

## **Itinerary, Emergency Procedures, and Contingency Plans for RIVER CAMP 2019- session 4- Leadership Expedition , July 22-26**

**NOTE:** Departure is from the Nashoba Paddler/ River Camp base at 398 West Main St, Groton on Monday at 6:00 am. Return to Nashoba Paddler at 9 pm on Friday.

**Monday, 7/22–** Drive to Vanceboro, Maine for put in on the St. Croix. Short paddle (2 mi) to first campsite.

**Emergency #s and facilities:** Washington County Sheriff, 911 or 207-255-8308; Medical: Calais Regional Hospital (24 Hospital Ln.) & ambulance, 207-454-7521.

**Tuesday, 7/23–** Paddle to Little Falls campsite (7.75 mi.) Practice/instruction in moving water/ whitewater, self rescue, assisted rescue, tag lines, etc.

**Emergency #s and facilities:** Washington County Sheriff, 911 or 207-255-8308; Medical: Calais Regional Hospital (24 Hospital Ln.) & ambulance, 207-454-7521.

**Wednesday, 7/24–** Paddle to Loon Bay campsite (11.75 mi).

**Emergency #s and facilities:** Washington County Sheriff, 911 or 207-255-8308; Medical: Calais Regional Hospital (24 Hospital Ln.) & ambulance, 207-454-7521.

**Thursday, 7/25–** Paddle to Kellyland/Grand Portage (11.75 mi), Poling , possible sailing day. Camp at campsite on lake.

**Emergency #s and facilities:** Washington County Sheriff, 911 or 207-255-8308; Medical: Calais Regional Hospital (24 Hospital Ln.) & ambulance, 207-454-7521.

**Friday, 7/26–** Paddle to take-out in am (2.75 mi). Return to Nashoba Paddler at 9pm.

**Emergency #s and facilities:** Washington County Sheriff, 911 or 207-255-8308; Medical: Calais Regional Hospital (24 Hospital Ln.) & ambulance, 207-454-7521.

Cell phone coverage is limited but we will attempt to check in with Peter Carson at Nashoba Paddler daily. If you have need to contact us please call him on his cell phone at 978-877-7366. In addition to contacting him, you may also contact us directly if necessary.

Diane cell- 978-302-7648

Josh cell- 914-220-2605

Rachele cell- 978-496-0028

The campsites named above are intended destinations, however they are first-come-first-serve so we may need to camp at nearby alternative campsites.