

Cape Cod National Seashore NEED Program

Sample Itinerary for a Weekend Scout Group

National Park Service
U.S. Department of the Interior



Sample itinerary for a weekend group using the Girl Scout *From Shore to Sea* Interest Project as an example. Your itinerary needs to connect your learning objectives and activities to park resources: the beach, salt marsh, nature trails, visitor centers, historic houses, lighthouses etc. Check the park website at www.nps.gov/caco for information about park resources. The majority of your time and activities should be spent in the park. Show a morning, afternoon, and evening program for each day of your stay.

Information in italic font is background information and is not needed on your itinerary.

****** Indicates required items to be included in your itinerary.

NOTE: Safety is the park's number one concern. There are no excuses for unsafe behavior and individuals wandering into erosion control or protected natural resource areas. Groups observed engaging in unsafe behavior, breaking fire codes in the NEED Building, or damaging resources will not be accepted into the program in future years, and may result in the group being asked to leave without a refund.

Date of arrival -	**Stop at Eastham Fire Department. Turn in one copy of the NEED Emergency Information Form, a list of names/phone numbers for emergency contact.
	**Stop at Salt Pond Visitor Center. Turn in a second copy of NEED Emergency Information Form. If closed, turn in the next morning.
** Provide an estimated time of arrival after 2 PM.	** Assign beds, building orientation.
3 PM	** Fire Drill and Safety Orientation Meeting. The fire drill is required to be held from assigned beds within 2 hours of arrival. <i>The general safety meeting should cover points included in the NEED brochure about safety, rules and regulations.</i>
Saturday- _____ (date)	
7:30 - 8:30 AM	Breakfast and clean-up
8:30 - 9 AM	Ranger On-Site - <u>late April-June</u>, a ranger may be available to meet/welcome groups. Occasionally, the ranger can assist you with your morning program, too. Check with Barbara_Dougan@nps.gov by email to find out if a ranger is available.
9 - 11 AM	Beach Geology Study, Coast Guard Beach for <i>From Shore to Sea</i> Interest Project
11 - 12:30 PM	Break and Lunch
12:30 - 2 PM	Low Tide Salt Marsh Study - Learn about ocean organisms for the <i>From Shore to Sea</i> Interest Project. Location Great Island, Wellfleet. Visit the salt marsh and the tidal flats at low tide.
2 - 3:30 PM	Low Tide Tidal Flats Exploration, bayside of Great Island for <i>From Shore to Sea</i> Interest Project
3:30 - 5 PM	Review/ Badge projects. Review the days activities and

	summarize connections made during the day to the <i>From Shore to Sea</i> IP, time for additional related projects.
5 - 7 PM	Free time and dinner , and begin rough building clean-up.
7 - 9 PM	Campfire Program: Night Sky on Coast Guard Beach
Sunday-_____ (date)	
7:30 - 8:30 AM	Breakfast and clean-up
8:30 - 9 AM	Packing and removal of all gear to vehicles
9 - 10:30 AM	<p>Detailed clean-up, this requires at least 2 or 3 adults. <i>(It is our experience that youths cannot do the final clean-up regardless of adult supervision as they simply push sand and dirt from one place to another.)</i></p> <p>While some adults clean, scouts and remaining adults might walk from the Coast Guard Station (1.5 miles) on the Nauset Trail to the Salt Pond Visitor Center and then be picked up after the cleaning inspection/check-out.</p>
10:30 - 11 AM	**Checkout with Charlie Ehl or other park official. <i>11 AM is the latest inspection/check-out time as additional time maybe needed for additional cleaning.</i>
11 AM	Depart NEED Building , <i>double check that all doors are locked, windows closed, and thermostats turned down.</i>
11 AM +	Salt Pond Visitor Center , <i>visit the museum, watch the 12 minute film about Cape Cod's geology, "The Sands of Time." There is a shell box in the lobby, an outdoor "hay barge" on display, and a museum filled with maritime and historical artifacts.</i>

Tide schedules available at: http://www.boatma.com/tides/tides_capecod.html. OR <http://www.almanac.com/tides/predictions/index.php> For Nauset Marsh low tides, add three hours to the tides listed for Nauset Harbor.