



# SWAMP-O-RENE

## Leader's Guide

Louisiana Swamp Base - Evangeline Area Council, Scouting America

2266 South College Rd., Suite E, Lafayette, LA 70508

[swampbasebsa.org](http://swampbasebsa.org)

(337) 235-8552

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Dear Scouter,

Welcome to Swamp Base and thank you for being a part of our annual Swamp-o-ree! This Leader's Guide is for "Swamp-o-ree," our weekend campout event. In this Leader's Guide, you will find the pertinent information needed to prepare for and enjoy your time in the swamp. Your weekend promises to be a fun and eye-opening experience to what makes attending Swamp Base so much fun!

Over the last several years we have seen thousands of Scouts and leaders from all corners of the country travel to Louisiana and conquer the swamp. The constituency of people that now understand, appreciate, and support the swamp has grown beyond what we could have ever hoped. And when it comes down to it, that's the mission of our program. As primarily a Scout trek camp, we have the responsibility to make a positive impact on the environments that we participate in, and there's no more deserving environment than swamps.

But our greatest successes are witnessing the transformation of youth and adults alike as they learn more about themselves, push to new limits, come to appreciate an environment they once were apprehensive of, and accomplish something they never thought possible. It's a remarkable sight to behold.

We're extremely excited about this upcoming Swamp-o-ree as we make huge leaps forward with our event. We continue to make improvements to our program and experience every year and cannot wait to share them with you.

**To make sure you have the best possible time, we ask that you read this entire guidebook, so that you'll also *Be Prepared!* This Leader's Guide provides you with much of the information you'll need to plan and prepare for your weekend in the swamp.**

We look forward to having you witness the wonder of the Atchafalaya Swamp firsthand and hope that your understanding and appreciation of this special place will grow during your journey.

Yours in High Adventure,



Ben Pierce  
*Swamp Base Executive Director*



## CONTACT INFORMATION

**Louisiana Swamp Base, Inc.**  
2266 South College Rd., Suite E  
Lafayette, LA 70508  
(337) 235-8552

**Ben Pierce**  
*Swamp Base Executive Director*  
(337) 235-8552 ext. 4  
[ben.pierce@scouting.org](mailto:ben.pierce@scouting.org)

**Robert Donadieu**  
*Swamp Base Camp Director*  
(337) 235-8552 ext. 1  
[robert.donadieu@scouting.org](mailto:robert.donadieu@scouting.org)

**Gina Beckman**  
*Swamp Base Program Director*  
(337) 235-8552 ext. 2  
[gina.beckman@scouting.org](mailto:gina.beckman@scouting.org)

**Ava Thibodeaux**  
*Swamp Base Trek Director*  
(337) 235-8552 ext. 3  
[ava.thibodeaux@scouting.org](mailto:ava.thibodeaux@scouting.org)



*Swamp-o-ree participants enjoying their paddle trip.*

## MISSION STATEMENTS

### Scouting America - Mission

*The mission of Scouting America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.*

### Swamp Base - Mission

*Fostering appreciation for Louisiana's swamps through immersive and educational experiences.*

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### Scouting America Outdoor Code

*As an American, I will do my best to -*

*Be clean in my outdoor manners.*

*Be careful with fire.*

*Be considerate in the outdoors.*

*Be conservation minded.*

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### Swamp Base Grace

*Bless the waters that bring life to this land.*

*Bless this journey to see the swamp firsthand.*

*Bless the birds, the fish, and the trees.*

*Bless this food that strengthens me.*

*Bless the friendship and fellowship we feel,*

*As we gather in the swamp for this meal.*

*Amen.*



*Misty Bayou Benoit morning.*

## ATCHAFALAYA SWAMP OVERVIEW



*Sunset from the Floating Pavilions in the Henderson Lake area of the Atchafalaya Swamp.*

