

Chocpaw Expeditions Duke of Edinburgh's Award Canoe Information Package

Chocpaw Expeditions

PO Box 674

South River, Ontario

POA 1X0

phone/fax: 705-386-0344

website: www.chocpaw.com

email: Chocpaw@on.aibn.com

How We Prepare For You

All **Chocpaw Expedition Guides** are wilderness First Aid Certified. To lead or co-guide a trip, a guide must have completed the **72 Hour First Aid Responder Course**. Each guide carries a well-stocked First Aid Kit that they alone access or direct to be accessed.

Each fall we undertake week long staff training with all returning and new guides directing a Risk Management Session, and other various topics, to identify concerns and establish procedures for dealing with a variety of scenarios while out on the trail system in winter conditions with our clients. Other topics include repair and maintenance of our equipment in order to maintain safety both on and off our trails. Trail safety while running our teams, Chocpaw protocols, client management, and first aid for our dogs while out in the wilderness.

We have an established **Emergency Response and Rescue/Evacuation Plan**. Our camps and routes have been identified to the Ontario Ministry of Natural resources and to emergency air evacuation units. A local emergency response unit also possess a map with our evacuation points.

The Algonquin Forest 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 Expedition base.

Our **kitchen staff** work diligently to prepare and pack appropriate nutrition that will be required by each group. They work hard to accommodate any dietary or allergy concerns while at our facility. Our facility is **nut sensitive**, thus we request all our clients refrain from bringing any nuts with them while on trip with us. We thank you for accommodating this into your plans.

When not out on the lakes with our clients our staff at home base are hard at work to care for **the rest of our Chocpaw team, the dogs**. Each day our guides feed, provide fresh soup, train,

exercise, and care for our beloved hard working canines. Sled dogs love to pull, but in order to do their job happily and successfully they require a strict regime of proper nutrition, adequate hydration, love, affection, support, and health care. Our local veterinarian is in continual contact with our staff regarding health concerns and the needs of our dogs, as well as maintaining his regular yard visits to assess and provide appropriate vaccinations. In addition, the OSPCA regularly checks in with our staff and visits our yard to ensure our kennel is kept up to par with the current standards.

Our care is a routine we provide for our dogs 365 days a year. We continually strive for excellence and in doing so we consistently seek out ways to provide enrichment in the lives of our dogs throughout all days of the year.

As our dogs age we offer them up for adoption, free to a good home. This means our dogs begin to run a reduced work load around the age of 9 when we would like them to find a family willing to provide a suitable retirement life for them. If you are at all interested in providing a retirement home for one of our sled dogs please make this known to us and we will provide you with our information package and adoption contract to fill out.

The following provides more information for your upcoming canoe trip. Please read this information carefully.

Margaret Reid

Owner/Operator

[Welcome to Chocpaw](#)

Thank you for choosing CHOCPAW EXPEDITIONS for your canoeing adventure. I want you to know that we will do our utmost to ensure that this is a most memorable experience. Over 40 years of providing educational/recreational canoe expeditions, we have developed programs that are adaptable to the interests and physical abilities of all people. Connect with Nature and savor the peace and quiet of the Algonquin Park Summer while paddling the Amable Du Fond River. The Amable Du Fond River is starting out of Pipe Lake and empties into the Mattawa River. It is an easy to paddle water with incredible views along the way. Wildlife like Moose, Bear, Wolf, Coyote, Eagles and more call Algonquin Park their home and you might even spot some Beavers in the water. Our adventure will start right at Chocpaw Expeditions in South River where you will meet your guide to get acquainted and get all ready and set up for your upcoming paddling trip. Once prepared we will drive to Kawawaymog Lake, get all our gear in the canoes and hit the water. On the lake we will practice some basic canoeing skills or just get back into things before we start paddling across to the West arm of North Tea Lake. We will spend 5 nights in total in Algonquin Park along the Amable Du Fond River route where we will set up our camp and enjoy tasty shore meals around the fire, and of course there will be one of

our sled dogs joining us on this trip. On day 6 we will be back at Kawawaymog Lake where you will load up our gear and head back to Chocpaw Expeditions. This adventure is perfect for Families with children. There is no experience required to participate in this trip.

