

NORTHWATERS & LANGSKIB (NWL) CONFIRMATION PACKAGE 2024

Welcome to our first-year families, and welcome back to our returners! This document is an excellent resource and reference as you prepare for your child/ren's adventures at NWL.

PROGRAM DATES AND TRAVEL DAYS

The first day and last day of program are also the travel days (to and from basecamp). If it is not feasible to bring your participant directly to Temagami, we offer transportation to/from the Ottawa and Toronto area. See the Travel Details section below for more information.

Program	Start	BBQ	End
Northwaters 1 st Session	6/26/24	7/20/24	7/21/24
Langskib 1 st Session	6/28/24	7/20/24	7/21/24
Langskib 2-Week & Northern Lights 1 st Session	7/3/24	7/15/24	7/16/24
Burke Trip	7/8/24	7/20/24	7/21/24
Leadership Program	7/8/24	N/A	8/13/24
Northwaters & Langskib 2 nd Session	7/24/24	8/15/24	8/16/24
Langskib 2-Week & Northern Lights 2 nd Session	7/29/24	8/10/24	8/11/24

COMMUNICATION BEFORE PROGRAM

Program Directors and Administration are available via email or phone to support you and your child/ren as you prepare for their adventure. We host virtual open houses the first Thursday and third Sunday of each month if you'd like to meet 'face to face' with a director, ask a question, or learn more specifics about camp.

For questions related to the NWL experience (our staff, programming, life on trail, canoe routes, safety etc.)

Northwaters Program Directors:

Claire Miller: claire@northwaters.com | 416-797-0957

Hannah Sourisseau: hannah@northwaters.com | 613-979-7530

Langskib Program Director:

Eric Miller: eric@northwaters.com | 647-472-7203

For administrative questions (enrolment/admissions, parent portal, tuition payments, travel etc.)

Program Administrator:

Jen Zahorchak: jen@northwaters.com | 518-962-4869 | 866-458-9974

COMMUNICATION DURING PROGRAM

Once everyone has arrived at basecamp, we will send an email to let parents know that participants are safely on site. Soon after sections head out on their canoe trips, we will send an email update with a description of their time at basecamp, their route, and the leaders they are traveling with. Beyond that, our efforts are focused on facilitating in camp programming, operations, logistics and supporting our sections in the field. In our line of work, 'no news is good news' and beyond scheduled check-ins via GPS tracking or satellite phones,

we do not hear from (or interact directly with) our sections once they have paddled away from our docks. The good news is that our trip leaders are extensively trained in community building, group dynamics, backcountry travel and certified in wilderness medicine and water safety. As such, each section has all the tools they need for a fun, safe, immersive, and empowering adventure in the backcountry. Should the leaders need to contact us with a question, health, or safety concern, they have a satellite phone and GPS SPOT device to reach us around the clock.

MAIL is delivered to participants when they return from trail. If you'd like to mail a letter, please send it **WELL** in advance. Due to the rustic and remote nature of our basecamps, care packages do not always make their way to the island--please save treats and gifts as a special "welcome home" event *after* camp. Letters to participants can be addressed as follows:

Northwaters & Langskib
c/o Participant Name
Bear Island, Temagami, ON P0H 1C0

COMMUNICATION AFTER PROGRAM

At the end of the summer, directors follow up with families and are often able to share a link to photos from the session (when we are fortunate enough to capture some at basecamp and on trail). Participants receive contact lists for their trip mates and leaders so that they can keep in touch throughout the year.

PREPARING FOR NWL

Inside your Parent Portal you will find important forms to complete prior to May 15th including:

- Health Form/Emergency Contacts
- Parent Narrative (About my Child)
- Code of Conduct

The **HEALTH/EMERGENCY CONTACTS FORM** is a general assessment of your child/ren's physical and mental health along with contact information in case of an emergency. It does not need to be completed by a doctor, but your child needs to have had a physical within the last year to participate. This is also the place to list any allergies, dietary restrictions, or medications your child is currently taking. Please send medications and/or supplements in original packaging, clearly labeled with directions and your child's name. Trip leaders will dispense medication accordingly at basecamp and on trail.