From its majestic cypress and tupelo covered wetlands to the egrets and alligators inhabiting its skies and waterways, the Atchafalaya embodies swamp life in Louisiana. Pronounced “uh-CHA-fuh-LIE-uh,” the Atchafalaya gets its name from the Choctaw phrase for “Long River.” An unmatched American wonder, the Atchafalaya encompasses 1.4 million acres between Lafayette and Baton Rouge, LA. As the nation’s largest river swamp, the Atchafalaya serves as an important distributary of the Mississippi River Valley, relieving some 30% of the big river’s flood waters before they reach critical ports in Baton Rouge and New Orleans. The water that is directed down the Atchafalaya River through the swamp spillway flows through an ever-changing landscape of hardwood forests, farmlands, swamps, and marshes on its way to the Gulf of Mexico. As one of only six land developing river deltas, and the only such delta in North America with stable coastal wetlands, the Atchafalaya is a critical feature of the sustainability systems of Louisiana’s wetlands and the Gulf Coast.

Originally inhabited by the Chitimacha Tribe around 500 A.D., the Atchafalaya has for centuries shaped the lives of those who have chosen to make homes there. The Chitimacha built roofs and made baskets with the swamp’s verdant palmetto leaves; they hunted and fished the Atchafalaya’s alligators, crawfish, and numerous fish species to provide food. Their stories, myths, and legends focused on the wetlands around them.

When French and Spanish settlers arrived in the Atchafalaya in the late seventeenth century, they adopted the Natives' ways for surviving in the swamp, and those customs still exist—to a lesser degree—among the Cajun and Creole cultures for which the Atchafalaya National Heritage Area is well known today.

Despite the fact that humans have lived in the Atchafalaya for centuries, the swamp remains shrouded in mystery. Access to the swamp is limited and land ownership is difficult to decipher. Once inside, landmarks are nearly non-existent and with the addition of fluctuating water levels that change dramatically with each season, the landscape transforms on a monthly and sometimes weekly basis. Land turns to water and wading areas quickly turn to swift moving bayous. This constant state of change makes recreational activity in the area difficult to pursue, but for those who have the right tools and experience, however, the Atchafalaya Swamp offers endless beauty and countless possibilities for exploration.

For Scouts, the Atchafalaya presents *the* ideal adventure. Scouts will test their abilities and determination as each one of their senses soaks up the swamp's sights, sounds, textures, and flavors. Where the casual outdoorsman sees impassable bogs, frightful wildlife, and the daunting unknown, we Scouts see opportunities to learn, to appreciate, and to have fun!



*Scouts paddling through the ancient cypress trees of Lake Fausse Pointe on the final day of their trek.*

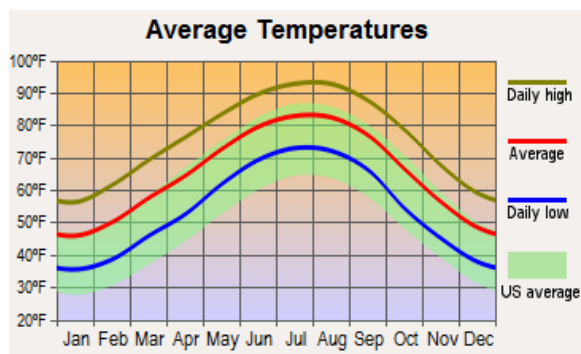
## GENERAL CLIMATE CONDITIONS - SOUTH LOUISIANA

Louisiana has a humid subtropical climate. The subtropical characteristics of the state are due in large part to the influence of the Gulf of Mexico, which at its farthest point is no more than 75 miles (120 km) away.

March is the beginning of Spring in South Louisiana, with temperatures climbing throughout the month. Daily temperatures can range between 72 °F and 76 °F, with nighttime temperatures rarely dipping below 50 °F.

Thunderstorms frequently visit South Louisiana in the springtime. Typically, storms will shower in late afternoon or early evening.

Swamp Base staff will be closely monitoring the weather conditions leading up to the event. We highly encourage each unit to also check weather reports periodically prior to their arrival to ensure that proper clothing and gear is packed for all possible weather scenarios.



