



Leader's Guide

2016 Swamp Trek

Evangeline Area Council, Boy Scouts of America
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Dear Scouter,

Welcome to Louisiana Swamp Base, and thank you for participating in our Boy Scouts of America 61.6-mile high adventure trek through the Atchafalaya Swamp. In this Leader's Guide, you will find the pertinent information that you need in order to prepare for and enjoy your time in the swamp. Your trek promises to be a challenging and eye-opening experience!

Last summer we completed our third season of high adventure paddling treks, and what a success it was! Approximately 600 brave Scouts and leaders from as far away as San Francisco, CA and Baltimore, MD travelled to Louisiana to paddle through our mysterious swamp waters. This year 1,000 Scouts from all over the country will be taking to our muddy waters!

Outside of our challenging daily paddles (averaging 15 miles per day), 2016 promises a more robust program of activities focused on wetland appreciation, fishing, and gaining an understanding of the cultures that have made a living in this environment for hundreds of years. After carefully refining the trail, implementing new Wenonah canoes, and learning from our previous participants, we know that you are going to be tested, you are going to learn a lot, *and* you are going to have a blast in the heart of Louisiana's swamps!

To make sure you have the best possible time on your trek, we ask that you read this entire guidebook. Remember—*A Scout is Prepared!* This Leader's Guide provides you with much of the information you'll need in order to plan and prepare for your high adventure trek.

We look forward to having you witness firsthand the wonder of the Atchafalaya Swamp and hope that your understanding and appreciation of this special place will grow during your journey.

Yours in High Adventure,



Ben Pierce
Swamp Base Director

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Trek Crew 130616-01-ST at the trailhead before departing on their 60 mile high adventure trek.

MISSION STATEMENTS

Boy Scouts of America - Mission

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Swamp Base - Mission

To promote the importance of the Atchafalaya to the Boy Scouts of America, the communities of Acadiana, and the State of Louisiana through environmental stewardship and recreational initiatives, in order to create the next generation of individuals passionate about the protection of this important natural resource and culture.

BSA Outdoor Code

*As an American, I will do my best to -
Be clean in my outdoor manners.
Be careful with fire.
Be considerate in the outdoors.
Be conservation minded.*

Swamp Base Grace

*Bless the waters that bring life to this land
Bless this journey to see the swamp firsthand
Bless the birds, fish, and the trees
Bless this food that strengthens me
Bless the friendship and fellowship we feel
As we gather in the swamp for this meal.
Amen.*



Misty Bayou Benoit morning.

ATCHAFALAYA SWAMP OVERVIEW



Cypress trees approximately 1,000 years old, sit in the calm waters of Lake Fausse Pointe.

From its majestic cypress and tupelo covered wetlands to the egrets and alligators inhabiting its skies and waterways, the Atchafalaya embodies swamp life in Louisiana. Pronounced “uh-CHA-fuh-LIE-uh,” the Atchafalaya gets its name from the Choctaw phrase for “Long River.” An unmatched American wonder, the Atchafalaya encompasses 1.4 million acres between Lafayette and Baton Rouge, LA. As the nation’s largest river swamp, the Atchafalaya serves as an important distributary of the Mississippi River Valley, relieving some 30% of the big river’s flood waters before they reach critical ports in Baton Rouge and New Orleans. The water that is directed down the Atchafalaya River through the swamp spillway flows through an ever changing landscape of hardwood forests, farmlands, swamps, and marshes on its way to the Gulf of Mexico. As one of only six land developing river deltas, and the only such delta in North America with stable coastal wetlands, the Atchafalaya is a critical feature of the sustainability systems of Louisiana’s wetlands and the Gulf Coast.

Originally inhabited by the Chitimacha Tribe around 500 A.D., the Atchafalaya has for centuries shaped the lives of those who have chosen to make homes there. The Chitimacha built roofs and made baskets with the swamp’s verdant palmetto leaves; they hunted and fished the Atchafalaya’s alligators, crawfish, and numerous fish species to provide food. Their stories, myths, and legends focused on the wetlands around them.

When French and Spanish settlers arrived in the Atchafalaya in the late seventeenth century, they adopted the Natives' ways for surviving in the swamp, and those customs still exist—to a lesser degree—among the Cajun and Creole cultures for which the Atchafalaya National Heritage Area is well known today.

Despite the fact that humans have lived in the Atchafalaya for centuries, the swamp remains shrouded in mystery. Access to the swamp is limited and land ownership is difficult to decipher. Once inside, landmarks are nearly non-existent and with the addition of fluctuating water levels that change dramatically with each season, the landscape transforms on a monthly and sometimes weekly basis. Land turns to water and wading areas quickly turn to swift moving bayous. This constant state of change makes recreational activity in the area difficult to pursue, but for those who have the right tools and experience, however, the Atchafalaya Basin offers endless beauty and countless possibilities for exploration.

For Scouts, the Atchafalaya presents *the* ideal adventure. Scouts will test their abilities and determination as each one of their senses soaks up the swamp's sights, sounds, textures, and flavors. Where the casual outdoorsman sees impassable bogs, frightful wildlife, and the daunting unknown, we Scouts see opportunities to learn, to appreciate, and to have fun!



“Alligator Cove” in the Indian Bayou Area.

HIGH ADVENTURE - RISK ADVISORY

High Adventure is a rugged outdoor experience and everyone should “Be Prepared” to meet the challenge. Swamp Base strives to minimize risks to participants and adult leaders through emphasizing proper safety precautions. Participants should not experience injury during their adventure if they are aware of the risks involved and if they exercise proper safety precautions. To attend a trek through the Atchafalaya Swamp you should be PHYSICALLY FIT, have proper clothing and equipment, be willing to follow the instructions of your trek guide, work as a team, and take responsibility for your own health and safety. By studying this leader’s guide and the *Guide to Safe Scouting*, a trek crew can be properly prepared for the contingencies that may arise during its adventure.

Parents, leaders, and participants should be advised that despite our best attempts at risk management, it is not possible to remove ALL risk from a wilderness expedition.

Parents, guardians, adult leaders, and participants are advised that Swamp Base’s program can involve exposure to accidents, illness, and/or injury associated with a physically demanding high adventure program conducted in a sometimes hostile aquatic environment. Swamp Base’s trek involves long distance paddling which may expose participants to severe weather conditions such as high heat and humidity, thunderstorms, and intense southern sun. This exposure can lead to sunburn, heat exhaustion, heat stroke, dehydration, asthma, and heart attacks. If you are prone to any of these illnesses, please reconsider participating in our high adventure treks.

We are trained for emergencies and able to act in an expedient manner. Furthermore, professional medical services such as EMTs and paramedics will be on call in case of an emergency.

We hope this information will motivate parents, guardians, adult leaders, and participants to be prepared and informed. By *being prepared*, we can all enjoy a safe Swamp Base experience.

PREVENTION OF PROBLEMS

Three safety issues merit special emphasis:

1. **Sunburn** – A major concern for all participants, sunburn, can easily ruin a great trip. *A severe sunburn may cause a participant to be removed from the trek.* Due to the sustained exposure to the sun during the day, adequate attention must be given to attire and proper application and reapplication of sun block (a rating of SPF 30 or higher is strongly recommended). Participants are asked to bring a wide-brimmed hat and quick drying zip-off long pants and shirts to aid in sun protection. *Swamp Base offers an excellent long sleeve shirt option that is UPF 40+, moisture-wicking, and includes Insect Shield®. Please contact us for more information about these shirts.*
2. **Dehydration & Other Hydration Issues** – Balancing proper fluid intake while paddling is a challenge, but one that can save your life. Paddlers can and have died from dehydration, heat exhaustion, and even electrolyte loss from over-drinking water. More commonly, these conditions can lead to fatigue, cloudy thinking, poor performance and errors in judgment that may put all participants at jeopardy. Fresh water will always be made available, however all participants must

bring their own water container (bottles like wide-mouth Nalgene® or other similar products work great) and electrolyte powders.

3. **Other Motorboats** – The swamp is an active environment, full of people enjoying its recreational opportunities, as well as those that make a living off of the swamp’s resources. With the vast size of the swamp, the main form of travel is by motorboat. Extreme caution must be taken when paddling as to not have an accident with a motorized boat. Paying attention to your surroundings, keeping all canoes close together, and proper signaling (with both paddles and safety whistles) will help to alert others that paddlers are present and keep everyone safe.

- **Know First Aid**

Make sure your crew is trained in First Aid and carries the required first aid kit. *A minimum of one advisor in each crew must have a card proving current CPR training and First Aid.* The most commonly treated ailments are sunburns, cuts, sprains, blisters, burns, fungal infections, headaches, stomachaches, constipation, diarrhea, and embedded fish hooks. Dehydration and hyponatremia (drinking too much water) are also concerns.

- **Purify All Drinking Water**

All water from all natural sources including bayous, rivers, and lakes must be purified by filtering, bringing it to a rolling boil or treating with chemical purification agents. *However, fresh water is provided at all overnight locations. Do not drink natural water without properly treating it. Removal from the trek after getting sick is a possibility.*

- **Wash Hands, and Wash and Rinse Dishes Thoroughly**

Protect the health of your crew by thoroughly washing hands with soap and water, and washing dishes in hot, soapy water. Let dishes and utensils air dry.

- **Tobacco**

Adult leaders should support the attitude that they, as well as youth, are better off without tobacco in any form and may not allow the use of tobacco products at any BSA activity involving youth participants. This includes the use of electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems that simulate tobacco smoking.

Because of fire danger in wilderness areas, smoking is allowed only at designated sites and established camps near a fire grate or ring. *No smoking is allowed in the presence of youth participants.*

- **Alcohol and Drugs**

Possession or use of alcoholic beverages, illegal drugs or the misuse of prescribed drugs is expressly prohibited. Groups or individuals found in violation of this National BSA policy will be sent home, as arranged with their home BSA Council office or parent.

- **Abuse**

Physical, sexual, or emotional abuse (including hazing) of a participant by his or her peers or by an adult leader is unacceptable anywhere. The local, parish, or state authorities as well as the BSA Council representatives will be contacted if abuse is suspected.

- **Prescription Drugs and Medications**

If an advisor or crew member is on regular medication, their physician should be consulted. It is a good idea in this case to carry twice as much as is needed and split it between two packs.

- **Wasp/Bee Stings and Other Insect Bites**

If a crew member is sensitive or allergic to wasp/bee stings, be sure the individual carries their anaphylaxis kit (bee sting kit) with them. *In some cases, wasp nests are built on low lying tree branches. Attention must be paid when paddling amongst trees, as to not disturb the nests.* By no means should participants use their paddles to hit a nest. This type of activity can place the whole crew in trouble if people are stung or forced into the water. If crew members are sensitive to other insect or spider bites, make sure to have an antihistamine or a doctor recommended drug along. Insect repellent and proper clothing is recommended for protection against horse flies and mosquitoes.



Undisturbed, nests in the swamp can become the home for hundreds of wasps.

