

Chocpaw Expeditions – Hiking Information Package

Chocpaw Expeditions
PO Box 674
South River, Ontario
Canada
P0A 1X0

phone/fax: 705 - 386-0344
website: www.chocpaw.com
e-mail: chocpaw@on.aibn.com

INFORMATION PACKAGE

How We Prepare For You

All **Chocpaw Expedition guides** are wilderness first aid certified.

To lead a trip, a Guide must have completed successfully the **72 Hour First Aid Responder Course**.

Support Guides have a minimum **48 Hour Wilderness First Aid Course**. Each guide carries a well-stocked First Aid Kit that they alone access or direct to be accessed.

Each spring we do a **Risk Management Session** to identify concerns and establish procedures for dealing with all possible scenarios. We do use lake travel as part of our trail system and have in place a system for regular checking of ice safety.

We have an established **Emergency Response and Rescue/Evacuation Plan**. Our camps and routes have been identified by the Ontario Ministry of Natural Resources and to emergency air evacuation units. As well local emergency response units have a map of our evacuation points.

The park is **not** serviced by a cellular system. The guides carry satellite phones (Iridium system) to be used for emergency purposes only and to maintain contact with the Chocpaw Expeditions base.

Following is our information package. Please read this information carefully.

Paul Reid
Owner/Operator

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Preparing For The Experience

There are some things that you can do to prepare yourself for your adventure. I have enclosed a reading list.

Physically you can better prepare yourself also. This doesn't have to be intensive, but a few minutes each day exercising to limber muscles and joints is most valuable. A few minutes spent walking briskly, jogging, cycling, or swimming are all good activities.

Aerobic activities that help develop lung capacity are also a good idea.

If you smoke, I strongly urge that you try to cut it to a minimum as the trip date gets closer. On a trip we strongly discourage smoking and restrict smoking to certain times and places.

The better prepared you are physically the more you will enjoy the experience.

On a trip we stress low environmental impact experiences. Other than our tracks we try to leave no indication of our passing. The wilderness is our legacy to future generations to enjoy.

In Algonquin Provincial Park there are very strict tripping rules. No bottles and no cans. Everything must be in plastic and hauled out with us. This applies to all beverages.

It is my personal belief that a wilderness expedition does not require chemical enhancement. Use of alcohol and drugs present a safety issue to yourself, other members of the group, my guides, and my dogs. Abuse of either will result in the immediate termination of your expedition.

Chocpaw Reading and Video List

There are many excellent books and videos on canoeing, history, and nature.

Those listed below are of particular interest to canoe trippers. These sources are intended to stir the imagination and provide a basic historical knowledge of the sport and history.

Also recommended reading is **To Build a Fire**, as example of wilderness savvy and skills.

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Books on Algonquin Provincial Park

A wide selection of books on Algonquin Provincial Park is available from the Friends of Algonquin at their store in the Algonquin Provincial Park's Visitor Centre on the Highway 60 corridor in the park or at www.algonquinpark.on.ca/cgi/algonquinpark.

We recommend the following:

Glimpses of Algonquin compiled by G.D. Garland, published by the Friends of Algonquin Park. A collection of articles about the park from conception to the present.

Early Days of Algonquin Park by Ottelyn Addison, published by the Friends of Algonquin Park. An excellent history of the park.

The Best of the Raven by Dan Strickland and Russ Rutter, published by the Friends of Algonquin Park. A collection of best articles from the park's newsletter 'The Raven'.

General Reading

Recommended Videos

Trip Registration Form

Please complete and return to Chocpaw Expeditions the **Hiking / Trip Registration Form (all five pages)**. Please fill out the form completely and neatly. They are included with this Information Package and can be downloaded from the Chocpaw Expeditions web site (www.chocpaw.com) as part of the Dog Sled Information Package.

They can be faxed to us at 705 - 386 - 0344 or mailed to Chocpaw Expeditions, PO Box 674, South River, Ontario, P0A 1X0. This information is vital to help us prepare for your adventure.

It is important that the completed form arrive well ahead of time – at least one month prior to your trip. This gives the staff ample time to thoroughly prepare for your arrival and have everything ready for you.

Please ensure that all medical conditions, medications, allergies are noted and highlighted on the form. As well we will require an update on any changes in health conditions in the week prior to the trip. A small matter such as a recent cold can affect a person's stamina and ability or resolve on the expedition. It is important the guides are aware of this.

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Dietary Information

Chocpaw Expeditions provides ample food that is tasty, nutritious and designed to meet the needs of vigorous activity in the outdoors. We can accommodate all dietary requirements with sufficient notice. It is important to complete the forms neatly and thoroughly and return them to the Chocpaw Office at least a month in advance of the trip. If you have severe allergy(s) please highlight that on your form. We take every precaution to be nut free with foods we supply and prepare.

