

MID-AMERICA COUNCIL, BSA

**TRI-STATE HIGH ADVENTURE BASE**

**MISSOURI RIVER TREK  
PARTICIPANT GUIDE**

## Welcome to T-SHAB!

Welcome to the Tri-State High Adventure Base, or “T-SHAB,” the Mid-America Council’s newest camping experience. Based out of Little Sioux Scout Ranch, and staffed by trained, certified personnel, this is the ultimate adventure for Scouts, Venturers, Explorers, and Sea Scouts in Nebraska, Iowa, and South Dakota. Launched in 2015, T-SHAB became the country’s newest Nationally Accredited council-operated high adventure base. Now in its fourth year, T-SHAB is better than ever with all new programs along the trek and an extra week of treks so you can pick the best time to paddle the Missouri River.

From your first day at Little Sioux Scout Ranch, you will experience adventure. You will train with experienced Trek Guides, who will ensure you bring along the proper equipment, evaluate your swimming abilities and basic canoe skills, and teach you emergency procedures and advanced skills needed to navigate and paddle the various waters of the Missouri River. These waters include the final 27 miles of the free-flowing, non-channelized, 59-mile Missouri National Recreational River from Vermillion, South Dakota, to Ponca State Park (PSP), Nebraska, and the faster flowing, channelized, navigable Missouri River, starting at PSP and ending at the Omaha Riverfront Marina, Lewis & Clark Landing, downtown Omaha, Nebraska.

You will learn from experts from the US Army Corps of Engineers about Missouri River history, development, and environmental protection; the US Coast Guard Auxiliary on paddle boat safety and navigation; and Conservation Officers, Game Wardens, and others from natural resources agencies on river etiquette and endangered species. Your crew will then travel to Vermillion, South Dakota, where you will camp Sunday night before launching your canoes and starting your planned 165-mile journey.

In this guide, you will find a list of suggested supplies you should bring, along with the supplies with which you will be provided by the T-SHAB Staff. We will also give you an overall suggested trip itinerary, a set of detailed program outlines for each day, and some information on how to customize your trip.

We look forward to having you take part in the Tri-State High Adventure Base and we hope your adventure is the high point of your year!

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## 2019 Sessions

T-SHAB is offering seven sessions of the Missouri River Canoe Trek this summer!

Session 1: June 9 – 15

Session 4: June 30 – July 6

Session 7: July 22 – 27

Session 2: June 16 – 22

Session 5: July 7 – 13

Session 3: June 23 – 29

Session 6: July 14 – 20

There will be up to two crews each week (up to 11 people per crew). It is suggested to have two adults per crew and youth as the remainder of the crew.

## Registration is open now!

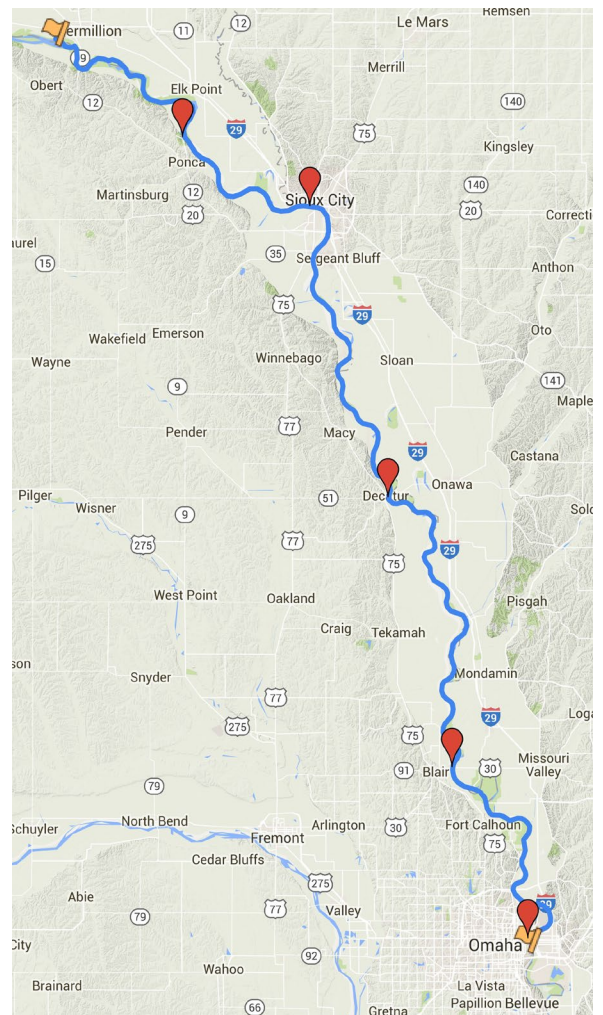
Register your unit for a trek down the Missouri River for your week of choice. Visit [www.TSHAB.org](http://www.TSHAB.org) to register and for more trek information. Scouts and Adults are \$385 per participant if paid in full by May 3, 2019. Fee increases to \$410 after May 4.

