

# TEEN CANOE EXPEDITION - 2009

May 2009  
Bulletin 1

*Eurimbula – Turkey Beach*



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## Upcoming Events

- ◆ Expedition Info Day May 17<sup>th</sup> & 24<sup>th</sup>
- ◆ Expedition Begins June 27<sup>th</sup>

## Dear Pathfinder,

Welcome to one of the great adventures organised by the South Queensland Conference Youth Department for Teens aged 13 – 15 in the South Queensland Conference. This Expedition visits one of the loveliest coastal regions of Queensland. From our starting point at Middle Creek all the way to Hummock Hill Island, it's an unspoiled and remote area full of exciting things to see and do. We've already led many Teen Expeditions along this year's planned route. Our planning team is currently waiting for the permits from Department Of Parks and Wildlife. We have received verbal confirmation of their approval. So it's all systems go!

As you prepare for the adventure of a lifetime, there are some important things that you'll need to be aware of and understand. Please sit down and read this document through very carefully. It contains a lot of the VITAL information that you will need to know in order to ensure success for this special adventure. When you have finished, get your parents to read it as well. It will answer many questions they may have about our trip and enable them to best help you adequately prepare.

## Expedition Personnel

A team of expedition leaders; Steve Kane (Youth Department Director), Kerry Richards, (an experienced canoeist and professional canoe builder) along with Barry Burton (Land Crew Leader), Alan Aldridge (Water Support Crew Leader), Doc Hands (Medical Doctor), Judith Burton (Canoe Instructor/Outdoor Specialist) along with a number of other Canoe Instructors who all

know the area well and have done a lot of research putting a trip like this together. They are experienced leaders and outdoors people, and what's more, they're all dedicated people who love to work with young people like you!!!

In addition to these people we will have an excellent group of ancillary staff and counsellors too. The counsellors are people who have experience in First Aid, outdoor survival, Pathfinder leadership, canoeing, nursing and the like.

We will also operate with two expedition 'back-up' crews – one crew uses motorised boats to keep a watchful eye on all canoeists while a land based 4WD crew provide any additional water/supplies and assistance that may be needed. Each of these crews will be present to ensure that all canoeists safely enjoy the adventure.



## Physical Challenge

The canoe trip itself involves a paddle of about 70 km over 8 days. Two of these days will be rest days (a day exploring the reefs at Pancake Creek and of course our Sabbath on Hummock Hill Island). We will be paddling through sheltered estuary waterways, taking advantage of the tides to help us as much as possible, but still, there are long stretches between mangroves and headlands that will represent a challenging paddle in order to arrive at our campsites.

It's anticipated that the major wind direction will be a south easterly at this time of the year and because a canoe sits out of the water it is influenced by the force of the wind. Therefore, be prepared for an added paddling challenge if and when your canoe is exposed to the force of the wind.



Fortunately, we should be assisted most of our trip by the prevailing winds as we are basically travelling north and the estuaries we will be paddling through are sufficiently small enough so that no large, choppy waves will develop.

## Physical Preparation

The fitter you are, the easier this adventure will be for you. Suggested exercises to be carried out from NOW on to the beginning of the Expedition are:

**PUSHUPS** – you need to develop those arm and shoulder muscles.



**SIT-UPS WITH BENT KNEES** – these will help develop your stomach muscles.

**BASIC CANOEING HONOUR** – please note that a pre-requisite of the trip is for you to have your 'Basic Canoeing Honour'. You should be able to do this through your local Pathfinder club. The Conference Youth Department has a number of qualified canoe instructors who are providing training packages for all those wishing to participate on the expedition – check with your local club leader for the times, cost and location of these training events.

*If you are planning to use a kayak on the trip you will need to ensure that you have had sufficient training CONDUCTED BY TRAINED PERSONNEL in open water for this particular type of craft*

**INTERMEDIATE SWIMMING HONOUR** – All canoeists should have completed the Pathfinder "Intermediate Swimming Honour" before they leave for the expedition. See your local Pathfinder Director for details.

## Possible Hazards

**SANDFLIES / MOSQUITOES** – Make sure you take Rid/Aeroguard, /Stingose and perhaps a good anti-histamine medication along to help battle biting insects.

