

Guide To Planning Sophomores From The Source.
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Summer 2009

Intro: I compiled this bank of information so that future organizers of SFTS can be more efficient. By far, the best approach is to figure out a group of active Ledyard members who are committed to going and then delegate them various tasks. As the larger organizer, you should send out the application, decide who is going, blitz to the people going on the trip and keep them in the loop, make sure delegated tasks and coming along, and also making sure people get in their payments through Kathy (although even this could be potentially delegated). Planning need only start 2 weeks or so in advance. I would recommend sending out the application around this time. To get a rough idea, in the past groups have been between 16 and 28 people.

The sections below contain information that may be helpful in carrying out specific tasks and aspects of planning:

DIRECTIONS AND CAMPSITES: (courtesy of Kelly Erickson and Greg Sokol)

For the summer of 2011, I organized campsites and directions based off of uvlt.org. The website has information about the campsites on the river along with maps. Although the links may change, here are the links that I used:

- http://www.uvlt.org/conn_river_campsites.html
- <http://www.uvlt.org/wildertoBradford.pdf>
- <http://www.uvlt.org/northofBradford.pdf>

Here is what we did during our year:

(river mile) 257ish - Newbury-Haverhill Bridge put in

248 - Night #1: Vaughan Meadows Newbury, VT (Amenities: cleared tent site, box privy, fire ring, picnic table.)

230 - Night #2: Roaring Brook, Thetford, VT (Amenities: cleared tent site, box privy, fire ring, picnic table with shelter/lantern supports.) (there's a random field on the other side of the river around here somewhere)

219 - Hanover!

Both campsites were perfect and beautiful. There was a good amount of paddling as well as having time to tie all the boats together and just float down the river, as well as swimming and jumping off of bridges and piers (which are all jumpable, though you should be careful and scout the depth below). However, because the campsites are first come first serve, it is important to have backup plans for all campsites. In previous years they have ended up camping in random fields. Although the website says that only 12 campers fit in each site, there is plenty of room.

The put in:

- Newbury-Haverhill Bridge Access: Newbury Crossing Road, Newbury, VT (On bridge road between US 5 and NH 10) (it has an 'improved ramp for all boat types')

Directions to put in: (approx 40 minutes and 33 miles)

- Head west on NH-10/E Wheelock St toward Crosby St, Continue to follow E Wheelock St, Entering Vermont - 0.9 mi
- Continue on Main St - 0.3 mi
- Turn right to merge onto I-91 N toward Thetford - 22.5 mi
- Take exit 16 for VT-25 toward Bradford/US-5 - 0.3 mi
- Turn right at VT-25/Waits River Rd (signs for Bradford) - 0.5 mi
- Turn left at Lower Plain/US-5, Continue to follow US-5 - 7.7 mi
- Turn right at Newbury Crossing Rd - 0.2 mi=

If you have any questions, feel free to contact me! (kellye@dartmouth.edu)

Food: (Courtesy of Ellen McDevitt)

SFTS Food

18-21 people

1 vegan, 1 gluten free

FIND LARGE POTS—2 deep ones, than at least 1 saucepan

Dinner Friday

chicken/tofu (4 lbs--cut chicken ahead of time, 2 blocks tofu)

quinoa (1 lb)

veggies (3 heads cauliflower)

2 limes, 1 jalapeno for chicken and tofu

coconut milk and curry paste for cauliflower

Breakfast Saturday

Eggs (42 eggs)

Beans (5 cans)

Tortillas (2/person)

Salsa

Cheese (1 block)

Hot sauce—chollula or tapatio

sour cream

Fruit

Lunch Saturday, Sunday

Bread (9 packages pitas)

Cheese (2 blocks cabot)

Hummus (4 containers)

Mustard (1 container)

Fruit

Carrots, peppers, cucumbers (3 lbs carrots, 5 English cucumbers)

3 jars pb

2 jars jelly

Dinner Saturday

Polenta (2 cartons cornmeal)

Sauteed mushrooms, 4 onions, 3 cloves garlic (one very full bag of mushrooms is about right)

Parmesan (I bought what equaled 3 ½ c grated)

Something green (we had 2 lbs green beans)

Breakfast Sunday

Oatmeal (1 carton was sufficient)

brown sugar (1 box)

raisins (1 lb)

Fruit

Snacks

Chips and salsa (6 bags, 1 BIG ASS JAR)

Pretzels (3 bags)

Fruit

GORP (try and get stuff from Price Chopper or Costco—way cheaper than the coop—we made like 10 lbs w/ chocolate chips, peanuts, banana chips, raisins)
cookies (3 boxes)

Misc

matches
soap
sponge
sunscreen
bug spray
zip lock bags
Gatorade and lemonade mix (REMEMBER THIS CUZ I FORGOT)
Pepper
cocoa
tea
instant coffee
dry milk
wooden spoons

Fruit:

apples
grapes
strawberries
whatever stone fruit is cheap

Veggies:

carrots
cucumbers
mushrooms
veggies for both nights
onions
garlic

Dairy/other refridgerated

4 blocks cabot
1 pt sour cream
4 dozen eggs
4.5 lbs chicken
2 blocks tofu
4 containers hummus
3 boxes cream cheese
parmesan (2.5 lbs)

Bulk:

quinoa
GORP stuff

Pots and pans:

two large pots
one pot lid

two saucepans
two sharp knives
cutting board
can opener

Take from ledyard:

any leftover punch
cinnamon for oatmeal
tea
dry milk if they have it

PACKING LIST: (courtesy of Chelsea Liddel)

Hey everyone, here's a SFTS gear list. You don't need everything on it - the stuff with a star (*) is required, the rest is optional. Let me know if I forgot anything important. And your stuff's gonna be around water, so if you don't have a dry bag, line your pack with a trash bag!

Tent

*Sleeping Bag

*Sleeping Pad

Pillow

*Headlamp(s)

River shoes, booties, camp/hiking shoes (sneakers)

*toiletries

towel

*fleece(s)

*rainjacket

rain pants

*spork, bowl

*nalgene

drybag(s)

*warm layers (non-cotton)

pajamas

hat

normal camp clothes

knife

swimsuit

sunglasses

bug spray

sunscreen

camera

ziplock bags

Foldy/ground chairs

Transportation: (courtesy of Kevin McGreggor)

Try to get a solid number of people going about a week in advance, and then figure out how many/ what kind of vehicles you need.

Reserve those vehicles through Julie, the new transportation person in OPO.

Find drivers for said vehicles. Reimburse them in praise, sexual favors, or guilt trip them based on favors owed.

Gear (Courtesy of Alice Bradley)

- Talk to Mike Silverman at DOR about a week before SFTS (dont wait too long, he gets grumpy at last minute requests, and is often closed when you want DOR to be open)
- get a guage of how many people you need tents for (DOR ones arent the nicest, so personal tents are better for the most part). DOR has 4 person, 6 person, and possibly some 2's (but I've never seen them)
- water jugs: how many to get depends on how many people you have. dont plan on non-river water at the campsites. we had 7 jugs for 16 people, and used boiled river water for cooking and cleaning.
- personal gear: make people blitz you early about needing gear. (like, by tuesday if you're leaving on friday). people will continute blitzing you about gear until the last minute. you can get sleeping bags and pads from DOR. talk to mike about it, he'll hook you up, and understands that people dont ever request gear on time.
- tarps: bring 2 if its going to be sunny, 3-4 if its rainy.
- stove: its big, make sure you have propane. talk to the cooking person to coordinate on this
- dry bags: DOR has ~20, you should get them. give mike some heads up on this, he tends to keep them funny places.

if you have questions, blitz 'alive'