

# NWL Albany River Leadership Program Confirmation Packet

## July 8-August 11, 2019

*Your place on the Albany River Leadership Expedition has been reserved. We are pleased that you will be joining us on this expedition. While this trip will require much of the skill and determination that the Bay Trip required, it will be different. This trip is about moving beyond your role as a participant and challenging yourself to step into a place of leadership.*

*Over the next few months, we encourage you to think about leadership- both in its simplest form and in the broadest sense of the word. Think about the role you find yourself playing in a group or community—what are the strengths and weaknesses of that role? Think about the teachers and mentors in your life who have had an impact on you. What characteristics in them do you honour and why? What learnings can you take from them and apply to your own style of leadership? Finally, thank about the medicine wheel. What direction do you see yourself in? What directions would you like to travel to this summer in order to find a place of balance as a leader?*

*We are very excited for the opportunity to explore both this extraordinary river, and the many aspects of leadership with you. Teeth to the Wind!*

*Jodi & C.G.*

### **Suggested Reading**

- [The Tao of Leadership](#) by John Heider
- [Outdoor Leadership](#) by John Graham
- [NOLS Wilderness Guide](#) by Bruce Hampton and David Cole
- [The Essential Wilderness Navigator](#) by David Seidman
- [White Water Rescue Manual](#) by Charles Walbridge and Wayne Sundmacher
- [Soft Paths](#) by NOLS, Bruce Hampton and David Cole

### **Travel Information**

The Leadership Program dates have been chosen carefully and do not overlap other program start or end dates. The LP is the only NWL program happening July 8<sup>th</sup>-August 11<sup>th</sup>. As such, our transportation offerings are limited. Please note, there is no end of session BBQ. Leadership participants will all be transported off the island the morning of August 11<sup>th</sup>, and may not remain on the island. Please arrange transportation home from Temagami, North Bay or Toronto on August 11<sup>th</sup>.

### **START of program: Meet in Temagami, North Bay or Toronto on July 8th**

Participants may meet at the Manitou Landing at 6pm, the North Bay bus station at 4:30pm or can purchase a seat on the NWL bus leaving Toronto Pearson at 12 noon.

### **Bus service from Toronto Pearson International Airport (YYZ)**

Families living in the Toronto area, or participants flying into Pearson, may purchase a seat on the NWL bus which departs Terminal 3 at noon. Please schedule flights to arrive by 10:30am on July 8<sup>th</sup>, gather your luggage, clear customs (if applicable) and meet us at the far end of Terminal 3, International Arrivals Area. Charter bus transportation is \$100 each way.

### **Ontario Northland / Greyhound**

Ontario Northland / Greyhound provides both Bus and Rail service from Toronto and Ottawa to North Bay. The O.N.T.C. Terminal is located at 100 Station Road in North Bay. For information and reservations you can call 705-495-4200 or visit their website at: [www.ontc.on.ca](http://www.ontc.on.ca) . We are meeting at the North Bay bus station at 4:30pm.

## **Air Ontario**

Air Ontario (an affiliate of Air Canada) provides daily flights through Pearson International Airport to North Bay. For reservations you can call (from Canada): 888-247-2262 or (from USA): 800-776-3000 or for more information and schedules, you can visit their web site at: [www.airontario.ca](http://www.airontario.ca) . If you decide to fly to North Bay on the 8th, please schedule a flight that arrives before 4:30pm. If you arrive earlier in the day, you may hire a taxi/uber to bring you to the North Bay bus station, or we can pick you up at the North Bay Jack Garland Airport (YYB) by 5pm.

## **Travel Information at the END of program- Arrange travel from Temagami, North Bay or Toronto (no BBQ)**

Participants will be shuttled to North Bay at 9am on August 11th and should arrange transportation home from there. NWL staff will transport participants to the North Bay airport, the North Bay bus/train station, or participants can purchase a seat on the NWL bus to Toronto for \$100.

## **Bus service to Toronto Pearson International Airport (YYZ)**

Families living in the Toronto area, or participants flying from Pearson, may purchase a seat on the NWL bus which departs Temagami at 8am and arrives at Pearson by 2pm. Please departing flights after 4pm on August 11<sup>th</sup>. Charter bus transportation is \$100 each way.

## **Ontario Northland / Greyhound**

Ontario Northland / Greyhound provides both bus and rail service from North Bay. The ONTC Terminal is located at 100 Station Road in North Bay. For information and reservations you can call 705-495-4200 or visit their website at: [www.ontc.on.ca](http://www.ontc.on.ca) .

## **Air Canada**

Air Canada provides daily flights from North Bay to Toronto Pearson International Airport. For reservations call: 888- 247- 2262. For more information and schedules, visit their web site: [www.aircanada.com](http://www.aircanada.com) . If you decide to fly from North Bay on the 11th, please schedule a flight that departs after 10:00am.

## **Non-Canadian Residents**

All participants should travel with a passport, whether they are flying or driving. In addition to a passport, minors will also need a signed letter from parents or guardians stating that you are traveling in Canada to attend a wilderness canoeing program in Temagami, Ontario. All airline tickets, important papers and valuables will be collected for safekeeping upon arrival at basecamp.

## **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.

## **Tuition**

Tuition balances are due May 15<sup>th</sup>. Tuition covers all activities from arrival at basecamp until departure on the last day of the program with the exception of optional spending money (travel snacks and items from the camp store such as t-shirts & stickers).

## **Refund Policy**

Participants who withdraw within 10 days of acceptance to the Leadership Program will be refunded any tuition payments, including the \$750 deposit. Withdrawals any time beyond the first ten days after acceptance forfeit deposit. 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).

## **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. We highly 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.

## **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. 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.

## NWL Leadership Program Personal Packing List

You can expect the same extreme weather fluctuations you did on your Bay Trip, only more so. Snow has been recorded on the Albany River every month of the year. Whitewater 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 5 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. **New items on the LP gear list include a notebook/journal, a couple of pens, and a compass (with straight edge).**

**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)

- 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.
- Notebook/journal** and a couple of **pens** (for curriculum work)
- Compass** with straight edge (for map and compass work)
- Towel** Primarily for swimming at basecamp. If taking on trail, bring small chamois-type fabric.
- 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, souvenirs 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.