. Take the time to study the possibilities and activities.

MARITIME HIGH ADVENTURE AREA PROGRAM POSSIBILITIES

Site seeing trips at the end of each day's travel
Stopping along the trail to view activities and places
Places to see on the way to and from the Cape

PLANNING OBSTACLES - Consider the natural factors that affect trip planning -weather, water levels, road conditions, fires, and even insect conditions. Your Guide, knowing current conditions, can quickly meld your wishes and desires into an exciting trip.

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Traveling to and from Cape Cod is a most important part of your "High Adventure". Plan it carefully. Remember, you should plan to arrive in the vicinity of the base the night before your scheduled arrival at the base.

ARRIVE AT BASE CAMP RESTED AND ENTHUSED.

TRANSPORTATION - The majority of crews travel by private car or van.

TRAVEL UNIFORM - The official uniform of your unit should be worn while traveling to and from the base. The uniform has great value in maintaining morale and discipline. It opens doors in many places along the way where there are friends of Scouting. Fully uniformed, the members of your crew will take pride in them and will discipline themselves accordingly.

In addition to those items listed on pages 6 and 16, which you will need for your High Adventure trip, you will want to develop a list of clothing and items for use in route to and from the cape. CCMAP provides storage space for excess gear while the crew is on the trail.

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PROGRAM PREPARATION - Examine the list below and arrive at the base knowing what activities the crew is interested in.

FLEXIBILITY is the cornerstone of the Maritime High Adventure program. An important part of that flexibility is planning your trip after arrival and customizing that trip to your crew's preferences, abilities and current conditions. It is important that all members of your crew discuss what they hope to gain from their High Adventure experience. If the trip is to include the optimum combination of activities for your crew, the Crew Leader must know the preferences of all crew members.

DISCUSS THESE PROGRAM FEATURES
DETERMINE CREW INTEREST

Kayaking
Swimming
Fishing
Whale watching
Photography
Learn about the environment
Visit historical sites or areas of unique environmental interest
Visit a fire tower - Enjoy a panoramic view
Learn new cooking and baking techniques
Boat ride to the Islands
What other interests might your crew have?

It would be impossible to incorporate all of these features into a single trip but the longer the trip the greater the possibilities. Don't worry about how to fit the various activities into one trip; the trip planner will figure it out. Consider alternatives, if first choices are not possible.

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Directions to Camp Greenough

(Try to arrive between 12 p.m. to 3:00 PM.)

From the West:

Route 90, the Mass Pike East to exit 9 (495). Go South on 495 until you reach the Cape Cod Canal.

From the South:

Route 95 east to exit 10 in Rhode Island. Take 195 east to 25. Take 25 toward Cape Cod

You cross the canal on the Bourne Bridge, going around the traffic circle and follow route 6A along the side of the canal toward Sandwich and to the Sagamore Bridge. Turn right at the light before the bridge on to route 6 (Mid-Cape Highway).

Camp Greenough is located in Yarmouthport on Cape Cod. It is accessible from Route 6 (Mid-Cape Hwy) Exit 8. Turn North on Union Street toward Yarmouthport. Take the first left on to White Rock and then left to Pine Street. Take the first right after the railroad track into camp.

Address for families and friends wishing to send mail to crew members:

"Name and Crew Number"
Camp Greenough, Pine St.
Yarmouthport, Ma 02675

Base Camp Telephone Number:
1-508-362-3428

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FOR THE CREW LEADER

Organization of Camping Responsibilities

Several jobs must be done well to make your trip successful. If you're well organized and everyone knows their job and pitches in, the responsibilities, which could be drudgery will be fun.

The most obvious need on the trail is eating. It is recommended that you break down responsibilities as follows: cooking, dish washing, and fires, with one or more assistants for each. Unless the crew is very small, the Advisor and Guide should not be assigned specific duties. They will make suggestions and offer guidance, pitching in to help where needed.

Duties should be rotated daily, so that the assistant cook for yesterday becomes the cook today, and thus knows the cook's duties. Here is a breakdown of the jobs when camp is to be set up and supper cooked:

The whole crew: Set up dining fly, particularly in bad weathers; stow packs.

Dishwashers: Soap pots.

Firemen: If permitted, get wood; set up fireplace; build fire; get water.

Cooks: Get out food, start meal preparation.

Balance of crew: Set up tents, prepare latrine area.