*General temperatures for South Louisiana.*

## DATES, FEES, & REFUNDS

Please refer to our website for this year's Swamp-o-ree. The Swamp-o-ree begins on Friday evening, where units will be met by Swamp Base staff members and can enjoy a night of camping. Programming officially begins with flag raising on Saturday morning, and continues throughout the day until closing campfire. Units camp again on Saturday night and can depart on Sunday Morning.

***Participation deposits and fees are charged according to units registered. Each participant's fees must be paid in full by the deadlines set by Swamp Base.***

### Participation Fees:

- Individual Registration = \$55/person

### Payment Schedule:

- **Deposit** – At the time of registration.
  - \$250 non-refundable deposit per unit is required to hold a spot on the registration list.
  - The deposit can be paid with a credit card by calling (337) 235-8552 or through a mailed check made out to *Louisiana Swamp Base*. ***If mailing a check, please call (337) 235-8552 to inform Swamp Base staff that a check is in the mail. This will ensure that a spot is not filled while the check is in route.***
- **Final Payment Due** – January 20<sup>th</sup>
  - The remaining balance/complete payment and total participant numbers is due on this day.

### REFUNDS:

- **ALL FEES (DEPOSIT AND FINAL PAYMENT AS INDICATED IN THE FEE PAYMENT SCHEDULE) ARE NON-REFUNDABLE.**
- **Be cautious of making reservations or paying fees for those who have not made a financial commitment!**

In the unlikely event that weather conditions beyond our control (hurricanes and tropical storms) prevent the completion of your scheduled trip, an alternative program may be offered. In the event of cancellation due to extreme weather conditions, fees will be refunded.

*Note: Swamp Base is not able to refund any fees related to meals, lodging, or transportation incurred as a result of an evacuation. These expenses remain the responsibility of the unit.*

## ELIGIBILITY

### Eligibility for all participants:

1. Must be a member of Scouting America, Venturing, or Sea Scouting.
2. Must be at least 10.5 years old by Friday of Swamp-o-ree. *Age requirements for Swamp-o-ree cannot be relaxed. Please do not request or expect exceptions.*
3. Must know and use the Scout Oath and Law as their guide to appropriate behavior during their trek.



*Troop 47 performing their Campfire skit.*

## SWAMP-O-REE ITINERARY

### **Friday Evening – St. Martin Land Company**

The camping area is located at 1908 Henderson Levee Rd, Breaux Bridge, LA 70517.

Check in for units begin at 6:00 P.M. A Swamp Base staff member will be at the entrance to assist you upon your arrival. Units will be assigned a camping area for the weekend that will accommodate each participant in their group. Units are responsible for having sufficient adult leadership and ensuring that sleeping areas are aligned with Scouting's Barriers to Abuse. Leaders will receive a folder containing important information upon check-in, along with a printed itinerary for the next day's activities, and the 2026 Swamp-o-ree patches based on the headcount provided. Trailers will be directed to the trailer drop-off area, and all other vehicles will be directed to our unloading zone, before being directed to one of our two parking areas. Maps of parking and camping areas will be emailed to all unit leaders.

*We kindly ask you to reach out to Swamp Base if you anticipate arriving  
AFTER 10:30 P.M. on Friday Night.*

### **Saturday, All Day - Swamp-o-ree!**

With Reveille starting at 6:30 A.M., Morning assembly follows at 7:30. Throughout the day, there will be various activities available for everyone's enjoyment! Activities such as 9-Square in the Air, Team Building games, Swamp Ecology, Leave No Trace Quiz, and live baby alligators will be available from 8:30A.M- 4:30 P.M.