### Itinerary Disclaimer

While the Mid-America Council and the Tri-State High Adventure Base Staff strives to provide its participants with the full 164.6 River Miles, no guarantee can be given that that will occur.

Weather and other considerations such as boat ramp closure or denial can cause the T-SHAB Treks to exit the river unexpectedly at certain points, pass planned departure points, or change plans in other ways. If this happens, all efforts will be made to get the crew back on schedule and maximize the crew's adventure and still paddle a significant number of river miles.

Most crews achieve 165 miles. The T-SHAB has yet to have a crew paddle less than well over 120 miles.





## Adult Leadership

Occasionally, we will receive registration requests to allow Scouts with no accompanying leadership enjoy a T-SHAB River Trek adventure. In these cases, we attempt to have those Scouts join an existing crew and employ that crew's leadership. We've yet to have a unit deny this request and we've yet to encounter a problem. Please, keep in mind that every crew has a T-SHAB Trek Guide who is over eighteen, another Trek Guide serving as Ground Support meeting and helping the crew at various points along the river, and an NCS Certified Trek Director who is mobile and in constant contact with the crew.

In these cases, we will contact crew leadership prior to the session to accept this additional responsibility. We ask unit leadership to keep in mind that provisional camping units have existed for many years and that if their Scouts needed leadership assistance, we would do the same for them.

## Crew Composition

**Crew Leader.** Crews often arrive already knowing who their "Crew Leader" is. Whether it's a Boy Scout Troop, Venturing Crew, Explorer Post, or Sea Scout Ship, a high adventure complement is a "crew" and its youth leader is the "Crew Leader". Please, have a Crew Leader in mind prior to arrival. This Crew Leader should be involved, similar to a Senior Patrol Leader in a troop, in helping adult leadership, assuring crew cohesion and teamwork, sharing of duties and responsibilities, and conveying instructions and information to the crew. The Crew Leader should act as a point of contact, along with his or her adult leaders, between the crew and the Trek Guide.

**Bowman.** The bowman is the crewmember in a canoe paddling from the bow of the canoe. This person generally provides the bulk of the power when paddling.

**Sternman.** The sternman is the crewmember in a canoe paddling from the stern of the canoe. This person steers the canoe while paddling as well. It's sometime helpful to have a more experienced canoeist in this position.

## Why T-SHAB is Different

T-SHAB embraces the "urban" side of our trek path along with the history of the Missouri River and the Lewis & Clark Expedition. For example, we encourage bringing cell phones. While we do not condone abuse or overuse of mobile phones, we encourage them as another device for emergency communications. We ask that they not be used while paddling unless an emergency would dictate otherwise. T-SHAB crews also enjoy music, on the water and on land.



# What to Bring

The Tri-State High Adventure Base provides crews with the equipment and supplies needed to navigate the river and most of the equipment and supplies needed to camp (see next page). However, each participant must bring clothing and some other needed and optional gear.