Marg has training and extensive experience as a Food Supervisor and is always willing to discuss specific needs. She can be reached by telephone at 705 - 386 - 0344 or by e-mail at chocpaw@on.aibn.com. Enter Attention Marg on Subject Line.

Anaphylactic Reactions

Clients with anaphylactic reactions are required to supply a minimum of 2 epipens, preferably 3. Chocpaw Guides are Wilderness First Responder certified and can administer an epipen if required. We have a set emergency response plan and can evacuate and transport to a medical facility as required.

Clothing Requirements

When considering your clothing for a hiking experience remember to layer loosely to stay warm and cool. Your layers should be easy to remove as you warm up from exercise and conversely to add layers as you begin to cool.

This is not the time to make a fashion statement or to bring everything you own.

Remember the more you bring the more it will affect your progress. Most people can come up with practical layers without spending a fortune, if anything at all. To organize your thoughts on what to bring, think of your clothing in terms of providing yourself with three different layers.

First Layer

This layer is next to your skin. It is important to wear something that will keep any moisture away from your skin's surface. A synthetic material works best but wool, silk or thermal underwear can provide adequate protection.

Different material blends provide an excellent compromise and sometimes are preferred,

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(polypro/wool blend)

Second Layer

This is your insulation layer. Any material that provides warmth will work in this layer. Synthetic materials such as a polar fleece are ideal but not essential. Quite often a sweater of all kinds is used along with any warm loose-fitting pants.

Denim is not recommended but wool is. Blue jeans are not acceptable.

Third Layer

This layer is your protection outer shell. The key elements to block out are wind and the wetness of rain. A loose-fitting overcoat may be the best bet but should provide the necessary protection.

If this layer is not water resistant there are safe products on the market to add to your protection, such as Scotchguarding sprays and Dubbin for cottons and leathers respectfully.

Clothing and Equipment Checklist

Hiking Boots	3pairs of wool hiking socks
Pants - 1 pair of loose fitting pants/jogging pants	3 pairs of underwear
1 warm long-sleeved sweatshirt or equivalent	sleep wear
1 waterproof & windproof jacket	swim wear (depending on season)
1 pair of waterproof pants	1 pair of running shoes/hiking shoes for around camp
	1 sun hat
Sleeping Bag (3 Season to -7oC)	Small Flashlight/head lamp and extra batteries
Empty Pillow case. At night it can be stuffed with clothes to make a pillow	

Spring and Fall Canoe Trips in May, September and October

The following items are in addition to the packing list above

fleece gloves	1 warm sweater
pair on long johns	1 extra pair of quick drying pants
second long sleeved shirt	toque

Remember Your Toiletries!

To save on space, many items can be shred amongst the members of your group.

Packing

Pack in plastic bags to waterproof clothing. Packs with frames preferred.

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Optional

Personnel items such as sun screen, insect repellent, lip balm, camera.

Packing

Pack efficiently by planning what you will wear for the course of the trip. Trim anything not essential. Remember you will be carrying all your personal gear plus your share of camping equipment and food supplies.

Ideally, all your kit will fit in a 30 litre dry bag. If you do not own a dry bag, two garbage bags should provide a sufficient barrier against rain.

What Not To Bring

We discourage participants from taking electronic devices into the bush (other than a camera). There is no cellular phone service in many of the areas we trip in. Therefore phones are not necessary and will not work. Electronic games will be left behind for travel to and from Chocpaw Expeditions's base. Do not bring/wear jewellery. Expensive watches should not be worn in the bush as if it is lost or misplaced it is doubtful it will be recovered.

Old Clothes Advised

Wear old clothing as there is an increased possibility of snags and rips and soiling on a wilderness adventure.

What to Expect

Thank you for choosing **CHOCPAW EXPEDITIONS** for your hiking adventure.

Chocpaw Expeditions want you to know that we will do our utmost to ensure that this is a most memorable experience

For 35 years we have been providing educational/recreational expeditions and have developed programs that are adaptable to the physical abilities of all people. In Algonquin Provincial Park we have a system of trails and camp sites that provide wilderness seclusion free from the encroachment of machines. Our camps and equipment are well maintained for your safety.

To deliver the programs we have assembled an outstanding staff of guides and support workers. Our guides bring exceptional credentials, qualifications, and experience to the trips. We do intensive staff training to ensure our service and program delivery is the best it can possibly be. We take your enjoyment very seriously.

I like to use e-mail and try to keep the web site up to date with the latest developments. I encourage you to check regularly the [Updates/News](#) section of www.chocpaw.com.

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If you need to contact us, e-mail is the most convenient. To reach us by phone with questions or concerns, we can be reached between 9:30 a.m. and 4:30 p.m. daily.

