

**PLEASE DO NOT BRING ANYTHING EXTRA**

## Camp Outlook Summer Camper Packing List

**Night Clothes:** (These items you wear at site. The rest of the time they stay in your driesack, to ensure you stay warm, dry, and free of food smells at night) **YOU MUST KEEP THESE DRY**

- 2-4 pairs of warm socks (ideally wool)
- 3-6 pairs of underwear
  - 1 bra (if you wear one)
- Whatever you want to sleep in. Must be at least a tshirt+shorts. Could include tights, long-johns, a long sleeve shirt, or toque.

**Day Clothes:** (Consider these your wet clothes. This is what you put on every morning, even if they're still a little wet, and wear during the daytime/travel. These items do not go in your driesack.) **Be wearing these clothes when you meet us on the first day.**

- 1 Swimsuit
  - Optional underwear (3-6) and sports bra (1), if you prefer not to wear your swimsuit underneath your day clothes. These will get wet.
- 1 pair of shorts if your swimsuit isn't already shorts (no jeans or cotton)
- 1 short sleeve shirt (no cotton) ***\*long loose clothing is far more effective than any sunscreen or bug repellent, mosquitoes can bite through leggings and other tight fitting clothes!***
- 1 loose long sleeve shirt (no cotton)
- 1 loose pair of pants (no jeans or cotton)
- 1-2 pair of socks (wool is best)
- Hat with enough of a brim to cover your eyes from the sun
  - Sunglasses if you want them, but be aware that they will likely get lost or broken

### **Camping Gear:**

- Compressible sleeping bag (it needs to be able to fit into our driesack)
- Waterproof rain jacket, NOT a windbreaker or disposable poncho
- Durable 1 litre water bottle
- 1 warm sweater (synthetic fuzzy fleece or wool is best, cotton stays wet if it gets wet)
- ★ **We are able to supply these things if you do not have them**

### **Shoes:**

- Footwear for hiking/portaging (running or hiking shoes), these shoes will also get wet regularly when loading/unloading canoes. Must be closed-toed and sturdy.
- Shoes for site: sandals or crocs from dollarama work very well, no flip-flops though.

### **Smelly Items:** in separate ziplock bags

- Toothbrush with toothpaste (smaller is better).
- Sunscreen. *Aerosol cans are not allowed in the park.*
- Bug repellent. *Aerosol cans are not allowed in the park.*
- ★ These will be kept separately from your clothes in our 'smelly kit'. We also bring extra.

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**Menstrual Products:** in a ziplock bag

- Whatever products you're comfortable with, EVEN IF you're not expecting to need them.
- ★ We will bring extra pads and tampons as well in case you run out.

**Medication:** in a ziplock bag

- Prescription medications in their original **labelled** container or pharmacy blister pack.
- ★ Bring enough for the length of the trip, **PLUS 4 EXTRA DAYS WORTH.**

**Optional but highly useful Items:**

- Flashlight: Very very useful for nighttime bathroom needs.
  - Spare batteries
- Durable, waterproof, disposable camera if you want to take pictures (no phones allowed)
- Small brush or comb if you have long/tangly hair
- Small, durable (they will get damp and knocked around) things to do on site: eg. journal with pencil/pen, books, cards, .... (no electronics)

**PROHIBITED ITEMS:**

- Drugs, cannabis, alcohol
- Knives of any kind, including utility knives
- Candy and food items
- Lighters, matches, flint, and any other fire-starter
- Phones/iPods/electronics/etc. **ARE NOT PERMITTED ON TRIP**

- Please leave all valuables at home (phones, wallets, jewellery, expensive clothing, etc.); they WILL get wet, dirty, damaged, or lost, no matter how careful you try to be!
- Scented products attract BUGS and BEARS!! DO NOT bring any soaps, shampoos, deodorants, perfumes, makeup, or any other products. We will not bring them with us.
- Please label all personal items. We are not responsible for any lost or stolen items.
- Bring your items either in a garbage bag or a duffel bag/backpack that will be left behind.

**Smoking/Vaping:**

- Campers will be allowed to smoke/vape **ONLY** with GUARDIAN PERMISSION
- **ONLY flavourless nicotine-only vapes** are permitted, all other vapes are prohibited
- Triple bag cigarettes in ziplock bags. They WILL get wet otherwise.
- Bring a plastic bottle (eg. gatorade bottle) to store the ash and butts during the trip. This is your responsibility. If you lose it you will no longer be allowed to smoke.
- By law, we are not allowed to carry cigarettes for campers, they are your responsibility.
- Do not bring lighters or matches. Trip leaders will provide lighters for you to use on trip.
- Smoking/vaping is only allowed in certain places:
  - Allowed: beginning and end of portages, on the campsite, next to the lake.
  - NOT Allowed: during portages, in tents, in canoes, in the woods.
- **Sharing cigarettes/vapes with other campers who do not have permission to smoke/vape will result in the loss of smoking privileges for everyone involved.**
- Please note, Camp Outlook is not designed as a detox program for tobacco, or anything else, attempting to quit an addictive substance on trip will be very very difficult.