<u>Quantity</u>	<u>Item</u>
<u>3 – 4</u>	T-Shirts
<u>1</u>	Long sleeved, light weight shirt suitable to prevent sunburned arms
<u>1</u>	Sweatshirt, fleece, or light jacket
<u>2</u>	Pairs pants and/or shorts (zip-off type recommended)
<u>3 – 4</u>	Pairs socks (wool, hiking recommended)
<u>      </u>	Underwear
<u>      </u>	Swimming attire (trunks for males; one-piece for females)
<u>      </u>	Boots or durable tennis/walking shoes for on land
<u>      </u>	Water shoes, close-toed sandals, or tennis shoes for use in the canoe and on boat ramps (NO FLIP FLOPS OR OPEN TOED SHOES)
<u>      </u>	Rain gear (jackets and pants; not poncho style)
<u>      </u>	Sleeping bag (compression type recommended)
<u>      </u>	Sleeping pad (NO COTS)
<u>      </u>	Wide-brimmed hat or baseball cap (if baseball cap used, something to protect neck)
<u>      </u>	Day pack (school backpack style to easily reach items needed while paddling)
<u>      </u>	Lip balm
<u>      </u>	Sun screen
<u>      </u>	Aloe
<u>      </u>	Sun glasses
<u>      </u>	Bowl (plastic or metal)
<u>      </u>	Sierra cup (highly recommended; can be used in place of bowl)
<u>      </u>	Eating utensils
<u>      </u>	Pocket knife
<u>      </u>	Camera (waterproof or in waterproof container with lanyard or flotation device)
<u>      </u>	Cell phone (in waterproof container with lanyard or flotation device) (SEE NOTE 2)
<u>2</u>	Two-liter water bottles (one bottle may be substituted for a CamelBak style bladder)
<u>      </u>	Toiletries (tooth brush, tooth paste, soap, shampoo, etc.) (SEE NOTE 3)
<u>      </u>	\$50.00 to \$75.00 in spending money for the Trading Post and certain stops along the way
<u>      </u>	Trail Snacks (Food is provided but many crews enjoy additional snacks on the river)
<u>      </u>	Canoe seat (optional) (Crazy Creek style canoe chairs; metal framed “stadium” seats are often too wide for the width of the canoes.)

**NOTE 1:** By ROLLING your clothing and packing tightly in gallon-sized zipper storage bags, you should be able to fit all clothing in a backpack similar to what you would bring to school (this can then be used as a day pack). All clothing will be transferred to T-SHAB “dry bags” before embarking on the trek. During a pre-Trek “shakedown,” items deemed unnecessary will be left in a secure storage area at LSSR.

**NOTE 2:** While we do not condone abuse or overuse of mobile phones, we encourage them as another device for emergency communications. We ask that they not be used while paddling unless an emergency would dictate otherwise.

**NOTE 3:** Personal hygiene is important and can be at least partially maintained in any high adventure environment. While we cannot guarantee access, shower facilities are available at LSSR, Clay County Park Campground, and Beck Memorial Park at the Village of Decatur.

## Supplies Provided at Base

As a Nationally Accredited High Adventure Base, T-SHAB will provide each Trek Crew with the equipment needed for a successful trip. The following items will be furnished for your use during the Missouri River Trek\*:



<u>Quantity</u>	<u>Gear Provided</u>
1	Canoe (one per two participants)
2	Paddles (four per canoe)
1	Type – III Personal Flotation Device (PFD) (one per participant)
2	20 liter “Dry Bags” (per participant)
1	Waterproof Storage Case (one per canoe)
1	AquaTainer (one per canoe)
1	Cook Kit (pots, pans, etc.) (one per two canoes)
1	Stove (one per two canoes)
1	Tent (one per canoe)
1	First Aid Kit (one per canoe)
1	Emergency Rope (one per canoe)
2	Painters (two per canoe)

While participants are encouraged to pack basic toiletries and simple over-the-counter first aid items such as sunscreen, the trek staff will also be supplied. Trek staff will also carry a larger emergency kit and first aid kit. As much as possible, River Crews will share basic supplies to minimize space used.

# Itinerary

The Missouri River Trek includes five days on the river and six nights of camping at six various locations. For all those checking in directly at Little Sioux Scout Ranch (LSSR), it all starts and ends at LSSR. For those crewmembers employing the T-SHAB Option, the journey begins when you're picked up at Camp Cedars and transported to LSSR and ends when you're transported back on Friday for your final night of camping. Here is the basic schedule followed for all River Crews at the Tri-State High Adventure Base.