South River is located on Provincial Highway #11, 60 kilometres (50 miles) north of Huntsville. We are about 3 ½ hours north of Toronto. Highway 11 is a major provincial highway and well serviced in the winter. Daily bus service and Sunday to Friday train service from Toronto are provided by the Ontario Northland Transportation Commission (consult www.ontarionorthland.ca for schedule and rates). We will pick you up at the train or bus stop.

We use area inns, motels, and bed and breakfast establishments in South River and area to accommodate our client before and after the trip as necessary. There is accommodation and dining information available on the Chocpaw web site. We encourage you to make your own arrangements before and after your expedition.

Call us when you arrive to finalize evening times and locations. We generally try to arrange the instruction/orientation the evening before the trip. This allows more time to get to know the members of the expedition and allows for an earlier start out on the trails the next morning.

If you plan to arrive on the morning of the expedition, the designated arrival time at the Chocpaw Office is 8:30 a.m. Please do not arrive before 8:30 a.m. as prior to this time we are attending to other duties. After arriving there will be an instruction/orientation session of approximately 1½ hours. Some of orientation and packing is done at the shop and some at the trail head.

Do not arrive at the Chocpaw Office fully dressed for the outdoor experience. The time spent inside for the instruction will cause you to sweat if you are over dressed, you will start the day cold.

This is a fully participatory and total involvement experience. We expect everyone to do as much as they are physically and emotionally capable. It will challenge you physically emotionally, intellectually and spiritually..

We can accommodate all ages and all ability levels with sufficient advance notice and accurate information. Many school groups and youth groups enjoy our programs with children as young as 8 being able to participate fully in all the activities. We have provided adventures for physically and emotionally handicapped people and at the other extreme have proved very challenging training programs for military units. With supervision and planning we will do trips with much younger children.

At camp there are many chores to be done. We expect everyone to get involved as they are able. The tents must be erected, water drawn from the lake and heated, firewood gathered and cut, meals to prepare, and then clean-up.

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In the afternoon and evening the pace slows and everyone can relax. The guides have many activities that can be enjoyed – a night hike, a wolf howl, star gazing, numerous games, from quiet campfire games to a very active moonlight game, or a campfire and sharing of the day's thrills.

Without question you will find the experience physically demanding. We gear the pace and the experience to the group and to each individual in the expedition.

But despite all this you will enjoy the experience.

Nothing quiets the soul more than to have braved the rigours of the trail, to have pushed yourself physically and emotionally, and to have not just prevailed but to have successfully accomplished an expedition.

To sit quietly at day's end and marvel at the beauty of the wilderness; to share your experience with family or friends; to listen for the sounds of the wilderness, the haunting cry of the loon or perhaps the howls of wolves. This is the time of the day for reflection and sharing.

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Hiking Course / Trip Registration Package

Important!! Please fill out these forms completely. The information will be viewed only by Chocpaw Expedition employees who are responsible for your safety and well being while on your canoe course/trip.

Please ensure the forms are completed and return to Chocpaw Expeditions, Box 674, South River, Ontario, P0A 1X0 or by fax to 705 - 386 - 0344 at least one (1) month prior to your expedition departs.

Today's Date:		Trip Type:	
Dates Requested:			
If Group Participant:			
Group Name:		Contact/Leader	
Participant Information			
Participant Name:			
Home Address:			
Country		Postal/Zip Code:	
Age:		Male	Female
Phone (day)		Phone (night)	
e-mail: (please print clearly)			
Your Local Contact Number if Visiting Canada			
Phone (day)		Phone (night)	

Your privacy is of great concern to us. Therefore any information entered on this form will be kept strictly confidential by CHOCPAW EXPEDITIONS and its employees. Your address, telephone numbers or email address will not be sold, rented or leased to anyone.

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Medical Information	
Name	
Who to Contact in Case of An Emergency	
Name	Relationship
Address	
Phone: Day	Night
Name of Doctor	
Doctor Phone Number	
Birth Date	Health Card/Insurance Number
Do You Have Any Allergies?	Yes No
Please Specify	
Do any allergies result in a severe or anaphylactic reaction? Yes No	
Please explain in full detail (add additional sheets if required)	
Do you have any special medical condition(s) or medication(s)? Yes No	
Please specify and list Medications taken and condition they are taken for	

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Do you have any dietary restrictions? Yes No	
Please specify what you don't eat and what you do	
Do any dietary restrictions result in a severe or anaphylactic reaction? Yes No	
Please explain in full detail	
Do you have any physical conditions that may limit or restrict your full participation in this event? Yes No	
Please specify	
To the best of my knowledge the medical information provided herein is true and complete	
Signature	Date
Signature of Parent/Guardian if participant is under 18 years old	
Signature	Date
Please Print Name	

