

Exhibit Five

Region Ten, B.S.A. Wilderness Canoe Trails

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BOY SCOUTS OF AMERICA

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EXTRA SPECIAL ANNOUNCEMENT!

MID-SUMMER MEETING OF REGION TEN EXECUTIVE COMMITTEE

and

SPECIAL WILDERNESS CANOE TRIP FOR REGIONAL COMMITTEEMEN,
COUNCIL PRESIDENTS and COUNCIL CAMP CHAIRMEN.

Canadian Border Lodge (near Ely, Minnesota)

August 7 to 11, 1934

* * * * *

A CHALLENGE!

"We have listened with more or less credulity to the boasting claims of various and sundry Regional Committeemen, Council Presidents, and Council Camping Chairmen as they loudly proclaimed their prowess as fishermen, campers, and canoeists! The time has come for a showdown! The Regional Camping Committee challenges you to join us on a Special Wilderness Canoe Trip, August 7 to 11!"

- Dr. A. H. Sanford, Chairman,
Regional Camping Committee

SHIP AHOY!

"For some time we land-lubbers have blustered and blowed about our skill in woodcraft, campcraft, and cookcraft. We admit we are good! However our skeptical Regional Camping Chairman, Doc Sanford, wants to find out whether there is any semblance of sea-craft among us and flings the above challenge in our faces. Not to be outdone by a committee which claims to know something about life in the wilderness and the art of alluring the elusive denizens of the deep - we accept the challenge! - and look to your laurels! No alibi will "save our face" or reputation, so sign up!"

- Charles L. Sommers, Regional Chairman.

THE PLOT

You are to arrive at Canadian Border Lodge (20 miles northeast of Ely, Minn.) the afternoon of Tuesday, August 7th. Ladies cordially invited.

Dr. Sanford and his committee will be waiting on the shore of Moose Lake to hand you your paddle, canoe, and packsack when you arrive. Veteran canoeist Carl Chase and his staff will show you how to pack your duffle for tomorrow's early start. Then for a bountiful supper in the lodge dining room with the ladies, after which you'll have ample time to light up your pipe and rest and spin yarns the balance of the evening on the cool, screened porch of the Main Lodge overlooking beautiful Moose Lake. If you wish to show that you are a real "tough guy" and that you "can take it", you may sleep on a bed of pine cones out in the open. If you have no such ambition, a good, soft bed will be at your disposal - the men in a dormitory and the ladies in comfortable log cabins.

That You'll Bring

You'll have with you your old soft felt fishing hat, wool shirt, old trousers (not breeches), one pair each of cotton and wool socks, heavy pajamas, old comfortable shoes, toilet articles, handkerchiefs, tin plate, cup, knife, fork, and spoon

and blankets equivalent to 2 Hudson's Bays (total weight about 9 pounds). Oh yes! fishing tackle! - trowing line, large spoon hooks, dare-devils, jarvi spoon, wobblers, big sinkers, etc. You can purchase tackle at Ely and Canadian Border Lodge. Keep your tackle in a small package for convenience while on the canoe trip.

"Wear Clothes for Comfort not Style"

The Ladies -

Arrangements have been completed for entertaining the ladies while you go on the canoe trip. They will be comfortably located in snug, clean, log cabins with maid service. Excellent meals served in the beautiful central dining room, with its 75 foot screened porch, affording a magnificent view overlooking Moose Lake. Our hosts, Mr. and Mrs. Myrum have promised many diversions for the ladies including launch excursions, hiking parties, steak fries, and even bridge if desired. Boats will be furnished for those wishing to row or fish. Guide service available at reasonable guide fee. The ladies will have a grand time especially in view of the fact that they won't be bothered by the men who will leave early Wednesday morning by canoe for parts unknown in the northern wilderness to be gone until Friday!

Now men, your attention please!

With the crack of dawn Wednesday morning, August 8th, you'll arise. A satisfying and lasting hot breakfast at the Lodge just as the sun rises over Moose Lake. At 7 AM we shove off for the great adventure, two to a canoe, northward ho! Place your pencil on the X at Moose Lake on the enclosed map. Our route will follow the shaded portion thru Moose, into Newfound, on to Birch, thence to Carp Portage (your first sight of white water and Canadian soil) (a dark secret - to relieve your mind and muscle, the trip so far will be by motor boat tow), then several short lift-overs and one fine portage (lots of June berries, blackberries, etc.) into the east arm of beautiful Knife Lake. Then N. N. E. thru Knife Lake to famous Eddy Lake portage.

