



# CAPE BREEZE

## CAMP BURGESS & HAYWARD

## *ADVENTURE, SERVICE LEARNING AND LEADERSHIP PROGRAMS*

### TRIP DESCRIPTION

Cape Breeze is a 6-day boating-focused adventure trip, offering the opportunity to experience the beauty of Cape Cod from a captain's perspective.

Learn or refine skills in sailing, windsurfing and kayaking. On the last full day of this trip, complete your adventure by sailing out of Saquatucket Harbor aboard a beautiful cutter-rigged sailboat, with the option of taking the helm or simply kicking back and enjoying the ride.

Day trips and instruction are led by Sail Cape Cod, the Cape Cod Windsurfing Association, Mass Audubon, and Captain Bob Rice of Cape Sail. We start this adventure by covering the basics of sailing and have the opportunity to progress toward more advanced skills. Windsurfing and kayaking are each one-day programs.

One afternoon during the week is devoted to service learning, where we partner with a community group on Cape Cod to assist in a project.

Meet new friends, develop new skills, relax on beautiful beaches, and spend part of your summer as a Cape Cod sailor, windsurfer and kayaker!

Like all Camp Burgess & Hayward Adventure Trips, Cape Breeze is co-ed and available to youth ages 12-17.

### TRIP ITINERARY

This schedule is tentative. Changes may be made if deemed to be in the group's best interest.

**Sunday:** After check-in & orientation, we discuss YMCA policies and expectations, review trip details and settle in. We'll have a chance for a swim before a barbeque and campfire.

**Monday:** We start the week with our first sailing lesson taught by Sail Cape Cod! Sailing out of the Gateway Marina, we learn the basics--anatomy of a sailboat, sailing terminology and proper use of equipment --before embarking on our first sail. Following our busy afternoon, we head back to camp and enjoy a siesta before delighting in dinner and an exciting night activity.

**Tuesday:** We head to a local waterway for a guided kayak tour led by Mass Audubon. After our scenic exploration, we eat a hearty lunch before heading back to the Gateway Marina for day #2 of sailing. We review sail functionality and the different techniques used for controlling sail power. We also learn about steering, not only with the tiller, but also with bodyweight and use of the sail. We practice tacking as well as the use of different types of jibes. Both days, we discuss new topics, demonstrate the techniques and then practice them on the water.

**Wednesday:** Today we visit Old Silver Beach in Falmouth and spend the day windsurfing! Our instructors teach us all the techniques for an awesome day on Buzzard's Bay. If you need a break from windsurfing, feel free to soak up some rays on Silver Beach or head out to the water with a stand-up paddle board.

**Thursday:** On this morning, we join Captain Bob Rice aboard a beautiful cutter-rigged classic sailboat. In the afternoon, we enjoy some town and beach time near Saquatucket Harbor before heading back to Base Camp to unwind. In the evening, we have a pizza oven dinner and share stories about our time together while relaxing around a crackling campfire.

**Friday:** Check-out day is today from 10-11am. Trip Leaders are available to discuss the trip with parents and guardians.

### ACCOMMODATIONS

We reside in fairly large platform tents that are located at Base Camp locale, tucked away on the Camp Burgess property.

Meals are prepared at Base Camp's outdoor kitchen by participants, with assistance from Trip Leaders. Trippers collectively select, plan, prepare, and cook meals. We encourage diverse and healthy selections and love when participants bring along their favorite recipe! If your child has special dietary concerns, please call the Adventure Trips Director at 508-428-2571 ext. 109.

**SPECIAL NOTE:** There is a minimum number of participants required to make this trip possible. If for some reason this program must be cancelled, you will be notified as soon as possible. A guarantee of equal numbers of male and female participants is not possible, though we do monitor registrant ratios. If we feel that there is an extreme imbalance, we will contact you.

# CLOTHING AND EQUIPMENT LIST

This list itemizes the essential clothing and equipment needed for your trip, though it is only a guide. Due to space limitations, please do not bring all of your favorite clothing for this trip. Rather, you will need to choose clothing that is versatile, durable, lightweight, quick-drying, and comfortable. All clothing should be marked with the participant's name and packed in a duffel bag. Please remember that we are outdoors almost all day, every day. Bring a water bottle, sunscreen, sunglasses, a sun hat, and proper clothing.

- Short sleeve T-shirts (4)
- Long sleeve shirt--cotton & synthetic (1)
- Mid-weight wool or fleece sweater (1)
- Windbreaker (1)
- Underwear
- Socks--wool and cotton
- Pajamas
- Shorts--preferably lightweight, comfortable and loose, with at least one quick-drying pair (3)
- Long, comfortable, non-denim pants that are durable, light and quick-drying (1)
- Swimsuits (2)
- Sneakers or lightweight shoes (1)
- Sandals with white, non-marking soles and straps (for sailing days)--flip flops are prohibited during sailing instruction (1)
- Flip flops--to use as shower/beach shoes (1)
- Rain gear--waterproof, for example Gore-Tex, PVC or rubberized

- Sunglasses (1)
- Sun hat or visor (1)
- Sun block
- 1-liter plastic water bottle (this is a must!)
- Flashlight or Headlamp--with spare batteries
- Wrist watch
- Toiletries: soap, shampoo, toothbrush, toothpaste, and other necessary items
- Insect Repellent--lotion or stick
- Towels (2)
- Sleeping bag
- Small pillow
- Small day pack -- for misc. items
- Plastic bags-- heavy duty trash bags for waterproofing gear (2)
- Journal and Pen -- small pad or notebook to write down thoughts, experiences, addresses, etc.
- Camera--optional
- Duffel bag for all clothing---everything on this list should fit into this one bag.

**Less is best!** Having the right gear makes all the difference. Please stick to the essentials on the list. Keep your dress clothes, electronics, aerosol cans, iPod, and cellphones at home! Books, magazines, playing cards, and journals are great for siestas.