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<p>Experience and Certifications</p> <p>Please specify your experience and certification (if any) in each of the following:</p>	
<p>Are you comfortable swimming at least 100 metres without a flotation aid</p> <p>G Yes</p> <p>G No</p> <p>Swimming Certification</p>	<p>First Aid Certification</p>
<p>Check the Appropriate</p>	
<p>Hiking Experience</p> <p>G None</p> <p>G Sea Kayak</p> <p>G White Water Kayak</p>	<p>Wilderness Experience</p> <p>G None</p> <p>G Bow Padded</p> <p>G Stern Paddled</p> <p>G Sol Paddled</p>
<p>Camping Experience</p> <p>G Never Camped</p> <p>G Car/Tent</p> <p>G Wilderness less than 10 days</p> <p>G Wilderness more than 10 days</p>	<p>Other (related) certification or experience</p>
<p>Additional Information</p>	
<p>Height (feet & inches)</p>	<p>Weight (pounds)</p>
<p>Do Drink Coffee Tea Herbal Tea Hot Chocolate (circle)</p>	
<p>Equipment Rental</p> <p>(\$10 per day to a maximum of \$24)</p>	
<p>Sleeping Bag</p> <p>G Yes</p> <p>G No</p>	
<p>Additional Comment or Information</p>	
<p>Please Return to Chocpaw Expeditions When Completed</p>	

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Assumption of Risk and Responsibility

In consideration of **CHOCPAW EXPEDITIONS** accepting my registration for the Hiking and/or Canoeing experience, I, _____
declare that: (Print name)

1. I am in good health. I have not recently been treated for nor am I aware of, any condition that would jeopardize my health or prevent my full participation while on the course. If I have any medical condition(s) which may be aggravated by physical exertion, I will make these known to CHOCPAW EXPEDITIONS representative(s) and will exercise appropriate caution while taking part in the activities.
2. I understand and accept as my personal responsibility the risks of participating in hiking and camping activities during the course/trip. If there are risks that I do not understand or am unwilling to accept without clarification, I will discuss these with CHOCPAW EXPEDITIONS' representative(s) either before or during the course. I have the option of refusing to take part in an activity that I feel will expose me to undue risk.
3. I agree to abide by the rules/regulations/decisions of the facility operator(s) and CHOCPAW EXPEDITIONS representatives(s) in matters of safety.
4. I acknowledge that while on the course/trip, it is my responsibility to obtain appropriate insurance coverage for myself and my property.
5. In case of an emergency, I authorize the CHOCPAW EXPEDITIONS representative(s) or designate to administer or obtain appropriate first aid and/or medical treatment should I not be in a condition to make such a decision. Care will be relinquished to responsible family and/or appropriate medical personnel.

Having read and understood the terms of the "Assumption of Risk and Responsibility" document and having had an opportunity to discuss any questions and/or reservations with a representative of CHOCPAW EXPEDITIONS, I am voluntarily signing this AGREEMENT to PARTICIPATE in programs & activities of CHOCPAW EXPEDITIONS in which I have voluntarily enrolled. I am aware that certain activities will be physically demanding & that I must be in good health and reasonably fit. If at any time I question my ability I may withdraw from any activity by so advising the group leader before participating. Further, I am aware most activities will be conducted in the outdoors with travel in the wilderness in all kinds of weather and there will be dangers and hazards which cannot be foreseen. These include without limitation, slipping or falling, loss of direction, cuts, sprains, fractures, or other injuries, entanglement, exposure to temperature extremes or inclement weather, as well as complications due to inaccessibility of medical facilities. I acknowledge they may result in loss or damage to personal property and injury or fatality to the person. I hereby release and forever discharge CHOCPAW EXPEDITIONS, its directors, officers, agents, servants, and employees and their successors, heirs, and assigns from any liability of claim

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for damages or loss of any nature including delays, personal injury, death, or loss of personal property, howsoever caused, whether by negligence, act of God, equipment failure, or any act of nature, incurred during, or as a result of my participation in a dog sledding experience, and declare this release binding upon myself, my heirs, executors, administrators, and assigns. Any disputes or claims arising out of the relationship between the releaser and releasee shall be determined according to the law of the Province of Ontario, Canada and shall be adjudicated upon within Ontario, Canada.

I further agree to abide by the rules of the program as outlined by the group/expedition leader and acknowledge that if I do not, I may be barred from further participation.

Signature	Date
Print Name	
Witness Signature	Date
Print Name	
Signature of Parent or Guardian if Under the Age of 18 Years	
Signature	Date
Print Name	Relationship

I agree that all pictures or videos taken of me while involved in this experience may be used in promotions/displays/web applications, and may be used in media productions.

Signature	Date
Print Name	
Signature of Parent or Guardian if Under the Age of 18 Years	
Signature	Date

Signature: _____ Date: _____

Signature of Parent/Guardian if participant is under the age of 18:

Signature: _____ Date: _____

Please Return to Chocpaw Expeditions When Completed
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