What to Expect and FAQ's

This is a fully participatory and total involvement experience. Canoe camping along the Amable Du Fond River is a classic and iconic way to camp and travel in these beautiful areas and brings adventure, challenges, and a sense of accomplishment. You can expect to experience the freedom of wilderness travel, exploration of lakes of forests, and time spent around the campfire with friends. You can also expect to camp and sleep in a tent for every night on your trip, and you will probable pack and move to a new campsite most days out on the trip, but groups typically travel an average of 5-6 miles a day, and in some cases up to 10 miles.

If you need to contact us: email is the most convenient. To reach us by phone with questions or concerns, we can be reached between 9:30 am – 4:30 pm daily. 705-386-0344

Ways to Prepare

Here are some good ways to prepare for an upcoming canoe trip:

Stay active all year round: Staying active and healthy are an important parts of having a great time on a wilderness trip. Wilderness trips can be challenging physically for everyone, but if you stay active leading up to your trip; you will be well prepared to face the rigors of canoe life. Hiking, being active outside, and playing sports are great examples of getting ready for an awesome wilderness trip.

Sleep out in a tent: If you haven't done it before, sleep out for a night in a tent and sleeping bag, ideally with the sleeping bag you will be using on your trip. See what kind of clothing layers you need to wear in order to stay warm through the night.

Try out canoeing: If you are new to canoeing, think about giving it a try if you have the ability and opportunity. You will have plenty of opportunities to get comfortable with canoeing on your trip and you will be a pro by the end, but the more comfortable you are with canoeing before you trip the better.

Prepare your mind: Wilderness trips are always an adventure and naturally have a flow of highs and lows, from paddling in the sun on crystal clear lakes, hearing stories about the area, and enjoying good food around the campfire, to paddling in heavy winds and carrying heavy loads in

the pouring rain. Think about how you want to react when things get tough, and how you will support your other trip members through challenges.

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 precaution to be nut sensitive with food supply and preparation.

Dietary Restrictions:

**** If you have any dietary restriction: Vegan, Gluten Free, Dairy Free etc... You will be charged an additional \$10 per day on trip. Vegetarians have no extra charge.**

Sample menu's are on our website for you to look through.

Anaphylactic Allergies

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 medical facility as required. It needs to be clearly outlined in the registration form what the allergy is to, and what reaction will happen.

Packing List

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

Stick to the packing list!!!!

Denim and Blue Jeans are not acceptable

Upon arrival you will meet the group and Re-pack all of your personal gear with the group gear. The guides will ensure you have packed all of the personal gear and group gear properly and efficiently.

Clothing and Equipment Checklist:

- Water shoes (shoes you can get wet)
 - **Do not bring Croc's**. The shoe needs to be well strapped to your foot.