## T-SHAB CHECKS IN AND BEGINS EARLIER THAN MOST CAMPS!

### Day 1: Sunday

9:30 AM T-SHAB Option crewmembers arrive Camp Cedars and transfer to T-SHAB Van  
9:45 AM T-SHAB Option crewmembers depart for LSSR  
**CREWS CANNOT BE LATE**

### T-SHAB OPTION ONLY ABOVE THIS LINE

11:00 AM – 11:30 AM Arrive Little Sioux Scout Ranch - **CREWS CANNOT BE LATE**  
11:30 AM Meet the staff and begin trek training  
12:00 PM Lunch and announcements  
1:00 PM – 2:00 PM Medical check and equipment shakedown  
2:00 PM – 3:00 PM Lakefront  
Swim test  
Canoe skills test  
Emergency water rescues  
Equipment familiarization  
3:00 PM – 4:00 PM Load trailers and vehicles for departure  
4:00 PM – 5:00 PM Final preparation, T-SHAB Trading Post, and Kodiak Challenge  
5:00 PM Dinner and presentations  
US Coast Guard Auxiliary  
Conservation Officers (as available)  
T-SHAB Associates  
6:00 PM Depart LSSR  
8:00 PM Arrive, Clay County Park Campground and set up camp  
8:30 PM Final preparation  
9:00 PM Cracker Barrel, free time  
10:00 PM Lights Out







**Day 2: Monday (27 Miles to Paddle)**

6:00 AM	Awake Pack and Prepare
6:30 AM	Breakfast
7:00 AM	Arrive at Clay County Boat Ramp Final Gear Check
8:00 AM	Put in river
*12:00 PM	Lunch on river
*3:00 PM	Arrive at Ponca State Park Set-up Camp
5:00 PM	Kodiak Challenge
6:00 PM	Dinner "Free Time" (Hiking, etc.)
9:00 PM	Lights Out

\*This first day is often the hardest day of the whole week for crews as it is an unchanneled portion of river and scouts may not have the most efficient canoeing skills yet. The goal is to arrive at Ponca State Park in the early afternoon-recent treks have typically arrived between 2:00PM and 4:00PM. When the crew arrives, there are several options that the scouts can pick from like hiking trails and a visitor's center. Of course, each day's schedule is very flexible and varies with each trek.

**Day 3: Tuesday (22 Miles to Paddle)**

6:00 AM	Awake Pack and Prepare
6:30 AM	Breakfast
7:30 AM	Put in River
12:00 PM	Lunch on river
2:00 PM	Arrive in Sioux City, IA
2:30 PM	Set-up Camp
3:00 PM	Visit to Lewis and Clark Interpretive Center Visit to Historical Sites / Monuments Kodiak Challenge
5:00 PM	Climbing at Long Lines Rec Center
6:00 PM	Dinner
8:00 PM	Return to Camp
9:00 PM	Lights Out



**Day 4: Wednesday (41 Miles to Paddle)**

6:00 AM Awake  
Pack and Prepare  
6:30 AM Breakfast  
7:30 AM Put in River  
  
12:00 PM Lunch at Winnebago Boat  
Ramp  
4:00 PM Arrive at Decatur, NE  
Set-up Camp  
5:00 PM Begin Preparing Crew Cookout  
6:00 PM Dinner  
Kodiak Challenge  
Service Project  
Showers  
“Free Time”  
9:00 PM Lights Out

**Day 5: Thursday (43 Miles to Paddle)**

6:00 AM Awake  
Pack and Prepare  
6:30 AM Breakfast  
7:30 AM Put in River  
12:00 PM Lunch at Little Sioux  
Campground  
1:00 PM Put back in river  
5:00 PM Expected Arrival in Blair, NE  
Set-up Camp  
6:00 PM Dinner  
Kodiak Challenge  
“Free Time”  
9:00 PM Lights Out