- **Mosquitoes**

With the higher prevalence of mosquitoes during the summer months, it is best to understand what attracts them. *Note: No disease carrying mosquitoes have been identified in the Atchafalaya Swamp.*

1. Mosquitoes are their most active between dusk and dawn when winds are typically calm. Seek shelter in a hammock or building as the sun sets to avoid their dining hours.
2. Mosquitoes tend to stay away from large bodies of water, including lakes and bayous, because food sources are less abundant on the water. During the day while paddling, one will experience very few mosquitoes.
3. Mosquitoes are attracted to dark colors. Wear light colored clothing to reduce their attraction.
4. Most mosquito prey can be found in shady areas (dark). Avoid standing along tree lines or dense wooded areas where mosquitoes are abundant.
5. Avoid wearing or using floral fragrances. Colognes, perfumes, soaps, shampoos, and detergents as mosquitoes are attracted to these types of smells.
6. Before coming to Swamp Base, consider soaking your clothes with Permethrin, as it is a great alternative to using insect spray. It is a highly effective way to keep mosquitoes and other insects away. *Note: Make sure to properly follow directions on how to properly treat clothes.*

Permethrin may cause some side effects to people who are allergic. Make sure to test for allergic reactions prior to arriving to Swamp Base.

7. Swamp Base offers a long-sleeve shirt that is treated with Insect Shield®. Contact us for more information about how this shirt can limit the nuisance of mosquitoes.

- **Snakes**

Avoiding snakes while canoeing or fishing is similar to avoiding snakes on land, in that you want to stay away from areas that the snakes use for sunning. This means to avoid drifting underneath overhanging tree branches. Many types of water snakes like to sun on tree branches and then drop into the water when they detect movement.

A snake on land can only strike a distance of half of its body length. A snake on water does not have a solid surface to thrust against, so its strike range while swimming is extremely limited. Most snakes prefer to flee rather than fight, but if they feel threatened, or if they are accidentally stepped on or provoked, a snake (venomous or non-venomous) seldom backs down. If you are bitten, you need to be able to identify the snake that bit you. ***Don't capture or kill it.*** Beware of venomous baby snakes. Young venomous snakes don't regulate the amount of venom delivered when striking.

1. **Cotton Mouth** – *Agkistrodon Piscivorus*

- a. **Identification:** Dark tan, brown or nearly black, with vague black or dark brown crossbands; side of head black with a white line from the eye to the angle of the mouth; underside dark with large blackish blotches; scales keeled and in 25 rows. Juveniles have a bold pattern of dark brown crossbands on a pink or orange background, with a yellow tail. Some adults retain the juvenile pattern.
- b. **Habits:** Cottonmouths frequent swamplands and pond, lake and stream borders, especially those with dense canopies. They often remain coiled near water, or on log jams in water, rarely ascending shrubs or palmettos. They frequently travel between streams, even over low ridges, and may be found in almost any habitat. Upon provocation, cottonmouths will coil, open their mouths to expose the white lining, and shake their tails. They are highly defensive and not inclined to get out of one's way. They feed on fish, frogs, water snakes and small mammals.



Cottonmouth snakes spend the majority of their life on or around water.

2. Copperhead – *Agkistrodon Contortrix*

- a. Identification: Beige, tan or pale gray, often with a dull pink or orange tint above, with broad, darker brown, hourglass-shaped crossbands that slightly paler on the lower sides; underside whitish with dark brown blotches; scales keeled and in 23-27 rows. The head is patternless, often with a faint orange tint on the top, dull yellow on the sides. Young copperheads have a bright yellow tail.
- b. Habits: Copperheads frequent wooded areas. They are unaggressive, but create a potential hazard by lying motionless and camouflaged. During the summer they are active at night and very early in the morning. They feed on frogs, cicadas and rodents.



Copperheads prefer to live in wooded areas, near fallen trees, and around streams or ponds.

- **Alligators**

Alligators live in waterways throughout the southern United States. Females rarely reach 9 feet in length, while large males can grow to 14 feet. Once endangered, they are now enjoying stable populations.

Alligators have fantastic hearing which is why you may hear one splash off into the water before catching sight of it. When you happen on a gator, it will almost certainly run right into the water. Although it appears to be charging, it is just trying to get into the water where it feels safest. If an alligator begins to hiss at you, it's a warning you that you are too close.

Tips for Recreating in Alligator Habitats:

1. Though you will often see alligators during the day, they are usually more active at dusk and dawn, as darkness gives any predator an advantage. **Do not swim at dusk or dawn.** If you plan to swim, swim only when a Swamp Base staff member has approved the opportunity to swim and when you can see clearly around you, and with no grasses or aquatic vegetation nearby.
2. It is always smart to pay attention to the surrounding waters while paddling. Understanding preferred areas for alligators to hide or rest will allow you to be more confident while paddling. In the warm months do not cut around waterway bends too closely, as these are the strategic spots where alligators like to lay hidden and keep an eye out for prey. Shallow waterways in the Atchafalaya Swamp are also favorite places for alligators to nestle down. Avoid the chance

you may unsettle them. Although alligators are shy, they don't like being surprised and will often show themselves with a loud splash of their tail.

3. Do not camp near the water and take care going to the shore for water while camping. This includes fishing along the shore. Most people are accidentally bitten by alligators while pulling their fish out of the water.
4. It is not uncommon for alligators to bask along the banks of a lake or bayou for extended periods of time. These alligators are usually warming their bodies; they are not actively hunting. Oftentimes a basking alligator may be seen with its mouth open; this is a way to cool its body temperature down, since alligators do not pant or sweat. An approaching human should cause these alligators to retreat into the water.
5. Although an alligator that slips off a bank on your approach is somewhere underneath you, and may even follow you a little, stay calm and know that it will not "thump" you from underneath or lunge out of the water at you. Keep paddling, be wary, and if you are a spooked, bang your paddle on your boat or the water a few times to intimidate it.
6. If you come across small alligators with yellow stripes, you have found JUVENILES, which means the mother is somewhere nearby. Baby alligators stay with mothers for up to a year. Don't stop to observe them or try to touch or catch one. ***The protectiveness of mother alligators cannot be overstated.*** A female protecting her nest might charge a person who gets close to the nest, but she will quickly return to the nest after the intruder has left.
7. Do not hunt, harass, or feed them. This is illegal and can cause future safety problems for both paddlers and the alligators.



Alligators can be found throughout the trek. Always practice caution when in or on the water.

- **Severe Weather**

Participants should be moved from the water when possible to a position of safety whenever lightning or thunderstorms threaten. Spread your group out 100 feet from each other if possible. Stay away from tall, isolated trees; flag poles; totem poles; or other tall objects. If you are in a forest, stay near a lower stand of trees. Wait at least 30 minutes after the last lightning flash or sound of thunder before leaving shelter. Stay away from water, wet items, and metal objects. Water and metal are excellent conductors of electricity.

- **Poisonous Plants**

Poisonous plants are found throughout the United States, and anyone who has suffered a poison ivy outbreak knows that the itchy, sometimes painful rashes that result from contact with certain poisonous plants can easily derail outdoor recreation and high adventure plans. The swamps and woods of the Atchafalaya Swamp are home to two species of poisonous plants that all Scouts should be aware of.

1. Poison Ivy – *Toxicodendron Radicans*

- a. **Identification:** Poison Ivy's leaves are trifoliate—meaning that each stem has three leaves. Poison Ivy's leaves have a red tint in the spring and are vibrant green in the summer. Its vines can grow along the ground and up trees or structures. The vines are frequently covered in reddish hairy, furry textures.



Poison Ivy

2. Poison Oak -- *Toxicodendron Pubescens*

- a. **Identification:** Poison Oak is an upright shrub that can grow to 1 m (3 ft) tall. Its leaves are 15 cm (6 in) long, alternate, with three leaflets on each. The leaflets are usually hairy and are variable in size and shape, but most often resemble white oak leaves; they usually turn yellow or orange in autumn. The fruit is small, round, and yellowish or greenish.



Poison Oak

RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

- **Cardiac or Cardiovascular Disease:**

Adults who have had any of the following must undergo a thorough evaluation by a physician before considering participation in a Swamp Base program:

1. Angina (chest pain caused by coronary artery disease or congenital heart disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease
4. Stroke or transient ischemic attacks
5. Claudication (leg pain felt during exercise; caused by hardening of the arteries)
6. Family history of heart disease in individuals under age 50
7. Weight in excess of recommended guidelines

The physical exertion during a high adventure trek may cause a heart attack or stroke in susceptible people. Adults 40 years of age or older, or any person who has experienced any of the conditions above, must speak with their doctor about an exercise stress test with thallium (a metallic element that helps in the diagnosis of stress) within three to six months before the scheduled trip to assess the adequacy of the heart muscle's blood supply. It is recommended that an adult who is over 40 years of age who has not experienced any of the conditions above have an ordinary stress test without thallium. *Even if the stress test is normal, the results of testing done without the exertions of a high adventure program do not guarantee safety.* If test results are abnormal, the individual will not be allowed to participate.

- **Hypertension (High Blood Pressure):**

The combination of stress and heat appear to cause a significant increase in blood pressure in many individuals participating in high adventure. Occasionally, hypertension reaches such a level that it is no longer safe for an individual to engage in strenuous activity. People with mildly increased blood pressure (greater than 135/85) may benefit from treatment before coming to a high adventure base and during the program. Individuals who are hypertensive (having blood pressure greater than 150/95) must be treated and have normal blood pressure (less than 135/85) before arriving. Medications must be continued during the high adventure program.

- **Diabetes:**

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus must be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also must be able to give a self-injection. Both the diabetic person and one other person in the group must be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and at least one other individual in the group must be able to begin the appropriate initial responses for these conditions. Arrangements for cool storage of insulin can be made upon your arrival.

A diabetic person with frequent hospitalizations for diabetic ketoacidosis or who has frequent problems with hypoglycemia may not participate in a high adventure program until control of the diabetes has been achieved.

- **Seizure Disorders or Epilepsy**

A seizure disorder or epilepsy does not exclude an individual from participating in high adventure. However, the seizure disorder must be controlled by medications. A seizure-free period of at least one year is the minimum. Exceptions to this guideline may be considered by medical staff and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

- **Asthma**

It is expected that an individual with asthma will have consulted a physician in order to establish control of the condition. The asthma must be controlled to essentially normal lung function with the use of oral or aerosol bronchodilators. There is no power available for nebulizers during the day or at the primitive campsite. The patient must bring ample supplies of medication for the entire program. Individuals undergoing allergic desensitization therapy who require injections during their adventure must bring their medications upon arrival. At least one other crew member must know how to recognize an asthma attack, how to recognize the worsening of an attack, and how to administer bronchodilator therapy. Any person who is approved to go to Swamp Base who has received medical treatment for asthma within the past six years must carry a full-size prescribed inhaler for the length of the program. *Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator pre-medication, who require systemic corticosteroid therapy, or who have required multiple hospitalizations for asthma will not be allowed to participate.*

MEDICATIONS

Each high adventure participant who has a condition requiring medication should bring an appropriate supply in a locked pouch. In certain circumstances, duplicate supplies of vital medications are appropriate. Leaders must be aware of medications needed and monitor their use. An individual should always contact the family physician first about the advisability of participation. The staff of Swamp Base reserves the right to make medical decisions regarding any individual's participation.

- **Arthritis or Other Mobility Limiting Diseases**

Due to the nature of the program and that they occur on boats that are almost constantly moving, all participants should have the ability to pull themselves out of the water and be comfortable on a moving vessel for days at a time.