As jobs are completed, extra manpower should be used to help where needed and to police the site. Teamwork is essential on a biking and kayak trip. When there is work to be done, everybody should be working. Then, when its time to relax, everyone can take it easy at the same time. Thus, everyone should keep busy until all jobs are done.

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COOKING

The meals you prepare on the trail can be one of the most memorable parts of your trip. Although most crewmembers can probably survive a week or ten days of their own cooking, the real challenge is not survival, but proper preparation of nutritious and morale-boosting meals.

FRESH SEAFOOD? Fish for striped bass and blues, dig for clams - its all part of the program. Nothing finishes off a day on Cape Cod like a New England Clam Bake!

Fresh seafood will provide an excellent addition to your High Adventure menu, and contribute to the memories of your High Adventure experience on the Cape. A license is required for fresh water fishing. Salt water fishing on the ocean requires no license whatever fish species you catch.

COOKING TIPS -

- Have everything together before you start
- read recipes or directions twice
- plan ahead to minimize wasting water and fire
- everything is ready at the same time
- the dishwasher should be responsible for soaping all pots
- Baked goods usually require more time
- Dough for biscuits and other baked goods can usually be mixed in the plastic bag it comes in.
- At certain times of the summer you can enliven your meals by adding freshly picked berries.
- At night, food should be stored in coolers or hung up.

NEVER LEAVE A FIRE OR COOK STOVE UNATTENDED!

STOVES AND FUEL - CCMAP crews are issued gas stoves with enough fuel for several days of use. Most crews try to reserve stove usage for wet conditions, early starts, or for emergency use. At all times however, stove use is monitored by the crew advisor or guide.

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ORIENTATION AND PREPARATION AT THE BASE - "Day One"

Day One is a day of transition and preparation - transition from your usual routine and, possibly, from a long stretch of vehicle travel. This day will prepare the crew for the bike trek experience ahead. The crew will receive training in: outfitting, packing, and using our specialized High Adventure equipment, trip planning and organization; setting up a campsite; cooking and preparation of trail food. Also included on Day One, is a swim test and kayak paddling and rescue exercise.

The role of the Guide is, at first, that of host. He or she orients the crew in proper use of base facilities and equipment while leading the crew through Day One. After this day, the Guide helps the Crew Leader and Advisor to do their jobs, but does not run the crew.

After the crew leaves the base, the Guide might be considered a commissioner. The Crew Leader, supported by his or her Advisor(s), takes total charge of the crew. The Advisor must handle any discipline problems, which might arise. The Guide has been trained to meet emergencies and to represent the best interests of BSA. His/Her suggestions are usually well conceived and should be heeded. Guides have also been prepared to offer environmental and historical interpretation as your group travels through the beautiful trails on Cape Cod.

CHECK IN - Orientation begins with a short base tour. The tour will take the crew to the office where the Advisor(s) will remain to meet with a CCMAP director. The Advisor Of Record should have the following items:

1. Health and medical records for each person in group.
2. Tour permit.
3. Proof of crew health-accident insurance.
4. Any additional money due.
5. An updated crew roster.

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When you come off the trail, the cleaned equipment is checked back into the commissary. At this time charges are assessed for lost or damaged equipment. The vast majority of crews, take good care of their equipment and damage charges are not common. Learning and/or practicing personal responsibility for equipment, is an important aspect of bike travel and the Maritime High Adventure program.

AT THE WATERFRONT - An important part of your orientation will take place at the base waterfront. Here the guide reviews basic kayaking strokes. Under the watchful eye of the guide; each crew member takes the paddle and practices these strokes. Although everyone will be wearing life jackets while on the water during their trip, crews with non-swimmers - participants who cannot successfully swim 100 yds without becoming excessively fatigued - may be limited in their trip options regarding kayaking. The Safe Swim Defense Plan will be reviewed and used for all crews.

The most enjoyable event at the waterfront is kayak swamping. Two kayakers at a time, crew members paddle out from shore into water more than six feet deep. One person swamps their boat. The other kayak will approach and work together to perform the T-rescue (kayak over kayak rescue). This practice insures that each crew member will know what to do in the unlikely event that his or her boat swamps out on the ocean when it is loaded with gear. Everyone going in a kayak must swamp it before leaving

SHAKEDOWN - During the personal equipment shakedown, all crew members must check through their individual equipment one last time before "hitting the trail". Everyone spreads out their personal equipment on the ground. The Guide then goes through the equipment list on page 16 item by item. Depending on the trip, the weather and the insect situation, the Guide may have additional recommendations about what to take along and what to leave behind.

