



2019

Spring Canoe Trip Parent & Camper Handbook



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Phase One: Preparing for Camp

Participation and attendance

If the participant is working on their Duke of Edinburgh Award, please ensure they bring their Duke of Ed Award book to be completed by the trip leader. Full and active participation will be expected of the participant if they wish to receive credit for their training and expedition.

What and how to pack



packed	Quantity	Items to be packed for canoe trip	Recommendations
Wearing or in small daypack (waterproofed)			
	1	Sun hat	With brim
	1	Bandana/ buff	
	1	Long sleeved button-up shirt	Preferably quick-dry, cotton or flannel
	2	T-shirts	Preferably quick-dry or moisture wicking
	1	Sweater	Fleece or wool (not a sweatshirt)
	1	Pants or shorts	Preferably quick-dry, not cotton
	1	Portage shoes/hiking boots/shoes with rubber soles	Please note these will get wet & stay wet! Well-fitting, fully broken-in with good ankle support (for portaging and hiking) OR good solid old runner with grip or specifically designed water hikers
	1	Gloves	Dollar store, stretchy type are fine
	1	Rain Gear	Waterproof and durable (also used for warmth in windy weather).
	1	Swimsuit & Towel	Quick dry towel
	1	Underwear	Cotton is ok, microfiber is better
	1	Bra	Sports style
	2	Socks	Liner and wool see below
Packed in dry bag (20L without sleeping bag 30L with sleeping bag)			
	2 pair	Long johns - top and bottoms	Made of synthetic material or wool, not cotton
	1	Toque	It gets cool at night on the water
	1	Sweater	Fleece or wool (not a sweatshirt)
	1 pair	PJs	Warm and fuzzy
	1	T-shirts	Preferably quick-dry or moisture wicking
	1	Pants	Preferably quick-dry, not cotton
	1	Shorts	Comfortable walking, quick-dry, board short
	1 pair	Dry shoes	For around camp
	1 pair	Water shoes (optional)	For swimming; most will swim in portage shoes
	6	Socks	3 pairs each; - Polyester liner socks (will most often be worn in water shoes) - Wool socks
	3	Underwear	Cotton is ok, microfiber is better
	1	Bra	Sports style
	1	Toiletries	Travel size: toothbrush, toothpaste, small brush or comb, hair accessories, deodorant (optional), baby wipes (optional)

		Feminine hygiene supplies	What you might need for 3-4 days (everything should fit into a medium Ziploc bag)
In day pack			
	1	Small day pack or fanny pack	15L to carry personal items during the day
	1	Sunscreen	Minimum 30 SPF, waterproof
	1	Lip balm	With SPF
	1	Bug spray	Preferably non-aerosol. Deet recommended for spring conditions.
	1-2	Head lamp / small flashlight and extra batteries	Kept in a Ziploc bag unless waterproof
	1	1-Litre water bottle	Nalgene preferred as they work with water purification/ filtration systems
	1	Emergency blanket	Silver foil, blaze orange, or personal-sized plastic ground sheet (emergency blanket preferred)
	1	Fox 40 whistle	Any whistle that works when wet – clip to attach to your personal floatation device (PFD)
	1	Pocket Knife	Optional –taught to use appropriately
May be packed separately			
	1	Sleeping bag	Rated for zero degrees celsius or cooler (preferably easily compacted) packed in a dry bag or its own waterproof stuff sack
Optional items			
	1	Bug Jacket and/or hat	Bug levels are dependent on spring conditions but these items can be very useful to help tolerate them
	1	Sunglasses	With retainer strap recommended
	1	Compression sack	For sleeping bags, as it makes packing easier – waterproof variety recommended
	1	Small dry bag	Extra 5-10L dry bag to put in daypack
	1	Camera	Waterproof or in a waterproof case
	1	Small paperback novel or note book with pen/pencil (may get wet)	Kept in a Ziploc bag
	1	Sleeping bag liner	Not cotton, for extra warmth
Will be provided if you don't bring your own			
	1	Dry bag	20-30L size for clothes and personal items (no bigger than 30L)
	1	Sleeping pad	Closed cell foam or therma-rest style (the more compact the better)
	1	PFD	Personal floatation device/ lifejacket
	1	Paddle	Sized appropriately for you and labelled

For the purpose of being able to safely load the canoes, clothing and personal items must fit into your 30L (max) dry bag or it must be left behind.

An important note about fabric: Cotton is not a good canoe trip fabric because it has no heat retaining value when wet. A 50% polyester, 50% cotton blend is a better choice than something 100% cotton. 100% polyester or fleece is a better fabric choice. Canoe tripping when cold is not only uncomfortable, it can pose safety issues for the group. It is important that your camper brings the proper type of clothing.

Our Canoe programs require some specialized gear. Please do not feel you need to spend a lot of extra money on these items. We encourage you to consider borrowed or used clothing. The fit or style doesn't really matter on the trip.