- **Sleep Apnea**

For individuals using a CPAP machine for the medical condition of sleep apnea, you should know that the arrival and departure nights, the houseboat and Island Outpost have accommodations that include 110-volt power plugs nearby. *During the night of primitive camping on Rougarou Island, you will not have access to electricity for your CPAP machine.*

WEIGHT GUIDELINES FOR SWAMP BASE ACTIVITIES

Each participant and adviser who will take part in Swamp Base activities is encouraged to meet the recommended guidelines in the height-weight chart below. Swamp Base involves paddling an average of 15 miles per day in the heat of South Louisiana's summers. Treks include one or more portages with 100+ pounds of canoe and gear weight. Participants who fall within the guidelines are more likely to have an enjoyable trek and to avoid incurring health risks.

The right hand column shows the **maximum recommended weight** for participating in Swamp Base. For your own health and safety, anyone who exceeds these limits should seriously consider losing weight prior to attending Swamp Base.

Recommended Swamp Base Participant Weight (lbs.) ¹

| Height | 19-34 Years | 35+ Years | Maximum |
|---------------|--------------------|------------------|----------------|
| 5'0" | 97-128 | 108-138 | 166 |
| 5'1" | 101-132 | 111-143 | 172 |
| 5'2" | 104-137 | 115-148 | 178 |
| 5'3" | 107-141 | 119-152 | 183 |
| 5'4" | 111-146 | 122-157 | 189 |
| 5'5" | 114-150 | 126-162 | 195 |
| 5'6" | 118-155 | 130-167 | 201 |
| 5'7" | 121-160 | 134-172 | 207 |
| 5'8" | 125-164 | 138-178 | 214 |
| 5'9" | 129-169 | 142-183 | 220 |
| 5'10" | 132-174 | 146-188 | 226 |
| 5'11" | 136-179 | 151-194 | 233 |
| 6'0" | 140-184 | 155-199 | 239 |
| 6'1" | 144-189 | 159-205 | 246 |
| 6'2" | 148-195 | 164-210 | 252 |
| 6'3" | 152-200 | 168-216 | 260 |
| 6'4" | 156-205 | 173-222 | 267 |
| 6'5" | 160-211 | 177-228 | 274 |
| 6'6" | 164-216 | 182-234 | 281 |
| 6'7"+ | | | 295 |

¹ This table is presented in the BSA's *Passport to High Adventure* and is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

MEDICAL TREATMENT

The Tour Permit requires that each crew bring its own **first-aid kit**. A first-aid kit well-stocked with the basic essentials is indispensable. Choose one that is sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents available for easy refilling. Keep the kit in a convenient location. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions. Your first-aid kit should be in a waterproof box or bag. It will get wet.

This first-aid kit is for the treatment of minor injuries. All Swamp Base guide vessels will carry an additional first-aid kit as well. The treatment of minor injuries is up to the crew leader or the crew's trained first-aid provider. The decision for treatment of more serious injuries will be referred to the appropriate staff leader or medical person.

FIRST AID KIT

All BSA crews traveling with a BSA National Tour and Activity Plan should carry a first aid kit, *and every trek crew must bring one first aid kit*. The kit can be personalized to meet the demands of the crew. The following items are recommended by the BSA National Health and Safety Committee to be used by Scouting and Venturing units doing high adventure activities. The crew's first aid kit should be stored in a waterproof container and should contain the following items:

- Adhesive bandages (assorted sizes)
- Knuckle and fingertip bandages
- Steri strips
- Moleskin/molefoam
- Second skin
- Gauze pads—3" x 3"
- Adhesive tape—1" x 15'
- 1" or 2" roll of gauze
- 4" elastic bandage
- Oval eye patch
- Antibiotic ointment
- Disposable alcohol wipes
- Triangular bandage
- Acetaminophen
- Ibuprofen tablets
- Cold caplets
- Steroid cream
- Anaphylaxis kit
- Throat lozenges
- Small bar soap
- Lip balm
- Thermometer
- Scissors
- Tweezers
- Safety pins
- Side cutters
- Medical gloves
- Barrier device for resuscitation
- Sunscreen
- First aid manual
- Antacids
- Antihistamine

The following items are recommended additions for your first-aid kit:

- Aloe Vera cream
- Seasickness medicine
- Insect repellent
- Medicated powder
- Swimmer's eardrops

REMOVAL FROM THE TREK

In some rare circumstances, due to health related issues or other unforeseen personal circumstances, individuals may need to be removed from their high adventure trek.

For those being removed for health and medical related issues, the Swamp Base health officer will decide whether it is appropriate or necessary for the individual to be taken off the trail. Due to the remote nature of the trail and the resources needed to remove an individual, ***once removed for a health related reason, the individual must seek professional medical attention either at an urgent care facility or hospital emergency room.***

In severe cases, or health issues that happen late in the afternoon or evening, it may be necessary for the individual to be checked into the University of Louisiana at Lafayette dorms.

Please note: receiving approval from a physician to participate does not guarantee that the individual will return to their trek. This determination will be made by the Swamp Base director. In some instances it is logistically impossible for Swamp Base to shuttle participants back to the trail. Refunds will not be made for time missed on the trail. Additional fees may be charged to the individual for resources used and overnight stays at the university dorms.

Additional removal notes:

- If removed from the trek, please bring all personal gear with you. Returning to the trek in the same day or at all is not guaranteed.
- If a youth is removed, an adult leader **MUST** accompany him/her. The adult is to remain with the youth at the physician's office, hospital, and university. The adult will not return to the trek unless the youth is sent home or cleared to return to the trail by a physician and the Swamp Base director.
- Once removed, the Swamp Base health officer will contact the individual's emergency contact person to inform them of the situation.

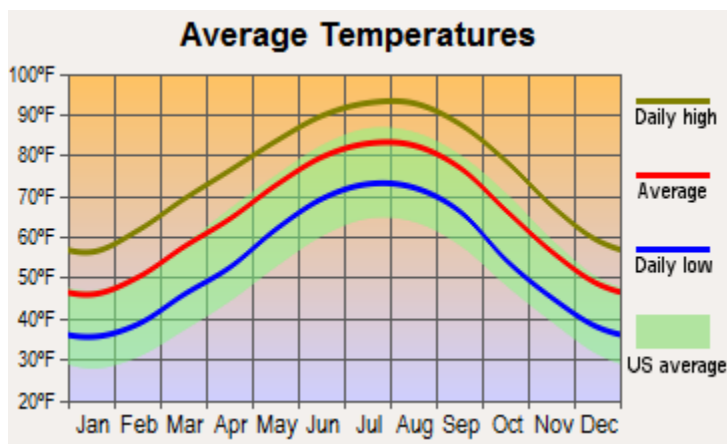
GENERAL CLIMATE CONDITIONS - SOUTH LOUISIANA

Louisiana has a humid subtropical climate. The subtropical characteristics of the state are due in large part to the influence of the Gulf of Mexico, which at its farthest point is no more than 75 miles (120 km) away.

Summers in Louisiana have high temperatures from mid-June to mid-September averaging 90° F (32° C) or more, and overnight lows averaging above 70° F (22° C). Temperatures above 95° F (35° C) are commonplace as the summer progresses. High humidity levels can make the soaring temperatures feel even warmer and steamy.

The summer season also brings frequent thunderstorms to Louisiana, often during the afternoons. Rain is frequent throughout the year, although the summer is slightly wetter than the rest of the year.

Prevailing winds are from the south or southeast. During the summer and fall, tropical storms and hurricanes frequently batter the state, especially along the coast. Hurricane season in the Atlantic begins June 1st and ends November 30th.



General temperatures for South Louisiana.

PHYSICAL CONDITIONING

To safely enjoy a high adventure paddle trek everyone must arrive physically prepared. Due to the requirements of the 61.6-mile trail, including paddling up to 19 miles a day into sometimes windy conditions, and carrying as much as 60 lbs. across a levee portage; participants will need to physically condition their bodies prior to arrival.

Conditioning your body not only improves your endurance – it helps prevent injuries, sore muscles and strains. Paddling will require the use of the arms, upper body, and torso, while the portage will require additional back and leg strength. It is important that everyone be in very good condition so that both youth and adults can participate in the level of adventure that they deserve.

- A regular program of physical conditioning and acclimation to heat prior to the trip is very strongly recommended. Plan some type of aerobic exercise, to be completed outdoors in the heat, for 30 to 60 minutes a session three to five times a week. Jogging, running up and walking down hills or flights of stairs, and hiking with a full pack are excellent methods of physical preparation. Other aerobic exercises such as swimming, bicycling, stationary cycling, and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises.
- It is also important to perform workouts that target muscle strength. These include back strengthening, shoulder strengthening, and forearm and wrist strengthening. Setting a workout routine that includes upper body exercises such as pushups, weight training, pull ups, or best of all – paddling, can strengthen the muscles that will be most used during the trek. ***Remember to check with your physician before starting any physical fitness program.***
- You must get a physical examination from your physician within 12 months (ideally, within 30 days) of your Swamp Base expedition. Complete the health history and schedule a time for the physical exam. **MAKE SURE FORMS ARE SIGNED BY A PARENT OR LEGAL GUARDIAN FOR ALL YOUTH UNDER 18 YEARS OF AGE!**
- Anyone with significant hypertension (160/100 or higher) should be treated before coming to the Swamp Base to reduce their blood-pressure as close as possible to normal (135/85). They should continue on blood-pressure medication while participating in the expedition. Hypertension can increase the risk of angina or stroke. While we do not operate at high altitudes like Philmont Scout Ranch, participants will be carrying heavy loads over the levees and will experience strenuous activity in remote areas.

CAMPERS INSURANCE

Each participating Scout unit needs to provide proof of insurance prior to participating in a Swamp Base high adventure trek. Please provide a copy of your insurance policy or a letter from your local Scout Council stating that your unit is covered under their umbrella policy.

MEDICAL FORMS (VERY IMPORTANT, please take note)

ALL MEMBERS OF YOUR CREW must furnish Swamp Base with a copy of a current **BSA Health and Medical Record**. This Health and Medical Record is the **ONLY** medical form we will accept; no school medicals, military medicals, other BSA high-adventure base medicals, or other medicals will be accepted. This form must be completed and signed by a physician within one calendar year of the date that you will arrive. All participants must also provide a front-and-back photocopy of a current insurance card. During your crew check-in on arrival day, a key staff member will review all medical forms to record individual medical information of concern and to insure that all medical forms are in order.

Failure to come prepared with **COMPLETE CREW MEMBER MEDICAL FORMS** will delay your crew's experience. Swamp Base **DOES NOT** have an on-site physician. **INDIVIDUALS WITHOUT A COMPLETE AND CURRENT BSA HEALTH AND MEDICAL RECORD WILL NOT BE ALLOWED TO PARTICIPATE IN ANY PROGRAM UNTIL ONE IS RECEIVED.**

Note: Medical issues that raise questions will be referred to a physician. The decision by the physician as to a person's medical qualification to participate is final.



Morning paddle through the cypress trees of Lake Fausse Pointe on Day 5's paddle.

DATES, FEES, & REFUNDS

Two Swamp Base treks begin daily, June 6th through July 23rd. The program lasts for 6 days and 6 nights, and participants paddle 61.6-miles through the swamp. Five days and four nights of the program happens within the Atchafalaya Swamp, with the remaining two nights being at the University of Louisiana at Lafayette campus. Trek Crew sizes are 8 to 11 people in size and require a minimum of two adult leaders per crew. Scout units can reserve more than one crew.

Participation deposits and fees are charged to Scout units, not individual Scouts and leaders. Each unit's participant fees must be paid in full before arriving to Swamp Base.