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Packing

Each crew member will need a Day pack to carry while on the bike trail. Each 'Personal Bag' carries the personal equipment. Personal Bags will be trucked each Day to the next campsite for you. Durable vinyl bags with secure closure systems are available at most department and sporting goods shops and through mail order camping catalogs. No matter what is being carried in the Bag, it will spend the day in the back of a truck. These tips will insure that the best possible use is made of the space in the bag and that the equipment in the pack is ready to use when needed.

1. Everything should be tightly rolled or stuffed.
2. Not all gear needs to be waterproofed. Some equipment is already waterproof by design (i.e. some flashlights, match containers, etc.). This equipment may be located in outside pockets (A bowl, spoon, raingear, etc.)
3. Small articles should not be loose in your pack. Put them in small bags or an outside bag pocket
4. Small stuff sacks are good for packing - they keep your gear separated, and when used with a plastic liner bag, for additional insurance against wet weather. Attach a short length of small cord to the drawstring of the stuff sack. When used with a slippery clove hitch, this will secure the 'gooseneck' of your liner bag. Rubber bands break and are not environmentally friendly.
5. Keep your maps, rain gear, first aid kit and camera readily accessible. These items should be carried in your day pack.
6. Always put the same items in the same places. Then you can find them without searching through your whole pack.

All Personnel Gear should fit in to one duffle bag and WEIGH NO MORE THEN 30 POUNDS

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KAYAKING - YOUR PADDLE AND KAYAK -Your paddle is a tool. Its purpose is to propel you in your kayak. Handle and stow with care. Neither grip nor tip should touch the ground except when launching or landing, when the tip is used to steady your Kayak. On the water, stow your paddle flat on the canoe bottom with the blade protected. While on shore, protect you paddle from accidental breakage, which might result from stepping on it.

When loading, see that the kayak is balanced from side to side - both gunwales should be the same distance from the water. If they are not, trim (balance) to correct. Also check to see that the kayak is balanced from bow to stern, taking into account the weight of the person whom will be in it. If you will be paddling a considerable distance in one direction and are going into the wind or partially so, load your kayak so that it is slightly heavier at the bow. If you are running with the wind a long distance, load so that the stern is slightly heavier.

When not in use, a kayak should be stowed safely and properly on land. It is either all the way in the water for kayaking or all the way out of the water when stowed

Paddling - Try to get rhythm in your strokes and keep them strong and steady...timed for the full day's paddle. Inexperienced paddlers often set a fast but ineffective pace, and tire themselves out in a matter of minutes. For safety in rough water, keep your center of gravity low. Keep a sharp watch for logs or rocks in your line of travel, remembering that many of these hazards are lurking just below the water level.

SWAMPING in waves - The greatest danger in swamping in turbulent water is being caught by the kayak, now heavily weighted with water, and being turned upside down. Don't think of a kayak capsized in rough water as a 15 pound craft whose weight you can ward off. Filled with water, it can weigh as much as four hundred pounds while also being propelled by a powerful current.

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ITEMS TO KEEP HANDY

Sun glasses
Eye glass straps
Waterproof matches and case
25 ft of nylon cord

KEEPING CLEAN AND HEALTHY

Small amount of biodegradable soap
Toothbrush and tooth paste (small tube)
Comb
Small towel
2 handkerchiefs or bandanas
Footwear
Lip care product
Skin lotion
Sunscreen
Insect Repellent

OPTIONAL

Camera and film in waterproof container
Shaving equipment, if desired
FRS radio and extra batteries
Mirror, metal

TRAIL CLOTHING - The personal equipment checklist on page 16 itemizes a suggested list of necessary items. Your personal equipment and clothing selection should reflect several factors: versatility, and safety. You are participating in a bike trek experience where the weather and other environmental conditions, such as insects, can have an impact on your safety and comfort. You are also limited by space. Some principles for clothing selection should include: quick drying fabrics and those that retain heat while wet; using the layering system of several lighter weight layers that will trap or release air space; proper footwear, proper headwear and a good rain suit.

A WORD ABOUT RAIN GEAR - A good RAIN SUIT is a very good investment. Good rain gear includes pants with jacket or anorak that shed water, can be ventilated at the neck, wrists, and ankles, and is lightweight enough to be packed small. Raingear with these characteristics can also do double duty as wind clothes.