Lunch Time -

Here you will have lunch consisting of rye crisp, synoda bread, butter, cheese, weiners, tea, and candy. After this encouragement, pipes or what have you and a short snooze are in order and then away again.

Eddy Lake Portage -

Up over Eddy Portage, glide down a beautiful river, encountering several smart portages, and arrive about 3 PM at "fisherman's paradise", Lake Gabimichigami where camp will be all ready for you. And what a campsite! On the bank of a roaring stream with Gabimichigami at your feet. Here in the heart of the wilderness, we'll fish and just about the time you've pulled in your share of 8 pound trout, the cook will shout "come and get it!" - vegetable stew, lake trout steaks, fresh biscuits, peach sauce, pickles, coffee and candy. Then campfire, smokes, post-mortems on the ones you lost and to bed and unconsciousness until dawn!

Thursday, August 9, at Lake Gabimichigami -

Up and at 'em for the chef's special of stewed prunes, oatmeal, pancakes, hard sauce, bacon, coffee, cream, and sugar. Out into the lake for another try at those whoppers that gave you the merry ha-ha yesterday, then back to camp for lunch. Camp has disappeared! But lunch is there if you can find it. At 3 PM you leave for Eddy Lake Portage where to your surprise your lost camp is all set up and waiting for you

Your appetite is in good order for soup, macaroni and tomatoes, planked fish, darn goods, creamed onions, bread and butter, and coffee. Fish orloaf after supper and then "the sleep of the just"!

Friday, August 10, Eddy Lake Portage -

Breakfast, pack duffle, and shove off at 9 AM. With Admiral Sanford and Navigator Chase in the lead and with Rear-Admirals Sommers and Bean bringing up the rear, you paddle Knife Lake, fishing as you go, until Birch Portage is reached. But why say more? You'll enjoy every minute of it and will arrive (by motor boat tow the length of Birch, Newfound, and Moose Lakes) for a T-bone steak supper with the ladies at Canadian Border Lodge Friday evening.

Informal Meeting Friday Evening -

An informal meeting of the Regional Executive Committee will be held on the Lodge porch Friday evening, Mr. Sommers presiding. Overnight and breakfast Saturday morning at Canadian Border Lodge and leave Saturday when you get ready.

A Pleasant, Comfortable, Enjoyable Trip -

You can make this trip in perfect comfort and with no danger of overdoing. All heavy portaging, set-up of camps, cooking, etc., will be taken care of for you and part of the water trip will be by motor tow to avoid undue time devoted to paddling and allow more time in the wilderness for fishing and rest.

Please Advise As to your Acceptance Now -

Write to Paul H. Love, Regional Executive
Boy Scouts of America
904 Minnesota Building
St. Paul, Minnesota

Cost -

Yourselves and lady all expense at Moose Lake - \$25.00

Includes ladies' lodging and all meals from Tuesday, August 7, 5 PM, to Saturday, August 11, 11 AM, at Canadian Border Lodge, Ely, Minn. Lodge and meals for men at Canadian Border Lodge and all supplies on Canoe Trip from August 7, 5 PM, to August 11, 11 PM.

Single - \$15.00 - for men not accompanied by ladies.

Lodge and meals at Canadian Border Lodge and all supplies on Canoe Trip from August 7, 5 PM, to August 11, 11 AM.