**Day 6: Friday (32 Miles to Paddle)**

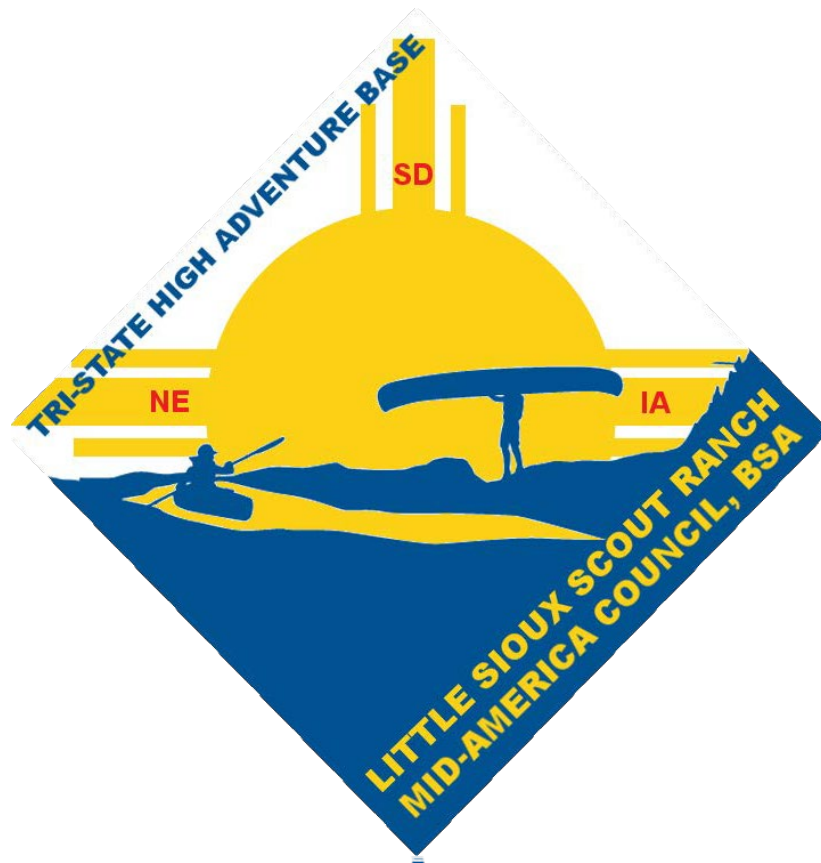
6:00 AM Awake  
Pack and Prepare  
6:30 AM Breakfast  
7:30 AM Put in River  
12:00 PM Expected Arrival at NP Dodge Park Marina  
Lunch  
1:00 PM Put Back in River



3:00 PM	Expected Arrival at Omaha Marina River Crew Photos
4:30 PM	Pack Vehicle Return to LSSR T-SHAB Option return to Camp Cedars
6:00 PM	Arrive at LSSR T-SHAB Option arrive, Camp Cedars Dinner Return T-SHAB Gear
8:30 PM	Closing Campfire "Free Time"
10:00 PM	Lights Out

**Day 7: \_\_\_\_\_ Saturday**

7:00 AM	Awake
7:30 PM	Breakfast at Dining Pavilion
8:30 PM	Check Out Depart Little Sioux









## Detailed Program Outline

Each day, your River Crew will experience something new and different. As you make your way down the Missouri River, you will pass through towns and cities, golf courses and resorts, as well as areas seemingly untouched by modern man. There will be a program offering at every stop along the way. Here are some details for each day's program:

### Day 1: Sunday

#### **Arrival to Little Sioux Scout Ranch**

The physical address for Little Sioux Scout Ranch is 32977 Larpenteur Memorial Road, Little Sioux, Iowa 51545 \* If you're participating in the T-SHAB Option, arrive at Camp Cedars located at 2911 County Road 15, Cedar Bluffs, Nebraska 68015.

To LSSR From Omaha: I-29 North to exit 95 towards Little Sioux. Turn right onto Easton Trail/Vine Street. Drive 1.7 miles and turn left onto Main Street/CR-F20. There is a LSSR sign on the SW corner. Drive 2.2 miles on CR-F20 until you come to the fork in the road. Take the left fork and drive 3.4 miles on Larpenteur Memorial Road until you reach the camp on the right side of the road.

