

2019 Bay Trip Confirmation Packet

Congratulations! Receiving a Bay Trip invitation means you have earned the confidence and respect of your leaders and program directors. We know you are ready. If the trip started tomorrow you would likely find yourself in Moosonee in about 3 weeks, feeling satisfied with the experience. Fortunately, with many months ahead of you to prepare for this incredible journey, you have the opportunity to make your Bay Trip an extraordinary experience—for both you and your trip mates. Following are several suggestions to help you prepare.

While you needn't be a super athlete to complete this trip, it is important to be in pretty good physical shape. Any type of physical activity will help. Paddling would be great but if that's not possible, some cardio, strength training, wood-splitting or taking the stairs all work. Think about how your body felt at the end of last summer and make it feel that way.

This trip marks a passage in your journey through adolescence to adulthood. Think about what this means to you. Set aside some time free of distractions to ponder your life direction. These questions and thoughts will inform the life decisions you make in the next few years. If you can be mindful and listen carefully, the journey can help you access the answers within.

While last year's river trip helped you become a competent paddler, the more confident you are in whitewater, the less stressful and the more enjoyable the whitewater will be. If you have the opportunity to take a whitewater course or to get out on a river, go for it! There are also some fantastic videos and books available. Be a self-directed learner.

Finally, consider that you are travelling through some country with fascinating geography, natural and human history. Research the Cree of James Bay, the James Bay Hydro projects, the history of Moosonee and Moose Factory, the climate, the weather – it will give you the satisfaction of connecting the dots and experiencing the things you've learned about.

Your trip leader - Leanna Novakovic for the Northwaters Bay Trip, George Fisk for Langskib, will be writing to you later in the Spring to discuss the trip and help you prepare. In the meantime this packet will help you and your parents get underway. Please let us know if you have any questions.

Teeth to the Wind!

Jodi & CG

COMMUNICATION

Participants spend the first and last two days/nights of program on our remote, rustic, island basecamps. The rest of their time at NWL is spent on trail in smaller tripping sections. Our directors, administrators and support staff remain at basecamp, and are generally available by email. We try very hard to limit phone time to urgent communications, as our phone line is our primary link with staff in the field and emergency services.

Email Updates

About half-way through your child's experience we will send one thoughtful and "official" email update to parents. We will include news about participants' basecamp stay, a description about their route, which trip leaders they are traveling with and a link to any photos we captured at basecamp. Beyond this update, and the occasional basecamp news on our Facebook page, we operate on the adage, "no news is good news".

Contacting Us

September 1st through June 15th:

Northwaters / Langskib
P.O. Box 205
Westport, NY 12993 USA
Phone: 518-962-4869 Fax: 518-962-8768
Email: canoe@northwaters.com

June 15th through September 1st

Northwaters / Langskib
P.O. Box 358
Temagami, ON POH 2HO Canada
Phone: 705-237-8227 Fax: 705-237-8663
Email: canoe@northwaters.com

Contacting Participants

We suggest mailing letters early so they arrive in time for participants to receive when they return to basecamp at the end of session (no letters are delivered while participants are on trail). Letters from outside of Canada typically take at least 14 days to arrive. Participants are encouraged to write letters home. Stamps can be purchased at basecamp. Our basecamps are located on islands not serviced by Canada Post or any courier/shipping company. It is often expensive, difficult and time consuming to get a package to or from either island. Packages are delayed at customs or delivered to random locations on the mainland for us to retrieve. Often times, participants don't receive packages at all, or they arrive after the participants have gone home. We recommend you send letters in lieu of packages and save special treats for a welcome home celebration. We strongly advise against sending anything perishable or of value. Please Note: If a participant arrives without an important piece of personal gear, we will provide a loaner.

PREPARING FOR YOUR TRIP

One of the gifts of canoe tripping is that it requires very little specialized equipment. Below are some things to consider as you prepare your child for their adventure.

Trip leaders work with participants to pack their trail bags. Excess items and valuables are secured at basecamp, and returned the last day of the program. Our staff created this short and helpful [How to Pack for a Canoe Trip](#) Video, which pairs perfectly with our Gear List (attached). Below are some additional things to consider when preparing for NWL.

Nut-Free

Please note that for the safety of everyone, NWL is a peanut and tree-nut free program and facility. **Do not send, or allow your child to bring, anything containing nuts or tree nuts.**

Snacks and Dietary Concerns

Living away from home and travelling in the back country is challenging and adjusting to the difference in food takes time and intention. Every year we revisit our trip menu to be sure it provides calorie rich, healthy, substantial food for sections as they travel. We can accommodate most dietary restrictions and pack out food for each section accordingly. Three hearty meals are provided each day in addition to snacks (as needed) throughout the morning and afternoon on trail. Because we travel in the back country, it is imperative that participants **NOT** store personal food in their Duluth bags or tents. For safety, nutrition, and fairness sake, we **strongly discourage participants from bringing supplemental food on trail**. If you feel your child needs more than our menu can provide, please send enough nut-free, protein-rich, packable, non-perishable food items to share with the full section. All other food, (candy, junk food, etc.) will be held at basecamp and returned to participants at departure.