TREK CREW #:

Once the trek deposit has been paid, your trek crew will be assigned a Trek Crew #. This number will include your arrival year, month, and day (YYMMDD), the number "01" for Trek 1, and either "A," "B," or "P," and an abbreviation for the program you're participating in ("ST" for Swamp Trek). For example, the second crew arriving on June 10th for the Swamp Trek will be assigned **160610-01B-ST**.

STANDARD TREK CREWS:

Swamp Base's most popular form of participation. Scout units or Council or District contingents reserve a high adventure trek crew.

Participation Fees:

- Trek crews of 10 to 11 = \$550/person
- Trek crews of 8 or 9 = \$600/person
- Trek crews with less than 8 people are required to pay the total amount due for a trek crew of 8 people (\$4,800).

Payment Schedule:

- **Trek Deposit** – At the time of registration
 - \$500 non-refundable deposit per trek crew is required to hold a trek date. No participation numbers or roster numbers are needed at this time.
 - The deposit can be paid with a credit card by calling (337) 235-8551 ext. 111 or through a mailed check made out to *Louisiana Swamp Base*. ***If mailing a check, please call (337) 235-8551 ext. 111 to inform Swamp Base staff that a check is in the mail. This will ensure that a date is not taken while the check is in the mail.***
- **1st Payment Due** – October 1, 2015
 - \$2,500 non-refundable per crew is due at this time. No participation numbers or final roster is needed at this time.
- **Final Payment Due** – March 1, 2016
 - Remaining balance/complete payment and final roster is due on this day. ***Note: The Final Roster will determine the remaining balance owed.***

PROVISIONAL PADDLER PROGRAM:

A provisional crew is made up of separate individuals from across the country that are placed together as a crew. The only provisional trek date available is June 18, 2016.

Participation Fees:

- Up to 11 individual person spots are available = \$600/person

Payment Schedule:

- **Trek Deposit** – At the time of registration
 - \$100 non-refundable deposit per person is required to hold a provisional trek spot. No roster information is need at this time.
 - The deposit can be paid with a credit card by calling (337) 235-8551 ext. 111 or through a mailed check made out to *Louisiana Swamp Base*. ***If mailing a check, please call (337) 235-8551 ext. 111 to inform Swamp Base staff that a check is in the mail. This will ensure that a crew spot is not taken while the check is in the mail.***
- **1st Payment Due** – October 1, 2015
 - \$250 non-refundable per person is due at this time. No participation numbers or final roster is needed at this time.
- **Final Payment Due** – March 1, 2016
 - Remaining \$250 per person payment and final roster is due on this day. ***Note: The Final Roster will identify names, genders, and youth or adult status.***

REFUNDS:

- All fees (Trek Deposit, 1st Payment, and Final Payment as indicated in fee payment schedule) are non-refundable.
- Only the 1st Payment and Final Payment are transferable to the balance of fees in the event of cancellation or substitution of trek to another Scout unit. ***Trek Deposits cannot be transferred amongst Scout units.***
- If a participant is unable to attend, payments may be transferred to a substitute participant that is replacing a member of your Trek Crew. ***Refunds will not be given for members that do not attend or leave the crew.*** Please confirm with the Swamp Base director if you plan to substitute any trek crew member. Failure to confirm with the director and update a Final Roster may result in the participant being unable to attend.
- **Be cautious of making reservations or paying fees for those who have not made a financial commitment.**

In the unlikely event that weather conditions beyond our control (hurricanes and tropical storms) prevent the completion of your scheduled trip, an alternative program may be offered. In the case of cancellation due to extreme weather conditions, fees will be refunded based on the percent of the programs cancelled. Crews that did not participate in any part of their program will be refunded 100 percent of their fees paid, except for participation fee deposits**. ***Note: Swamp Base is not able to refund any fees related to meals, lodging, or transportation incurred as a result of an evacuation. These expenses remain the responsibility of the crew.***

*****In advance of the season, Swamp Base commits financial resources to employ staff, purchase food and program supplies, and rent gear to prepare for the high adventure treks.***

Damage/Lost Key Deposit:

Each crew is required to post a \$500 refundable damage deposit prior to arriving to Swamp Base. If you have multiple crews, you must have a deposit for each one.

The damage deposit must be in the following form:

- Check, made out to *Louisiana Swamp Base*

If damages have been incurred, the remaining balance of the damage deposit will be returned to the crew, less damage expenses. Please allow for the remaining balance or full damage deposit to be returned by September 1, 2016.

Expenses for damaged or lost equipment:

- University of Louisiana dorm key - \$200 (this is the fee charged by ULL for replacing the key and changing the locks on the dormitories)
- Wenonah canoe – Depending on damage, up to \$500
- Werner canoe paddle - \$150
- Astral V8 PFD - \$120
- Other damaged/lost item expenses will be at the discretion of the Swamp Base Program Director

REMEMBER TO “LEAVE NO TRACE” ON YOUR GEAR!

ELIGIBILITY

Eligibility for all participants (youth and adult):

1. Must be a registered Boy Scout, Varsity Scout, Venture Scout, Sea Scout, or adult leader.
2. Must be 14 years old on or before December 31st of the participating year. ***Age requirements for the Swamp Base cannot be relaxed. Please do not request or expect exceptions. All youth participants are required to present proof of age before participating in the program.***

(Appropriate ID includes one of the following:

- School photo ID
- Copy of a birth certificate
- Passport
- Valid government-issued ID

Those individuals who do not meet the minimum age requirements or do not present appropriate ID will be sent home, no exceptions. Help prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

3. Must pass the BSA Swim Test before arrival.
4. Must be in good health evidenced by a BSA Annual Health and Medical Record filled out and signed by your doctor within the past 12 months. ***Only the most current BSA Health and Medical Record will be accepted.***
5. Must know and use the Scout Oath and Law as their guide to appropriate behavior during their trek.

Swimming Ability:

All participants (youth and adults) are required to pass the standard BSA Swim Test before arriving at Swamp Base. Swamp Base requires that all participants pass the BSA Swim Test as a “Swimmer” or “Beginner.” Those only passing the test as a “Learner” will not be able to participate.

SWIMMERS must demonstrate the following:

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (no dog-paddle); then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating for one minute.

REQUIREMENTS AND RESPONSIBILITIES

Trek Advisor (Adult Leader)

Congratulations for having accepted the leadership of a Swamp Base trek crew! This reflects great credit on you and your leadership ability. You have assumed a great responsibility. Parents are entrusting their youth to your care. The Boy Scouts of America is placing its faith and confidence in your leadership. Most importantly, the young people in your crew are depending on you to realize their hopes, aspirations, and dreams of a successful Swamp Base experience.

Trek Advisor Responsibilities:

1. Recruit Scouts and Venturers who meet the participation requirements; this includes being able to swim. A minimum of two adults are required per crew.
2. Organize the expedition.
3. Designate a youth crew leader prior to arrival.
4. Train the crew members and set a physical fitness schedule so they will be prepared for the high adventure experiences in the swamp.
5. Collect participant fees and make all payments on time.
6. Be physically fit and ensure all crew members have a current **BSA Annual Health and Medical Record.**
7. Make sure every youth participant has proof of age with a photo ID.

***NOTE:** The required medical history and evaluation do not always screen out participants for our high adventure program. For example, individuals who are obese will not function well in a canoe. Getting in and out of the water is extremely difficult, and the sleeping quarters are small. Individuals with physical disabilities may be able to enjoy our programs if the disabilities are known and necessary precautions are taken. Further, individuals with respiratory or heart problems must discuss with their doctors the challenges of strenuous high adventure activity.*

Trek Crew Members

Requirements and Responsibilities:

1. Exceptions to these requirements will not be made.
2. In keeping with the policies of the Boy Scouts of America, requirements for acceptance and participation in the Swamp Base are without regard for race, color, creed, sexual orientation or national origin.
3. A majority of the trek crew members must be under age 21. Participants 18 through 20 years of age may be counted as youth or adult crew members.
4. Be registered members of a chartered unit, a Scout Troop or Team with proper leadership, a Venturing Crew (if coed, must have male and female adult leaders, age 21 or older), or be a Council or district contingent with proper leadership.
5. All registered adults must have completed the BSA Youth Protection Training or Venturing Youth Protection Training. (This is required for the Tour & Activity Plan.)
6. At least one adult leader must be trained in First Aid and CPR from any recognized agency and in Safe Swim Defense and Safety Afloat – this is for your tour plan.

7. At least one person must be trained in BSA Weather Hazards.

Tour & Activity Plan:

All crews MUST have an approved Tour & Activity Plan. The completed plan application must be turned in to your Council prior to your departure date. You will be asked to show a copy of the approved Tour & Activity Plan when you check-in during Arrival Day.

Training:

Each trek crew must have at least one adult currently trained in CPR, First Aid, Safe Swim Defense, Safety Afloat, and Weather Hazards. **All adults need not be trained, and the training may be shared among the adults, EXCEPT all registered adults MUST have Youth Protection training.**

NOTE: Please remember that a troop or team is not a co-ed unit. The only way that a female under the age of 18 may attend Swamp Base is with a Venture crew with proper co-ed leadership or as a member of an approved Council contingent with proper co-ed leadership. If a youth female has her father participating on the trek, co-ed leadership is not required. HOWEVER, if any youth female does not have a parent participating, proper co-ed leadership is required.

*IMPORTANT: Swamp Base requires two adult leaders on all treks, regardless of length, conducted by your unit. All trek crews participating in Swamp Base **must have at least two adult leaders**. For Troops and Teams, one of the adults must be over the age of 21; the other must be at least 18 years of age. For Venturing Crews, both leaders must be at least 21, and if the Crew is co-ed, you must have co-ed leadership. If you have more than one trek crew attending, each trek crew must have at least two adult leaders.*



Approaching Island Outpost in Lake Fausse Pointe.

CREW POSITIONS

Swamp Base trek crews are predominately youth-led, with adult supervision. Please plan to arrive for your trek with crew positions already determined. **Please note that there is only one of each position per crew.** Each position will be assigned a rubber bracelet to identify their position. Crew members without a position will be given a green bracelet.

Trek Advisor (Adult): Gray

The adult leader who is in charge of the crew is called the Trek Advisor; can responsible for sending trek payments to and often plays a major role in helping the crew(s) plan and prepare for a successful Swamp Base trek. The Trek Advisor should share updates received from Swamp Base with the crew.

Crew Leader (Youth): Orange

Responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities of each crew member. He/she leads by example and practices servant leadership to allow the crew to have an enjoyable and successful trek. The Crew Leader should have leadership capabilities that are respected by everyone. Successful Crew Leaders exhibit the following traits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve conflicts before they develop into larger issues.

Chaplain's Aide (Youth): Black

Leads the crew in following the 12th point of the Scout Law, a Scout is Reverent. Leads the crew in nightly "Roses & Thorns." During Roses & Thorns, each crew member will say their rose (something they liked about the day), thorn (something they disliked about the day), and bud (what they are looking forward to tomorrow or in the near future). Each crew member should be allowed to talk uninterrupted. The Chaplain's Aide is also responsible for leading the crew in the "Swamp Base Grace" (*see page 5*) at every meal, as well as running the crew's interfaith service at Island Outpost.

Swamp Steward (Youth): Blue

Helps the crew understand and follow the principles of the BSA Outdoor Code (*see page 5*) and Leave No Trace. In addition to encouraging the crew to tread lightly in the wilderness, the Steward is also responsible to make sure that all equipment and gear is properly treated, and that all trash from meals is collected.

