

Chocpaw Expeditions
Duke of Edinburgh's
Canoe Information Package
2017

Chocpaw Expeditions

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Itinerary

Day 1 – First Day

ONLY if you selected a date that provided a shuttle. If no shuttle provided drive directly to Chocpaw office for 8:30 am

5:00 am School Bus pick up at Yorkdale Mall

(West Lot/Parking Lot outside the Hudson Bay store, along the Dufferin Side Street at Yorkdale Mall)

- (If you do not make it the bus will not wait for you!)

8:30 am Arrival at Chocpaw Expeditions Office

- You will unload all your gear at the office
- Meet your guide and group
- Re-pack as a group. All of your own gear, group gear and food

9:45 am get back on Bus, shuttle to Round Lake- the Entrance to Algonquin Park

- Unload all group gear
- Pick up canoes, paddles and lifejackets
- Pack Canoes
- Go over basic paddle and paddle stroke knowledge
- Start canoe expedition and travel to selected Lake for camping

Day 2,3,4,5 days (depending on how long your expedition is)

- **Bronze is 3 days, Silver is 5 Days, Gold is 6 days**
- The middle days of tripping all consist of waking up, packing up gear. Making breakfast. Canoeing to next selected lake for camping. Lunch is eaten reroute during the day. Arrival at next camp, set up camp and gear, prepare dinner. Other activities may include: Finding firewood, bonfire, canoe skills, star gazing, story telling, map and compass work, first aid scenarios, SAT phone instruction, plant and animal identification, games and paddling to points of interest. Ie. Waterfall.

Last Day

- Wake up, pack gear eat breakfast and canoe back to Round Lake

11:30 am arrival at Round Lake

- Take back Canoes, paddles and Lifejackets
- Place all Chocpaw gear into a Chocpaw truck that is there to greet you upon arrival back at Round Lake
- Eat lunch provided by Chocpaw

12:00 pm Pick Up at Round Lake, or Bus shuttle back home

- If parents/guardian are picking you up, they will be at Round lake for this time.
- If you are taking bus back to Toronto Area via Ontario Northland, Chocpaw will shuttle you the bus stop.
- If you are booked during our peak season, and we have previously discussed and arranged with you a private shuttle back to Yorkdale mall, then this bus will be here for you.

How We Prepare For You

All **Chocpaw Expedition Guides** are wilderness First Aid Certified.

To lead a trip, a **Guide** must have completed the **72-80 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 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.

Algonquin Park is not service 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.

Margaret Reid

Owner/Operator

Preparing For the Experience

There are some things you can do to prepare yourself for your adventure. Enclosed is a reading list.

Physically you can better prepare yourself also. This doesn't have to be intensive, but 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, we 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 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 glass bottles and no cans. Everything must be in plastic and hauled out with us. This applies to all beverages.

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

Duke of Edinburgh – Introductory Note

If you as a participant receive one of the following emails please share them with your parent(s).

If you as a parent receive one of the following emails please share it with your Duke of Edinburgh participant.

I am going to address this email to you, the participant. The Duke of Edinburgh program was designed for young people such as yourself. It is important that you understand why you are doing the Duke of Edinburgh program. The program was designed to challenge you and to advance your physical, mental and spiritual welfare. The program requires your enthusiasm & commitment. At the end of the adventurous journey when evaluating your performance we pay very close attention to your enthusiasm. The program was designed to be fun through learning & achievement. There are very specific requirements at each level.

Before you even start the program you need to read the Participant's Record Book. Parents, you can spend time discussing the points made in the handbook so each person understands why they are heading off on an adventure. To gain optimum benefit from the Duke of Edinburgh program, the participant needs to take as much responsibility as they can preparing for the experience. Ideally this involves initial contact with an organization such as Chocpaw Expeditions. Ideally a plan should be in place for each participant to earn the money necessary for each activity.

