

Wanapitei Coureurs de Bois two week program

On this canoe trip your child will set out on an 8 day adventure throughout the Temagami area, starting and ending at camp. Each day the leaders and participants will pack up camp and move ahead on their trip by paddling and portaging. At the end of the day, camp once again, will be set up and there will be time for games, swimming and all around fun! All meals are prepared by the trip leaders before trip departs. These meals are then assembled daily by the group. Some examples of food on our varied menus are pancakes, p.b and j, pizza, and brownies! Though the route and food are predictable the weather is not. It is extremely important that when coming up to camp your child is prepared for weather extremes, this means rain, sun, cold and hot. Please remember that campers carry their own gear into camp when they arrive at our parking lot. We do help with some of the heavier loads (for those arriving by bus) but it is a 1km portage into camp. If you drive to camp you and your child will be carrying the load into camp.

Notes on clothing

Investing in gear at this age is a tough call. It is always good to have the best when out in the wilderness. However, we understand that while children are growing, clothes have a short lifespan. Therefore, we recommend you buy mid price range items or second hand high quality items.

Rain suit – Your rain jacket **must** be waterproof. Breathable is highly recommended, though not imperative. Rain pants are usually worn during the day when raining and at night to keep dry while on the camp site if it is raining. Campers could conceivably be in their rain gear all day and evening depending on the weather. Breathability for rain pants is recommended though not highly. Rubber rain pants are sufficient.

Shirts, Pants, Sweaters, Long Johns - Cotton on trip is cumbersome and at times dangerous. When wet it uses the body's heat to dry itself causing the person wearing the cotton to become colder. Thus we ask that your child does not bring cotton on trip. We recommend that your child bring clothes made of quick dry or wicking materials. These clothes dry fast and keep your child warm. Good materials to look out for are fleece for sweaters, merino wool or polypropylene for long johns and shirts, and quick dry for shorts and pants. These rules about cotton apply to socks as well. Wool and Smart Wool are good sock material. It is important to remember that there will be varied summer weather and temperatures, so you must prepare for both possibilities.

Notes on gear

Sleeping bag - Though down sleeping bags pack smaller, we believe that it is more practical for this age group to purchase a synthetic bag. It is cheaper, and dries faster. It can be cool in the summer so a bag that has a rating to -7 degrees Celsius will be fine.

Sleeping pad - Sleeping pads should be tested out at the store for comfort, length etc. Ensolite pads are cheaper but less comfortable. While Thermarest style pads are more comfortable and keep body warmer they are more expensive. We recommend that, if your child will be returning to camp for a few summers, to invest in a Thermarest.

Backpack – While children grow out of most items a good bag can last a long time. If your child is of a mature size, a good bag could last them through most of their “career” at Wanapitei. Invest in a pack that is sturdy rather than one with many bells and whistles. The bag should be able to hold all of the items on the **Essentials for Canoe Trip** lists (sleeping bag and pad fitting in bag is optional). Size, durability, and comfort are the biggest priorities. This is around the 40L-70L size range of pack depending on the size of your child. Campers carry their own backpacks so it should fit well. Dry Bags and backpacks are normally measured in liters hence the 40L-70L (liter) reference above.

Dry bags - The dry bag **will go inside your child’s personal backpack** and keep their things dry if their pack gets wet. There are many different dry bags on the market. The essential thing to keep in mind is that the dry bag should say that it is waterproof. After that your personal budget is the main criteria in what dry bag you purchase.

Paddle - This paddle should be made of wood (more comfortable to hold and warmer than aluminum on the hands) and can be fitted at the retailer where purchased. If you have a paddle of your own and are unsure of the sizing, the paddle when vertical should roughly nestle in your child’s armpit or the grip end should be at about chin height – take a moment in the store and paddle a few strokes to see what feels right to your child. Paddles can also be rented at camp.

Essential Clothing Items – For Canoe Trip

- 2 pairs of shoes – one very sturdy for day - they will be wet most of the time so they should be in good shape. These shoes also will be worn when portaging so they should be comfortable. The other pair will be dry shoes for the evenings. These shoes can be lighter and less sturdy.
- 1 rain jacket – Must be waterproof, breathable is recommended
- 1 rain pants – Must be waterproof, breathable is recommended
- 2 T-shirts
- 2 long sleeved shirts – one quick dry material – one light polypropylene
- 2 sweaters – one for light day use, one for warmth in evening – both must be wool or fleece NO COTTON
- 1 pair of quick dry/ light weight pants – NO JEANS or SWEAT PANTS
- 1 pair of quick dry/ light weight shorts (or bathing suit bottoms)
- 1 pair of long johns marina wool or polypropylene – NO COTTON
- 4 pairs of socks – two for use during the day, two for dry use at night
- 6 pairs of underwear – quick dry/polypropylene if possible
- 1 sun hat - if child is prone to losing things bring two!
- 1 toque – wool or fleece
- mitts or gloves

Essential Gear- For Canoe Trip

- 1 sleeping bag – a temperature rating as low as -7 is recommended (it can be cool especially in early or late summer, this is not a winter bag but warm enough to take out the chill during the cool periods we can encounter on trip)
- 2 water proof drybags – one 20-30 L for sleeping bag- one 30-40L for personal belongings (to be able to fit in your personal pack when filled)
- 1 sleeping pad
- 1 personal ground sheet – for under tent
- 1 personal backpack – all of your child’s clothing essentials will go in a dry bag and then in this personal pack (sleeping bag and mat can be stored elsewhere) – roughly 40L-70 L depending on the size of your child
- 1 flashlight and extra batteries – headlamp is recommended
- 1 bug jacket – (a ball cap is recommended to wear under bug jacket – to keep face mesh away from the face) – bugs seem to be lasting a little longer into the summer and can vary greatly depending on weather and location
- 1 pair of sunglasses and attachment string
- 1 lifejacket (Personal Flotation Device -PFD)
- 2 whistles
- 1 flat water paddle
- 1 water bottle
- mug – good for soups, hot chocolate, tea etc.

Essential Toiletries

- toothbrush and toothpaste
- sunscreen – waterproof
- lip chap - with SPF
- insect repellent
- sanitary products

Optional Items for Canoe Trip

- sandals - sturdy Teva or Choko – No leather ie. Birkenstocks
- fishing gear
- reading/writing material
- quick dry small towel
- camera and waterproof case
- needle and thread
- musical Instrument
- playing cards
- Swiss army knife (small blade)

Essential In-Camp Items

- two T-shirts – tank tops – can be cotton

- long sleeve shirt – can be cotton
- 2 pair of pants
- 2 pair of shorts
- 6 pairs of underwear
- 5 pairs of socks - can be cotton
- 1 towel
- small pillow
- sheet for bunk
- pictures etc.
- bathing suit