PONCHOS ARE NOT RECOMMENDED. Ponchos can be very dangerous. In a swamping situation the poncho could tie up legs and arms. On bikes they may catch in your chain or tires and send you to the ground very quickly. Where as ponchos ventilate well; they don't retain heat and would not be very versatile in a complete clothing system.

STORAGE OF EXCESS PERSONAL GEAR - After all your personal gear for the trail has been packed (remember-keep it light), your uniform for the trip home, luggage and all other items not needed for the trip are stored. Each crew is assigned a locker at the base for this purpose. When they return from the trail, they pick up their luggage and equipment so they can prepare for their trip home. Valuables can be stored in the base office for safe keeping while you are on the trail. Money can be used on the trail as there are many places to spend it along the way.

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THE END OF THE TRIP

Your crew's trip plan will schedule the crew to return to base between 1-3 p.m. of your last full day. Crew equipment will be checked for condition and returned to the commissary.

Occasionally a group will have to spend some time cleaning this equipment, and any damages will be noted. You will then have time to retrieve your belongings from the storage locker and settle into the homebound campsite assigned to your crew.

The remaining afternoon and evening time will be available to take hot showers, change into clean clothes, and visit the Trading Post. The evening meal provided is a traditional "Cape Cod Lobster Bake" including a generous helping of lobster, fish, clams, corn on the cob, and other goodies.

We feel this transition time is an important part of the experience. It offers a good chance to relax and collect yourselves before entering the world back home. It is also a great time to reflect upon your trip amongst your own crew members, or to share your experiences with other crews who may also be coming off the trail.

Camp Greenough Scout Base is a beautiful place for spending a relaxing evening and preparing for the trip home. Following a good night's rest, breakfast is available for an early start home.

A brief written evaluation of the trip will be requested. Many constructive changes have resulted from these evaluations.

The crew's medical forms, valuables, and tour permit are returned and a departure time for the following morning is scheduled.

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TRIP PLANNING - Following orientation, the crew meets with the crew Guide in the map room and discusses the variety of experiences available to the crew. As spokesperson for the rest of the crew, the Crew Leader has the responsibility of insuring that the trip that is planned is tailor-made to his or her crews desires and abilities. With the endless variety of program possibilities that are available, every crew's trip is unique.

This session gives the crew an opportunity to discuss their trip with the trip planner. Specific questions about distances, geography, and program features, such as fishing and whale-watching, can be discussed in detail. The crew receives a written copy of their trip plan, showing where they expect to camp and when. This itinerary also shows what program features they can enjoy along the way. Copies of the itinerary are kept at the base for reference in case the crew must be contacted in an emergency.

MAPS - Each crew is issued two complete sets of topographic maps with plastic map cases (one set is usually kept by the guide). These maps cover the basic routes and campsites for your trip. They are standard topographic maps - the most recent and accurate available.

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PERSONAL GEAR FOR THE TRAIL - CHECK DOUBLE BEFORE YOU LEAVE YOUR HOME

All Personal Gear should fit in to one duffle bag and WEIGH NO MORE THEN 30 POUNDS

Duffle bag with 2 or 3 small/medium stuff sacks to fit Day pack
Bungee cords to attach items to bike

Sleeping bag: Poly filled, light to medium weight, as small as possible. Compression stuff sack or caps are good.

Sleeping pad - closed cell

Flashlight - Small, with new batteries

Cup or insulated mug, plate and/or bowl and knife, fork, & spoon
2 one-quart water bottles or camel back water container (check for leaks)

Bike Helmet, bike riding gloves & gel seat cover recommended

Sunglasses

Insect repellent

Personal first aid kit

Sun Block

4 or more small to medium length bungee cords

LOGBOOK - Each crew member will make a logbook at the base to record the highlights of their trip.

CLOTHING

2 pairs shorts and a swimsuit

4 tee shirts, 50/50 blend

1 long sleeved shirt

Sweater or jacket- wool or polar fleece,

6 pairs of quality socks, wool is good w/liners if necessary

Rain suit with hood - is recommended

Hat with brim or visor

Foot wear - Sneakers are the recommend footwear while riding bikes. No open toed shoes. Wet shoes or sandals for kayaking. One extra pair of sneakers is recommended.

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ON THE TRAIL!