The **PARENT NARRATIVE** is your direct link to the trip leaders who will be working with your child on their canoe trip. Sharing confidentially about your child's general personality, temperament, likes, dislikes etc. is an important tool our staff use to set each individual up for success. Please share honestly and openly. NWL trip leaders are trained and experienced to meet the needs of most young people they encounter, but the more we know in advance the better we can set *them* up for success.

Each participant who attends NWL agrees to a **CODE OF CONDUCT**. The code of conduct is generally an agreement to participate fully, treat yourself/others and the environment with respect, and to be safe. Disrespecting group members (this includes bullying) or putting group members (or yourself) in danger will not be tolerated and is grounds for program dismissal.

TRAVEL/TRIP INSURANCE: We recommend all families purchase supplemental travel/trip insurance appropriate for youth adventure camps. While NWL has robust insurance to cover medical care, it is wise to protect your travel and tuition investment with coverage for potential trip interruption or unforeseen travel costs. Reputable companies our families have used before include Allianz, Trav Mark, Travel Guard International, and InsureMyTrip.com

PASSPORTS: If you are traveling internationally, please make sure your passport is valid.

THE 'GIVE AWAY' AND 'TRADE' ITEMS: The Give Away is a Northwaters tradition where each participant and staff gifts something small but meaningful to someone else in the group. At the end of the trip, each group connects to reflect on the experience. Giveaway items are tucked under a blanket and everyone takes turns selecting an item, whereupon they hear from the person whose gift it is about the significance of the item. We are specifically open-ended about this item on the packing list, as selecting an item you are ready to let go of is a personal choice. Gifts of the heart over the years include things such as poems, books, simple jewelry, keepsakes, charms or small items of clothing.

The Trade is an optional NWL tradition where the community gathers and (with staff supervision) silently communicates to swap wares. Reminiscent of traders from different cultures coming together for fair and mutual gain, the Trade is a fun and silent way to acquire new items and pass along those you're ready to part with. Common items that have been traded in the past include small camp gear (knives, headlamps, tools), books, and small articles of clothing.

HEALTH AND WELLBEING ON TRAIL

TRAIL FOOD is healthy, hearty, and calorie dense to offset the rigorous physicality of a canoe trip. We cook breakfast, dinner and occasionally lunch over a fire (or stove) on trail and have two designated snacks as well as the occasional dessert. For the health, safety and equity of all, please do not send supplemental food, snacks, or candy for your child to bring on trail. Most dietary restrictions can be accommodated.

ALCOHOL AND DRUGS: NWL does not permit possession or use of alcohol, tobacco (including vape pens or juuls), or cannabis/marijuana during program.

ELECTRONICS and other valuables (with the exception of cameras) are collected and secured at the outset of every program. Your child will not have access to their phone while they are at basecamp or on their canoe trip. If they wish to take photos, please send them with a digital or disposable camera (waterproof highly recommended).

TUITION AND REFUND POLICY

A \$500 deposit is due at the time of enrollment. Tuition is due May 15th and is inclusive of all activities, gear, food, and in-program travel. As with all services in Canada, we are required to collect HST (harmonized sales tax). If you opt to use NWL transportation the fee is \$125 each way, due by May 15th when Travel Forms are submitted.

Withdrawals from regular programs up to 60 days before program start date are eligible for a refund (minus a \$25 processing fee). Program withdrawal within 60 days before the program start date forfeits the deposit. Participants who cancel within 30 days of program start date forfeit their deposit and 50% of their tuition. NWL cannot refund payments for participants who withdraw or are dismissed the day before, day of, or during program. Families are advised to purchase supplemental trip/travel insurance to cover costs associated with this scenario.

TRAVEL DETAILS

Once your child is enrolled and we activate the current year's travel forms (**in January**), you can visit the *Forms* section of the Parent Portal and click on *Transportation Forms* to let us know how your child/ren will be getting to camp and getting home *after* camp. After you select a rendezvous point for us to pick them up on the first day of the program and drop them off at the end, any subsequent transportation costs will be added to your invoice.