Trek Guide (Swamp Base staff member): Red

Trek Guides are members of the Swamp Base staff and are assigned randomly to crews. Trek Guides stay with crews from Vermilionville through the entirety of the crew's 61.6-mile trek. Guides provide crews with orientation and outdoor skills training, pack and issue trail food, and are a resource for safety purposes, environmental awareness and historical background of the area.



SWAMP BASE - TREK ITINERARY

* Unlike other BSA High-Adventure camps, Swamp Base is not self-paced. In order to complete the trek, crews must paddle the scheduled daily distances. Distances and Trek are subject to changes.

Day 1, Arrival Day – Vermilionville Folklife Park and University of Louisiana at Lafayette

Upon arriving to Lafayette, LA, **Swamp Base participants need to meet at the Vermilionville Folklife Park at 2:00 pm to begin their Swamp Base experience.** Vermilionville is a replica of a 1700s Acadian village set along the Bayou Vermilion. At Vermilionville, Scouts will be introduced to their Trek Guide and then be immersed in the Cajun, Creole, and Native American cultures of the area through talks with interpreters and hands on exhibits. After completing the 2 hour tour of Vermilionville, Scouts will travel to the University of Louisiana at Lafayette (the Ragin' Cajuns). At ULL, Scouts will be assigned a dorm room for the night and have their trek guide complete their trek orientation, safety overview, and gear shakedown. Please see the 'Trek Gear List' for a complete list of required and recommended gear.

Each crew will take a Trek Crew Photo on their Arrival Day. Please consider wearing your Scout uniform or matching trek shirts.



Trek crew 150705-02-ST from the Longhorn Council in Texas.

Vermilionville Living Heritage & Folklife Park:
300 Fisher Rd.
Lafayette, LA 70508
(337) 233-4077



University of Louisiana at Lafayette – Baker Hall:
Corner of Taft St. and St. Mary Blvd.
Lafayette, LA 70503



Day 2 – 19.3 miles, Bayou Courtableau to Dark Forest houseboats

Program – Connection to the Wetlands

The first day of paddling is spent in the Indian Bayou Area, a 28,500 acres piece of swampland operated by the U.S. Army Corps of Engineers. Though the paddlers begin their day in the 4.4 mile long Grimmer Canal, the majority of the day is spent in challenging and winding bayous of Bayou Fardoche and Bayou Fusilier of the Swamps. A mix of large hardwood trees and shrubs line the narrow bayou providing paddlers with ample shade during the day. The day comes to a conclusion paddling through the most recognized portion of the Atchafalaya, the Henderson Swamp. This 7,000 acre swamp/lake is known less for its cypress trees, but more for its cypress stumps, remnants of the logging industry over 100 years ago. As the Scouts approach the southern end of the Henderson Swamp, they will arrive at “Dark Forest,” a cypress tree grove where the houseboats are stationed. Here the Scouts will literally live on the water and enjoy a program focused on connecting themselves to the wetlands. During this time they will perform wildlife observations, water quality testing, as well as throwing cast nets to collect small fish and other aquatic animals that live in the water.

Day 3 – 10.3 miles, Dark Forest to Rougarou Island (Catahoula)

Program – The Rougarou

Day 2 begins with an airboat ride through the dense swamps of the Henderson Swamp. After their ride, Scouts will paddle to the spillway levee, a man-made structure that lines the east and west sides of the swamp and protects adjacent communities from flood waters. The first portage of the trek takes Scouts up and over the 25’ high levee into Bayou Berard, a wide waterway that leads to the small fishing community of Catahoula, LA. *Note: This portage, though only 900 feet long, is not easy. It takes place at 12:30pm when temperatures are 90 degrees. Physical conditioning prior to arriving is highly recommended.*

During their second night in the Atchafalaya, Scouts will sleep on primitive Rougarou Island, with no running water or electricity. The evening’s accommodations are Hennessey hammocks. The Scouts will be tasked with starting a fire in order to eat their dinner. It is thought that a Rougarou, or Cajun werewolf, prowls the surrounding swamps. Be on the lookout!!!

Day 4 – 14.4 miles, Rougarou Island to Island Outpost

Program – "Laissez le bon temps rouler!"

Day 4’s paddle is the most diverse day of paddling, as the swamp landscape is constantly changing. From the large live oaks that surround Rougarou Island to the quintessential cypress swamps of Bayou Grand Gueule and south to the open waters of Lake Dauterive, Scouts will continuously be challenged by the various paddling environments.

At the end of the day Scouts will arrive at 24-acre Island Outpost in Lake Fausse Pointe. Scouts will spend two nights sleeping in cabins and be given an opportunity to shower. After some much needed rest, the afternoon activities include swimming and standup paddle boarding.

Day 5 – 0.0 miles, Island Outpost

Program – Swamp Fishing and Chitimacha Blowguns

During the Scout’s fourth day in the swamp, they will be provided with a day focused on the diverse cultures and communities that have lived in and around the swamp for hundreds of years. These cultures

include the Cajun, Creole, and Native Americans. There will be no paddling on this day, but plenty of opportunities to get on and in the water. Activities include:

- Chitimacha Tribe blowguns
- Swamp folklore
- Trapping and fishing
- Enjoying Cajun and Zydeco music
- Wayfinding and celestial observation

Day 6 – 17.6 miles, Island Outpost to Myette Point

For many, the highlight of the week long journey comes on Day 6 with most of the day being spent paddling through the big trees and waters of Lake Fausse Pointe and Grand Lake. At over four miles in length, Lake Fausse Pointe can be a daunting open water paddle, but with the low winds that are typical of the summer months, the area is a jewel to behold. Surrounding the lake are hundreds of large cypress trees, some over 1,000 years old. These trees were spared cutting due to their hollow or poor wood. These “trash” trees are some of the widest in the state and represent Louisiana’s equivalent to the sequoias of California. After paddling amongst giants, the trek crew will portage over the levee at Grand Avoille Cove. From here they will paddle through the cypress trees of Grand Lake, a very shallow lake which is home to hundreds of wading birds. The trek finishes by paddling to Myette Point near Charenton, LA, home to the Chitimacha Tribe. *Note: The second portage of the trek again takes Scouts up and over the 25’ high levee into Grand Lake, the remnant of a huge waterway that once dominated the swamp. This portage, though only 550 feet long, is not easy. Physical conditioning prior to arriving is recommended.*



Swamp Base - Trek Agenda

| | Day 1 - Arrival Day in Lafayette | Day 2 - in the Swamp 19.3 miles of paddling | Day 3 - in the Swamp 10.3 miles of paddling | Day 4 - in the Swamp 14.4 miles of paddling | Day 5 - in the Swamp 0.0 miles of paddling | Day 6 - in the Swamp/Lafayette 17.6 miles of paddling | Departure Day |
|-------|---|--|--|---|---|--|---------------|
| 6:00 | | | | | | Breakfast | |
| 6:30 | | Depart for Swamp trailhead - Bayou Courtableau; Breakfast on bus | | | Flag raising | Pack gear | |
| 7:00 | | Arrive at Bayou Courtableau | Breakfast | Breakfast | Breakfast | | |
| 7:30 | | Paddling Tips & PFD Fitting | | Pack gear | Interfaith service | | |
| 8:00 | | | "Connection to the Wetlands" program | | Fishing Program or Chitimacha Blowgun program | Paddling | |
| 8:30 | | | Airboat Rides | Paddling | | | |
| 9:00 | | | | | | | |
| 9:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | Lunch | Lunch | Grand Avouille Portage | |
| 12:30 | | | | | | Lunch | |
| 1:00 | | | | | | | |
| 1:30 | | | | | | | |
| 2:00 | | | | | | | |
| 2:30 | Arrive at Vermillionville; Tour Vermillionville | | | | Lunch/Island exploration | | |
| 3:00 | | | | | | | |
| 3:30 | | | | | | | |
| 4:00 | Depart for ULL dorm | | | | | | |
| 4:30 | | | | | | | |
| 5:00 | Check into dorms; Health Checks | Arrive at Houseboats in Dark Forest | | Arrive at Island Outpost | | | |
| 5:30 | | Setup Camp/Rest | Arrive at Rougarou Island | Setup Camp/Rest; Island exploration | Fishing Program or Chitimacha Blowgun program | Depart for ULL dorm | |
| 6:00 | Orientation Presentation | Costnets and Fishing | Setup Camp/Rest | Rest/Island exploration, "Laissez le bon temps rouler!" | | Scout Shop - purchase merchandise | |
| 6:30 | | | Prepare, Eat, Clean Dinner | Prepare, Eat, Clean Dinner | | Check into dorms; Showers | |
| 7:00 | Crew photo; Dinner at Cypress Lake | Prepare, Eat, Clean Dinner | Roses and Thorns; Next day agenda | Roses and Thorns; Next day agenda | | Dinner at Old Tyme Grocery; Final Roses and Thorns; Exit Surveys; Patch presentation | |
| 7:30 | | Roses and Thorns; Next day agenda | Roses and Thorns; Next day agenda | Roses and Thorns; Next day agenda | | Trek guides depart; Campus Exploration | |
| 8:00 | Gear Shakedown | Houseboat sunset | "The Rougarou" program | Laissez le bon temps rouler! | | Pack gear for departure | |
| 8:30 | | "Got Gators?" program | | | | Lights out | |
| 9:00 | Lights out | Lights out | Lights out | Celestial Observation program | | | |
| 9:30 | | | | | | | |
| 10:00 | | | | Lights out | | | |

ARRIVAL DAY DRIVING DIRECTIONS

Lafayette is centrally located in the southern part of Louisiana and is easily accessible from major interstates and highways as well as Lafayette Regional Airport. Participants are required to arrive to the Vermilionville Heritage & Folklife Park in Lafayette by 2:00 pm on their Arrival Day.

Driving Directions to Vermilionville from Interstate-10:

1. From I-10, Exit 103A
2. Continue south 3.7 miles on NW Evangeline Thruway/Highway 90/Highway 167
3. Turn left on Surrey St.
4. Continue 0.4 miles on Surrey St.
5. Turn left at the traffic light onto Fisher Rd.
6. Head down the hill, continuing right on Fisher Rd.
7. Vermilionville's entrance is on the left, 300 Fisher Rd
8. Meet on the front porch of the Welcome Center building

Driving Directions to Vermilionville from Interstate-49:

1. Continuing heading south on I-49, crossing under I-10
2. Continue south 3.7 miles on NW Evangeline Thruway/Highway 90/Highway 167
3. Turn left on Surrey St.
4. Continue 0.4 miles on Surrey St.
5. Turn left at the traffic light onto Fisher Rd.
6. Head down the hill, continuing right on Fisher Rd.
7. Vermilionville's entrance is on the left, 300 Fisher Rd.
8. Meet on the front porch of the Welcome Center building

Driving Directions to Vermilionville from Lafayette Regional Airport (LFT):

1. Exit the airport and turn left on Blue Blvd.
2. Head straight through the traffic light at Blue Blvd. and Surrey St.
3. Blue Blvd. turns into Fisher Rd. after crossing Surrey St.
4. Head down the hill, continuing right on Fisher Rd.
5. Vermilionville's entrance is on the left, 300 Fisher Rd.
6. Meet on the front porch of the Welcome Center building

Driving Directions to the University of Louisiana at Lafayette from Vermilionville:

1. From the parking lot, turn right on Fisher Rd. toward Surrey St.
2. At the traffic light, turn right onto Surrey St. Continue on Surrey St. for 0.4 miles
3. At the traffic light, continue straight across NW Evangeline Thruway. Surrey St. turns into University Ave after crossing through the traffic light
4. Continue on University Ave. 0.9 miles
5. Turn left onto Taft St. and travel 0.2 miles
6. The Taft St. parking garage and Baker Hall will be on the right.
7. Park in the Taft St. parking garage

TRANSPORTATION

If your crew is planning to fly into the Lafayette Regional Airport, there are a few options for transportation to Vermilionville and then to the University of Louisiana at Lafayette, but let's first discuss the needs for transportation:

- The distance from the Lafayette airport to Vermilionville is only 0.75
- The university dorms are only 1.5 miles from Vermilionville
- Crew sizes are 8 to 11 people or if you have two crews, 16 to 22 people, so multiple vehicles or large vehicles will be necessary
- Crews are away from Lafayette in the swamp for 5 days

Because of these factors, it does not make sense to rent a vehicle, unless you plan to explore more of South Louisiana or New Orleans while in the area. However, the airport does offer the standard rental car companies: Alamo, Avis, Budget, Enterprise, Hertz, and National. *Please note: Booking online in advance will be the best way to save money.*

With large groups, finding adequate transportation through the rental car companies can be difficult and expensive, and if your group is not planning on exploring the area before or after your trek, temporary transportation services would be recommended.

