

Bill Heimman Q&A: Bio: During the summer's of 2012 & 2013 Oregon resident set aside his bicycle for a solo canoe and headed down the Missouri River. With determination and quest for adventure Bill has made it to Sioux City Iowa with very little prior paddling experience. He resumed in the summer of 2014 to the St. Louis Arch. Bill is no stranger to adventure as he has cycled in over 47 countries, crossed the US 4 times, and in 1994-95 cycled around mother earth! Years ago Bill gave up the corporate life to start cycling the world.

Here is what Bill has to say:

#1: What was the most difficult part about your paddle trip and how did you overcome (if you did) the situation? *"The wind on the big lakes. I got a very early start each day. I also became a better boat handler and paddler as more and more challenges arose."*

#2 What do you feel was the most important thing that you planned for on your trip that you actually benefited from? *"Learning to paddle correctly from an expert."*

#3 Was there anything that you planned for then you felt was unnecessary or overdone? *No.*

#4 What was the 5-most important pieces of gear you carried on the trip? Explain. *"A good brain, great Sawyer paddles, great Wa No Nah canoe, great MSR Hubba Hubba tent and Cook canoe cover and (6) a Garmin Oregon GPS with contour maps."*

#5 Prior to your trip, what was your weakest asset or least skilled or qualified trait for the trip and how do you overcome this? *"I knew little to nothing about canoes and paddling. I did a lot of studying, took lessons, practiced and then learned as I went. "*

#6 What was the least important item(s) that you brought and discovered there was never a need for? *“Nothing. I have had many years of solo remote traveling and have a very good list”.*

#7: What was the biggest surprise of the journey? Something you did not anticipate. *“How steep the learning curve was and how difficult and dangerous some portions were.”*

#8 What kind of boat did you paddle and what were its good qualities and also the things you did not like about it? *“A Wa No Nah Prism Kevlar 16.5 open canoe. I do not have enough knowledge to provide a good evaluation of the boat. It seemed to handle well and paddled with ease. I did add a rudder the second year and doing so made a significant difference in the amount of effort required to propel the boat.”*

#9: How did you plan your meals/food? Did this system work good for you and what would you change regarding this? *“I looked over the maps to determine how many days between possible resupply points and then added in a down day factor of about 10%. I Planned on 5 meals a day to include 1 cooked meal. Three of the meals were “main” meals meaning they required some preparation. The other 2 were bars of some sort. The system worked well except that I found I overestimated the days between resupply and carried a little too much food. Overall not a bad thing.”*

#10 What was your system for obtaining drinking water and what were the benefits as well as the disadvantages you had dealing with water? *“I carried 5.5 gallons of fresh water on most of the upper, upper portion of the river. As I moved into less desolate regions I carried 4 gallons. I also carried and used the MSR Mini Works EX filter. I gathered water to filter in the evening in a sediment container, allowed the water to settle out and then filtered it the next morning. This system worked very well. It would have been better to have a drinking fountain but we have to suffer some.”*

#11: If you were going to give advice for someone planning the same journey what do you feel would be best advice and things to consider that you now

know about this journey? “Know how to propel your boat, understand and know yourself very well and be self-confident. Expect to spend a lot of time with your best friend, yourself.”