- **Best Option:** Keen Newport H2 Sandals (or something similar, can be purchased at Mountain Equipment Co-op (MEC). <http://www.mec.ca/shop/?q=Keen>
- **Economy Option:** Old Running Shoe's
- Camp shoes (dry shoes for when you get to camp) running shoes are great.
 - Yes you need to bring a second pair of shoes for camp that are dry. **Do not bring flip flops as a camp shoe. Old sneakers are the best option.**
- 1 pair of quick drying pants (pants that have a zip off leg, that can turn into shorts are the best option)
- 1 pair warm pants
 - **NO Cotton Pants**, Must be **POLAR FLEECE MATERIAL**
 - Value Village, usually has a large selection on cheap Polar fleece pants. Alternatively, MEC, Canadian Tire and Mark's Work Wearhouse, also supply Polar fleece pants.
- 1 pair shorts
- 2 t-shirts
- 1-2 tank tops
- 1 long sleeve shirt
- 1 warm sweater (polar fleece or wool, **not cotton**)
- Swim wear
- Sleep wear
- Sun Hat!!!! And Sunglasses!!!! (Sunglasses with a string to secure to your head, are much better)
- Rain Jacket and pants
- 3 pairs of socks
- Undergarments for each day
- Bug jacket
 - **Best Option:** MEC bug Jacket <http://www.mec.ca/product/5016-842/original-bug-shirt-polyester-insect-proof-shirt-unisex/?q=bug%2Bjacket>
 - **Economy Option:** Wal-Mart bug jacket <http://www.walmart.ca/en/ip/coleman-bug-jacket/6000173526344>
- toque
- Sleeping bag (3 season bag)
- Sleeping pad
 - **Best Option:** MEC light inflatable sleeping pad <http://www.mec.ca/product/5041-053/therm-a-rest-prolite-sleeping-pad-unisex/?q=sleeping%2Bpad>
 - **Economy Option:** MED blue foam sleeping pad <http://www.mec.ca/product/4003-969/zotefoams-blue-foam-regular-sleeping-pad/?q=sleeping%2Bpad>
 - Chocpaw also has several extra blue foam sleeping pads, so if you do not have one, please let us know and we will have one ready for you upon arrival.
- Small Flashlight or headlamp with extra batteries
- Toiletries (toothbrush, toothpaste, hair brush and deodorant)
- Sun screen
- Water purification tablets
 - **Example:** Aquatabs Water purification tablets . Can be purchased from MEC or Wal-Mart. <http://www.mec.ca/product/5017-746/aquatabs-water-purification-tablets/?q=water%2Bpurification%2Btablets>

- Insect repellent
 - **Insect repellent with DEET is the most efficient. Not ideal to spray directly on skin, however it can be sprayed on clothing. Insect with DEET is the most efficient.**
 - **NO Aerosol Cans allowed in Algonquin Park**
- Nalgene Water Bottle (1000ml)
 - Example: MEC sells Nalgene water bottles <http://www.mec.ca/product/5017-275/nalgene-everyday-wide-mouth-loop-top-water-bottle/?q=Nalgene>
 - These water bottle are guaranteed for life and hold a sufficient amount of water. If you choose to bring a different type of water bottle, please be sure it carries at least 1000 ml of water.
- Book journal/Short story to tell at campfire
- Optional – small hand sanitizer, Small hand towel, Camera, lip chap, Deck of Cards, dice, Carabineer (to help clip items like water bottles, to the outside of packs)
- Optional – But we highly recommend a DRY BAG/Dry Sack. Use a drybag instead of a backpack, all items inside will stay dry. <http://www.mec.ca/product/5031-065/outdoor-research-durable-dry-sacks-unisex/?q=dry%2Bbag>

Items that Chocpaw provides for you (therefore you do not pack these items):

Canoe Packs, Tents, canoes, paddles, lifejackets, food and cooking utensils including plates bowls and cutlery.

Upon arrival 2 participants will be buddies up and share a LARGE Chocpaw CANOE PACK. This is where all gear for the 2 participants will go.

Packing

Pack in plastic bags to waterproof clothing. Use duffle bags or canoe packs. Chocpaw now supplies canoe packs free of charge for all participants. So when participants arrive, they will repack their items into our Chocpaw Canoe packs. You still need to waterproof items inside the canoe packs.

What not to bring:

Algonquin Park only allows the use of biodegradable soap; any other type of soap disrupts the natural balance of the water in the lakes.

We discourage participants from taking electronic devices into the bush (other than a camera). There is no cellular service in Algonquin Park, so please do not bring a cell phone. Do not bring electronic games, jewellery or expensive watches.

Old Clothing is advised!

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

Frequently Asked Questions:

What are the washroom facilities like at Camp?

Each campsite in Algonquin Park has its own “Thunder Box” which is essentially an outhouse. There are no shower facilities. Remember this is a wilderness trip.

What do they drink? How do they get water?