To LSSR From Sioux City: Take I-29 South to exit 105 toward Blencoe. Turn left onto Highway East 60. Drive 8.7 miles following Highway E-60. Turn right onto Larpenteur Memorial Road. Drive 1.6 miles south until you reach the camp gate on the left side of the road.

\*Using some GPS services, such as MapQuest or Garmin GPS devices, may take you in the wrong direction. We recommend using the written directions above. Google Maps usually provides the correct location and fairly good directions, so long as the address is entered in correctly.

#### **Medical Rechecks**

All participants (youth and adult) must turn in a completed BSA Health Form, parts A, B, and C. All participants must also comply with BSA standards for High Adventure activity, outlined in the form, including the height/weight restrictions for High Adventure. Participants who do not meet requirements or who present a health risk to themselves or others may be asked not to participate in the trek. All allergies and medications must be reviewed in detail with the Camp Medic.

#### **Swim Checks**

All participants (youth and adult) must pass a BSA Swimmer Test and achieve the highest ("Blue-Swimmer") level. Prequalification will NOT be accepted; all participants must complete their swim test on camp property, under the supervision of our Aquatics Director. Participants who do not meet the swimming standard may be asked not to participate in the trek.



#### **Canoe Drill**

All participants (youth and adult) will be taken out onto the lake at LSSR to practice maneuvers that will be needed on the river. Each participant will need to show proficiency in basic canoeing strokes (see appendix)

from both the front and rear paddling positions. Of particular importance will be proficiency in “J stroke” and “C stroke” as well as completing 90 degree turns. All participants will need to show proficiency before being allowed onto the river trek; Trek Staff will assign paddling positions (front & rear) based on drill performance. Trek Staff and Aquatics Director reserve the right to restrict or prohibit participation based on proficiency.

### **Emergency Water Rescues**

All participants (youth and adult) will be asked to demonstrate several emergency water rescues. Of specific importance will be throwing rescue ropes to participants around a capsized canoe, recovering free-floating canoe and participants, and navigating both to shore. Drills will NOT include standard Canoeing Merit Badge rescue work (such as righting a capsized canoe, taking passengers on, etc.) due to the specific conditions and hazards of navigating a river. Emergency procedures outlined by Trek Staff will be followed at all times on the river.

### **Gear Check**

All participants (youth and adult) will participate in an equipment “shakedown.” All personal items will be reviewed by Trek Staff and some personal items may be deemed unnecessary for the trek. Many items (such as toothpaste, soap, etc.) can be shared between River Crew members. All items to be left at LSSR will be stored securely and be returned upon the completion of your trek.

### **U.S Coast Guard Auxiliary**

The best way to learn is from the experts. T-SHAB has arranged to have experts from the U.S Coast Guard Auxiliary to help support our programs and our Crews. Representatives will be on site to review important concepts of river navigation, natural land forms, and wildlife along the way. These experts, along with our River Guide Staff, will teach the River Crew how to identify navigational aids, what hazards to avoid, and what historic or natural landmarks you will see along the way.

### **Itinerary / Route Review**

Before going to bed on Day 1, all participants will review the week’s itinerary with the River Guide and other T-SHAB Staff. Adjustments can be made depending on the Crew’s readiness and interest in specific areas/distances. Guides will help give advice, and youth and adult leadership should decide on the best kind of trip for their group. Adjustments to the overall schedule can be made each day along the river, giving you many opportunities to customize your experience. Adjustments may also be made each day depending on weather.

## **Day 2 Monday**

### **Clay County Boat Ramp; Vermillion, SD**

Start your Trek in the northern-most state covered by the Mid-America Council. This marks the start of every T-SHAB River Trek.

### **Ponca State Park, NE**

After the first 20 miles on the river, your first stop is this beautiful State Park. Once camp is set up in one of their river-side campsites, your River Crew can take to the hiking trails, learn more about the Lewis and Clark expedition at the Visitors Center, or just kick back at camp.