If you are traveling internationally, please make sure your passport is valid. If you require a letter of invitation from us, please reach out via email. Minor's traveling alone or children from blended households may want to travel with a letter of permission from parents/guardians. We have a template available upon request. Every family's situation is unique, please check the Canadian Border Agency website, as well as your country specific travel regulations.

Travel days are the first and last day of program (see calendar above for your specific program dates). Our programs begin and end at our remote island basecamps on Lake Temagami. If you cannot drop your child off in the town of Temagami, we offer charter transport with NWL to/from the Ottawa and Toronto areas.

Temagami Rendezvous

START- 5:00pm EST, Lakeland Airways, 25 Lakeshore Drive, Temagami, ON

END- 8:00am EST, Manitou Landing, Temagami Access Road, Temagami, ON

All participants being dropped off in Temagami meet us at Lakeland Airways in town on the program start date. If conditions allow, Langskib participants will travel to basecamp via float plane. Northwaters participants will be transported from the town of Temagami to the boat launch at the end of the Temagami Access Road where they will travel by motorboat to the Northwaters basecamp.

Ottawa Rendezvous- \$125 each way

START- Bus departs 11:00am EST, Indigo/IKEA shopping center, Pinecrest Greenbank Road, Exit 129 Hwy 417

END- Bus arrives 2:30pm EST, Indigo/IKEA shopping center, Pinecrest Greenbank Road, Exit 129 Hwy 417

All participants being dropped off in Ottawa meet us in parking lot "A" between the Indigo bookstore and IKEA on the program start date. From there we travel by van or bus 5+ hours northwest to Temagami. We will provide a simple lunch en route. Please be sure your duffel bag is labeled, and you carry a daypack with a full water bottle and nut-free snacks if you wish (to eat on the way).

Toronto Area Rendezvous - \$125 each way

START- Buses depart 12:30 pm, Vaughan Mills Malls if you are driving OR Pearson airport if you are flying

END- Buses arrive 2:00pm, Vaughan Mills Malls if you are driving OR Pearson airport if you are flying

From Toronto/Vaughan we travel by van or bus 5 hours north to Temagami. We will provide a simple lunch en route. Please be sure your duffel bag is labeled, and you carry a daypack with a full water bottle and nut-free snacks if you wish (to eat on the way).

Driving/Vaughan- Please meet our bus in the highway-side lot, **parking post 6 outside Bass Pro Shops**. Plan to arrive no later than 12 noon for a prompt 12:30pm departure.

Flying/YYZ- To make it to the islands by nightfall the buses must depart Pearson airport promptly at noon the first day of the program. Participants flying on the day of the program must land by 11am to make the bus.

Our staff meet participants inside the appropriate terminal as they arrive. After your child lands, they proceed through customs (if applicable) and baggage claim INTO the terminal to meet our staff.

If your child needs to fly but cannot arrive the day of before 11am, we offer an Early Arrival service for an additional \$100. Our staff meet the Early Arrival participants the day before program begins (any time after 4pm EST) and provide food, supervision, and lodging at the Four Points Sheraton/Elements hotel across from the airport (6257 Airport Rd, Mississauga, ON L4V 1E4). If you are flying with your participant, you may drop them off with us at the Four Points at 11am on the program start date.

Please check your airline's policy for Unaccompanied Minor travel, as they vary considerably. We do not know specifically who is picking up each child until 48 hours prior to the program start date, after which we can send you their contact information to update the airline.

END OF PROGRAM: At the end of all programs we host an end of session celebration and BBQ at our Northwaters basecamp. Parents are welcome to join us, but attendance is optional. The BBQ is a rustic and simple affair designed to close the experience for our participants in a celebratory way. For parents, the event begins at noon with a boat ride to basecamp and ends about 8pm with a boat ride back to the mainland. The BBQ is a unique opportunity for parents and siblings to catch a glimpse of participants with their peers and trip leaders fresh off trail. There is limited lodging in the town of Temagami (Loon Lodge and Temagami Shores) but a great deal of options about an hour south in North Bay. We do have some limited space for hearty souls who would like to stay on the island to tent camp (RSVP required by May 15th, first come first served).