# Camp Outlook Summer Camper Pre-Trip Info

Here is some information about our trips to hopefully give you an idea of what it will be like:

***It's very important to eat food and drink water on trip!*** Your body is doing a lot more activity than it usually does at home and it needs fuel to keep you going. We'll always make sure that your water bottle gets refilled when it runs out throughout the day. It's also important to know that we only have what we bring with us (and we have to carry everything we bring with us) so we can only eat what we have planned for a particular meal. (For example, we bring 2 wraps per person for each lunch, if we eat more than that early on then we won't have enough to eat later in the trip.) If everything goes to plan, then the only food we have left at the end of trip is our emergency meal and what's left of our spice kit!

## **Breakfast:**

We have breakfast every morning once we get our driesacks packed up and tents taken down. Breakfast is usually oatmeal, though sometimes we'll have other things. We bring lots of different toppings for oatmeal, such as brown sugar, raisins, coconut flakes, chocolate chips, sunflower seeds, and other things, and you can put whatever you want on your oatmeal, but we only have what we bring with us so if we use up a lot of a certain topping, such as chocolate chips, really quickly in the first few days then we won't have any left for the rest of the trip.

## **Lunch:**

For lunch we mostly bring things that we can prepare during a break as we are travelling during the day. This usually includes bagels for the first few days and then wraps for the later part of the trip. We'll have fresher things earlier on, such as cream cheese with cucumbers, tomatoes, or apples, and then later in the trip we'll have things that keep longer such as hummus, cheese, carrots, and peanut butter and jelly.

## **Snack:**

We bring lots of snacks to keep us going through the day. We might have apples or oranges in the first couple days, then some pre-made things like cookies, date squares, and energy bars, and we always bring lots of GORP (aka trail mix).

## **Dinner:**

Once we get to our campsite for the night and set up our tents we'll make dinner for everyone. There's all sorts of things we can make, such as macaroni and cheese, 'big' soup, peanut butter stir fry (it's really tasty!), rice and bean burritos, or whatever else the trip leaders plan!

## **Weather:**

Sometimes it's sunny, sometimes cloudy, sometimes rainy, no way to know until it happens! We need to be well prepared with both sunscreen and rain jackets every day. If there is thunder during the day then we will get off the water and wait it out on land before we keep moving.

### **What does a usual day look like:**

- After we wake up in the morning, you put on your 'day clothes' and pack up your 'night clothes' and your sleeping bag into your driesack.
- You and your tentmates take down and pack up your tent.
- We get breakfast ready for everyone.
- Once we've finished having breakfast, then the dishes are done by whoever's turn it is to do dishes (you will do dishes about 3 or 4 times on a 9-day trip).
- We get our 'tumps' (what we call our big backpacks) packed up with all of our things.
- We get everyone and everything loaded into the canoes, put on our pfd's, and paddle away from our campsite.
- Once we get to a portage we take everything out of the canoes and get everyone loaded up and ready to start the portage.
- On the portage, you carry one of the tumps with a few paddles and pdf's and the trip leaders carry their backpacks and canoes (you're welcome to try carrying a canoe if you want, but it's not easy). We take breaks along the way to drink water and rest for a bit before we keep moving.
- At the end of the portage we get everything loaded up into the canoes and paddle away.
- We'll stop for lunch at some point during the day, sometimes on land or sometimes floating in the canoes (away from the mosquitos).
- Once we get to our site, we get everything unloaded from the canoes and set up the site.
- You set up your tent so it's ready for later and collect firewood so we can build a fire.
- We get dinner ready, over the fire if we can. You're welcome to help cook if you want to.
- Once we've finished having dinner, then the dishes are done by whoever's turn it is to do dishes (you will do dishes about 3 or 4 times on a 9-day trip).
- We 'do our smellies' (like brushing teeth) before putting everything away for the night.
- We pack up all our food and smellies (like sunscreen and bug repellent) and put it out into our 'bear canoe' to animal-proof it for the night.
- You put on your 'night clothes' and go to sleep in your tent for the night.
  - We will have a sleeping bag and sleeping mat for you (you can bring your own if you have one as long as it is compact enough).
  - We have 4-person tents, so if the trip has 4 campers or less then we will bring 1 tent and you will all sleep in the same tent. If there are more than 4 campers then we will bring 2 tents for the campers. The trip leaders sleep in another separate tent for the night.

### **How far do we go each day?**

It can vary a lot depending on the day, but on average we move about 10 kilometers from site to site each day! Paddling is much faster and more efficient than portaging. Sometimes we'll have one or two big portages to do in a day (like a 3 kilometer portage) to go from lake to lake, or sometimes we'll have a bunch of smaller ones (like five 400 meter portages) to go down a river. It all depends on the route we have booked. We only paddle on 'flat' water; we don't do any 'whitewater' paddling.