**SUNBURN / WINDBURN** – You will need a good hat as well as sunburn cream and Lipze.

**BLISTERS** – It could be worth getting some gloves. Cheap gardening ones are OK just cut the fingertips off. If you don't want to use gloves, then we would suggest that you toughen your hands for the trip by doing more work around the house for mum!

**FOOTWEAR** – Must be worn AT ALL TIMES (except for sleeping). You will need to wear sandals, joggies, diving boots, or best of all, 'wet boots' (available at any camping/fishing/dive shop for around \$25.00). There are real dangers on a trip such as this; stone fish, broken glass, sticks, crabs, sharp shells, etc. **NO THONGS WILL BE ALLOWED.**

**WILDLIFE**– We will most certainly have dolphins with us some of the time. They are a real joy to watch as they jump out of the water. Some other wildlife we may see on our expedition could include; turtles, rays, and sharks. None of these present major hazards for the type of activity we'll be engaging in.

**NOTE**- It would be a good idea for you to have a number of snacks and water within reach in your canoe just in case you get hungry or thirsty whilst paddling.

## Notes on Canoe Touring

One of the most challenging aspects of canoeing is successfully negotiating all of the physical challenges. Canoeing gives a real sense of independence. *Everything* you need to survive on for the duration of the trip will be carried in your canoe.

There is much that could be written about canoeing. The following notes will zero in upon two main subject areas. One fills the belly and the other will help you stay comfortable.

## Food

The food that you choose to take will be a key factor in the success and enjoyment of your canoe trip. Sufficient time spent in planning well balanced meals is essential to ensure that you meet your personal energy requirements.

When choosing food for canoeing, you need to consider three main food groups;

### CARBOHYDRATES (70% of total taken)

#### Processed:

sweets, jams, biscuits, cakes, bread, cereal, flour, sugar, spaghetti.

#### Natural:

fruit (a large portion taken will probably have to be dried so it doesn't 'go off'), leaf or root vegetables, grains and seeds.

### FATS

(10% of total taken)

#### Plant:

margarine, oil.

#### Natural:

cheese, butter, milk (Long-Life).

### PROTEIN

(20% of total taken)

#### Animal:

cheese, eggs.

#### Plant:

Soya beans, peas, beans, nuts, leaf vegetables (Dehydrated vegetables are included where vegetables are mentioned).

In addition to this a diet supplement such as 'Sustagen' is recommended to provide a balanced source of energy, vitamins and minerals.



## Suggested Meal Ideas

### BREAKFAST (Carbs) digested 1 – 2 hours.

Weetbix, muesli, milk (powdered milk is often easier), sugar, crispbread (Ryvita), margarine, spreads, scrambled eggs, muesli bars etc.

### LUNCH

Bread/crispbread, margarine, cheese, peanut butter, jams, nuts, dried fruit, biscuits, 'Le-snack', etc.

### SNACKS

These should be foods rich in carbohydrates eaten at regular intervals throughout the day. Foods such as; dried fruit, nuts, chocolate, glucose, scroggin (this is a mixture of dried fruit, nuts, chocolate, sunflower, sesame and pumpkin seeds), muesli bars, fruit bars, etc.

### TEA

Try to make this a high protein meal (you have all night to digest). Attempt to make each evening meal different so as to add some meal variety since breakfast and lunch tend to be consistently very similar from day to day.

We will plan time for cooking soups, high protein dishes, vegetables, sweets, hot drinks etc.

**MAIN MEAL** – Rice with TVP and vegetables, noodles with TVP and vegetables, soup with vegetables, packaged foods, ie. Macaroni cheese, fried rice, dehydrated or frozen dried foods.

**DESSERTS** – Snack packs, instant puddings, flour to make pancakes etc.

## Emergency Foods

Each person must carry some extra food in case we become delayed by weather or some other reason. This food should contain some food that does not require cooking such as

biscuits, cheese, dried fruit, chocolate, muesli bars as well as some food that can be heated (soup, noodles etc.).

It can be helpful if you translate your menu into a shopping list, for example;

| FOOD ITEM | No. OF USES    |
|-----------|----------------|
| Porridge  | X              |
| Milk      | XXXXXXXX       |
| Sugar     | XXXXXX         |
| Egg Fresh | XX             |
| etc       |                |
| FOOD ITEM | SERVING AMOUNT |
| Porridge  | 30 g           |
| Milk      | 30 g           |
| Sugar     | 20 g           |
| Egg Fresh | 25g            |
| etc       |                |
| FOOD ITEM | AMOUNT TAKEN   |
| Porridge  | 30g (1 x 30g)  |
| Milk      | 150g (8 x 30g) |
| Sugar     | 80g (6 x 20g)  |
| Egg Fresh | 50g (2 x 25g)  |
| etc       | etc...         |

Each serving amount should be based upon what you consider to be a satisfying amount for you to eat.

