



1. Get access

Access is required for certain rivers such as the Usk and the Dart. Check well in advance that this has been done. Popular rivers such as the Upper Dart sell out of weekend tickets by the summer before.

2. Find accommodation

Usually in some sort of hut - often Scout huts - so we have somewhere warm (ish!) to come back to after a day's paddling. Try to arrange this at least 3-4 weeks in advance - the club secretary has a list of contact numbers.

3. Put a trip list up

This needs to be done on or by the Monday of the week you are going away. Information that needs to be included

- ❖ Where the trip is to
- ❖ The trip dates
- ❖ What type of trip it is (surf/river/polo)
- ❖ What level of experience is needed (if any)
- ❖ What they need to bring
- ❖ Where and when to meet (usually at the boathard)
- ❖ If they need to bring their own food (usually only on camping trips)
- ❖ A contact name and phone number/email address in case of questions/problems
- ❖ A list for them to sign up with their name, if they are a veggie, what time they can leave, and what kit they have/need (this will help you decide how much club kit you need)
- ❖ A bit of information about the trip (why they should come!)
- ❖ !!What they need to bring
- ❖ Sleeping bag and karimat/thermarest
- ❖ Towel
- ❖ Plate, mug and cutlery
- ❖ Paddling gear or old warm clothes and trainers to paddle in
- ❖ Beer Money!



4. Sort out transport

Make sure that everyone can get a lift up there and back. If there are people that have space in their cars and people traveling up on their own. Why not ask them to share lifts. It means it is cheaper for them but also they may become good friends. Also make sure that they have adequate means of transporting gear like boats and paddles to the rivers (roof rack or something similar). Otherwise this could become an interesting canoe trip!

5. Persuade people to come!

Take the trip list to the Wednesday sessions and tell people about it. Make sure that you have enough people willing to drive and that you have enough experienced paddlers to run the trip.

6. Buy the food (or find a good pub)

This is a major shopping trip so take someone to help you! Although people need plenty of food if they are paddling all day, it is not supposed to be a gourmet weekend, so choose food that everyone will like, but don't go for all top-brand and expensive goods, or the trip is bound to make a loss!

7. Get ready to go!

Ensure that one of the drivers will pick up the bus on the Friday afternoon. Make sure that you have enough club kit to supplement those that do not have personal gear, and take a few extra bits and pieces to be sure. Check that the throwlines, first aid kits and other safety gear are put in. It's up to you to decide when you will collect money for the trip, but if you do it before you go it avoids people spending it on the Saturday night

8. After the trip



If you arrive back late on the Sunday night, arrange to do boat cleaning on the Monday evening. Draw up the accounts for the trip (who has paid, who owes money, how much was spent on food, petrol, etc) and pass them on to the treasurer along with all the receipts for the trip.

And finally ...

It may seem like a lot of hard work, but it can actually be good fun organising a trip, especially if there are two of you. If you've ever got pissed off at the faffing that goes on on some trips, then this is your chance to do something about it! And it earns you the right to come along and moan on other peoples' trips! And of course, people do appreciate your efforts really!

How to make everybody fat at minimal cost

"However hard you try, people will always moan about the food - the best policy is to ignore them" - Quote from the original food guide. However I took another approach...

Club food is all about getting the right cheap stuff so people don't know it is. For example, The Asda Brand (Not Smart Price) Sausages are 10 times better than the cheap ones and only about 10% more, the Asda fake mars bars make awesome river chocolate, but the Puffins aren't quite as good. To be honest, I am too bent on finding the best food for no money, and it's sad.

Before you go shopping, you need to give yourself a budget. £3-4 p/p is about right - However you always spend more than you expect!

Club menus are very similar - the only bit you get to be creative with is the saturday meal! Here are some ideas.