We scoop water from the lakes that we are travelling on. We ask that each participant bring water purification tablets to put in their water bottles. These can be purchased at any outdoor store. The purpose of these tablets is to kill any harmful bacteria that may be in the water. For example: Aquatabs can be purchased at both Wal-Mart and Mountain Equipment Co-op (MEC)

Are there bugs?

Algonquin Park is nestled within the forest of Central Ontario – YES, we do have bugs. Specifically Mosquito’s and Black Flies. Depending what time of year you are going on an expedition with us, the bug can be better or worse. End of May and June is the season for black flies. Mosquitoes are here all the time, but predominantly come out at dusk and dawn. We highly recommend you come with a bog jacket, and cover up your skin at camp. ie. Lightweight pants at night. Socks that cover your ankles. Wear bug repellent. Coleman Bug Jackets can be purchased at outdoors stores and Wal-Mart.

What type of food is served?

Menu’s are located on our website www.chocpaw.com

What is your refund policy?

Please see our refund policy on our website www.chocpaw.com

For additional questions please refer to our website’s FAQ page or call our office.

Directions to Chocpaw Expeditions and other important Logistics:

We ask that all participants be at our office for 8:30 am on the morning that their trip starts. Chocpaw will be organizing bus transportation from our office to the park entrance.

Our Address:

Chocpaw Expedition Office
1 Industrial Park Road
South River, On
POA 1X0

Directions to our office from the GTA:

From downtown Toronto the drive takes 3 1/2 hours

**** Please note, there are 3 exits off of HWY 11 to get to South River. We have provided the simplest. If you are following your GPS, you may get different directions*****

Go North on HWY 11
Exit at Mountain View Road (**Exit # 282**), on right
Keep Right and follow Mountain View Road until the end
Turn Left onto HWY 124, follow into town of South River
At our only intersection with Stop lights, turn Right onto Ottawa Ave
Turn Right onto Industrial Park Road

Pick Up Location:

- **Please be at the Round Lake/Kawawaymog Park entrance for noon**
- If you want to watch the group paddle into shore, arrive at 11:00 am.
- It take 4 hours to get from downtown Toronto to Round/Kawawaymog Lake

Directions to Algonquin Park (Round Lake/ Kawawaymog Lake) Entrance:

This is where you will pick up your child on the last day of their trip.

From downtown Toronto the drive takes 4 hours

Go North on HWY 11
Exit at Mountain View Road (**Exit #282**), on right
Keep Right and follow Mountain View Road until the end
Turn Left onto HWY 124, follow right into town of South River
At our only intersection with stoplights, turn Right onto Ottawa Ave, Stay on this road the name changes to Chemical Road (dirt road)
Follow this road all the way to the Algonquin park (Round Lake/ Kawawaymog Lake) entrance.

Local Accommodations:

If you rather drive up into the area the night before here is a list of some local accommodations. Reserving accommodations is up to you.

The Algonquin Motel

phone (705) 386-264

toll free (800) 263- 7537

email info@algonquinmotel.ca

If you will be arriving here via bus, you need to come the day before in order get here for your trip on time the following day. The bus arrives in South River at 2:10 pm. If you are taking the bus, we advise you to stay at the Algonquin Motel. (The bus stop, Algonquin Motel and Chocpaw office are all 5 min drive from each other). When booking accommodation at the Algonquin Motel, ask for owner "Mel" and he is usually happy to pick you up from the bus stop, take you to the motel, and bring you to our office the next morning.

Transportation from South River to Toronto:

Ontario Northland bus ticket for participants. The price is \$65 + HST. The bus pick up time is 4:45 pm from South River, and arrived at Yorkdale Mall at 9:45 pm.

Trip Registration Form Information

Please complete and return to **Chocpaw Expeditions the Canoeing Course/Trip Registration Form (all 5 pages)**. Please fill out form completely and neatly. They are included with this Information Package and can be downloaded from the Chocpaw Expeditions website (www.chocpaw.com) as part of the Canoeing Information Package.