The amount of food to be taken should be based on the number of uses of the food item multiplied by the amount in a serving of the food item multiplied by the number of people consuming the food.

## Factors that can prove helpful in developing your menu are:

- Please make sure that all food taken is **vegetarian**. You can adequately meet all of your needs using vegetarian food.
- Work at approximately 300 – 800 grams of **dried food** per day.
- Food should be carefully measured **per meal serves** and packaged as such.

- d Consider reliable packaging such as plastic containers, plastic bags, clip-seal bags and nylon bags. It is a good idea to put **all one day's meal in the one bag.**
- e **Time spent in packaging** will save time at cooking and eating times. Package and mark each meal so that you will have sufficient for the whole trip.
- f If you take **perishables** they should be eaten first.
- g **Processed cheese** in foil or soft cheese in wax keeps better than 'Tasty' or plastic packed varieties.
- h **Margarine** is preferable to butter and lasts longer.
- i **Wrap eggs up** in paper and carry them inside the billy.
- j **Avoid** tinned food as much as possible (totally?). The tin is extra weight and remember you can not leave any rubbish behind at any campsites.

In the  
beginning  
God  
created the  
heavens  
and the  
earth...

Moses - 1400BC

**BREAD** – Black bread, rye bread, Wholemeal and Lebanese pocket bread last the longest without going mouldy.

**BISCUITS** – Dry crackers (Jatz), crispbread (Ryvita) are good bread substitutes (but can break up), cabin biscuits are also available from Chinese shops, Savoury Shapes and sweet biscuits have 25% more energy per gram than others and Shredded Wheatmeals provide a particularly large amount of energy.

**DRIED FRUITS** – Sultanas, peaches, prunes, apricots, pears, apples, figs, dates, raisins, bananas and pineapple are excellent snack foods.

**DRINKS** – You can use flavoured drinks if you are wanting to replace minerals lost through sweating (also if the water is horrible to taste). You will need to have good containers with a total 4 litre capacity. All water will be supplied by the land based back up crew and will be fresh, clean local drinking water. Tang and Refresh are an expensive way to buy sugar, Staminade replaces minerals lost through sweating and Robinson's Lemon Barley, Gatorade or similar products contain high levels of glucose.

**EGGS** – You could carry them fresh for about 1 day. Dried eggs are excellent scrambled. If you really are determined to make them last as long as possible; buy unrefrigerated, don't wash them after purchase and wipe them over with Vaseline (it effectively seals them).

**PROTEIN** – TVP, Soyaroni (Soya pasta), etc., are all excellent sources of protein and they take only a short while to cook, they also provide excellent flavour and have little dry weight. Please note; foods such as lentils and split peas take around 30 minutes to cook.

**RICE** – Brown rice has more food value than white rice but requires a longer cooking time, it can be used as a savoury or a sweet.

**SPREADS** – Honey and jam are rich in carbohydrates and give the same energy as cheese. Peanut butter is rich in both protein and fat with twice the amount of energy as honey and jam.

We would recommend that all food be placed in an airtight/watertight plastic container. Plastic storage bins with a lid (28 litres) from K-Mart, Target, Woolworths, etc...

*Incidentally please note;  
it's becoming quite a tradition to  
have a "Pancake Cookout" for the  
Monday lunch just prior to arriving  
at Tannum Sands. Don't forget to  
pack your supplies for this event!!!  
Everyone will need to be  
responsible for their own cooking  
during this trip.*

### *Packaging for Canoeing*

When packaging for a canoe trip the main danger you'll face is water, either from splashing or from capsizing (cardboard boxes will NOT survive). There are a number of things you can do to best ensure that your gear will remain dry.

**PLASTIC RUBBISH BAGS** - The cheapest way! The problem may be the bags may get holes in them and will not last the distance or remain water proof. It's a big risk for you to use bags and is not recommended. If you do choose to use rubbish bags, we would suggest that you wrap your gear in the heavy duty plastic bags and then put these in a container to try and protect the plastic bag from tearing. If you insist in using plastic bags perhaps take lots of spare ones with you!

