

The Route of the Seven Carries

Troop 55 Canoe Trip, Sept. 24th - 26th 2004

The Route

We will be paddling the "Route of the Seven Carries." This is a scouting favorite and a traditional route that dates back more than 100 years. The total length is 7 miles, which can easily be done in one day. The first carry will take us away from all motor boats into some of the most beautiful wilderness in the Adirondacks. The carries are all very short, the longest is only 0.6 miles.

The Plan

- We will leave Galway immediately after school on Friday, Sept. 24th and drive three hours to Camp Bedford. Meet in the parking lot at Chuck's.
- We will camp in tents overnight at Bedford, and drive to the lakes early Saturday morning, returning to Bedford that night for another overnighter.
- Sunday morning we will pack up and leave by 10:00, arriving at the HS Parking Lot by about 1:00 / 2:00 PM on Sept. 26th.

Directions for Drivers

To get to Camp Bedford:

- Follow Rt. 87 north to exit 30.
- Left onto 73 toward Lake Placid.
- Take 86 west out of Lake Placid toward Saranac Lake.
- Continue on 86W through Saranac Lake toward Paul Smiths College.
- Take a right at the "T" at Paul Smiths College onto Rt. 30 North.
- Camp Bedford is clearly marked on the right after about 10 miles.

What to Bring

- Tent (no cabins available)
- Sleeping bag (plan for cool nights)
- Long underwear or sweats to sleep in and clothing for 2 days.

- Extra clothing (at least one extra full set from the skin out), don't forget several pairs of extra socks)
- Towel
- Rain gear
- Extra shoes, water shoes are okay. (Plan to wear these in the canoe. **They will get wet.**)
- Warm sweater or jacket, pair of long pants.
- Flashlight and batteries
- Daypack or backpack
- Mess Kit and water bottle.
- Personal items (toothbrush, toothpaste, soap, etc.)
- Canoe route -map (plastic bag it)

On the Water

1. **Only BSA swimmers will be allowed to participate in the canoeing portion of the outing.**
2. Everyone in a boat must wear a life jacket at all times. No exceptions!
3. Your buddy will be in your boat.
4. Each canoe will have a buddy canoe. Stay within sight of your buddy canoe.
5. Buddy tags: We will tag in and tag out, just like we do at Scout Camp. We'll be doing this at every carry. That means you have to *wait for the travelling buddy board* before getting out of the water, and before getting back in!
6. Do not try to sink your boat, or any other boat!
7. No horseplay, standing, jumping, jousting, or other dangerous behavior.
8. If you do accidentally swamp a boat, stay with it until an adult leader arrives. The canoe will float, and your life jacket will keep you up.
9. You must wear shoes in the boat and during carries (water shoes are okay).