

Chocpaw Expeditions Dog Sledding Day

Trip Information Package

Chocpaw Expeditions

PO Box 674

South River, Ontario

P0A 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 a week long staff training with all returning and new guides where we direct 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. Local emergency response units 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 trails 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 dog sled trip. Please read this information carefully.

Margaret Reid

Owner/Operator

[Welcome to Chocpaw](#)

Thank you for choosing CHOCPAW EXPEDITIONS for your dog sledding 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 dog sledding expeditions, we have developed programs that are adaptable to the interests and physical abilities of all people. We have developed a line of Alaskan sled dogs with friendly dispositions bred to enjoy the work of the trail. In the Algonquin Forest we have a system of trails & camps that provide wilderness seclusion free from the encroachment of busy life. Our camps & equipment are well maintained for your safety. To deliver the programs we have assembled an outstanding staff of guides and support staff. Our guides bring exceptional credentials, qualifications & experience to the trips. We do intensive staff training to ensure our service & program delivery is the best it can possibly be. We take your enjoyment very seriously.

[What to Expect](#)

This is a fully participatory & total involvement experience. We expect everyone to do as much as they are physically & emotionally capable. From the time you arrive until the time you leave you will be physically active. You will help move dogs in and out of the yard, harness, and

hook them into a team. You will run a team of dogs along a variety of terrain with some big hills. Driving a team involves controlling the sled by leaning and pulling on the handle bar, applying brake pressure to slow the sled, running or walking up hills and helping the team by pushing as needed, or pedaling. These are strong energetic dogs that work best when the driver works as hard as part of the team.

Without question you will find the experience physically demanding. However, we gear the pace and the experience to the group and to each individual in the expedition. With such physical demands and the stress of varying degrees of cold it is not uncommon at times for people to find the experience a bit emotionally overwhelming. There may be times you may question your choice of adventure - half way up Heart Break Hill when the spirit is willing but the legs and lungs are screaming for relief; or when trying to work with a particularly exuberant dog; or when weather, cold, and trails combine to make going tough. But despite all this we know you will enjoy the experience.

There is no experience that can compare to working with your team of dogs in the peace & serenity of the wilderness. Nothing quiets the soul more than to have braved the rigors of the trail, to have pushed yourself physically and emotionally, and to have not just prevailed but to have successfully accomplished an expedition with your canine companions in a challenging environment. To sit quietly at days end and marvel at the beauty of the trail and the hearts of the team that you have become a part of; to know that tomorrow for a brief time you can again immerse yourself in a communion with nature and with your team; to share your experience with family or friends; this is the essence of dog sledding. It is truly an addiction that brings people back year after year.

Preparing For the Experience

Physically you can better prepare yourself. 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 key.

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. Please do not smoke around our dogs.

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 the Algonquin Forest, 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. You may bring desired beverages in appropriate containers on the trip, however, abuse of either drugs or alcohol will result in the immediate termination of your expedition.

Returning the Trip Registration Form

Please complete and return the **Registration Dog Sled Adventure Form (all 4 pages)**. Please fill out form completely. They are included with this Information Package and can be downloaded from the Chocpaw Expeditions website (www.chocpaw.com).

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. Failure to return forms in a timely manner means our kitchen staff cannot appropriately prepare for any dietary accommodations. Thus making you liable for your own food should you have dietary accommodations without return compensation should the return of forms fall to closely to the date of your departure date.

How to send Registration form back to us:

1. Scan and email to Chocpaw@on.aibn.com **IN PDF FORMAT**
2. 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 attempts. Please do not fax between 8 pm – 8 am, our office is also the owners home.
3. Mail to:
Chocpaw Expeditions, PO BOX 674, South River, Ontario, POA 1X0
Please ensure that all medical conditions, medications, allergies are noted on the form. We also require an update on any changes in health conditions in the week prior to the trip. A small matter can affect a person's stamina and ability on the expeditions. It is important that guides are made aware of this.

Dietary Information

Chocpaw Expeditions provides a menu designed to meet the needs of vigorous activity in the outdoors. We can accommodate most dietary requirements with sufficient notice. People with special requirements may be asked to supplement the menu. **If you prefer a Gluten Free, Vegan, Lactose Free or Soy Free Menu, there is an additional \$10 per day charge.** Vegetarians and Pork free, no extra charge. 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 indicate that on your form. We take precaution to be **nut sensitive** with food supply and preparation. Sample menus are on our website.

