

Teen Expeditions

Sample Expedition Itinerary

Thank you for choosing to attend a teen 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 days on your upcoming expedition will look like. 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. Pick up and drop off times and locations will be confirmed via email about a month prior to the start of the expedition. Don't hesitate to contact the Museum with any questions.

Day One

- 9-10am: Registration and participant drop off
- Expedition introduction, icebreakers, and expectations
- Introduction to expedition gear and equipment
- 12pm: Lunch
- 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.
 - Champlain Discovery will spend the first night at the Museum before getting shuttled to the southern shores of Lake Champlain the following morning.
 - Expedition Champlain is the only trip that will likely travel from the Museum on the first day.
 - Sail Champlain will have the opportunity to learn the basics of sailing in small Split Rock Dinghies before embarking on their expedition on the afternoon of day two.
- For Champlain Discovery or Sail Champlain:
 - Set up camp at the Museum
 - Get on the water!
- For Expedition Champlain:
 - Pack personal and group gear into the boats
 - Embark on your expedition!
 - Arrive at camp—unload boats and set up camp
- 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—sleep and self-care are very important to a successful expedition

- 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.

Day Two through Seven

- 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
- Cook breakfast and pack up camp
- Load boats and hit the water!
- Expect to be on the water from about 10am to 4pm with a break for lunch on shore and some other activities during the day
- Arrival at camp each day will look like the first day—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

Day Eight

- 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 occur somewhere in the north lake with more details to come as the expedition get closer.
 - Museum staff will confirm the pickup time and location within 48 hours of the conclusion of the expedition. Parents and guardians can expect to hear expedition updates every three to four days as the trip is underway.

*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.