

## Wanapitei Junior Program

The Junior camp at Wanapitei is a program for 7-9 year olds that offers a first taste of what it is like to canoe and learn in a wilderness setting. With this program we strive to foster a strong relationship between youngsters and the natural world. After their time at Wanapitei we hope our Juniors have developed a sense of interest and respect for our Canadian wilderness.

The Junior programs offer a variety of challenging and interesting activities. Your child can partake in either a 1 week or 2 week experience. With either session, paddling and canoe tripping skills will be taught. They will also take part in regular camp programs consisting of archery, crafts, camp craft, kayaking and swimming. In addition there will be a multitude of special programs for the Juniors such as pie baking, beach days, and wilderness appreciation plus many other Junior oriented games and events. At the end of the week the group will go on an overnight canoe trip. Here the Juniors will get to experience a real canoe trip where they will cook, sleep and play on the shores of Lake Temagami. If your child has signed up for a 2 week Junior session they will continue on for another overnight, while the rest of the one week Juniors head back to Wanapitei. After their second night on trip the two week Juniors will return to camp and continue to learn and play at Wanapitei.

## 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 during outside activities. 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 is not the best choice for these garments. When wet it uses the body's heat to dry itself causing the person wearing the cotton to become colder. Thus we ask that you limit the amount of cotton clothing that your child brings to camp. 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 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 all 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** – A small day pack is all that is necessary. Personal items will be stored in large packs for the overnight canoe trip.

**Dry Bag/Waterproof stuff sack** – A dry bag, likely about 30litres or so should work fine for packing clothing and sleeping bag while out on trip. This bag will go into the group packs but by having a drybag your child's clothing and sleeping bag should stay dry – if it is dry to begin with. A common product is Sealine typically found at MEC etc. There are other brands, again you want to be able to get a sleeping bag and canoe trip clothing squished inside the bag. There are some compression water proof bags as well that work really well – campers can really get their clothing and sleeping bag very small in these. You can always ask at the store or call us for advice.

**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 One Week Session (double where necessary for two weeks)

- 2 pairs of shoes – both pairs can be light but one should be in good condition for hikes
- 1 rain jacket – Must be waterproof, breathable is recommended
- 1 rain pants – Must be waterproof, breathable 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
- 5 T-shirts, tank tops
- 2 long sleeved shirts, (quick dry best)
- 2 sweaters – one for light day use, one for warmth in evening – both must be wool or fleece NO COTTON
- 2 pair of quick dry/ light weight pants – NO JEANS or SWEAT PANTS
- 2 pair of quick dry/ light weight shorts ( or bathing suit bottoms)
- 1 pair of long johns
- pajamas

- 10 pairs of socks
- 10 pairs of underwear
- 1 sun hat - if child is prone to losing things bring two!
- 1 toque – wool or fleece
- mitts or gloves
- bathing suit
- pictures, etc

### **Essential Gear**

- 1 sleeping bag – a temperature rating as low as -7 Celsius 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)
- 1 sleeping pad
- backpack(a small daypack)
- drybag or waterproof compression sack
- 1 flashlight and extra batteries – headlamp is recommended
- 1 towel
- small pillow
- sheet for bunk
- 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

### **Optional Items**

- 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