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. If you have additional questions regarding your or your child's allergies, please call our office.

The wilderness settings mean no immediate access to emergency response or service. Even with Satellite Phone, it takes time to evacuate a person from the bush. Time needed depends on location of the camp and the speed of connection to our evacuation points. It will take at least 1.5 hours to evacuate a participant and get them to a hospital. Please call our office to discuss concerns regarding anaphylactic reactions and response.

Clothing Requirements

When considering your clothing for a dog sledding experience layer loosely to stay warm and dry. Your layers should be easy to remove as you warm up from exercise and conversely to add layers as you begin to cool. Research the weather in South River, ON for your specific trip dates and adjust accordingly.

BODY LAYERING

Base Layer: This layer is next to your skin. It is important to wear something that will keep moisture away from your skin's surface. A synthetic material works best: polypro/wool blends, wool, or silk material that we purchase as thermal underwear.

Mid Layers: This is your insulating layer, sweaters. Avoid cotton at all costs as it will not dry when wet; jeans/denim are not acceptable. Wool, fleece, and down or synthetics are preferable.

Outer Layer: This layer is key to block out wind, wet and snow. This layer should be water resistant.

Research the weather conditions for your trip specifically. **Colder temperatures require more layers.** At -20 to -30°C our guides are wearing this layering system with a total of 5-7 layers on

their torso and 3-4 layers on their legs. A warm core allows your body to keep those fingers and toes just as warm.

BOOTS

Warm Feet = Happy Feet = Happy Dog Sledding!

Warm boots with removable wool liners (like a snowmobile boot, the big clunky ones). When purchasing winter boots for an expedition they MUST be 2 sizes bigger than your expected shoe size. You must be able to use **the same layering system** as outlined for clothing for your feet. At -20 to -30°C you should have: a liner sock (key to prevent blisters), a mid-weight wool sock, a heavy weight wool sock, AND have space for your toes to wiggle. No toes should be touching the end of the boot. Again the weather you will experience on your specific trip denotes what you should be layering on your feet. In the winter, all day every day, the guides wear a minimum 2 layers on their feet; the liner and the wool sock.

Hiking boots are not adequate.

****If you show up to Chocpaw without the appropriate footwear, you will not be allowed to join your trip until you rent footwear from us. We do not want an experience ruined over cold toes****

Examples of good winter boots for dog sledding are: Sorel, Kamik, Baffin, rated -30 to -100 Degrees. Proper winter boots can be purchased at Canadian Tire, Mark's Work Wearhouse, Royal Distributing (to name a few). Here is an example of what qualifies as a GOOD winter boot - grey wool liner has been removed from the water resistant black shell.



Clothing and Equipment Checklist

- Boots with removable liners!!! We rent them if you do not own them. **NO HIKING BOOTS**
- Socks
 - liner sock
 - wool mid or heavy weight (both if < -15°C)
 - extra mid or heavy weight
- Pants
 - 1 outer layer which is waterproof and wind proof (snow pants)
 - 1 mid layer preferably fleece, or a second layer of long underwear (if you are a generally colder person OR have decreased mobility and will not be able to "run" to keep warm OR are older (60+) or younger (<15).
 - 1 base layer (long underwear)
- Upper body
 - base layer
 - mid layers - Sweaters (2 made of preferable material - no cotton please)
 - outer layer - Winter Jacket/water resistant layer
 - down jacket to wear beneath if temps are -20 to -30°C
- Toque or Hat - Wool, fleece, double layered is best
- Neck warmer/face mask/balaclava - options are always preferred
- Sunglasses and/or goggles (goggles are helpful when it is snowing)
- Sunscreen for face if burn easily in spring weather
- Mittens (2 pairs - also important they are big on your hand for air circulation)
- Liner gloves (1 pair - to work with the dogs)
- Camera
- Wide mouth water bottle - we provide juice but you may bring your own water
- Hand Warmers - These can be purchased at outdoor stores, Canadian tire, etc, or you can purchase on arrival at the office for \$2 a pair. Also can be used inside boots.
- If bringing younger children, it is a good idea to bring an extra blanket for them on the sled.