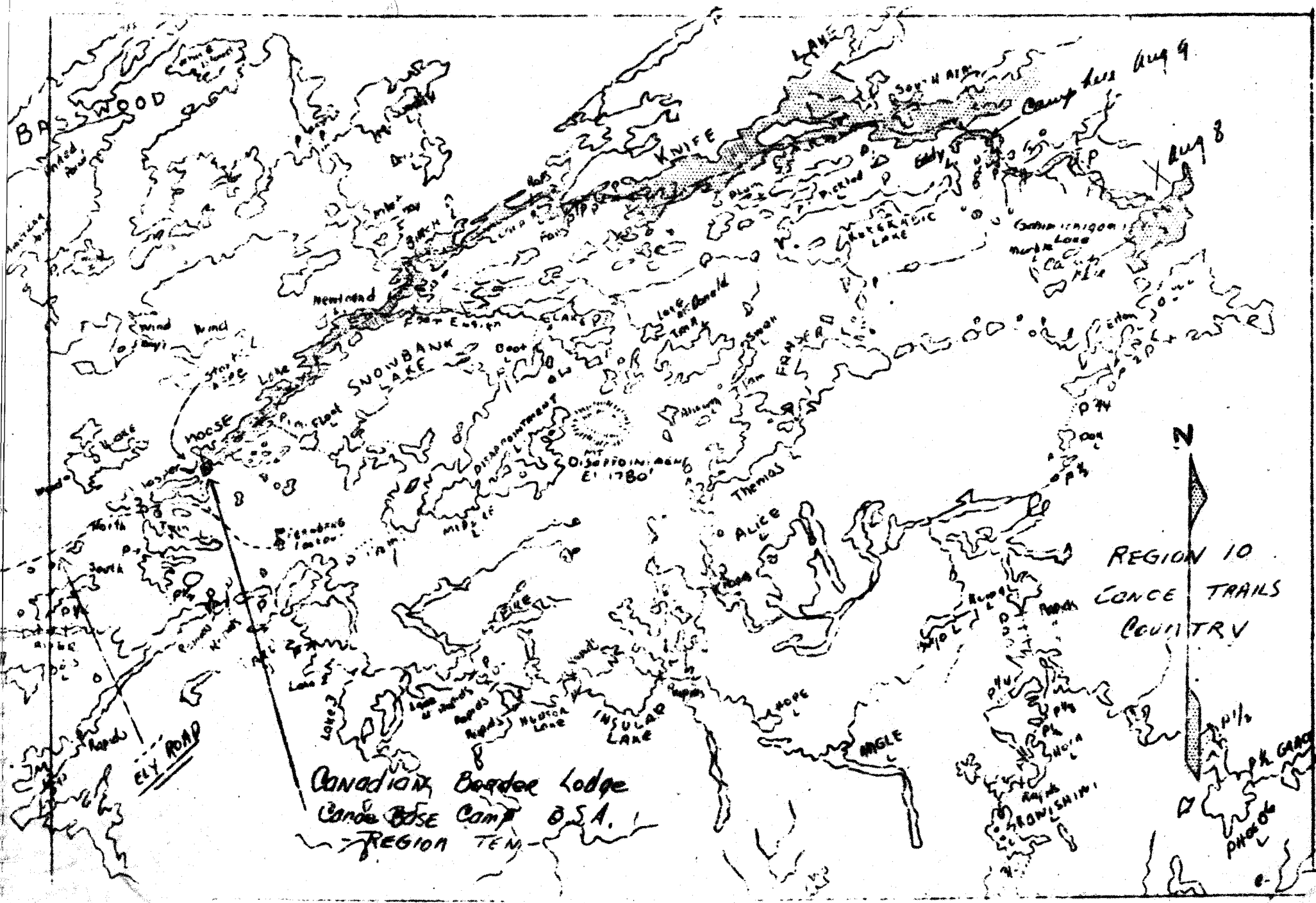
We make all reservations and arrangements for you. Make your checks payable to Regional Camp Fund, B. S. A. Register now.

Tear off and mail to Regional Office.

Dear Doc Sanford:

I'll be there! And so will my lady. I feel it is my duty to be there - otherwise who would furnish the fish for the party?

Signed _____



BOY SCOUTS OF AMERICA REGION TEN

MEMO TO - Regional Committeemen, Council Presidents
Camping Chairmen, and Executives
SUBJECT - Regional Canoe Trip Descriptive Material.

May 11th, 1934

On behalf of the Regional Camping Committee, we are glad to send you the enclosed complete file of material being made available for Council use in enrolling older Scouts and Scouters for the Regional Canoe Trips.

Description of the trips and map are being sent to Councils in quantities. Council, Troop, and Parent's Approval Blank will be sent to individuals upon receipt of their reservation. "What To Bring" together with the Health History Blank will be sent to individuals upon receipt of the Approval Blank.