Electronics

We know the journey to basecamp can be very long and devices can help make the time pass more enjoyably. Please be aware, however, that **all electronics, including cell phones** will be collected along with all other valuables for safekeeping upon arrival at basecamp. There is no cell service on the island or on trail.

Drugs, Alcohol and Tobacco

The use of alcohol or drugs (including cigarettes, e-cigs, vapes, vape pens, JUULs, and marijuana) is absolutely not permitted at NWL. Possession of illegal drugs (and underage possession of legal drugs) in Canada is punishable by law and crossing the Canadian border with illegal drugs is a serious criminal offense. If participants are found in possession of illegal drugs they will be removed from our program at the parents/guardians expense and tuition will not be refunded.

The Giveaway (Northern Lights and Northwaters)

We ask that participants bring something that has been important or meaningful in their life that they are ready to pass on—it need not have any monetary value. It might be a poem or song that holds special meaning, a book that had impact, a drawing or poster, something they have created, or an object that holds a special memory. These are just suggestions—we have found young people to be very creative in this ceremony. We encourage each participant to take some time to think about the possibilities and any support of this would be most appreciated. We have borrowed this custom from the Native peoples. Many past participants have said that the Giveaway was a highlight for them. Two things that we have come to learn: the more difficult it is to give up, the more it is an actual Giveaway, and giving away makes room for new growth. This last learning seems particularly appropriate for young people entering adolescence.

The Trade (optional)

A longstanding tradition at Langskib, The Trade is something that is occasionally requested at the end of a Northwaters program as well. The Trade we conduct is a trading experience reflective of the early aboriginal and Trapper rendezvous. Even though they did not share a common language, they were able to communicate with each other and make trades that were of benefit for both parties. There is no money exchanged during the trading session and only sign language is used. In the past we have found many of our participants to be most creative in this activity. If your child would like to bring an item or items to trade we suggest things with limited monetary value; for example, old pocket knives, funky hats, hand crafted items, comics or trinkets. We have a staff member act as a trade arbiter who makes sure that trades are fair and fun.

TUITION

Tuition balances are due May 15th or as stated on your invoice. Tuition covers all activities from arrival at basecamp until departure on the last day of the session with the exception of optional pre and post camp bus fare and optional spending money (travel snacks and/or items from the camp store such as t-shirts, maps, water bottles & stickers), which can be purchased at the end of session BBQ.

Trip/Travel Insurance

Parents are financially responsible for expenses not covered by either NWL's or your personal insurance. Check with your insurance provider about the extent to which your child is covered during their time with NWL. Purchasing appropriate trip/travel insurance can provide coverage for costs incurred in the unlikely event of illness or injury including evacuation and associated travel expenses. **We strongly recommend** that you purchase travel insurance that specifically covers summer camp/wilderness adventures. Allianz, Trav Mark, Travel Guard International, and InsureMyTrip.com are a few reputable providers.

Refund Policy

If for any reason an application is withdrawn 60 or more days prior to the session start date, deposit and tuition will be refunded minus a \$50 processing fee. Cancellations made within 60 days of the program start date forfeit 50% of the program tuition, including deposit. Balances are due by May 15th. NWL is not obligated to refund the tuition of any participants who withdraw or are dismissed the day before, the day of, or any time after the first day session begins (as per the Code of Conduct Agreement).

NWL Check-off List for you To Do

- Sign and return your Code of Conduct Agreement (parent and participant)
- Make certain you have personal identification and passport with travel letter (if non-Canadian resident)
- Make travel reservations/arrangements and [submit Travel Form](#) (between January 15th & May 15th)
- [Submit Medical Form](#) (between January 15th May 15th)
- [Pay tuition](#), tax and travel balance by May 15th or as stated on invoice
- Packgear (refer to attached Bay Trip Gear List and our [How to Pack for a Canoe Trip](#) video)

NWL Bay Trip Personal Packing List

Weather and temperatures are more extreme in the James Bay region than Temagami. Some trips have seen snow. Whitewater on the Harricana River may lead to involuntary immersion. Please be sure to have plenty of wool and/or synthetic fabrics to keep you warm when wet. Make sure each piece of gear is up to another 3 weeks of rigorous trail use-- it might be time to retire that stinky old thing that has been on every trip with you. You must bring **every** item except those marked optional.

EVERYTHING YOU BRING SHOULD BE LABELED WITH FIRST AND LAST NAME. NWL cannot be responsible for items damaged, lost or left behind. If you need a refresher please watch our [How to Pack for a Canoe Trip](#) video here.

- Duffle Bag** Everything you bring to program should fit in this bag. Due to the rugged nature of our basecamps, the duffle is the best way to transport your gear from home to camp. We will provide a special canoe pack (Duluth) for you to take on trail. Your duffle and any extra items will stay securely behind at basecamp.

