**Expeditions**

Sample Expedition Itinerary

Thank you for choosing to join us on an expedition at Lake Champlain Maritime Museum! We are excited for you to embark on an unforgettable adventure. This sample itinerary is just a snapshot of what to expect on your upcoming expedition. Based on weather and the needs of all the crew members, this itinerary is always subject to change. When you arrive at the Museum for the start of your expedition the trip leaders will go through a more in-depth itinerary specific to your expedition. Don’t hesitate to contact expeditions@lcmm.org with any questions.

**Day One**

* 9am: Participant drop off
* 9:30am: Expedition introduction, icebreakers, and expectations
* Introduction to expedition gear and equipment
* 12pm: Lunch
* 1pm: Sort personal gear and learn how to pack personal and group gear into dry bags
	+ Learn about on-water safety
* Some expeditions will spend the first night at the Museum while others may travel a short distance on the first day. Either way, the distance on the first day is often short to get accustomed to moving on the water and have ample time to set up camp.
* Expedition members will take on different roles throughout the trip such as a Leader of the Day, we will discuss expectations for roles as a group
* Expedition members will take turns completing chores in camp such as cooking and cleaning
	+ For those who are not helping with chores in the kitchen, this is generally free time
* 6:30pm: Dinner and clean up
* Each day ends with an evening circle. This is a time to reflect on the day, build community, and play some games.
* 9:30pm: Tent time
	+ Bedtime may vary for several reasons; however, the trip leaders will prioritize adequate sleep time each night to rest and recover for the long and strenuous days on the water

**Days on Expedition**

* 6:30am: Wake up
	+ Like bedtime, wake-up time will vary based on the distance needed to travel and the weather forecast—some days will have a later wake up time and there’s a possibility of earlier wake up times too
* Brief morning meeting to go over the plan for the day
	+ Leader of the day and other roles will be discussed
* Cook breakfast and pack up camp
* Load boats and hit the water!
* Move from one location to the next, practice navigation skills, stop for lunch and snacks
* Arrive at campsite, unload boats, and set up camp
	+ Some campsites have additional activities available such as hiking and exploring the surrounding area.
	+ Once gear is unloaded and camp is set up there is generally some down time before dinner depending on the chores each participant is working on each day.
* 6:30pm: Dinner and clean up
* Each day ends with an evening circle. This is a time to reflect on the day, build community, and play some games.
* 9:30pm: Tent time

**Final Day**

* 6:30am: Wake up (possibly earlier depending on the distance to the pick-up location)
* Brief morning meeting to go over the plan for the day
* Cook breakfast and pack up camp
* Load boats and hit the water!
* Meet staff from the Museum and your families at a boat ramp
	+ The pickup location will vary based on the expedition and the ability of the crew. Champlain Discovery and Expedition Champlain will likely be picked up near the Canadian Border between Swanton, VT, and Highgate State Park. The pick-up location for Sail Champlain will be determined based on wind direction.
		- Museum staff will confirm the pickup time and location within 24 hours of the conclusion of the expedition.

\*Although Champlain Discovery is a two-week expedition, the schedule will look very similar to a week-long expedition. The main difference will be the addition of a resupply around day seven. Participants will meet staff from the Museum along the expedition route to pick up resupply food and any other needs before embarking on the second half of their adventure.

\*We will share expedition itineraries with parents at the time of the trip, but we ask that you do not visit the group.

**Emergency Communication**: Trip leaders will have cell phones, marine radios, and satellite communication. In the event that any expedition route changes, they will communicate with Museum staff. When the expedition is on-water, Museum staff may reach out to expedition staff but there may be a delay in communication time. Museum staff will reach out to parents/guardians in the event of an emergency.