Attached also is a copy of the canoe trip policy adopted by the Regional Camping Committee and a detailed description of the leadership and equipment for the further information of Councils and for general publicity.

Councils are urged to use discrimination in the selection and approval of those who are enrolled for these trips. The Regional Canoe Trips provide an advanced camping project for Councils, and those enrolled should be advanced campers and Troop and Council leaders of exceptional ability.

This is a great adventure. The Region is happy to make it available.

PAUL H. LOVE * F
Regional Executive

1934 REGION TEN WILDERNESS CANOE TRIPS

Back to Nature -

America offers no greater opportunity for real "back to nature" camping nor a better field to study or learn the out-of-doors - plants, trees, rocks, and wild life. Constant change of scenery and what thrills! Great opportunity to master the art of canoeing. Competent instructors, best of canoes, waterproof silkolene tents, up-to-date cooking outfits; in fact the best that can be found for such trips.

Requirements -

Minimum Rank, First Class, with cooking and swimming merit badges. Minimum age - 15 years. Weight and height meeting physical standard for age. Adequate Local Council and Troop camping record. Clear registration record. Council, Troop, and Parental approval. Subject to final approval and acceptance by director of Canoe Trips. Health Certificate (standard) showing weight and absence of physical defects. Final check-up at base camp. Adult Scouters will meet the equivalent of the above requirements. Health History blanks will be mailed you upon receipt of registration - blank attached.

Leadership -

C. S. Chase, Scout Executive of Headwaters Council at Hibbing, has again been appointed to personally direct these trips. He has conducted forty-three trips without a major accident. Assisting him will be a staff of three adult men - all experts and dependable leaders with whom boys and men can safely associate. Trips start from Canadian Border Lodge on August 13-20-27 and returning August 18-25-September 1. Canoeists check in for trip before 4:00 PM the day before starting each trip at Headquarters Boy Scout Wilderness Canoe Trips, Canadian Border Lodge, 20 miles northeast of Ely, Minnesota.

Hunters Island Trip -

Hunters Island Trip (two weeks, costs \$20.00 which includes meals and lodging at Canadian Border Lodge on same basis as regular trips) leaves Canadian Border Lodge on August 30th and returns September 1st. This trip under leadership of R. C. Kirkpatrick, a veteran guide and Scouter. Those craving a real adventure in wilderness country where the big fish viciously grab your bait, here is your opportunity. Limited registrations for this trip. Register early to avoid disappointment.