Post Trip

These Items will be left at camp while out on trip (please label a bag to be left behind)			
	1	Towel	
	1	Shower supplies	
	1	Change of clean cloths	
	1	Footwear	

To ensure belongings are not accidentally misplaced, **please add name tags to all items.**

What not to bring:

Please DO NOT send to camp

Money	There is nothing for campers to purchase while at camp
Food, snacks, treats etc. (overnight campers)	Unless it is to supplement a special diet and has been discussed with the camp staff team in advance. We reserve the right to withhold any food sent to camp until a campers' departure.
Flammable products	Matches, lighters, butane etc. camp will provide what is needed.
Cigarettes or other smoking devices	Smoking, or paraphernalia.
Alcohol	No alcohol is allowed on camp property during camp.
Non-prescribed drugs	Illegal or legal but not yours.
Products for pranks	Pranks are not a part of our camp culture as they promote targeted bullying.
Electronic equipment	MP3 players, iPods, tablet computers, boom boxes, clock radios, CD players. There isn't any internet at camp.
Heavily scented items	Such as, but not limited to, spray colognes and body deodorants.
Makeup	
Hair appliances	Blow dryers, hair straighteners, curling irons.
Valuables	Clothing, jewelry, etc.
Inappropriate clothing	Overly revealing or with slogans or offensive comments - we reserve the right to define "inappropriate".
Cell phones	Campers are not to be communicating with the outside world, their focus is to live in the moment!

Health and wellness

[Click here](#) for information about health and wellness at our camps.

We strive to ensure everyone remains healthy during their time at camp and encourage people who aren't well to remain at home so they don't infect other campers. To help keep our community healthy, we reserve the right to implement a simple wellness screening check during camp arrival on the first day. This could include: a discreet check for head lice, an ear probe temperature check, and/or a self-completed questionnaire about health which is completed by the parent (e.g. "has this camper vomited in the past 48 hours?"). The results of these our checks could prevent a camper from participating in the current program with a full refund less \$25.

If your child requires medication please complete the H.3 medication administration form attached and send the appropriate supply of medication in their original bottles inside a Ziploc bag labelled with their name on it.

Nutrition and Meals

Food on a canoe trip is designed to be light weight, not require refrigeration and able to fuel the body for the additional exertion done. Please make sure that dietary information was filled out on your application so appropriate meals can be provided. We are nut aware, and vegetarian options are available.

Phase Two: Heading off to Camp

Traveling By Car

Please verify any web-based maps (e.g. Google maps) or GPS directions against the written description for each camp. In the past, some GPS systems have taken people to incorrect locations.

Drop off & pickup location:

Doe Lake Girl Guide Camp – 1330 Hwy 518W Sprucedale ON P0A1Y0

Arrive no sooner than 10 a.m. on May 17, 2019

Pick up at 5 p.m. on May 20, 2019

First day of camp

What will happen once you arrive at camp

- Once you're out of the car & in the parking lot, your family will be greeted by a staff member.
- A brief health check may be administered by a staff member while the parent/guardian is present.
- Medication is collected and an H.3 will be collected or filled out by the parent indicating time and dosage of medications provided. [Please review our medication requirements.](#)
- The parent/guardian signs out their camper when they are leaving. This is a transfer of responsibility for your camper's care.
- **Please Note** Dogs are not allowed on camp property if you have brought them with you they need to stay beside your vehicle.
- **A swim test & boat test will be administered before lunch time on the first day. Please have a swim suit and towel ready. It there is in climate weather: please consider wearing long johns or a wet suit (if you own one). We will have a limited supply on hand for people to use. We will dry everything during lunch and then pack them for the trip.**

Last day of camp

Please sign-out with the Camping Supervisor (or designate) before leaving camp property.

Phase Three: At Camp

How to contact the Camp Staff

If you need to get in touch with the camp while your camper is attending camp, please use the contact information below.

If you need to get in touch with our staff team, please telephone the camp directly. Please note: These phones are not attended outside of the camping program. Use these numbers **during your camper's session** only. Please call us if you are delayed on the arrival day.

To contact us outside of your camp session, please call our Toronto office at 1-877-323-4545 ext. 2465

Camp	Phone
Doe Lake Girl Guide Camp	1-877-323-4545 ext. 2465

If you have camp questions prior to camp or questions regarding program registration and/or transportation, please contact our head office via email at camping@guidesontario.org or call 1-877-323-4545 ext. 2461 during typical business hours.

Canoe Trip Schedule



Friday	Saturday	Sunday	Monday
Arrival 10am	Strike camp	Strike camp	Strike Camp
Swim/Boat Test Pre-Trip Planning and Prep Canoe lesson and practice	Paddle Doe Lake, Little Doe Lake Magnetawan River	Paddle Magnetawan River, Little Doe, Doe Lake	Paddle back to Doe Lake
Camp on Reazin Island (part of Doe Lake Girl Guide camp property)	Camp at Heroka – Wilderness Site on Magnetawan River (part of Doe Lake Girl Guide camp property)	Camp on Reazin Island	Clean gear and pack away equipment. Pick up 5pm

Phase 4: Camp has ended ☹️

Lost and Found

Although we try to take good care to remind campers to keep track of their belongings, occasionally an item or two misses going home with its owner. If labelled items are found at camp, all attempts will be made to contact the family to reunite owners with lost items.

If you have noticed something was lost during your camper's stay, contact the camp directly or email camping@guidesontario.org. If an item was found at camp, we can make arrangements for pickup (at camp, or the Toronto office) or delivery to a home address at the expense of the family. Should prescribed medicine be left behind at camp we will contact you immediately for shipping details. **Items left over at camp and unclaimed 4 weeks after the camp program ends will be donated to charity.**

Surveys

Have feedback about your experience with Girl Guides of Canada, Ontario Council's camp program(s)? We will send a survey out to all participating families shortly after the program ends. Be sure to fill the survey out once you receive it, so we can continue to improve and offer wonderful summer camping programs!