Swamp Base is working with ALG Executive Charter & SUV Services for temporary transportation. The owners are both Eagle Scouts and if you mention the Boy Scouts and Swamp Base, we're sure that you'll get a great deal. To insure transportation, please plan to book in advance.

Contact information:

ALG Executive Charter & SUV Services
Byron Holmes
Executive Director

337-233-3460
102 Magnate, Suite 102
www.acadianalivery.com
bholmes@acadianalivery.com

ULL DORMATORY CHECK-IN/CHECK-OUT PROCEDURES

Participants will spend their first and last night of their Swamp Base experience in dormitories at the University of Louisiana at Lafayette. For each night at the dorm, both Scouts and adult leaders will need to check-in with the ULL housing staff. This will include filling out and signing a housing identification and contact information card. The housing staff will assign dorm rooms and hand out room keys. All crews that are leaving vehicles on campus must park in a designated parking tower to avoid ticketing.

The dorms at ULL are suite style, with two separate sleeping rooms (each sleeping two people). Two restrooms and sink areas are attached to a central foyer space.

No gear or personal items are to be left in the dorms while on the trail. It is required for all participants to check-out every the morning after a night's stay, or risk being charged for a lost key.

For morning check-out, it is required that all room keys and access cards be placed in the "drop box" at the front desk of the dorm so that they can be returned to the university. Failure to return keys will result in a \$200 lost key charge to the trek crew.



Baker Hall dorm on the grounds of the University of Louisiana at Lafayette campus.

RECOGNITION AWARDS

Swamp Base Trek Award:



About the Patch:

The Swamp Base Trek Award patch is presented to all participants that complete the 60-mile swamp trek, fill out the program exit survey, and obey the Scout Oath and Law while at Swamp Base.

The Swamp Base Trek Award patch was designed to resemble the silhouettes of the moss covered old growth cypress trees found throughout the swamp. Included at the base of the patch is the apex predator of the area, the American alligator. The skull of a cow's head represents Tête la Vache, which means "Cow's head" in French. The Tête la Vache marks the high water mark of the Flood of 1927 and can be seen in the Indian Bayou Area on Day 1's paddle. ***Only those who conquer the swamp will earn a special addition to their patch... a real alligator tooth!***

Please note: If a Swamp Base Trek Award patch is lost or broken, please contact Swamp Base to submit a "Lost Patch Request." This request must include your trek crew #, Scout unit #, home address, as well as a brief write-up about your trek experience and what was learned in the swamp.

50-Miler Award:



The 50-Miler Award can be presented to each qualifying individual for satisfactory participation in Swamp Base. In order to qualify for the award, the group of which the individual is a member must fulfill all of the following requirements.

1. Make complete and satisfactory plans for the trip, including the possibilities of advancement.
2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)
3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)
4. Unit or tour leader must then file a 50-Miler Award application with the local council service center. This application gives additional details about planning the trip.

With the large number of Scouts participating on a Swamp Base high adventure trek each year, we ask that the 10 hours each of group work be completed in the Scout unit's hometown or Council. Swamp Base suggests working on a conservation based project that relates to water quality and improving a watershed.

PROGRAM GUIDELINES

Alcoholic Beverages and Illegal Substances:

There is no place in the programs of the Boy Scouts of America for the possession or use of these substances. **Anyone, youth or adult, violating this policy will be asked to leave the program immediately without a refund.**

Smoking:

Smoking is confined to designated areas only. The minimum age for smoking is 18 years of age.

SMOKING IS NOT PERMITTED ON ANY VESSEL, IN HAMMOCKS, OR IN ANY BUILDING.

Fireworks and Firearms:

Boy Scouts of America policy prohibits possession and discharge of fireworks or possession of firearms not used in the Scout program. Fireworks or firearms found during the high adventure program will be confiscated and destroyed.

Swimsuits:

All swimming attire must be modest. For men, Speedo-type swimsuits are not appropriate; all swimsuits should have liners in them. For women, bikinis are not appropriate; one-piece swimsuits and modest tankini suits are considered appropriate.

Religious Service:

Swamp Base encourages all Scouts and Scouters to comply with the 12th point of the Scout Law: "A Scout is Reverent." During your first morning at Island Outpost, your trek guide will help lead an interfaith service program. Field uniforms are not required. If your crew has specific requests for a religious service outside of what is offered at Swamp Base, please let the staff know. Your crew will then be in charge of running their own service.

Hurricane Season:

Hurricane season begins June 1st and continues through November 30th. In the event of extreme weather conditions, the Swamp Base director will make the final decision regarding whether to continue with the adventure or seek shelter.

TREK GEAR - WHAT TO BRING

Due to the daily paddling requirements necessary to complete the week long program and the climate of south Louisiana in the late spring/early summer, the following items are recommended for all participants to bring with them, in order to ensure an enjoyable experience in the swamp.

Remember, BE SELF-SUFFICIENT. Don't put yourself in the position of being dependent on others. Think and plan ahead about what you will do about having enough food and water. Keep a back-up snack and bottle of water in your boat, regardless of the group's plans.

Essential Gear:

These items are required in order to participate on the high adventure trek.

- Proof of age/photo ID
- Safety whistle
- 4 large-mouth Nalgene® 32 oz. water bottles
- 1 bottle non-oily sunblock and sunscreen spray (SPF 30+)
- Pocket knife
- Flashlight or headlamp
- Compass
- 2 copies of BSA Health and Medical Forms and medical insurance information

Paddling Gear:

- Quick dry clothes (2-3 short or long sleeve shirts and 1 pair of shorts)
 - *Note: Clothes with at least UPF 30+ is recommended*
 - *Swamp Base offers a long sleeve, UPF 40+, 100% polyester moisture-wicking shirt with Insect Shield® for \$32.95. Please contact us with questions about purchasing.*
- Lightweight zip-off long pants and long-sleeve shirt (for insect and sunburn protection)
 - *Note: Dark colored clothes attract mosquitoes*
- Hat (wide-brim recommended)
- Water shoes – required for all swimming
- Tennis shoes or boots
- Lightweight rain gear (pants optional)
- Sunglasses with strap (polarized are best)
- Swim trunks or board shorts (males)
- One-piece swimsuit or tankini (females)
- Insect repellent (containing 20% DEET)
- Powdered Gatorade or Powerade or equivalent electrolyte supplements
- 2 towels (one for the trek and one for the nights at the university)
- Bandana, small towel, rag, or a Real X Gear – Xtreme Cool towel
- 2 dry bags – 20 liters each
- “Snack pack” – 5 days of trail snacks (beef jerky or Slim Jims, trail mix, nuts, breakfast bars or power bars, candy, nuts and dried fruit) Remove excess packaging for snacks and place food into Zip-lock bags for waterproofing and trash disposal. *Snack packs should be used to supplement individuals that require more daily food than is provided by Swamp Base.*

- *Note: Avoid snacks that will melt in the heat*
- Freezer grade Zip-lock bags (sandwich and gallon sizes). Number dependent on amount of snacks.
- Baby powder or Gold Bond® (to cut down on chafing)
- Paracord, rope, or straps for securing gear and water bottles to the canoe
- Carabiners for securing gear

Camping Gear:

- Queen sized sheet or lightweight compact sleeping bag rated over 50° F
- Camp pillow
 - *Note: The University does not provide linens. Many Scouts prefer to bring a larger pillow or extra sheets for the two nights in the university.*
- Toiletry kit (tooth brush, tooth paste, biodegradable soap, toilet paper, deodorant, etc.)
 - *Note: Unscented soaps, shampoos, and deodorants will help reduce mosquitoes*
- Mess Kit (plastic bowl, spoon, and fork)
- Hand sanitizer

Crew Gear:

- First-Aid kit
- Garbage bags

Optional Items:

- Smartphone for trek documentation purposes
 - Cell phone dry bags are recommended
- Canoe seat
- Camera (waterproof is optimal)
- Paddling gloves
- Wristwatch
- Hydration system (Camelback or Platypus)
- Extra money (\$) for Swamp Base merchandise, souvenirs, or snacks
 - Swamp Base souvenirs can be purchased after the trek. *Note: Keep money with you on the trail, so that souvenirs can be purchased*
- Fishing gear – poles and bait box to be used at program areas

Health Items:

- Prescription medication
- EpiPen (if required through a prescription)

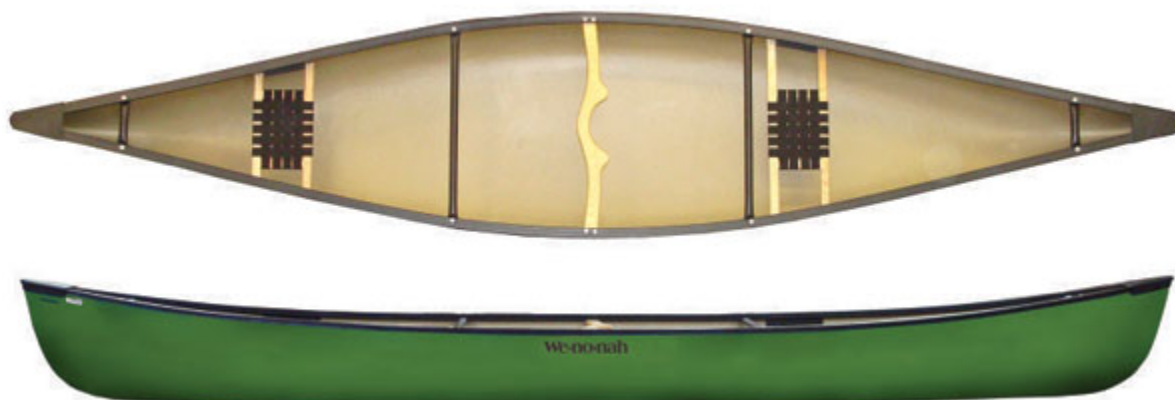
DO NOT BRING THE FOLLOWING ITEMS:

- Video games or DVD players
- Fireworks
- Firearms
- Alcohol or Drugs
- Scout-inappropriate clothing

PROVIDED GEAR & SUPPLIES

Swamp Base will provide the following gear and supplies for all participants embarking on the 60 mile canoe paddling trek.