Saturday dinner (Main Meal)

- ❖ Sausages + Mash - Very cost effective! 3-4 Sausages pp, 1/3 kilo of spuds pp (people LOVE mash!), carrots, peas, broccoli, and LOTS of BISTO! You will need lots of frying pans!
- ❖ Spag Bol - 1 Kilo Beef per 8, Onions, Carrots, Peppers, Mushrooms, tinned toms, and pasta. N.B pasta burns in large pots! Don't forget Cheese!
- ❖ Curry - Turkey (cheaper than chicken), curry sauce, Onions, Carrots, Peppers, Mushrooms, rice. Rice can be cooked in a tea urn for extra entertainment.
- ❖ Lasagne - Special for Woolacome trips. Lots of work to make, but what a result! Note however much work you put in people still complain.
- ❖ Roast Chicken - Should only be attempted on the Scotland trip. A ton of roasties and veg, it's incredibly cheap for a top class meal! Must include: Multiple chickens, roast spuds, roast parsnips, mashed potato, mashes sweede, carrots and cauliflower in cheese sauce, peas, yorkshire puddings, stuffing, gravy.

Saturday Pudding

Custard is a must. You must choose something to add it to though:

- ❖ Jam/Choc Rolly poly - Very popular
- ❖ Bananas and Jam/choc sauce - very healthy!
- ❖ Rice pudding - has been done, possibly replace custard with jam

Typical menu for rest of weekend

Breakfast (Sat/Sun)

- ❖ Tea/Coffee
- ❖ Cereal - Get cheap stuff, but avoid the value cornflakes!



- ❖ Fried breakfast - sausages or bacon, eggs, beans, mushrooms, toast. Sausages are much cheaper than bacon - even if you buy the half-posh ones!

Lunch (Sat/Sun)

- ❖ Sandwiches
- ❖ Crisps
- ❖ Fruit
- ❖ Chocolate bars
- ❖ Drinks

Dinner (Sat eve)

- ❖ Main meal - something easy to prepare for a large number
- ❖ Veggie alternative
- ❖ Dessert
- ❖ Travelling

- ❖ Drinks and biscuits for journey each way

Shopping list

These are approximate amounts of what you could have.

Breakfasts

- ❖ Milk - 1/2 pint per person per day (semi-skimmed)
- ❖ Tea - own label brands
- ❖ Coffee - Nescafe or you won't get Kev out of bed
- ❖ Cereal - 1 box between 10 per day
- ❖ Sugar
- ❖ Baked beans - one tin between 3
- ❖ Eggs - 1 per person per day
- ❖ Sausages/bacon - 1 per person per day (or more if cheap)
- ❖ Mushrooms - 1 large tub per day

Lunches

- ❖ Cheese (the cheapest you can find) - lots (however much you buy will probably not be enough)
- ❖ Sandwich fillings - cheese, ham, chicken roll, pickle



- ❖ Crisps - 1 packet per person per day
- ❖ Fruit - 1 piece per person per day
- ❖ Chocolate bars - 1 per person per day

Dinners

- ❖ Main meal - usually something with pasta, rice or mashed potato
- ❖ Veggies - usually whatever the carnivores are eating without meat
- ❖ Pudding

Misc

- ❖ Bread (cheap, it'll prob be flat anyway) - 1 loaf between 3 per day
- ❖ Margarine - one large tub
- ❖ Tomato ketchup - life blood of some
- ❖ Bottles of drinks - about 3 per day for lunch and 1 for each bus (no diet stuff or you'll have complaints)
- ❖ Biscuits - 2 packets for each long journey
- ❖ Washing up liquid
- ❖ Scourers/J-cloths
- ❖ Toilet rolls
- ❖ Bin liners

Top tips

- ❖ Hide some of the chocolate and crisps or they'll all mysteriously disappear by Sunday lunchtime.
- ❖ People will eat mountains of cheese on toast, especially after the pub on Saturday night, so be prepared to buy more on Sunday!
- ❖ Check to see what food the club has before shopping - there's always some tins of stuff left over!