The last day of the program is return travel day. Participants whose parents did not attend the BBQ can be picked up at the end of the Temagami Access Road (Manitou Landing) at 8am, or charter travel with us for \$125 to Ottawa, Vaughan, or Toronto (see Travel Details above). Participants with family at the BBQ depart the island with their parents or get picked up at the end of the Temagami Access Road (Manitou Landing) at 8am.

NWL PARTICIPANT PACKING LIST

NWL provides all the group camping and canoeing equipment required. Individuals are responsible for bringing their personal gear, clothing, and toiletries. There is no need to buy expensive gear; you may have many of these items already or find them at a second-hand store. **PLEASE NOTE: if you are unable to source any of the personal trail gear or clothing/outerwear items below, we will happily lend them to you for the duration of the session.**

Generally speaking, you will bring clothes to take on your canoe trip and clothes to wear in basecamp (and while traveling to/from basecamp). Comfortable, durable clothes appropriate for backcountry travel in the changeable Temagami weather will make all the difference in your experience on trail. Trail clothes will see hard use. Conditions range from cold and wet, to hot and sunny, sometimes on the same day. Packable layers are key, as are synthetic materials that will keep you warm even when wet. You will be swimming often and will also have opportunities to wash your body and clothes occasionally when you make camp for the night.

We will repack your trail clothes (and personal trail gear) the morning you head out on your canoe trip. You will leave your basecamp/travel clothes at basecamp in your duffle bag (which will be stored securely while you are on trail). For trail, participants basically pack one set of clothes/shoes to wear during the day (for portaging, paddling and hiking) and a different set of clothes/shoes for the evenings (for setting up camp, cooking and sleeping). These clothes are referred to as 'wet clothes' (for use while paddling) and 'dry clothes' (for use while in camp). Check out our [How to Pack for a Canoe Trip](#) video here.

PLEASE LABEL YOUR LUGGAGE AND EACH ITEM YOU BRING WITH YOUR FIRST AND LAST NAME. NWL CANNOT BE RESPONSIBLE FOR ITEMS DAMAGED, LOST, OR LEFT BEHIND.

- Duffle Bag** - due to the rugged nature of our basecamps, the duffle is the best way to transport your personal belongings between home and camp (not a wheelie suitcase). Everything you bring to camp should fit in this bag. Your duffle and any valuable or extra items will stay securely behind at basecamp. Please label your duffle bag with your first and last name.

PERSONAL TRAIL GEAR

- Waterproof Dry Bag** - 55 liter (*SeaLine* brand Baja Dry Bag is ideal). Your trail clothing/gear and sleeping bag will get packed in this dry bag. It should not have straps. We provide a canoe pack for you to carry your dry bag in when on trail.
- Day Pack (Small Backpack) or Small 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 20-30 liter capacity.

- Sleeping Bag** - compact, mummy-type bag rated for 5°C or 40°F with maximum packed size of 50x25cm.
- Sleeping Pad** - compact, closed-cell foam or self-inflating (*Therm-a-Rest* brand is ideal)
- Water Bottle** - 1 liter capacity. Durable aluminum, stainless steel or heavy-duty plastic. (wide mouth *Nalgene* brand is ideal)
- Sunglasses** UV rated. Attachment cord recommended.
- Headlamp** or **Flashlight** with extra batteries.
- Mess Kit** - fork, spoon and cup (Insulated cup with handle is nice, but not necessary)
- Knife** for camp chores/crafts and cooking. Folding or sheath, simple or multi-tool, 2-3" blade ideal.