- Wenonah 16'9" – polyethylene tandem canoes
- Werner Skagit kayak paddles
- Astral V-EIGHT PFD (personal floatation device)
- Hammocks for the primitive camping night on Rougarou Island
- TFO fly rods and reels
- Okuma spinning rods and reels
- Sleeping pads or mattresses
- 16 meals (beginning with dinner in Lafayette on the Arrival Day)
- Fresh water refills at overnight locations



For all 2016 treks, Swamp Base has made the change from kayaks to canoes. This decision did not come easy, but is in response to the comments and preferences of Scouts and leaders that have paddled through the swamp.

The polyethylene Wenonah Northfork is made for people who demand ruggedness— sportsmen, camps, outfitters, etc. Its stable hull feels solid when the going gets rough. It has plenty of capacity for gear, and paddles easily when loaded. We heard great things about our canoes from our 2015 participants!

- Length – 16'9"
- Width – 37 1/2"
- Weight – 87 lbs.

FOOD MENU

Louisiana's food is world famous! People travel thousands of miles to sample the unique culinary flavors that originate from our area. Because of this, the menu for a Swamp Base trek is planned to include several of the dishes that Louisiana is so well known for, including: jambalaya, po-boys, crawfish étouffée, and chicken and sausage gumbo.

Each Swamp Base trek crew is provided 16 meals, beginning with dinner in Lafayette on the Arrival Day. Based on nightly accommodations, dinners will be eaten at the overnight locations, with lunches and some breakfasts being eaten on the water. This allows additional space on the canoes for Scouts to carry their own person gear, and also enables crews to eat a different menu each day on the trail.

The trek food is, by necessity, a high-carbohydrate, high-calorie, and high protein diet. ***The Swamp Base menu is planned for "normal consumption" by people participating in paddling activities. If you require more than average food to feel "full," please supplement the menu with more food in your "Snack Pack."***

FOOD ALLERGIES & DIETARY RESTRICTIONS

If an individual in your crew is allergic to some food products, requires a special diet, or has specific religious food needs; suitable food substitutions must be purchased at home and brought or shipped to Swamp Base.

When completed, please review the Swamp Base menu and ingredient list and determine which items in each meal will cause a problem and prepare to provide your own substitute food for the specific items in the meal. Every participant will still be provided the standard trek menu and it will be up to the individual, not Swamp Base, to remove the items that pose a problem.

FISHING IN LOUISIANA

Louisiana is known as the Sportsman's Paradise due in part to its world class fishing. Among the freshwater fish populating lakes and bayous are bass (striped, smallmouth, and largemouth), paddlefish, bream, sunfish, bowfin, drum, buffalo, catfish (channel, blue, and yellow), crappie and alligator garfish, all of which are popular with fishermen. Crews will have the opportunity to throw cast nets, set jug lines, and fish with conventional tackle.

We will provide all of the top-of-the-line fishing tackle, rods, and reels that you'll need, so don't worry about bringing personal rods and reels, unless you have your own preference, or plan to fish while on the trail during rest and lunch breaks.



Fishing opportunities abound in the waters of the Atchafalaya Swamp.

CANOE SAFETY

Below is a basic list of Do's and Don'ts for safe and enjoyable paddling. It is by no means complete nor is it a substitute for experience, training, and good common sense.

- Enter low – The lower your center of gravity, the more stable your canoe becomes. When you enter, exit, or change positions, always stay low and proceed with one hand on each gunwale.
- Don't stand up in your canoe – stay low!
- Caught in a squall on open water? – The lower the center of gravity, the greater the stability. In a squall, remain seated in the canoe. The trek will continue through the rain, but if lightning strikes we must get to the shore.
- Personal Flotation Devices (PFD) – These are not to sit or kneel on. They are to be worn. Law requires that a Coast Guard approved personal flotation device be available for each occupant in your canoe. Paddlers are required to wear their lifejackets when on the water.
- Don't Overload – Each canoe has a maximum load capacity rating in pounds for persons and gear. Not overloading your canoe is a start, but it is not the final assurance of safety.
- Most accidents take place getting into the boat and getting out of the boat. Maintain at least three points of contact with the boat at all times.
- Should You Capsize or Swamp – In open water such as lakes or very slowly moving water, stay with your canoe. Use other boats to help right the capsized canoe.
- Sweepers and Strainers are low hanging trees or branches. They are often floating but held in place – avoid them.
- Avoid structures in the water.
- Respect anglers and other boaters. Paddle toward the shore opposite of their lines and pass by quietly.
- There must always be at least two canoes (buddy boats) traveling together. If part of the group is fishing away from camp or on a day trip away from the rest of the group, there must be at least two boats together. The Youth Protection guidelines must also be followed so there is never a “one-on-one” situation between youth and adult.
- Performing regular head counts while on the water is always a good idea.
- Always stay within eye sight of the boat immediately in front and behind you.

- Never get ahead of the assigned lead boat or behind the assigned sweep boat.
- The **Lead Paddler** should be a strong paddler, with experience and a good idea of where you are going. It is his job to:
 - Lead the group, making decisions on where to go and where not to go
 - Paddle at a pace that everyone in the group can keep up with
 - No one in the group should pass the leader.
- The **Sweep Paddler** should also be a strong experienced paddler who might be inclined to paddle at a slower pace. The Sweep Paddler will most likely be this person who will have to assist a paddler in distress. He or she should have experience in canoe rescue techniques. It is the responsibility of the sweep paddler to:
 - Have a well stocked supply of safety and signal devices
 - Not let anyone fall behind them.
 - Keep an eye out for the paddlers ahead of them
 - Maintain the pace of the slowest paddler

Safety Whistle Communication

A safety whistles is an essential item required in order to participate on the high adventure trek. Because of the meandering nature of many of the bayous in the swamp, sometimes audible signals are the only way to communicate with members of the crew. It is required to know the following whistle blasts before beginning a Swamp Base trek.

- One (1) Blast - Attention
- Two (2) Blasts - Come Back or Gather
- Three (3) Blasts - Internationally Recognized Distress Signal (Help or Emergency)



Canoeing through Bayou Alexander on the way from Rougarou Island to Island Outpost.

PADDLING TIPS

Before arriving to Swamp Base, it is highly recommended that Scouts and adult crew leaders spend some time on water paddling with a kayak paddle in a tandem canoe. This will make paddling strokes more efficient, promote teamwork needed to paddle together, and help identify the best pairing of individuals in the canoes. *Paddling with a kayak paddle in a canoe is an untraditional form of paddling, and takes a little getting used to. However, you will find that it propels the canoes much faster through the water and allows for corrective strokes to happen without slowing the boat or losing any efficiency.*

The best way to ensure a successful Swamp Base trek is to arrive prepared for the challenges of the 60 mile paddle trek. It is estimated that each participant will paddle over 31,000 strokes in order to complete the journey.

Holding the Paddle:

1. Picture the width of your shoulders. That width, or a little less, is the amount of space that should separate your hands when hold the paddle shaft.
 - If your hand spacing is too wide, you'll gain power but tire out rapidly because this hand position requires a lot of upper-body strength to pull the paddle through the water.
 - If your hand spacing is too narrow, you risk having no strength in your stroke.
2. Avoid applying too tight of a grip on the paddle shaft. It will quickly cause fatigue in the hands and arms, and could lead to hotspots or even blisters. Instead, it is preferred to use a relaxed grip. Open your fingers slightly and create a loose handhold.

When your hands are in the correct position:

- Knuckles are pointed up.
- One of the blades is vertical (this makes it your "power hand").

Forward Stroke:

The forward stroke is the most fundamental paddling motion and involves more than just arm power. A well-executed forward stroke is a collaborative effort that combines upper arms and core muscles (back, abdomen and glutes). Intertwining these muscle groups allows you to efficiently propel your boat while minimizing arm and shoulder fatigue.

Tip: Think of the forward stroke as putting your blade in the water and moving past it rather than pulling a paddle's blade through the water. This allows greater paddling efficiency.

There are several ways commonly used to describe the stages of a forward stroke, but here is a popular way:

Phase 1 (catch): Wind your torso into the stroke. Dip your paddle on one side of the boat and "catch" a blade's worth of water. (Note: Sometimes the "catch" is considered part of the second, "unwinding" phase.) If placing the blade on the boat's right side, the right side of your rib cage should be angled toward the bow (front).

Phase 2 (propulsion): Unwind, or rotate, your torso as the blade pushes the water behind you. Use core muscles to push past the blade rather than pulling the blade through the water with your arms. This boosts efficiency and reduces fatigue.

Phase 3 (recovery): As the paddle pops out of the water, you're now wound up for the next stroke, with the opposite side of your rib cage angled toward the boat's bow.

Overall, the forward stroke is a continuous, simultaneous push-and-pull motion—a push with the upper hand, a pull with the lower, all resulting in smooth torso rotation.

To add power to your forward stroke:

1. Think of your hands as extensions of your body.
2. Imagine throwing a punch with one hand.
3. Gripping the paddle, position one hand about shoulder height.
4. From your shoulder, throw an imaginary punch for an extra burst of power. Add aggressive torso rotation for an extra power boost.

In paddling, good technique is more beneficial overall than sheer upper body strength.

Sweep Stroke (for Turning):

What's the simplest way to turn a moving boat? Just drop a blade into the water on either side of the boat. The boat will immediately turn in that direction—but you will lose much of your velocity as you turn. To turn while sustaining forward momentum, use the sweep stroke.

Phase 1: Lean the boat toward one edge while maintaining a comfortable balance. Extend your arms forward and dip in the blade near your feet to begin your sweep.

Phase 2: Sweep the blade in a wide arc toward the rear of the boat (the stern). The most effective part of this stroke is the rear 20° to 30°. Put some power into your body's rotation to optimize the stroke.

Phase 3: Finish the stroke by lifting the paddle after it comes near or touches the stern. The result should be a Draw Strokes (for Pulling Close)

Draw strokes are used to move your boat sideways so you can pull close to a dock or another boat.

The basic draw stroke, sometimes called a T-stroke, works as follows:

1. Use your arms to extend the paddle away from you.
2. Place a blade in the water about 2 feet or so from you; the shaft should be on a slight angle with the lower blade tilted away from you.
3. Use your lower hand to pull the blade straight toward you.

To repeat, twist the blade 90° so the blade can slice through the water away from the boat. The slicing motion is also known as feathering.

If the blade begins to get sucked beneath your boat, resist the urge to apply a prying motion. You could cause your boat to tip. So simply let go and start over. Keep this little rhyme in mind: Don't pry; better to retry.

Sculling is a more powerful and effective draw stroke that requires a little more technique. The motion is like using your blade to spread peanut butter on bread.

1. Extend the paddle away from you.
2. Place a blade in the water about 2 feet away; keep the shaft as vertical as possible.
3. Rotate your wrists so the blade face repeatedly opens and closes as it moves across the water.
4. Maintain a "climbing angle" with the shaft by pushing gently toward the bow when the face is open, toward the bow when it is closed.

Reverse Forward Stroke (for Stopping):

1. Drop a blade in the water on one side of the boat then the other to slow your momentum.
2. Begin to back-paddle as needed. This is simply a reverse of the forward stroke.
3. Remember to rotate your torso while you back-paddle.

Paddling Tips courtesy of REI: <http://www.rei.com/learn/expert-advice/paddling-strokes.html>

FREQUENTLY ASKED QUESTIONS (FAQ'S)

What time do we need to arrive to Vermilionville on our Day 1, Arrival Day?