**DRY BAGS** - These are specially made for this kind of activity and are durable and waterproof. You can access these dry bags from camping shops/canoe suppliers/ large department stores, etc.,. The more popular sizes are as follows:

|            |   |
|------------|---|
| 300 x 600  | For personal items                                      |
| 300 x 900  | such as camera,   |
| 450 x 600  | jersey, food on the go, etc.                            |
| 450 x 900  | Sleeping bag, clothes.                                  |
| 450 x 1200 |   |
| 600 x 900  | Space for food box                                      |
| 700 x 1200 | plastic storage bins, sleeping bag, personal gear, etc. |

**BARRELS:** 15 – 20 litre drums used to store Tiler's Glue are an excellent waterproof way of storing items. For those of you who want to purchase specially designed barrels/drums try the suppliers suggested in Appendix B

## What Else Should I Plan To Take?

Before you work through the following list please consider 4 very important points first:

- 1 Work out what you really need.*
- 2 Remember, everything takes up space and two people have to put all of their gear in one canoe. Also note you may have to carry your canoe at some times during the course of the expedition.*

*3 Put clothes inside plastic bags.*

*4 Do a practice pack before you leave to assess whether or not you can fit everything in.*

### THE LIST...

- ◆ Sleeping mat (either closed cell foam, or self-inflating)
- ◆ Sleeping Bag and inner liner
- ◆ Waterproof container that's portable
- ◆ Small towel
- ◆ Small torch, include spare bulb and spare batteries
- ◆ Toothbrush / toothpaste.
- ◆ Green Palmolive works best in salt water.
- ◆ Roll of toilet paper and small plastic trowel.
- ◆ Knife, fork and spoon, plate, plastic mug.
- ◆ Water bottle – most durable are the 'Sigg' brand aluminium bottles, a very good cheap and indestructible alternative is a Solo or Fanta 1.25L plastic softdrink bottle, (remember; 4L of water must be carried by each person).
- ◆ Rubbish bags
- ◆ At least 2 sets of clothes, one to wear in the canoe (shorts and T-shirt, swimming body suit, etc.) and one to wear on shore (shirt or T-shirt and longs or shorts)
- ◆ Change of underclothes for each day.
- ◆ 1 jumper and/or tracksuit if space allows.
- ◆ Wet weather wind jacket
- ◆ Beanie (especially for sleeping)
- ◆ First aid kit (12 bandaids, RID, lipeze, 1 roller bandage, tube of antiseptic cream, panadol, charcoal tablets, personal medicines if required).
- ◆ Small Bible.
- ◆ Matches in waterproof container

- ◆ Small ice-cream container for bailing.
- ◆ Leather gloves for canoeing (optional).
- ◆ 3 metres of polypropylene rope (tying gear in canoe).
- ◆ Hat.
- ◆ Footwear (sandshoes, wet boots, or sandals) **NO THONGS!**
- ◆ Cooking utensils – billy, frypan, billy tongs (mesh/onion bag for utensil storage).
- ◆ 1 roll of cling waterproof tape (48mm x 4.5 m)
- ◆ Large supply of humour, patience and commonsense

### EXTRAS

- ◆ Digital camera (but keep it dry!)

### SHARED GEAR

- ◆ We ask each person to bring as lightweight a tent as they possibly can. (if you and a friend are paddling together and can carry one tent between the 2 of you, all the better). We will divide everybody into tent groups when we arrive at our camping spots.

### LEAVE BEHIND

- ◆ Ipods / MP3 players / radios etc...
- ◆ Laziness / selfishness. / your ability to argue

## Safety Factors Concerning This Trip.

- Our large group will be split up into units (about 6 teens in each unit). It is expected that each of these units will work together as a small cohesive team. At least one adult counsellor will be allocated to each small unit.
- We have researched this trip well. We've contacted a lot of helpful local people who are knowledgeable about the areas we will be visiting.

- 3 We have a land based 4WD support crew who'll meet us almost daily at certain points along our journey. We will have radio contact with them at all times. We will also have radio contact with Gladstone Air Sea Rescue.
- 4 We will have a number of power boats that will accompany us on the sections of our trip. These boats are there to help any canoes that may get into any trouble.
- 5 There is no white water on this trip. We travel mainly via estuaries and mangrove creeks. Any section of our trip that encounters sea swell will only be tackled if deemed safe to do so by the trip canoeing instructors.
- 6 We have a number of experienced canoe instructors, nurses and experienced First Aid personnel present on the trip.
- 7 The Lord is with us!