PERSONAL TRAIL CLOTHING AND OUTERWEAR

- 2 **Long Underwear Tops** - long sleeve wool blend, synthetic fiber or polyester blend. Quick dry, not cotton.
- 2 **Long Underwear Bottoms** - wool blend, synthetic fiber or polyester blend. Quick dry, not cotton.
- 1 pair **Fleece Pants** or other warm, loose fitting, light weight, durable, quick-drying material.
- 1 pair of long **Quick-Dry Pants** - nylon hiking pants or synthetic track pants are perfect.
- 4 pairs **Wool Socks** - or material designed to insulate like wool.
- 2 pairs of **Shorts** - lightweight, durable, synthetic fiber or poly-blend, limit cotton.
- 2 **Tee-Shirts** - synthetic fiber or poly-blend, limit cotton.
- 1 (or 2) **Swimsuit(s)** - 2-piece preferable.
- Underwear** - enough for the duration of your stay, at your discretion.
- 1 **Sun Hat** with brim - any lightweight hat to protect from sun.
- 1 **Warm Hat/Toque** - wool or fleece preferred.
- 2 **Fleece Jackets or Pullovers** - one for daytime (can get wet) and one for nighttime (stays dry).
- 1 waterproof **Rain Jacket** - expensive/breathable jackets are nice, not necessary.
- 1 pair of waterproof **Rain Pants** - helpful in the rain and as an insulating layer.
- 1 pair of daytime '**Wet Shoes**' - durable, supportive, secure, FULLY ENCLOSED sneakers or light hikers are best. NO LEATHER, BOOTIES, SANDALS, CROCS or shoes with holes. Worn all day paddling, portaging, and hiking.
- 1 pair of '**Dry Shoes**' - to change into in the afternoon/evening at camp after washing and drying your feet. Should also be lightweight, durable, secure, and fully enclosed. Sneakers are perfect. No leather, crocs, or sandals please.

PERSONAL TOILETRIES/HYGIENE

- Sunblock** - waterproof 30-SPF lotion recommended. No aerosols, please.
- Lip Balm** - with sunscreen Or lotion/balm that is lip friendly. Long days on the water can lead to angry lips.
- 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.
- Nail Clippers** - short fingernails are essential to avoid skin irritations and infections from scratching.
- Menstrual Products** (if necessary) - whatever products you use at home.
- Personal Health Products** - any product you use at home to keep your hair, skin, eyes, ears and teeth healthy. If you are prone to skin conditions (dryness, irritation, bug bites etc.) bring any over the counter lotion or anti-itch type product that you usually use. Travel sized containers of products will save space and reduce weight. If a

product is not suitable for trail (or we carry ample amounts of it in our med kit) you can simply leave it behind for 'basecamp only' use.

MISCELLANEOUS

- 1-2 comfortable **Travel/Basecamp Outfits** - cotton, jeans, shorts, hoodies, sweatshirt/pants are all fine. These are clothes you can wear in basecamp and will stay behind (safe and dry) when you go on your canoe trip. Some folks bring casual dress clothes/summer dresses for celebratory end of session feast and BBQ.
- Pack Towel** Primarily for swimming at basecamp. If taking on trail, bring small chamois-type fabric.
- Giveaway Item** Northwaters/Northern Lights or **Trade Item** Langskib
- Personal Identification** or travel documents (as needed) - will be stored securely at basecamp.
- Camera** (optional) - disposable and/or waterproof recommended- NOT your phone.
- Journal** (optional) - book or other small packable hobby/craft item.
- Fishing Rod/Tackle** (optional) for personal use during down time, rod should be stored in a secure travel tube.
- Money** (optional) - \$25-50 for camp store if your parents aren't coming to the BBQ.
- Phone** (optional) for travel to and from camp – will be safely stored with other valuables at basecamp

PLEASE LEAVE AT HOME

- **NUT PRODUCTS** - For the safety of all, NWL is a nut safe program and facility.
- **SNACKS/CANDY FOR TRAIL** - Personal food is not safe to take on trail.
- **FLAVOR CRYSTALS FOR WATER** - Simple, filtered water is the best for hydrating. Flavor crystals produce micro trash and attract wildlife to personal packs and tents.
- **DRONES** - it is dangerous to fly drones in local air space without authorization (or a license) in the region.