Paddle Trips and Swamp Tours require an advanced signup. You will receive an email when sign-ups will open. Typically, this is mid to late January. Sign-ups will be done via Google Sheets. Availability for both the Swamp Tour and Paddle Trips are on a first come first served basis. There is enough availability for each participant to attend both a Swamp Tour and a Paddle Trip, first come first served refers to choosing the time of the activity. Final payments and headcounts are needed to reserve these activities for your unit. A link to the signup sheets will be sent via email to leaders who have submitted their final payments and headcounts. For those submitting final payments or headcounts later, the signup sheet will be emailed as we receive them. Paddle Trips and Swamp Tours will still take place at McGee's (roughly 1 mile away). The Swamp Base Shuttle will be running to transport units back and forth.

Trek Guide Challenge: Test your skills in this ultimate challenge to see if you have what it takes to be a Swamp Base Trek Guide! This activity utilizes teams of 2. Each pair will compete in a series of scored challenges, including but not limited to- First Aid Scenario, Pack it Up, Timed Canoe Race, Leave No Trace Quiz, and Go Fish! Team pairs are not required to compete in all challenges for a chance to win, but the more you participate in, the more points you will score. The 1<sup>st</sup> place team will be awarded with our coveted "Trek Guide Challenge" award. Teams awarded 2<sup>nd</sup> and 3<sup>rd</sup> place will also be awarded prizes. Teams must be present at the closing campfire ceremony to claim their prizes.

*\*Please note you must use the same partner in every challenge.*

Closing Campfire will commence at 6:30 P.M. If your unit wishes to perform a skit at campfire, the skit must be written on the “Campfire Performance Submission” provided in the welcome packet, and given to a Swamp Base staff member no later than 5:30 P.M. Following Closing Campfire, there is down time until quiet hours begin at 10:00 P.M. We ask that you please be respectful of other units as you pack up and depart at the most convenient time for your unit.

**Sunday Morning - Departure**

Units are welcome to cook breakfast before leaving. We ask that all units have departed by 11 A.M, having done a cleanup line of their campsite with trash bags neatly tied at the front of their site so that Swamp Base staff can properly dispose of it.

A more detailed itinerary will be emailed to all leaders, and leaders will be provided with a physical copy of the day’s events upon check-in.

## RECOGNITION AWARDS

### Swamp-o-ree patch:



*A limited number of previous year's patches will be available for purchase at the merchandise table.*

The Swamp-o-ree patch will be in the welcome packets given to unit leaders on the Friday evening. The number of patches given will be reflective of the headcounts received.

### Trek Guide Challenge Awards:

All participants have the opportunity to participate in our "Trek Guide Challenge", in pairs, which features a series of scored events. The 1st, 2nd, and 3rd place duos will receive prizes at closing campfire.

*\*Please note that winners of the Trek Guide Challenge need to be present at the closing campfire to receive their prizes.*

## PROGRAM GUIDELINES

### **Alcoholic Beverages and Illegal Substances:**

There is no place in the programs of Scouting America for the possession or use of these substances. **Anyone violating this policy will be asked to leave the program immediately without a refund.**

### **Smoking:**

Smoking is confined to designated areas only. The minimum age for smoking is 21 years of age. **SMOKING IS NOT PERMITTED ON ANY VESSEL, IN CAMPING AREAS, OR IN ANY BUILDING.**

### **Fireworks and Firearms:**

Scouting America policy prohibits possession and discharge of fireworks or possession of firearms not used in the Scout program. Fireworks or firearms found during the program will be confiscated and destroyed.



*Scouts enjoying 9-Square in the Air at a previous Swamp-o-ree*

## CANOE SAFETY

Below is a basic list of Do's and Don'ts for safe and enjoyable paddling. It is by no means complete nor is it a substitute for experience, training, and good common sense.