Cost -

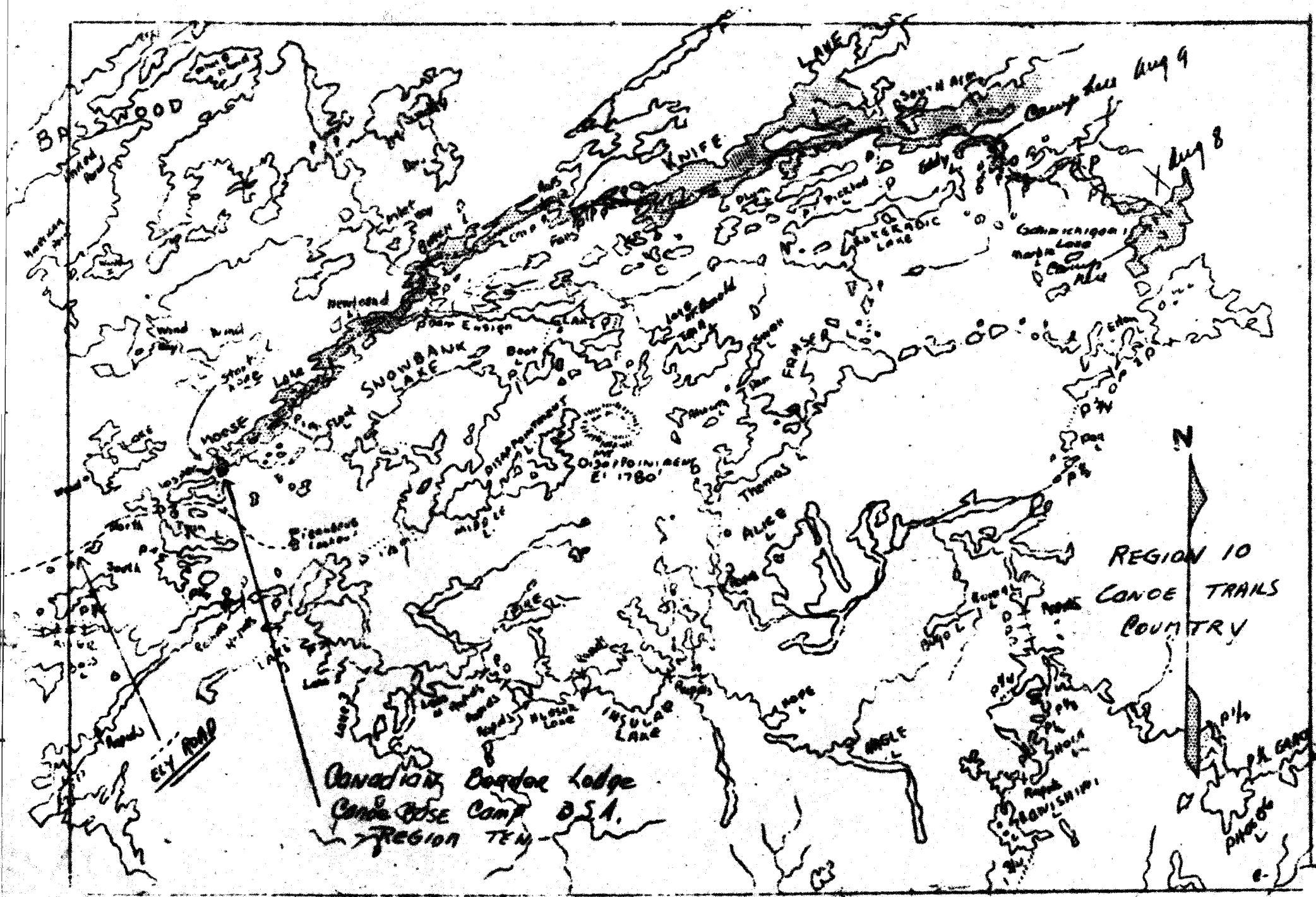
Cost of trip \$11.50 (except Hunters Island Trip) including supper and lodging Sunday night and breakfast Monday morning at base camp, Canadian Border Lodge. We make reservations for you.

Credits -

Special credits given on trips as follows: 1) Canoe medallion (felt medallion). 2) Credit on camping and canoeing merit badge. 3) General Council camping credits. 4) Council Troop Rating Plans - Credit. For those meeting requirements, other tests can be met if arranged for in advance such as Forestry, Stalking, Angling Merit Badges.

Preparation -

Canoeists will be issued equipment the afternoon before the start of each trip. This will give each one ample time to pack, make purchases of any supplies desired, and be ready to start trip promptly in the morning. Report promptly to Mr. Chase on your arrival at Canadian Border Lodge, 20 miles northeast of Ely, Minnesota.



REGION TEN WILDERNESS CANOE TRIPS, 1934
COUNCIL, TROOP, and PARENTS APPROVAL BLANK

Send this blank to your Local Council Office to be approved and forwarded to the Region Ten Office, 904 Minnesota Building, St. Paul, Minnesota.

Scout or Scouter _____ of Troop _____ or member of _____
_____ Council hereby registers for the following trip:

August 13 to 18 First	August 20 to 25 Second	August 27 to Sept 1 Third	August 20 to Sept 1 Batters Island
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\$5.00 reservation fee enclosed. Balance of the total fee of \$10.00 will be paid direct to the Regional Office one week in advance of trip.

The above applicant has been personally approved by his Troop, Council Camping Committee, and this Council. He has a clear troop record and his Council registration records are satisfactory. In our opinion he is fully qualified for attendance on the canoe trip according to the requirements as published.

Signed _____
Troop Committee Chrmn or S. M. Council Camping Chairman

_____ _____ _____
Scout Executive Council Date

.....

SCOUT OR SCOUTERS' RECORD

Signature _____ Age _____ Weight _____ Troop _____
Rank _____ Number merit badges _____ I have Swimming Merit Badge _____
Have you had any canoe experience _____
What has been your camping experience _____
Do you know how to cook your food in the open _____

.....

