Cabot trail trip plan

<http://www.freewheeling.ca/adventures/NovaScotiaCabotTrail.html>

<http://www.mapmyride.com/ca/sydney-mines-nova-scotia/cabot-trail-route-18184438>

the route plan and Emergency Response Plan are key areas.

Route plan: this is an actual route marked on a map, including estimated travel times based on distance and elevation gain / loss (notes from class). Distance and time per day are expected, with details. To claim that “today we will travel 14 km” would not be considered detailed enough. Exactly how long does it take to hike/bike/paddle 14 km? Reference any material to guidebooks etc. Use the Route Card worksheet. (Note: this is a wilderness trip, not car camping, a road trip, or base camping; self supported wilderness travel and camping only in order to create an accurate route Card).

Budget: self explanatory, but footnote where you researched your information i.e. flight to Calgary (Air Canada rates, return fair, as of Oct. 16, 2019); or canoe rentals: $125 (5 days x $25 day, MEC (2019). Rental rates. Retrieved Oct. 16, 2019 from [www.mec.ca](http://www.mec.ca)). Food can be approximated on a $ per person per day basis i.e. $5/person x 6 people x 6 days = $180. Include everything in the budget. There is no budget limit.

Gear list: This is the time to create a good gear list that you can use for future projects and trips of your own. Do you need gators? Do you even know what they are? Gear lists are available many places online, which is a place to start, but needs to be modified to suit your needs and inventory. Any reliance on online or textbook gear lists must be referenced. Keep this gear list, as you can use it over and over again when you pack or do one of many more trip plans.

1. Trip Plan Summary / Float Plan (from Trip Planning Worksheets file, provided) 5 marks

Summarizes the Trip Plan details – fill in last, but include at the front of the report

Modify as needed

2. Purpose of trip (use this one for this project, but differs with every trip you plan)

“The goal and objectives of this trip are to take your friends on a wilderness trip (5 days minimum), and to prepare them and observe their enjoyment as though they were paying guests. You are considering offering this as a commercial trip in the future.”

3. Activities

In broad strokes, what activities will be used to complete trip i.e. whitewater canoeing, portaging, camping; or backpacking, climbing, camping

4. Locations 5 marks

1. Geographic location / route name
2. Information sources
3. Permits / permission or other logistical hurdles (group size, camp restrictions)
4. Weather, water levels, snow conditions etc. to consider

5. Itinerary / Route 30 marks

1. Itinerary: use Trip Itinerary Worksheet (from Trip Planning Worksheets file) (5 marks)
2. Route Card: **one per day**; use Route Card Worksheet (Trip Planning Worksheets file) (10 marks)
3. map of route (original or colour photocopy) appropriate scale to travel from
4. route marked on map with camp location each night (10 marks)
5. expected difficulty spots
6. alternate routes / camps (5 marks)

6. Participants

1. Ideal group size for your trip
2. Minimum skill level required

7. Equipment 15 marks

1. Individual gear/clothing list (5 marks)
2. Group gear list (5 marks)
3. Safety gear list and contents – First Aid, repair, rescue, extra (5 marks)
4. Breakdown between what you have and what needs to be rented / borrowed

## 8. Food and water

1. Menu does NOT need to be included
2. Water treatment choice, availability

9. Transportation 5 marks

1. Vehicle / trailer / flight needs
2. Distance / time to and from trip location
3. Shuttle and details (provide map and directions if req’d)

10. Communication

1. Choice of comms (if any) and details of availability

11. Budget 5 marks

1. Create a spreadsheet to summarize all expenses, source figures

12. Safety plan 20 marks

1. Hazards to consider and management strategy (Hazard Worksheet, Trip Planning Worksheets file)
   1. These are specific to your trip, based on the location, season, map and route details, as opposed to just generic outdoor hazards – show you have examined and thought through your trip hazards in detail (5 marks)
2. Escape routes (marked on map, from Route Card)
3. Emergency Response Plan: what to do in case of emergency, may differ for different locations during trip
4. Local help / rescue (15 marks)

13. Presentation Multiplier % mark

1. Completeness
2. Attractive presentation
3. Sources cited APA standard
4. Overall impression

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| Emergency Response Plan basic outline: |
| For each point along your route, ask ‘If something went wrong right now, what would we do?’   * Who/where to go for help * How to get to help, or how would they get to you (evacuation routes) * How would you evacuate someone who could not walk/paddle etc. * Communication – who would you call, how, what is their number * Once you are at a road, now what? Nearest hospital etc. * Who else do you need to contact if something goes wrong? * What else could go wrong (besides someone getting injured) and what to do about it? i.e. forest fire, lose your food – come up with a complete list of possible scenarios and a management plan to cover them |