This information is **vital** to help us prepare for your adventure.

All registration forms must be received no later than 1 month before your expeditions. This gives our staff ample time to thoroughly prepare for your arrival and have everything ready for you.

How to send Registration form back to us:

Scan and email in PDF format to Chocpaw@on.aibn.com

1. Fax 705-386-0344, our fax line shares a line with our phone. So if trying to fax during a busy time of the day, it could take a few tries.
2. Mail to:
Chocpaw Expeditions
PO BOX 674
South River, Ontario. POA 1X0

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 expeditions. It is important that guides are aware of this.

CHOCPAW EXPEDITIONS

Medical Information

Participants Name: _____

Who to Contact in case of an emergency:

Name _____ Relation _____

Address _____

Phone (Day) _____ Phone (Night) _____

Medical information:

Doctor _____ Phone _____

Birth Date _____ Health Card / Insurance No. _____

Do you have any allergies? **Please specify.** Yes No

Do any allergies result in a severe or anaphylactic reaction? Yes No **Please explain in full detail**

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.

Do you have any dietary restrictions? Yes No

Please specify what you don't eat and what you do. If you want Gluten Free, Vegan, Lactose Free or Soy Free Menu, there is an additional \$10 per day charge. No extra charge for Vegetarian or Pork Free.

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?

Please specify YES____NO____

To the best of my knowledge the medical information provided herein is true and complete

Signature _____ Date _____

CHOCPAW EXPEDITIONS

Experience and Certifications:

Please specify your experience and certification (if any) in each of the following:

Swimming certification

If no certification, are you comfortable swimming at least 100 m without a floatation aid? Yes
No

Kayak / Canoeing / certification if any: _____

If no certification, check the appropriate below:

Canoeing experience: Never Paddled - Bow Paddled - Stern Paddled - Solo Paddled -

Kayak experience: None - Sea Kayak - White Water Kayak -

Camping experience: Never Camped - Car/Tent only - Wilderness < 10 nights - > 10 nights -

First Aid Certification:

Other (related) certification or experience

Height (Feet & Inches) _____ Weight (Pounds) _____

Sleeping Bag Rental: \$30.00 CAD; Yes No

Transportation to and from Chocpaw:

Please let us know if you are interested in a bus shuttle service from the En Route off of HWY 400 North Bound, in King City. (an additional \$65 + HST) (This shuttle will only run if there are 15 or more participants interested) Yes No

Are you getting picked up at the end of the trip, or planning to purchase a ticket from Ontario Northland (South River, 4:40 pm)?

CHOCPAW EXPEDITIONS

Assumption of Risk and Responsibility

In consideration of CHOCPAW EXPEDITIONS accepting my registration for the Canoe course and Canoe trip, I declare that:

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 am a capable swimmer and able to swim at least 100 m without the assistance of a flotation device.
(if no, please cross out this line and initial).
3. I understand and accept as my personal responsibility the risks of participating in strenuous canoeing, portaging, 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.
4. I agree to abide by the rules/regulations/decisions of the facility operator(s) and CHOCPAW EXPEDITIONS representatives(s) in matters of safety.
5. I acknowledge that while on the course/trip, it is my responsibility to obtain appropriate insurance coverage for myself and my property.
6. 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.

Waiver

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 hereby release and forever discharge CHOCPAW EXPEDITIONS, its directors, officers, agents, servants, guides and employees and their successors, heirs, and assigns from any liability of claim for damages or loss of any nature including delays, personal injury, death, or loss of personal property, howsoever caused, whether by an act of God, equipment failure, or any act of nature, incurred during, or as a result of my participation in a canoeing/canoe tripping or paddling course, 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 releasees shall be determined according to the law of the Province of Ontario, Canada and shall be adjudicated upon within Ontario, Canada.

Signature _____ **Date** _____

Print Name _____

Witness Signature _____ **Date** _____

Print Name _____

Signature of Parent or Guardian if participant is under the age of 18 years.

Signature _____ Date _____

Print Name _____