PARENTS APPROVAL FOR SCOUTS

We, the parents of Scout _____ have acquainted ourselves with the Region Ten Canoe Trips thru the information sent out by your office, and thru our Council Office. We recognize that every precaution will be taken for the safety and protection of those going on trips and therefore approve our son's attendance.

Signed _____
Parent or Guardian

Telephone No. _____ Address _____

When this blank has been received and your application accepted, instructions will be mailed to you regarding what to bring, where to report, and how to prepare.

CANOE TRIPS

What To Bring

Great Adventure -

You have registered for a splendid adventure, and it only remains for you to get the most out of the Region Ten Wilderness Canoe Trails. Inquire of your Scout Executive if there are others from your Council registered for the same trip as you are taking so if someone is driving, others may go in the same car and thus decrease cost of transportation.

Equipment Needed -

Necessary

- | | |
|---|---|
| 2 Hudson Bay blankets or 4 thicknesses of ordinary blankets | 1 Pr old tennis shoes or oxfords |
| 1 Scout Hat | 1 Pr shoes or boots |
| 1 Scout Shirt | 3 Handkerchiefs |
| 1 Scout Braechees | 1 Scout neckerchief |
| 1 Scout Socks | 1 Bar toilet soap (floating) |
| 1 Pr of old trousers or overalls | 2 Towels |
| 1 Sweater or Mackinaw | 1 Comb |
| 1 Suit light Underwear | 1 Small mirror |
| 1 Suit wool underwear | 1 Sewing kit |
| 1 Pr wool Socks | Knife, fork, and spoon, and plate |
| | 1 Cup (not aluminum as it retains heat) |

Please use this as a check list and actually check off each item.

Helpful Equipment -

Optional

- | | |
|--|--|
| Kodak, field glasses | Fishing tackle consisting of trowling line |
| Musical instruments (mouth organ, Jew's harp, sweet potato, flute or fife. | large spoon hook, daredevil, joined wobbler, jarvi spoon, and big sinkers. You can purchase tackle at Ely. |

"Remember the portages and you will keep the pack light."

Report to -

Canoeists report to C. S. Chase, Director, at Canadian Border Lodge, 20 miles northeast of Ely - inquire at Ely - not later than 4:00 PM, Sunday (the day before starting the period for which you have registered. If in difficulty regarding trip from Ely to Canadian Border Lodge, call Mr. Chase at Canadian Border Lodge. Drive direct to Canadian Border Lodge (20 miles good road well-marked). Here you may leave your car in perfect safety while on the trip. Sunday evening meal, lodging Sunday night, and breakfast Monday morning at Canadian Border Lodge is provided. We arrange your reservation; therefore report promptly on arrival. Every possible precaution will be taken to safeguard you while awaiting the start of your trip. You will have opportunity to check your pack Sunday afternoon and be ready to start early Monday morning.

Eligibility -

Keep in mind - Scouts eligible for this trip must be at least 15 years of age. First Class, and weight and height meeting physical standard for age. Applicants must meet all requirements, otherwise they will not be allowed to make trip.

Health Histories -

Bring your Health History blank with you. It must be completely filled out not earlier than six days before the trip and signed by a physician and your parents. Applicants for trips will be rejected without this record. (No exceptions to this rule)

REGION TEN
WILDERNESS CANOE TRIPS

(Statement of Information and Policy)

TO: Regional Committeemen, Council Presidents, Camping
Chairmen, and Executives:-

Purpose of Regional Projects -

Regional projects are established and promoted for the purpose of supplementing and stimulating the Local Council Camping Program.

The Wilderness Canoe Trips, one of the Region Ten projects, were established by the Regional Committee as a Local Council service in recognition of:

- a) The need in Council Camping programs for an Advanced Camping experience for especially qualified campers.
- b) The impracticability of each Council providing equipment and leadership for an Advanced Camping project of a Wilderness Canoe Trip nature.

Advanced Program -

The Wilderness Canoe Trip Project is an Advanced Camping project for Local Councils, directed and supervised by the Region thru the Regional Camping Committee. Therefore, each Local Council is urged thru its Camping Committee to consider the Wilderness Canoe Trips as a part of their own Council Camping Program. It is recommended that the Council Camping Committee include in its year's program definite plans for enrolling advanced campers, both Scouts and Scouters, for the Canoe Trips.