### **Contact Numbers In Case Of Emergency.**

A message can be left with Wendy Hickey at Turkey Beach. We plan to be at Turkey Beach somewhere between 12.00pm and 3.00pm on Wednesday July 1st (Phone 4974 2205).

Urgent calls can be made to Pr Andy Krause who will contact the Gladstone Air Sea Rescue if required.

*For a more comprehensive list of Emergency contact numbers please refer to Appendix C*

### **Questions**

If you have any further questions, please feel free to ring us at the office on 3218 7777.

If you have problems with transport to and from the expedition perhaps contact your local Pathfinder Director to see if he/she can coordinate some for you. Further to that, the Youth Department may also be able to offer help by asking the wider Pathfinder community for assistance on your behalf.

If you do not have access to your own personal canoe please refer to Appendix A at the end of this letter to find out where canoes may be hired in and around the Brisbane area. Remember that you will have to organise and transport your own canoe to and from the Expedition.

Teen units will be finalised when we arrive at Eurimbula National Park.

### **Additional Information That the Trip Coordinators Need To Know**

- 1 If you are travelling up to our starting point by car do you have a spare seat that could be used for anyone requiring transport?
- 2 Are you requiring transport to and from the expedition?

**PLEASE CONTACT THE YOUTH DEPARTMENT WITH ANY INFORMATION CONCERNING THE ABOVE THAT YOU FEEL MAY BE HELPFUL TO US FOR OUR PLANNING PURPOSES.**

### **Expedition Commencement**

Saturday night / Sunday morning  
7am 27<sup>th</sup>/28<sup>th</sup> June.

We request that all participating in the Canoe Expedition be at Eurimbula National Park (just before 1770 – look out for the signs), no later than Sunday 12.00 noon.

### **Expedition Conclusion**

Sunday, July 5

Canoeists can be met and collected from Turkey Beach around 2-3pm on Sunday, July 5.

Your Friend in Jesus

Steve

## APPENDIX A

**CANOE/KAYAK HIRE**

Natureline Canoes (Kerrie Richards) Sunshine Coast  
Home 5446 8772  
Work 5446 7528  
Fax 5446 8280  
Mobile 0402 067759

South Queensland Conference Department Of Youth Ministries (Anna/Steve)  
07 3218 7777

Acacia Canoes (Kevin O'Kelly)  
3276 7576

Rosco Canoes  
07 3357 7465

***REMEMBER – In the hiring of a canoe you will usually hire a two man canoe therefore, in teaming up with someone the canoe hire charge is effectively halved for each canoeist.***

**APPENDIX B****BARREL/CONTAINER PURCHASE**

**Malcolm Paul Sales Pty Ltd**

**81 Reginald St**

**Rocklea, Qld.**

**Ph 3275 2011**

**(Supplier of wide neck containers)**

**Any Good Camping or Large Department Store In You Local Area - for example;**

**Hypermarket Aspely**

**???????**

**Camp Mart Lawnton**

**???????**

**BCF (Brisbane Camping Fishing)**

**Store nearest you.**

**Bunnings**

**Store nearest you.**

**Etc...**

**APPENDIX C**

**EMERGENCY CONTACT NUMBERS**

|                                      |           |                       |
|--------------------------------------|-----------|-----------------------|
| <b>GLADSTONE POLICE</b>              | <b>Ph</b> | <b>(07) 4971 3222</b> |
| <b>GLADSTONE AMBULANCE</b>           | <b>Ph</b> | <b>13 12 33</b>       |
| <b>GLADSTONE HOSPITAL</b>            | <b>Ph</b> | <b>(07) 4976 3200</b> |
| <b>VOLUNTEER MARINE RESCUE (Ron)</b> | <b>Ph</b> | <b>(07) 4972 3333</b> |
| <b>ENVIRONMENTAL PROTECTION</b>      | <b>Ph</b> | <b>(07) 4971 6500</b> |
| <b>TURKEY BEACH SHOP</b>             | <b>Ph</b> | <b>(07) 4974 2205</b> |