

Chocpaw Expeditions

Dogsledding 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 a trip, a **Guide** must have completed 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 fall 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 to 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 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.

The Following provides more information for the 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 Algonquin Park we have a system of trails & camps that provide wilderness seclusion free from the encroachment of machines. 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 & out of the yard & harness & 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 & helping the team by pushing as needed, or pedaling to help the dogs. These are strong energetic dogs that work best when the driver works as hard as part of the team.

Our camps are set approximately 15-30 km from the staging area. Depending on snow conditions & the group this can be anywhere from 2.5 to 5 hours travel time. We like to allow lots of time for rests & picture taking of the many incredible scenes along the way. Lunch is provided along the trail.

At camp there are many chores to be done. The dogs must be unharnessed & put on the drop line. Often there is straw or shavings to spread to make them comfortable. Water must be drawn from the lake & heated for both the dogs & the group. Firewood must be gathered & cut for heat and for cooking. The dogs need to be fed & watered & the group needs to eat. Then there is the final task of cleaning up.

In the evening the pace slows & everyone can relax. The guides have many activities that can be enjoyed - a night hike; a wolf howl; star gazing or a view of the northern lights; numerous games from quiet campfire games to a very active moonlight game on the lake; a campfire and quiet sharing of the days thrills. Or for some, simply sleeping.

Without question you will find the experience physically demanding. But it is not a run until you drop experience. We gear the pace and the experience to the group & to each individual in

the expedition. With such physical demands & the stress of varying degrees of cold it is not uncommon at times for people to find the experience a bit overwhelming emotionally. 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 & lungs are screaming for relief; or when trying to work with a particularly exuberant dog; or when weather & cold & trails combine to make going tough. But despite all this 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 & 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 & 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

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.

Chocpaw Reading List

Those listed below are of particular interest to dog sled 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.

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

Lead, Follow or get out of the Way: Unconventional Sled Dog Secrets of an Alaskan Iditarod Champion, by Mitch Seavey

White Fang or Call of the Wild, by Jack London

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) Under "Publication" on right hand side of the webpage. You will see "registration Form".

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:

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 tries. Please do not fax between 8 pm – 8 am, our office is also the owner home.
3. 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.

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 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 highlight that on your form. We take precaution to be **nut sensitive** with food supply and preparation. *Due to our location and the limited accessibility of certain replacement items, there is an additional cost of \$10 a day to accommodate lactose intolerance/gluten free/soy free/vegan individuals.*

Sample menus are on our website for you to look through.

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 medical facility as required. If you have additional question regarding your or your child's allergies, please call our office. Keri the Program Manager can answer many questions regarding menu. Also co-owner Marg Reid, runs the kitchen and can discuss specific ingredients with you.

Our expectations are in wilderness settings without 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 (if not longer) to evacuate a participant and get them to a hospital. Please call Keri – Program Manager to discuss concerns regarding anaphylactic reactions and response.

Clothing Requirements

When considering your clothing for a dog sledding experience remember to 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.

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, (polypro/wool blend).

Second Layer

This is your insulating layer. Any material that provides warmth will work in the 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 pant.

Denim and Blue Jeans are not acceptable. Wool is.

Third Layer

This layer is your protection outer shell. The key element is to block out wind and wetness/snow.

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 cotton and leathers respectfully.

BOOTS, BOOTS, BOOTS!!!!

Happy Feet is Happy Dog Sledding!

Warm boots with removable wool liners (like a snowmobile boot, the big clunky ones). The reason why we take boots with removable liners, is because at night we remove the liners from our boots and hang them in the top of the tent, by the woodstove to dry out overnight. Even if you believe those boots are dry they are not, with snow and perspiration there is moisture inside those boots, which must be removed before the adventure begins the following day.

Hiking boots and ski boots are not adequate. No, not even for a day trip.

****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 anyone to get frostbitten toes****

Examples of good winter boots for dogsledding are: Sorel, Kamik, Baffin, rated -30 to -100 Degrees.

Proper winter boots can be purchased at Canadian Tire, Mark's Work Warehouse, Royal Distributing (to name a few). Here is an example of what qualifies as a GOOD winter boot.