**Day 3** \_\_\_\_\_ **Tuesday**

**Sioux City, IA**

Set up camp at the 50-mile marker outside of the historic Lewis and Clark Interpretive Center. Visit the center to learn the dynamic history of this major waterway and the men and women who made it what it is today. Visit other surrounding museums and historic sites, before venturing deeper into the city to visit the Long Lines Recreation Center and climb their indoor climbing wall...40 feet into the air! Enjoy a private, 1-hour session on the wall before dinner.



**Day 4** \_\_\_\_\_ **Wednesday**

**Beck Memorial Park; Decatur, NE**

Stop on your third day on the river in the village of Decatur, at Beck Memorial Park. After establishing camp, your River Crew will give back to the town by completing a small service project at the park. Then, fire up grills and cast iron cookware and prepare a feast fit for kings.

**Day 5** \_\_\_\_\_ **Thursday**

**Little Sioux, IA**

The first of two days of heavy paddling, your River Crew will cover just over 40 miles on the river in a single day. Along the way, you will stop for lunch at the riverside campsite at Little Sioux, mere miles from the Little Sioux Scout Ranch. But this is just a brief stop, before returning to the river toward Blair.

**Blair, NE**

After your arrival in Blair and a quick campsite dinner, your River Crew can choose to either relax at camp or go into town for a movie. (Ambitious Crews can push on to Wilson Island and cover 50 miles in a single day, if daylight allows.)

**Day 6** \_\_\_\_\_ **Friday**

**NP Dodge Park, Omaha, NE**

With the skyline almost in site, your River Crew will stop for a bite to eat at this lovely park and a brief lesson on river conservation from the Army Corps of Engineers.

### **Omaha Marina, Omaha, NE**

By passing under the Bob Kerrey Pedestrian Bridge and navigating into the Omaha Marina, you will have crossed the finish line, marking 164 total river miles on the Missouri River. River Crews can take pictures here before loading up the trailer to head back to LSSR.

### **Closing Campfire**

River Crews can eat dinner, shower and settle in upon their triumphant return to Little Sioux, and then either participate in the evening program with the Cub Scout Resident Camp, or enjoy their own final campfire program, led by their River Guide.

### **Night Hike**

Crew Members with a little extra energy can enjoy a night hike up the LSSR “Hope Trail” to see the stars, as well as the lights of distant towns and cities, some of which the Crew passed along the river.





## Customization Options

Some customization options have been outlined above. However, the River Trek experience is highly customizable, able to be fit to the endurance and interests of the Crew. Possible customizations include:

### Layover Days

Most locations are fit for an additional day layover, specifically Ponca State Park and Sioux City. Your Crew can stay an additional day in any location and enjoy local sites/attractions. (Layovers will reduce the total number of river miles.)

### Early Removal from River

The number of boat access points along the Missouri make it possible to remove Crews from the river every 5 - 10 miles. If need arises, either because of weather, participant exhaustion, or first aid need, the Crew can be removed before the scheduled stop and transported in whole or in part to the scheduled campsite. (Early removal will reduce the total number of river miles.)

### Extended Floats

If your Crew is ambitious, and wishes to focus their time on paddling and forgo program, you can race down the Missouri River. It is possible to cover the complete 162 miles in 4 days, by skipping some program stops. Your River Guide can help you accomplish this feat; upon arriving at LSSR on Thursday, your River Crew would be able to enjoy some program at camp, including swimming, fishing, climbing, and archery...and even CANOEING! (By extending your daily float, you will miss one or more of the program offerings above. You may also be prohibited from extending a day's float if the River Guide determines there is not enough daylight to reach your campsite that night.)

### Kodiak Challenge

T-SHAB offers scouts a unique opportunity to take part in the Kodiak Leadership Challenge during their week-long trek. This course challenges scouts by applying important leadership skills like communication, trust, and teamwork to their high adventure experience. Each day, scouts will cover a different topic with our trained Kodiak leaders. Scouts will engage in hands-on activities and discussions that relate the topic of the day to T-SHAB, scouting, and life in general. While this is an option for the Scouts, it is highly recommended. Are you ready to earn your Kodiak claws?