Hitting the trail - After planning a trip to suit your crews needs and desires, and also learning the ways and methods of CCMAP, your crew is ready to hit the High Adventure trail and experience all the fun, excitement and beauty of olde Cape Cod. At night you can hear the haunting call of the loon and see the ocean on both sides during the day. You feel proud and self-sufficient as you paddle through waters once traveled by the Pilgrims and Native Americans. You sight all types of wild life along shores, which can hold new surprises around every bend. Plan to record your observations and sightings in your logbook.

CAMPsites - You will have the chance to camp where no one else can. The Cape Cod National Seashore and Camp Richard on Nantucket will allow only Scouts and Venturers to camp on their grounds. The trail campsites used by Maritime Adventure are owned by local Scout Troops and the National Seashore Park. The sites are usually small and simple where crews may, with permission, camp and build a fire. High Adventure crews do their best to maintain the wild character of these sites by adhering to the strict principles of "Leave No Trace". CCMAP crews frequently clean up littered sites left by careless campers, picking up non-burnables and hauling them away. The future of the CCMAP on Cape COD depends upon this.

WEATHER - The high adventure challenge revolves around traveling for an extended period of days. Rain and cool temperatures are always a threat. Storms move in quickly on the Cape and the weather is constantly changing. Be prepared to seek shelter at anytime along the trail. Be prepared mentally and physically for adverse weather. Take the challenge of high adventure, use common sense, but don't court imminent danger.

LIGHTNING - STAY OFF THE WATER AND AWAY FROM BIKES DURING PERIODS OF THUNDER AND LIGHTNING.

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HIGH ADVENTURE HINTS - Everyone goes camping to have fun and adventure. Adventure necessarily brings challenges, which involve hazards of one sort or another. Experienced bike travelers can anticipate these hazards and either prevent them or deal with them as they arise. Thus, trouble is avoided, but fun and adventure remain.

Good camping results mainly from experience plus common sense. If you are a good camper, you can recognize a poor one at a glance. For example, it's just common sense to take good care of your equipment. It's purpose is to be useful to you, but damaged or destroyed equipment will neither serve you nor make your trip easier.

In this section of the Guide Book, you are given suggestions resulting from years of experience in canoeing and camping. The common sense is strictly up to you. A good starting point in using common sense, though, is to absorb and practice the advice given. Someone else before you learned the hard way - by making mistakes. Take advantage of this advice and, even if you are inexperienced in backcountry travel, you will gain confidence in yourself and others will have more confidence in you.

CLOTHING: For biking and kayaking in the summer, clothing to consider would be items made of synthetic material, a blend of synthetic and cotton, lightweight cotton, or nylon are desirable. They are lightweight and dry quickly. Items made of polarfleece or wool are best for insulation layers. Sweaters or jackets made of these materials will keep you warm even when damp. These materials also resist water better than other materials. A warm jacket, a wool shirt or sweater is necessary... even though your trip is during the summer, remember that the Cape sticks out into the ocean and is some times very windy and cold. Low temperatures are not common on the Cape during the summer, but it can happen.

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EMERGENCY COMMUNICATIONS - Most of the locations where crews travel and camp are with in a mile of public communications. However, we recommend that each crew bring a cell phone with spares batteries and charger for EMERGENCY communication between the base and the crews. In case of an accident or injury a crew member can be evacuated. In case of a family emergency at home, an individual can have a message relayed to him or her on the trail by calling the number on the back cover of this guidebook. It is also recommended that each crew bring at least two FRS radios with extra batteries for communication between the front and rear rider.

TRAVELING - Individuals on a high adventure trip usually have earned the right to participate. There is a responsibility to be safe and smart...always travel with a buddy. Be respectful stewards of the natural resources at all times.

BUDDY SYSTEM: Crews will buddy up before hitting the trail each day. Buddies stay together at all times on the trail and on the water. NO SOLO biking is permitted. This is done for the safety of the biker and the crew. Most crews take turns in the lead position, but it should be a crew decision. At the campsite, before or after the day's travel, buddies should stay together while exploring the surrounding area.

ENVIRONMENTAL INTERPRETATION - Each guide in the High Adventure program is prepared to discuss our renewable resources and their management. He/She will also help identify some plants and animals and the role they play in Nature's scheme of things. In addition, he/she may know where a hawk or a deer might be found or perhaps if he/she is real fortunate, he/she will be able to locate and prepare some edible wild plants to supplement your trail food.

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