You may pack extra gear in a backpack that we can help you secure to the sled when travelling on trail.

*Do not pack or wear expensive accessories, nor items you do not want broken. You will experience bumps on trail, and as new sled drivers you may upset or collide on trail spilling contents of your sled. We do not want you to lose or break any valuables while on trail, please keep this in mind. Similarly, please stow your car keys in a zippered pocket that you WILL NOT be opening to access while on trail.

*We advise the use of old/used outer layers as there is an increased possibility of snags, rips, or soiling on these adventure; avoid white.

Frequently Asked Questions:

What are the Washroom Facilities?

Each camp has an enclosed outhouse with hand sanitizer, a garbage, and toilet paper. While on trail we must use the nature that is provided to us. Please do not leave toilet paper behind, you must pocket this and bring to camp to later dispose of. There is time to use the washroom at our office in the morning during your 1 hour presentation, and there is also an outhouse at the dog yard.

Do I drive my own team?

Yes, at Chocpaw Expeditions this is a full on adventure. We ride 2 people per sled with 4-6 dogs per teams. You take turns driving and sitting in the sled.

What type of food is served?

Our trail lunch includes: hot soup and sandwiches either on the side of the trail or with smaller groups at one of our bush camps.

We also provide granola bars for snacking on the go and 1 litre of juice (juice takes longer to freeze and the added sugar helps keep our energy up for the day).

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 Important Logistics:

Start and finish times: Please be at our office for **8:15-8:20 am** (you will receive a 1 our presentation before hitting the trail) your trip will end at the kennel around 3 pm.

Our Address (Office):

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

Local Accommodations:

If you drive here the area the night before here is a list of some local accommodations. Reserving accommodations is up to you. More accommodations including Bed and Breakfast locations are listed on our website <http://www.chocpaw.com/faq/accommodations/>

The Algonquin Motel

(705) 386-2641

(800) 263- 7537

email: info@algonquinmotel.ca

The North Ridge Inn & Resort

(705) 384 2252

www.northridgeinn.com

Transport from Toronto to South River:

Bus Tickets can be booked via Ontario Northland, Toronto to South River:

www.ontarionorthland.ca

If you are arriving via bus, you need to come the day before in order get here for your trip on the following day. The bus arrives in South River at 2:10 pm. We advise you to stay at the Algonquin Motel over night. The Algonquin Motel owner, Mel, will often arrange pick up from the bus stop back to the motel and drop off at our office the next morning. At the end of your trip, Chocpaw can drop you off back to the bus stop, the bus comes through at 4:40 pm back to Toronto.

Payment Details

We require **50% deposit upon confirmation. The remaining 50% is due 1 month before the trip starts.** You can also pay the full amount at one time. We do not keep your credit card information on file for security purposes. Therefore when it is time to make your second payment we need you to contact us again. Once we have received a payment we will notify you via email, with a copy of the invoice and the transaction made.

1 Hour Mandatory Presentation

All our guests receive a 1 hour mandatory presentation before they start their dogsled adventure. This presentation is at our office at 8:30 am the morning your trip starts.

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.

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 would like a Gluten Free, Vegan, Lactose Free or Soy Free menu, there is an additional \$10 per day charge. No extra charge for Vegetarians or Pork free menu.

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

Have you had a concussion within the last year? Yes No

If you answered YES you MUST provide a note from your doctor stating that you are allowed to participate in Chocpaw's dog sledding program.

If you are concerned about safety you may bring a helmet (of any kind) for yourself or your child

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

_____ Date: _____

CHOCPAW EXPEDITIONS

Assumption of Risk and Responsibility

In consideration of CHOCPAW EXPEDITIONS accepting my registration for the Dogsledding course and/or Dogsledding experience, 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 understand and accept as my personal responsibility the risks of participating in strenuous dog sledding activities, 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.

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 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 & 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, upset or collision while on a dog sled, slipping or falling on a trail, loss of direction, cuts, sprains, fractures, or other injuries, entanglement in ropes or chains, dog bites, 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, 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 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 releasees 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 & 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 participant is under the age of 18 years.

Signature _____

Date _____

Print Name _____

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: _____

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

Signature: _____

Date: _____