Eligibility -

Eligibility for enrollment for the Canoe Trips to be based on minimum requirements adopted by the Council Camping Committee. Such requirements to include the minimum requirements established by the Regional Camping Committee which are as follows:

Requirements -

1. Minimum Rank - First Class with Cooking and Swimming merit badges.
 2. Minimum Age - 15 years. Weight and height meeting physical standard for age.
 3. Adequate Local Council and Troop camping record.
 4. Clear registration record.
 5. Council, Troop, and Parental approval. Subject to final approval and acceptance by director of Canoe Trips.
 6. Health Certificate (standard) showing weight and absence of physical defects. Final checkup at Ely.
- Adult Scouters will meet the equivalent of the above requirements.

Recognition -

This advanced Camping experience should be made a special incentive and recognition of camping achievement in a Council.

Council Concession -

If desired, a Council may make application to the Regional Camping Committee for an entire trip; however they reserve the right to accept registrations from any Council for any trip and to exercise their own judgment in the maintenance of the minimum trip rule - no exceptions to this rule.

Leadership -

The leadership of all trips will be approved by the Regional Camping Committee and will be the best obtainable. Canoes, tentage, and other accessories are up-to-date equipment. Latest methods of handling commissary and wilderness menus and cooking are employed.

Dates of Trips -

There will be three seven-day trips:

August 13 to 18 August 20 to 25 August 27 to September 1

Arrival Base Camp -

Canoeists will arrive not later than 4:30 Sunday afternoon at Base Camp located at Canadian Border Lodge, 20 miles northeast of Ely, Minnesota, inquire at Ely for directions, the night being spent here in order necessary instructions may be given, physical checkup made, and equipment issued. Canoeists must be on hand at this time (no exception to this rule). Shave off early Monday morning. Return 10:00 AM Saturday following.

Cost -

Cost of trip is \$11.50 per person covering expense including supper and lodging at Canadian Border Lodge Sunday night and breakfast Monday morning. Reservations are made by us in advance. It is understood the above stated cost of trip does not include transportation to Base Camp and return home which is the responsibility of the Local Council.

THE REGION TEN WILDERNESS CANOE TRIP PROJECT IS A PART OF YOUR
COUNCIL CAMPING PROGRAM - USE IT

REGIONAL CAMPING COMMITTEE

Dr. A. E. Sanford, Chairman
R. A. Dunning
Walter J. Derrick
Frank S. Gold
R. J. Hagan
S. A. March
Donald B. Robinson
R. A. Trubey
Dr. C. K. Walker

Special Note - Hunters Island Trip on next page.

GRAPHIC PICTURE OF REGION TEN WILDERNESS CANOE TRAIL

By H. Ross Miller, Guide and Counsellor

Romance -

Have you ever stood on the eastern shore of Gabimichigami and watched the sun sink thru pinkish haze behind the mighty ramparts of Mt. Saganaga? Well, you should see this once before you die if you would say that you have seen Minnesota.

Lake That Cuts -

Perhaps you have noticed the words "Knife Lake" stretched out on the map, north-east of Basswood, but did anyone ever tell you how it got that way? The old French voyageurs called it "Lac de Couteau", the lake that cuts, because of the razor shape vertical slates that cut their canoes to pieces. The redcoated English, carrying the traffic of empire down this thoroughfare before the coming of the railroads, changed the name of the unimaginative term "Knife Lake". But every swimming party today soon finds that it is still "the lake that cuts" and judiciously carries a good first aid kit when venturing into those unusual waters.

Nutty Geologists -

For some years Lake Kekauquabic has been driving America's geologists nutty! Northwestern University had a camp there for several summers and there were twenty Northwestern men there this year. Armour Tech, the University of Minnesota, many schools in fact, are sending their field expeditions to the Kekauquabic. Dr. Druner, professor of Geology, at the University of Minnesota, was there this summer, and the genial doctor, as sociable as he is scientific, paddled the nose of his "old town" up to our camp site the first evening we appeared among his tremendous cliffs, to pay a social call and bid us welcome. Reason for all this, according to Dr. Druner, "There's a geology Ph. I. Thesis in every township."