Clothing and Equipment Checklist

- Boots with removable liners!!! We rent them if you do not own them.
- Pants - 1 outer which is waterproof and wind proof, 1 inner fleece) Typically what you wear to go Skiing or snowboarding will work best.
- Sweater (2) – 1 fleece sweater
- Toque or Hat (Wool)
- Sunglasses, and or goggles (goggles are helpful for when it is snowing)
- Jacket (winter coat or Parka)
- Mittens (2 pairs)
- Liner Gloves (2 pair)
- Socks (3 pairs) please try to avoid cotton socks, when they get wet, they stay wet.
- Long Underwear/Thermal underwear – not cotton
- Neck/Face Protector (neck warmer, balaclava, scarves)

- Sleeping Bag (3 season to -7C) If you are a cold sleeper, bring a bag rated to -10 or colder. Chocpaw also rents sleeping bags if needed.
- Small flashlight or Headlamp with extra batteries.
- Camera
- Wide mouth water bottle, hard plastic or metal, please no glass or soft plastic bottles.
- Water purification tablets (Optional: we do boil and sterilize water ourselves, but you are more than welcome to bring your own as well) These can be purchased at outdoor stores.
- Hand Warmers (Not essential, but good to have if the temperature gets chilly. These can be purchased at outdoor stores, Canadian tire, etc) Also can be used inside boots.
- Passports – if travelling from Outside of Canada
- **Remember Your Toiletries** (toothbrush, toothpaste, deodorant, baby wipes (great for cleaning up in the outdoors))
- About Sleeping pads: Our camps are already outfitted with sleeping pads

Warm mitts with pull out liners for general use and thin gloves for handling and harnessing the dogs are both essential. **Mittens keep your hands warmer than gloves.**

Do not forget a warm wool hat that will keep 60% of your body heat in.

Packing

Pack in plastic bags to waterproof clothing. **Use duffle bags.** Do not bring any backpack with an external frame, as they do not fit in the sleds.

What not to bring:

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. We also advise you not to wear a white snowsuit, it will not be white when you leave.

Rental Equipment (HST included in pricing):

Boots:

1 Day = \$15

Multiple Day = \$30

Sleeping Bags:

\$30 per trip

Frequently Asked Questions:

What are the Washroom Facilities?

Each camp has an outhouse. While on trail, behind a tree. 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. There is no running water at any camp, you can shower when you get home.

How do we contact you?

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

Do I drive my own team?

Yes, at Chocpaw Expeditions this is a full on adventure. Typically it is 2 people per sled, 6 dogs per teams. Our guides can modify # of people on sled, or # of dogs depending on trail conditions, size and age of participants. You take turns driving and sitting in the sled, or on top of the gear on the sled.

What type of food is served?

Menu's are located on the right hand side of our website www.chocpaw.com

What is your refund policy?

Please see our refund policy on our website. <http://www.chocpaw.com/chocpaw-refund-policy/>

For additional questions please refer to our website's FAQ page

<http://www.chocpaw.com/faq/faqs/>

Directions to Chocpaw Expeditions and other important Logistics:

Start and finish times:

Day trips: Please be at our office for **8:30 am** (you will receive a 1 our presentation before hitting the trail) your trip will end at the kennel around 3 pm.

Multi-Day trips: Please be at our office for **8:30 am** (you will receive a 1 our presentation before hitting the trail) The trip will end in our kennel around 1 pm. You will then process back to our office to have a final chili lunch and debrief with your guide.

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

The Kennel Address:

277 Peacock Road, South River, Ontario, POA 1X0.

Directions from the Kennel to our Office:

****there is a few ways, I will provide the easiest****

Exiting the kennel turn LEFT and go back to HWY 124

@ HWY 124 turn RIGHT, follow into town of South River. At our only intersection with lights,

Turn RIGHT onto Ottawa Ave. Go down Ottawa Ave for about 4 min, turn RIGHT onto Industrial Park Road. We are the big grey and blue building with big Chocpaw sign on front.

Local Accommodations:

If you drive up into 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 (Offers a Chocpaw discount)

phone (705) 386-2641

toll free (800) 263- 7537

email info@algonquinmotel.ca

The Comfort Inn / Huntsville

705-789-1701

www.huntsvillecomfortinn.com. Offer a Chocpaw discount

Transport from Toronto to South River:

Chocpaw Expeditions does not provide transportation to South River. You can however buy a bus ticket from Ontario Northland, to get from Toronto to South River.

www.ontarionorthland.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.

At the end of the trip, Chocpaw can drive you back to the bus stop to catch a ride home, Bus comes through South River at 4:40 pm, towards 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. Payments can be made either by sending is a check in the mail, payable to " Chocpaw Expeditions", or by calling our office (705) 386-0344 with your credit card information (Visa or MasterCard). 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 to make this payment. Once we have received a payment we will notify you via email, with a copy of the invoice and the transaction made.

Our mailing address:

Chocpaw Expedition, 1 Industrial Park Road, Box 674, South River, On, P0A 1X0

1 Hour Mandatory Presentation

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

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: _____