- Enter low – The lower your center of gravity, the more stable your canoe becomes. When you enter, exit, or change positions, always stay low and proceed with one hand on each gunwale.
- Don't stand up in your canoe – stay low!
- Caught in a squall on open water? – The lower the center of gravity, the greater the stability. In a squall, remain seated in the canoe. The trek will continue through the rain, but if lightning strikes we must get to the shore.
- Personal Flotation Devices (PFD) – These are not to sit or kneel on. They are to be worn. Law requires that a Coast Guard approved personal flotation device be available for each occupant in your canoe. Paddlers are required to wear their life jackets when on the water.
- Don't Overload – Each canoe has a maximum load capacity rating in pounds for persons and gear. Not overloading your canoe is a start, but it is not the final assurance of safety.
- Most accidents take place getting into the boat and getting out of the boat. Always maintain at least three points of contact with the boat.
- Should You Capsize or Swamp – In open water such as lakes or very slowly moving water, stay with your canoe. Use other boats to help right the capsized canoe.
- Sweepers and Strainers are low hanging trees or branches. They are often floating but held in place – avoid them.
- Avoid structures in the water.
- Respect anglers and other boaters. Paddle toward the shore opposite of their lines and pass by quietly.
- There must always be at least two canoes (buddy boats) traveling together. The Youth Protection guidelines must also be followed so there is never a “one-on-one” situation between youth and adult.
- Performing regular head counts while on the water is always a good idea.
- Always stay within eye sight of the boat immediately in front and behind you.

- Never get ahead of the assigned lead boat or behind the assigned sweep boat.
- The **Lead Paddler** should be a strong paddler, with experience and a good idea of where you are going. It is his job to:
  - Lead the group, making decisions on where to go and where not to go
  - Paddle at a pace that everyone in the group can keep up with
  - No one in the group should pass the leader.
- The **Sweep Paddler** should also be a strong experienced paddler who might be inclined to paddle at a slower pace. The Sweep Paddler will most likely be this person who will have to assist a paddler in distress. He or she should have experience in canoe rescue techniques. It is the responsibility of the sweep paddler to:
  - Have a well-stocked supply of safety and signal devices
  - Not let anyone fall behind them.
  - Keep an eye out for the paddlers ahead of them
  - Maintain the pace of the slowest paddler

### **Safety Whistle Communication**

Safety whistles is an essential item that you should bring with you on a campout. Because of the meandering nature of many of the bayous in the swamp, sometimes audible signals are the only way to communicate with members of the crew. It is required to know the following whistle blasts before beginning a Swamp Base paddle trip.

- One (1) Blast - Attention
- Two (2) Blasts - Come Back or Gather
- Three (3) Blasts - Internationally Recognized Distress Signal (Help or Emergency)
- 



*Canoeing through Bayou Alexander on the way from Rougarou Island to Camp Atchafalaya.*

## PADDLING TIPS

If your unit is intending to sign up for a guided paddle, it is the perfect opportunity to experience canoeing for the first time. If there are participants who have never paddled before, be sure to read these tips, as they can help ease the tension when practicing a new activity.

***Paddling with a kayak paddle in a canoe is an untraditional form of paddling and takes a little getting used to. However, you will find that it propels the canoes much faster through the water and allows for corrective strokes to happen without slowing the boat or losing any efficiency.***

### **Holding the Paddle:**

1. Picture the width of your shoulders. That width, or a little less, is the amount of space that should separate your hands when hold the paddle shaft.
  - If your hand spacing is too wide, you'll gain power but tire out rapidly because this hand position requires a lot of upper-body strength to pull the paddle through the water.
  - If your hand spacing is too narrow, you risk having no strength in your stroke.
2. Avoid applying too tight of a grip on the paddle shaft. It will quickly cause fatigue in the hands and arms and could lead to hotspots or even blisters. Instead, it is preferred to use a relaxed grip. Open your fingers slightly and create a loose handhold.

When your hands are in the correct position:

- Knuckles are pointed up.
- One of the blades is vertical (this makes it your "power hand").

### **Forward Stroke:**

The forward stroke is the most fundamental paddling motion and involves more than just arm power. A well-executed forward stroke is a collaborative effort that combines upper arms and core muscles (back, abdomen and glutes). Intertwining these muscle groups allows you to efficiently propel your boat while minimizing arm and shoulder fatigue.