37 Lake trout -

Suppose an Eagle Scout came along and told you that his gang caught thirty-seven lake trout Wednesday, August 24, and two northern pike weighing ten and twenty-two pounds respectively, and that the cruise director then filed all the barbs off the hooks to avoid catching and seriously injuring any more fish - would you believe it? Well, many Eagle Scouts of Region Ten know where that lake is and they aren't telling. But if you are a member of the organization and pay \$11.50 to Region Ten, St. Paul, before July 1, 1934, perhaps they'll take you there next August. We said perhaps! Only, and providing you can pass a sturdy physical examination, be able to carry seventeen foot "Kennebec" over all 11 husky portages and otherwise do what the Eagle Canoe trails call a man's day's work.

Wild-Water -

And Lake Ima! For fishing, for storms, for wild water! Ima for action! With monolithic campsites which nature laid down in one piece of gabbo as large as a high school. A rock that is really the top of a giant cliff with the water almost covering it. What a diving platform! It would take a Polynesian pearl diver to "bring up the bottom" here.

Elijah's Chariot -

A storm almost caught us napping, piling the canoes in a heap and having a good time punching holes in them. One of the Jim's (the cook) kettles sailed away and never did come back, while his supper fire departed Heavenward like Elijah's chariot in one seething, hissing mass of flame.

Bald Eagles for Guides -

Leaving Ima for Ensign, under calmer auspices, the party was escorted thither by a pair of old bald eagles, older than your grandfather probably, but still sweeping the sky with wings that must have covered a full nine-foot spread. They were sailing over to their housekeeping apartment on Ensign cliffs, and they left no doubt in our minds about who was boss around Ima.

Portages -

Portages, portages, portages! What an essay Emerson would write on portages after coming out of Kakequabic over to Fraser! The word comes from the Latin Porto meaning "to carry", and George Rogers Clark, Athan Allen, and General Washington knew what portaging meant, but you, my dear sir, for whom freight trains and motor trucks have been doing the carrying since the day you were born, know nothing. So you will have to learn.

Cracked Ventracles -

It means putting an 80 pound Kennebec on your back and starting upward. By the time you have risen a hundred feet and your Achilles tendons refuse to function further you see a log, nailed about 10 feet high across a couple of trees by a previous hardier wayfarer, so you juggle the canoe down on it gratefully, thanking him in your heart as you puff, and wonder why your ventricles don't crack right open.

Lookin' back -

You look back, hopin' you will die and you see your canoe mates, loaded with two and sometimes three packs apiece laborously lifting one foot up to the other one and then shoving them on a bit higher with all the hardy resolve the youth and grim-do-or-die spirit can give them. Here and there between the packers an upturned canoe bobs gracefully through the virgin forest. You look forward and the trail rises up, and up and up.

Mountain Weight -

It is here that your weak and fluttering heart wants to give up and quit - but you haven't the intestinal fortitude to stand the kidding you know awaits you; so you buckle up your belt a notch and keep on a drivin'. Oh, if you were only home, where your Buick could do all the carrying you would be so much happier! But didn't Dr. Gruner tell you, laughing uproariously as he said it, that the divide out of Kakequabic into Fraser was 300 feet higher. You realize, at last, that you were in for it, and bringing to bear all the reserve leg drive that you have left, from bicycling and football days, you struggle up that second hundred feet, the canoe weighing now as much as the mountain itself.

Heap O' Butter -

Here another kindly log appears. Those logs, brother, are saviors in disguise for without them you would "crack up" and shudder "into a little heap o' butter."

Two-Thirds -

You rest awhile, realizing more comfortably now, that two thirds of it is done. The packers go by, shedding packs along the trail here as grass sheds its dew under the morning sun, and their discomfort makes you feel better. So you here highly resolve to do it or bust and start on upward. Soon the sunlight appears over the ridge, thirty rods further, and the waters of Wisira awaits you, and you, too have learned that to portage means to carry. Tonight you will reduce your pack to essential things and then throw half those away. Most of your duffle has become impediments, just as such stuff was to Caesar in his Gallic days, so you ditch here for good.