You are about to embark on an adventurous journey or an expedition. Please read carefully pages 16-23 of your handbook. Every expedition or adventurous journey must have a purpose. The question you need to ask yourself is, "Why am I doing this?" "What do I hope to learn or what skill do I want to develop during this experience?"

Part of the goal of the Duke of Edinburgh program is that the activities and skills you develop will become life long activities. That is our goal also at Chocpaw. We hope that after you have completed the program you will continue to hike & canoe & dog sled.

To simply state that you are doing this to get the Bronze Award or the Silver Award or the Gold Award is really not a good enough purpose. Each of you should have a goal to advance your level of knowledge & skill & experience.

Each person's goal will be different. Perhaps you want to develop back country culinary skills. Perhaps you want to search out & photograph spectacular wilderness or wildlife. Perhaps it will be a physical challenge, to carry a pack, to walk a certain distance. Or perhaps it will be to overcome an uncertainty of the wilderness, the water, the activity. There are many possible purposes & some are suggested in the Handbook.

Do be prepared to be challenged physically, mentally, & spiritually. Do be prepared to make new friends & to work with total strangers. Be prepared to share & compromise always in pursuit of your own goals & the group goals.

At the end of the program Chocpaw staff will evaluate what you have accomplished. They will look at your personal goal for the expedition and ask you if you achieved your goal & how. They will test you on your skill development. Look at the Preliminary Training page. If you listen to your guide you will know the bush code of ethics. You will know how to use a compass & read a map. You will know how to select a site & set camp. You will know how to build a fire. You will be asked these questions. Be prepared.

We always like to ask you what you learned on this adventure & what knowledge or skill you can take back & use in your everyday life.

Chocpaw Expeditions staff will evaluate you on your enthusiasm & your participation. You must be involved & demonstrate you want to be here & to develop & learn.

Acquiring the award is not automatic. You need to earn the award. You need to be able to articulate & demonstrate that you have learned & you have grown.

Parents, you can do your part by working with the participant. Be sure they understand the purpose of the program & help them develop a realistic yet challenging goal. Discuss ideas but let the final choice be the participant's. Encourage & guide, but where possible let the participant do the actual work him(her)self.

Be prepared to have fun. We look for that. Quickly we can identify who is there because Mom or Dad made them. Come because you want an adventure.

Duke of Edinburgh Residential Project

All Chocpaw Expeditions of 5 & 6 days qualify participants for The Residential Project. Majority of Participants must be unknown to each other. Our expeditions provide ample opportunity for broadening interests and experiences. Please read through the Duke of Edinburgh introductory note (above) and realize that the success is not automatic. We look for participation and enthusiasm. Read also pages 28 & 29 of you handbook.

Chocpaw Reading 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.

To Build a Fire, by Jack London.

Songs of the Paddle, by Bill Mason

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 HWY 60 corridor in the park, or at www.algonquinpark.on.ca/cgi/algonquinpark

Glimpses of Algonquin, compiled by G.D Garland

Early Days of Algonquin Park, by Ottelyn Addison

The Best of the Raven, by Dan Strickland and Russ Rutter.

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.

What to Expect and FAQ's

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

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

For 40 years we have been providing educational/recreational expeditions and have developed programs that are adaptable to the physical abilities of all people.

Chocpaw uses e-mail, our website, Facebook and Twitter for regular Updates/News.

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

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.

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.

Transport from Toronto to South River:

Selected trip dates have a shuttle from King City EnRoute, not all trips have this shuttle. Shuttles provided are listed beside the trip dates on our website, and only if 15 people register for the bus shuttle.

Transportation from South River to Toronto:

You can purchase an 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. If you are having trouble with this, please ask Chocpaw for assistance.

Alternatively participants can arrange to be picked by parents/guardians.

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

If no certification, check the appropriate below:

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

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:

Would you like to register for the SHUTTLE BUS from KING CITY for an extra \$65 + HST) Yes No

Please select your transportation home:

Someone picking you up at Kawawamog Lake: YES NO

You have purchased Ontario Northland bus ticket home: YES NO

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 _____