

# Tips for a Fun Trip

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Okay, so I've been on a couple of these Ecogeomorphology trips now, so I thought I'd type up a little outline (mainly illustrated with pictures) on how to properly prepare for and survive on these trips (in no particular order).

- (1) Make sure you get a good night's sleep before leaving.
- (2) Fleet Services vans are surprisingly capable. Use that capability when necessary.
- (3) Always check the map so you know exactly where you are and don't end up paddling an extra 8 km to your campsite because of a mis-location error. . .
- (4) Eat a healthy, nutritious lunch on a daily basis.
- (5) Speaking of which, don't let any food go to waste. Especially syrup.
- (6) If you hang up your wetsuit inside-out and a cold rain starts falling. . . it's gonna be cold and wet where you don't really want cold and wet.
- (7) Morning coffee. Jeff Mount is always in charge of this, and it's a good 10W-30 grade blend.
- (8) Remember this morning's bacon? Yeah, don't get rid of that grease!
- (9) Bring someone who can slay some serious salmon with a fly rod. 'Cuz they're delicious!
- (10) If the paddle's there, go get your groove on. If the paddle's not there, do a little dance.
- (11) Finally, smile! It's guaranteed to be a very memorable experience and pretty fun too. Oh yeah, and you might learn something as well.

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## Tables and Figures



Figure 1.



Figure 2.



Figure 3.



Figure 4.



Figure 5.



Figure 6a.



Figure 6b.



Figure 7.



Figure 8.

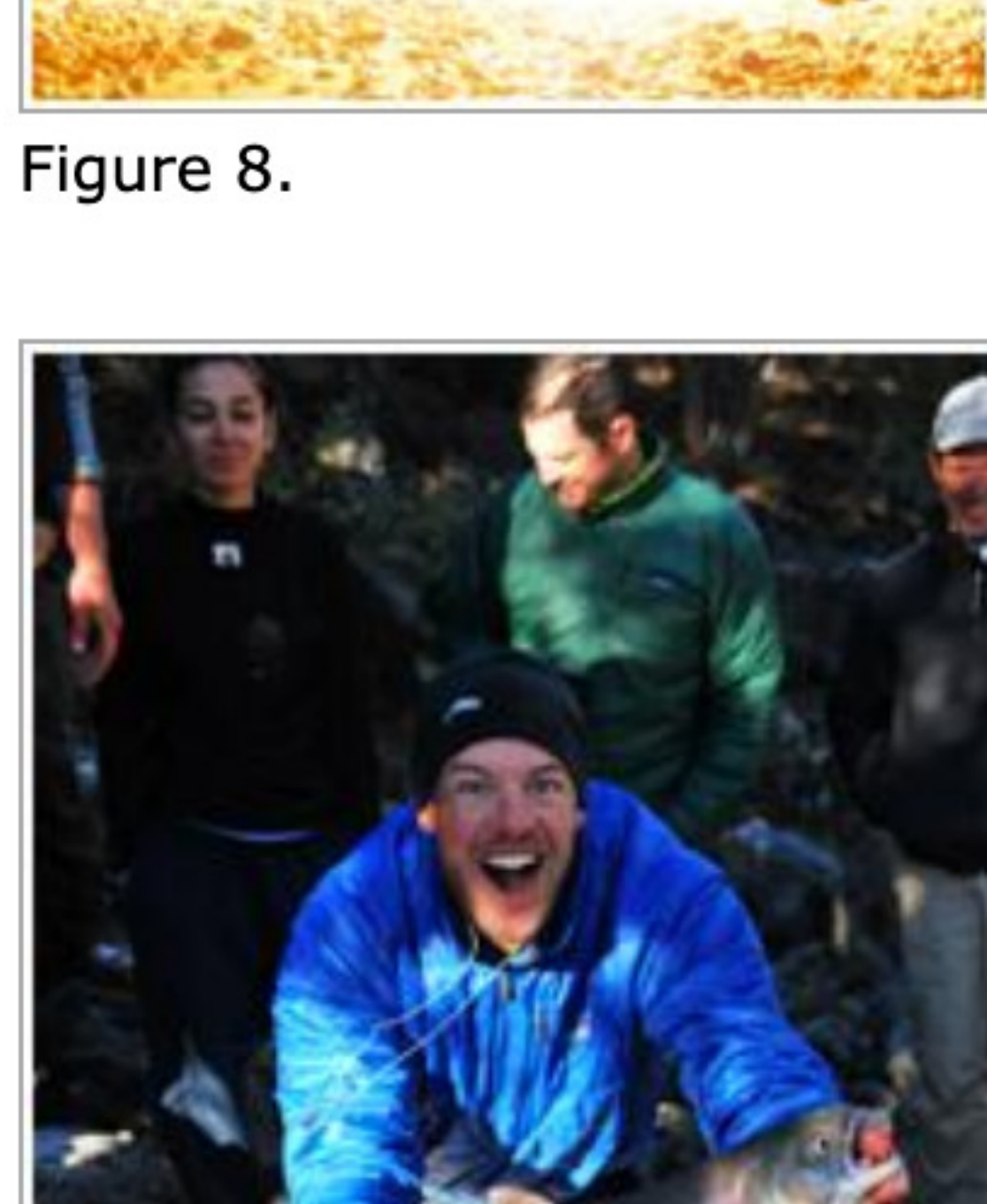


Figure 9.



Figure 10.



Figure 11.