*Tip: Think of the forward stroke as putting your blade in the water and moving past it rather than pulling a paddle's blade through the water. This allows greater paddling efficiency.*

There are several ways commonly used to describe the stages of a forward stroke, but here is a popular way:

Phase 1 (catch): Wind your torso into the stroke. Dip your paddle on one side of the boat and "catch" a blade's worth of water. (Note: Sometimes the "catch" is considered part of the second, "unwinding" phase.) If placing the blade on the boat's right side, the right side of your rib cage should be angled toward the bow (front).

Phase 2 (propulsion): Unwind, or rotate, your torso as the blade pushes the water behind you. Use core muscles to push past the blade rather than pulling the blade through the water with your arms. This boosts efficiency and reduces fatigue.

Phase 3 (recovery): As the paddle pops out of the water, you're now wound up for the next stroke, with the opposite side of your rib cage angled toward the boat's bow.

Overall, the forward stroke is a continuous, simultaneous push-and-pull motion—a push with the upper hand, a pull with the lower, all resulting in smooth torso rotation.

To add power to your forward stroke:

1. Think of your hands as extensions of your body.
2. Imagine throwing a punch with one hand.
3. Gripping the paddle, position one hand about shoulder height.
4. From your shoulder, throw an imaginary punch for an extra burst of power. Add aggressive torso rotation for an extra power boost.

In paddling, good technique is more beneficial overall than sheer upper body strength.

### **Sweep Stroke (for Turning):**

What's the simplest way to turn a moving boat? Just drop a blade into the water on either side of the boat. The boat will immediately turn in that direction—but you will lose much of your velocity as you turn.

To turn while sustaining forward momentum, use the sweep stroke.

Phase 1: Lean the boat toward one edge while maintaining a comfortable balance. Extend your arms forward and dip in the blade near your feet to begin your sweep.

Phase 2: Sweep the blade in a wide arc toward the rear of the boat (the stern). The most effective part of this stroke is the rear 20° to 30°. Put some power into your body's rotation to optimize the stroke.

Phase 3: Finish the stroke by lifting the paddle after it comes near or touches the stern. The result should be a Draw Strokes (for Pulling Close)

Draw strokes are used to move your boat sideways so you can pull close to a dock or another boat.

The basic draw stroke, sometimes called a T-stroke, works as follows:

1. Use your arms to extend the paddle away from you.
2. Place a blade in the water about 2 feet or so from you; the shaft should be on a slight angle with the lower blade tilted away from you.
3. Use your lower hand to pull the blade straight toward you.

To repeat, twist the blade 90° so the blade can slice through the water away from the boat. The slicing motion is also known as feathering.

If the blade begins to get sucked beneath your boat, resist the urge to apply a prying motion. You could cause your boat to tip. So simply let go and start over. Keep this little rhyme in mind: Don't pry; better to retry.

Sculling is a more powerful and effective draw stroke that requires a little more technique. The motion is like using your blade to spread peanut butter on bread.

1. Extend the paddle away from you.
2. Place a blade in the water about 2 feet away; keep the shaft as vertical as possible.
3. Rotate your wrists so the blade face repeatedly opens and closes as it moves across the water.
4. Maintain a "climbing angle" with the shaft by pushing gently toward the bow when the face is open, toward the bow when it is closed.

**Reverse Forward Stroke (for Stopping):**

1. Drop a blade in the water on one side of the boat then the other to slow your momentum.
2. Begin to back-paddle as needed. This is simply a reverse of the forward stroke.
3. Remember to rotate your torso while you back-paddle.