Trek Crews need to arrive at Vermilionville at 2:00 pm to begin their tour. Your Trek Guide will be there to greet you and accompany you on the tour.

What are the trek start dates?

Two treks start daily from June 6th to July 23rd.

What does our Trek crew # mean?

The first six numbers of your trek crew number is the date that your crew is supposed to arrive in Lafayette for your trek. It is an ISO 8601 dating format, with the YYMMDD. Following the date is "01," representing Trek 1, the program you're participating on, and then "A, B, or P." "A and B" are determined by the order in which the crew has reserved their trek, whereas "P" represents the provisional crew. Lastly, the "ST" stands for Swamp Trek.

What day are we supposed to arrive?

Please reference your trek crew number. The date of your arrival is the first six digits of your trek crew number, YYMMDD. Please arrive to Vermilionville at 2:00 pm on this date.

When does the Swamp Base program official end?

The program officially ends after dinner in Lafayette on Day 6. This is approximately 7:30 pm.

What time are we allowed to checkout on our final day?

The university requests that all crews checkout of the dorms and return their keys no later than 9:00 am. Nothing is required in the checkout procedure except returning the keys to the drop box. Please note that crews are allowed to depart earlier if they so choose.

What date does the Provisional trek start, and what is a provisional crew?

The provisional trek's arrival day is on June 18, 2016. Its crew number is 160618-01P-ST. A provisional crew is made up of separate individuals from across the country that are placed together as a crew. These "strangers" participate as regular crew. Every adult in the provisional crew must have Youth Protection training, as well as certifications in First-Aid and CPR, Weather Hazards, Safety Afloat, and Safe Swim Defense.

How many portages are there and what are their lengths?

There are two official portages during the 61.6-mile trek. The canoes and paddling gear must be carried 900 ft. at the Henderson Portage and 550 ft. at the Grand Avoille Cove Portage. The portages include crossing a 25 ft. high levee, the highest point in the swamp!

Do the canoes provided have backrests?

They do not. If you require a backrest for your trek, please consider bringing one with you.

Do the university dorm rooms include linens, pillows, toiletries and towels?

No they do not. If you require a larger pillow or more sheets for your two nights in the dorm, please plan to bring them with you and then store them in your vehicle while on the trek.

Do participants paddle with food?

Yes. 6 of the 16 included meals are to be eaten while on the water. Crews are encouraged to bring their own “Snack Packs” if they have above average appetites. Swamp Base provides food for “normal consumption” (see “Paddling Gear”).

Why do we need to bring four separate water bottles versus one gallon jug?

We recommend multiple water bottles so that in case of capsized canoe or spillage, that not all of the water is lost. This method ensures that everyone always has a container to hold water. Additionally, it is less cumbersome to carry one 32oz. bottle around our program areas, then to have to drag a gallon container.

How dangerous are alligators?

Most alligators, if left alone, will move on. Alligators less than 4 feet in length are naturally fearful of humans and are generally not a threat to pets, livestock, or humans.

Although alligator attacks in Louisiana are extremely rare, it can happen. The "attack" reports in Louisiana are usually more accurately described as "encounters." As with all outdoor activities, realize that wildlife encounters are a possibility (please see “Tips for Recreating in Alligator Habitats”).

What do I do if I need to use the bathroom while on the trail?

If no land is around, you jump in the water of course! Your trek guide will teach you the proper way of relieving yourself in the swamp.

What happens if I forget something I need for the trek?

Not to worry! The Evangeline Area Council, BSA has a Scout Shop that sells most of what crews will need on the trek. There is also an Academy Sports + Outdoor store and Walmart in the area.

Approximately how many paddle strokes will it take to complete the trek?

We have estimated the amount of paddle strokes to be around 31,000.

How hot is it in the summer in South Louisiana?

“Il fait chaud!” (It is hot!) June/July high temperatures average in the low 90s Fahrenheit with average humidity levels at 78% (see “General Climate Conditions”).

What is the payment schedule and when is the Final Roster due?

The 1st Payment is due on October 1, 2015. This payment is \$2,500 per trek crew and is non-refundable.

*The Final Payment is due on March 1, 2016. The remaining balance and final roster is due on this day. The balance paid is non-refundable. **Note:** The Final Roster will determine the remaining balance owed.*

What certifications are required?

All registered adults must arrive having completed the BSA Youth Protection Training or Venturing Youth Protection Training. At least one person must be trained in First Aid and CPR from any recognized agency and also in Safe Swim Defense, Safety Afloat, and Weather Hazards.

Can I use my CPAP machine?

The only night with no electricity is Rougarou Island, the 2nd night of the trek. All other nights will have 110- volt power plugs (see “Medications”).

What do I do with my dorm room key?

PLEASE RETURN THE DORM ROOM KEY TO THE DROP BOX AT THE FRONT DESK OF THE DORM. The price of a lost/unreturned key is \$200 (This is the amount that the university charges for all lost dorm room keys, as several locks have to be replaced when a key is lost or unreturned).

When can we buy Swamp Base merchandise?

Swamp Base merchandise can be purchased at the end of the trek on Day 6, prior to returning to the university. Please bring your money with you on the water so that you have funds available when you get to the Evangeline Area Council’s Scout Shop. Swamp Base offers Nalgene® bottles, shirts, stickers, belts and buckles, snacks, and many other cool items!

Can I or should I bring my smartphone on the trek?

Yes, it is encouraged to bring your smartphone on the trek to document your experience through Facebook, Snap Chat, Twitter, or Instagram. Please understand that Youth Protection Guidelines for using phones applies in all instances, whether images plan to be uploaded to the internet or not. Please see “Digital Privacy” below.

When uploading images, please use #swampbase for all posted photos/videos from the trek. Please note that Swamp Base may “share” these photos or videos on its Facebook, Twitter, or Instagram accounts. It is also possible that at the end of the summer, Swamp Base may use these photos for future high adventure marketing videos or brochures.

DIGITAL PRIVACY: *A key ingredient for a safe and healthy Scouting experience is the respect for privacy. Advances in technology are enabling new forms of social interaction that extend beyond the appropriate use of cameras or recording devices. Sending explicit photographs or videos electronically by cell phones is neither safe, nor private, nor an approved form of communication, and can lead to severe legal consequences for the sender and the receiver. Although most campers and leaders use digital devices responsibly, educating them about the appropriate use of cell phones and cameras is a good safety and privacy measure.*



\$32.95/shirt

THE ONLY SHIRT PREPARED TO CONQUER THE SWAMP!

- **The PERFECT high adventure trek or camp shirt!**
- **Long sleeve, 100% moisture-wicking polyester**
- **Insect Shield® Repellent Apparel**
- **UPF 40+**
- **Lightweight, roomy and highly breathable**
- **Swamp Base logo on front with BSA fleur de lis and Insect Shield® logo on back**
- **Tested, trusted, and worn by Swamp Base staff!!!**



True Red front

insect shield®
repellent technology




What is Insect Shield?

Insect Shield® Repellent Apparel are designed to provide long-lasting, effective and convenient personal insect protection. The durable protection provided by Insect Shield apparel is the result of years of research and testing. In July 2003, Insect Shield Repellent Apparel was registered by the United States Environmental Protection Agency. Insect Shield apparel and gear products combine the Insect Shield process with a proprietary formulation of the insect repellent permethrin—resulting in effective, odorless insect protection that lasts the expected lifetime of the product.

Which insects does Insect Shield repel?

Insect Shield® Repellent Apparel has been proven and registered to repel mosquitoes, ticks, ants, flies, chiggers, and midges (no-see-ums). The EPA requires extensive effectiveness data to prove a product's ability to repel insects. Many species and varieties of these insects have been tested, including those that can carry dangerous diseases.

Available in 3 Colors:

-  Silver (light gray)
-  True Red
-  True Royal



If ordering for a 2016 high adventure trek, orders must be received by March 15, 2016 to receive shirts before your trek.



Trek Crew Shirt Order Form

1. Contact Information

First name

Last name

Address

City

State

Zip Code

Phone #

Email

2. Shirt Color & Sizes:

(Enter in the number of shirts per size per color)



Silver (gray)



True Red



True Royal

Small

Small

Small

Medium

Medium

Medium

Large

Large

Large

X-Large

X-Large

X-Large

2X-Large

2X-Large

2X-Large

3. Payment Information

_____ TOTAL shirts ordered @ \$32.95/shirt

(Please add a \$9.95 shipping fee to the amount due)

TOTAL AMOUNT DUE: \$ _____

Check

Credit Card

Name on Credit Card

Credit Card #

Expiration Date

CVV Security Code

Mail checks & order forms to:

Louisiana Swamp Base
2266 South College Rd. Suite E
Lafayette, LA 70508

Email order forms for credit card payments to:

ben.pierce@scouting.org

Questions - Call 337-235-8551

insect shield[®]
repellent technology



Lafayette

Ça fait chaud (it's hot) C'est bon (that's good). No matter how you say it, the culture in Lafayette, like our dialect, is seasoned with a taste of Cajun French and Creole. Lafayette is a flavorful combination of spirited festivals, savory cuisine, outdoor activities, breath-taking scenery and a rich history.

Voted Best Food City in the USA!
Rand McNally 2013 & USA Today 2011/2012

Tastiest Town of the South
Southern Living 2012

Voted Best World Music Festival About.com- 2012
Festival International de Louisiane

ABA Top 100 Events in 2012
Festival International de Louisiane
www.festivalinternational.com

2nd Most Optimistic Town in the USA
ABCnews.com -March 2012

The 100 Best Affordable Vacations
National Geographic 2012

History & Culture

- **Jean Lafitte Acadian Cultural Center** FREE Film on Deportation of Acadians & Museum
- **LARC's Acadian Village** -Museum of Authentic Acadian Homes
- **Vermilionville** -Cajun & Creole Living History Museum, Restaurant, Cooking School, Boat Tours, Watershed Exhibit & Cajun or Zydeco dance lessons.
- **St. John Cathedral** -Tour the church, cemetery & 500-year-old live oak
- **Alexandre Mouton House** -Home of LA first democratic governor & Lafayette history
- **Historic St. Martinville** -"The Home of Evangeline"
- **Mama Redell's Cultural Presentations** -Authentic Cajun hospitality Rural Cajun Mardi Gras; House Dance-Local Musicians & play music; Mama Noel's Cajun Christmas; Cajun Dance Lessons; Cajun Cooking Show w/ht meal.
- **Martin Accordions** -Hear the story of how the family began making accordions and Enjoy Cajun & Zydeco music played by the Martin Family
- **Zydeco A-Z** -Learn & hear the history of Zydeco Music by Grammy Winner Chubby Carrier

Experience the Outdoors

- **Swamp Tours** of the Atchafalaya Basin & Lake Martin
- **Bayou Cruises** on the Bayou Vermillion with music & cocktails, experience alligators and get a "taste" of Lafayette.
- **Kelly's Landing** - John Deere Toy Collection, Tour of Crawfish & Rice Farm Tours, Cajun meal available on the farm
- **Crawfish Town USA** Fabulous Cajun/Creole Restaurant, View one of a kind seafood washing machine, Experience a unique boiling process
- **Acadian Museum & Tour** -Visit this historical museum; Crawfish Farm tour & Lunch
- **Jungle Gardens** on Avery Island & Its "Bird City"
- **Rip Van Winkle Gardens** -Lush Gardens and the unique Lake Pelgneur



Lafayette Convention & Visitors Commission
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