Personal Camping Gear

- River Bag/Dry Bag** 55-liter waterproof bag holds your trail clothing and personal gear within the Duluth.
- Day Pack and/or Dry Bag** Holds personal items you need to access throughout the day (sunscreen, water bottle, rain gear, warm layer, bug spray etc.). A small 15-20 liter dry bag can work on its own, or act as a day pack liner (to keep items within waterproof). Day pack should be durable, compact, and no larger than a 20-30 liter capacity.
- Sleeping Bag** 1 compact sleeping bag (mummy-type, rated for MINIMUM 32' F or 0' C with a maximum packed size of 18"x10". Fleece sleeping bag liner is an optional addition. Here's a nice [article on the types of sleeping bags](#) suitable for backcountry camping.
- Sleeping Pad** Compact closed-cell foam or self-inflating Therma-Rest type, NOT inflatable air mattress or cushion. Here's a good [article on the types of sleeping pads](#) suitable for backcountry camping.
- 1-liter Water Bottle** Durable aluminum, stainless steel or heavy duty plastic. Wide mouth Nalgene ideal.
- Sunglasses** UV rated. Attachment cord recommended.
- Headlamp** with extra batteries.
- Mess Kit** Fork, spoon and cup. Insulated cup is nice, but not necessary.
- Knife** River knife or sheath knife. Fixed or folding blade carried on your person so you can access it with one hand at all times. Crucial piece of safety gear.
- 1 "Fox Forty" whistle** – used to communicate on river

Clothing

- Underwear** Enough for the duration of your stay, at your discretion.
- 2 long underwear tops** Long sleeve wool, synthetic fiber or polyester blend. Quick dry, not cotton.
- 2 pair of long underwear bottoms** Wool, synthetic or polyester blend. Quick dry, not cotton.
- 1 pair of fleece pants** Or other warm, loose fitting, light weight, durable, quick-drying material.
- 1 pair of long quick-dry pants** Nylon "hiking pants" or cordura.
- 4 pair of warm wool socks**
- 2 pair polypropylene sock liners** (optional)

NWL Bay Trip Personal Packing List

- 2 pair of shorts** Lightweight and durable.
- 2 t-shirts** Synthetic fiber or poly-blend, limit cotton
- One swimsuit** 2-piece preferable for women

Outerwear

- 1 sun hat** Any lightweight hat with brim.
- 1 warm hat/toque** Wool or fleece.
- 2 wool or fleece jackets or pullovers** One for daytime “wet fleece” and one for nighttime “dry fleece”.
- 1 rain jacket** Coated/rubberized nylon is fine. Expensive/breathable jackets are nice, not necessary.
- 1 set of rain pants** Super helpful in the rain and as an insulating layer.
- 1 pair of daytime ‘Wet Shoes’** Durable, supportive, FULLY ENCLOSED sneakers or light hikers are best. NO BOOTIES OR SANDALS. Worn all day paddling, portaging and hiking.
- 1 pair of nighttime ‘Dry Shoes’** To change into in the evening after washing and drying your feet. Should also be lightweight, durable and fully enclosed. Sneakers are perfect. These are your backup wet shoes. No leather please.
- 1 pair fleece, wool or neoprene Gloves**

Toiletries

- Sunblock** Waterproof 30-SPF lotion recommended.
- Bug repellent** Non-aerosol. The most effective insect repellents contain some percentage of DEET.
- Toothbrush/toothpaste** Environmentally friendly, travel size.
- Biodegradable liquid soap** Dr Bronners or CampSuds type brand.

Miscellaneous

- 1-2 comfortable travel/basecamp outfits** Cotton, jeans, hoodies, sweatshirt/pants are fine. These are clothes you can wear in the front country and will stay behind, clean and dry, at basecamp.
- Towel** Primarily for swimming at basecamp. If taking on trail, bring small chamois-type fabric.
- Giveaway** Northwaters/Northern Lights or **Trade Item** Excalibur/Langskib (see Confirmation Packet)
- Camera** Optional. Disposable and/or waterproof recommended- NOT your phone.
- Journal** Optional. Book or other small packable hobby/craft item.
- Personal Identification or travel documents as needed** Will be stored securely at basecamp.
- Fishing rod/tackle** Optional for personal use during down time, rod should be stored in a tube.
- Money** \$50-\$100 for treats or souvenirs in Moosonee and camp store items.
- Sleeping bag liner** (optional)
- Aqua socks or neoprene socks** (optional)
- Multi-tool** Leatherman type (optional, highly recommended)
- Whitewater paddle** (optional)
- Whitewater PFD** (optional)

Leave at home- any of the follow items brought to basecamp will be collected, and returned at departure

- NUT PRODUCTS** For the safety of all, NWL is a nut safe program and facility.
- SNACKS/CANDY** Personal food is not safe, we provide ample calories (see Confirmation for details)
- PHONE or other electronics** Will be safely stored with other valuables at basecamp.