Paddling Tips courtesy of REI: <http://www.rei.com/learn/expert-advice/paddling-strokes.html>



*Two Scouts are ready to embark on their day paddle trip!*

## FREQUENTLY ASKED QUESTIONS (FAQ'S)

### **1. Is there water available at the campsite?**

*We thank you for bringing plenty of water for your unit. There is limited water available at St. Martin Land Company, and McGee's Swamp Tours to refill personal bottles occasionally. We ask that units plan their refills so that vehicles are not passing through camp during busy hours or after dark.*

### **2. How does parking work?**

*In efforts to minimize vehicle traffic through the campsites and main area, we ask you kindly to carpool. Units are allowed to park ONE vehicle for every TEN registered participants at the St. Martin Land Company parking lot. Additional vehicles can be parked in the overflow area across from McGee's Swamp Tours (about 1 mile away). St. Martin Parish Sherriff's Office has a vehicle stationed to monitor the overflow parking area. Trailers will be allowed on the gravel adjacent to your assigned campsites. Please do not park or drive on the grass.*

### **3. Does Swamp Base Provide food for Swamp-o-ree?**

*Swamp Base does not provide food in the registration fee. We work very hard to continue to provide a first-class program, access to the Swamp, and memorable activities for all participants at a very low cost. Unfortunately, we are unable to provide meals within that price range.*

### **4. How do we get to McGee's for our Swamp Tour/ Paddle Trip?**

*There will be multiple shuttles running throughout the day on Saturday. Buses will be available to ensure that your unit is able to attend the Swamp Tours and Canoe trips during your scheduled times. We highly encourage that your unit be ready for the shuttle at least 15 minutes ahead of time. This will help prevent delays impacting other units later in the day.*

### **5. Can we have fire at our campsites?**

*We kindly ask that no fires be burned on the ground in your campsites. This is an effort to reduce risk within close quarters camping, respect the property that has been provided, and practice Leave No Trace. If you wish to have a fire, please do so in a raised fire pit and keep the fire to what is necessary. The closing campfire will be on a separate part of the property and will be available for units to enjoy after the camp program has concluded.*

### **6. What if there is an Emergency/First Aid is needed?**

*In the case of a serious emergency that requires immediate attention, please call 911. In cases that Scout rendered first aid can safely and successfully address the situation, please visit the Swamp Base Staff Station for any assistance.*

### **7. How dangerous are alligators?**

*Most alligators, if left alone, will move on. Alligators less than 4 feet in length are naturally fearful of humans and are generally not a threat to pets, livestock, or humans. Although alligator attacks in*

Louisiana are *extremely rare*, it can happen. The "attack" reports in Louisiana are usually more accurately described as "encounters." As with all outdoor activities, realize that wildlife encounters are a possibility (please see "Tips for Recreating in Alligator Habitats").

**8. When can we buy Swamp Base merchandise?**

Swamp Base merchandise can be purchased at our booth set up near the entrance. Our merch shop will be open all day on Saturday. Swamp Base offers Nalgene® bottles, shirts, stickers, patches, belts and buckles, and many other cool items!

**9. Can I bring my own kayak, canoe, paddle or PFD?**

The paddling gear we use is top of the line equipment, and due to space and liability reasons, we cannot allow individuals to bring their own boats or personal floatation devices

**10. Where can I share my photos from Swamp-o-ree?**

Yes, it is encouraged to bring your smartphone to document your experience through Facebook, or Instagram. Please understand that Youth Protection Guidelines for using phones applies in all instances, whether images plan to be uploaded to the internet or not. Please see "Digital Privacy" below.

When uploading images, please use #swampbase for all posted photos/videos from the trek. Please note that Swamp Base may "share" these photos or videos on its Facebook or Instagram accounts. It is also possible that after the event, Swamp Base may use these photos for future high adventure marketing videos or brochures.

**DIGITAL PRIVACY:** A key ingredient for a safe and healthy Scouting experience is the respect for privacy. Advances in technology are enabling new forms of social interaction that extend beyond the appropriate use of cameras or recording devices. Sending explicit photographs or videos electronically by cell phones is neither safe, nor private, nor an approved form of communication, and can lead to severe legal consequences for the sender and the receiver.