

## Wilderness Canoe Camp 2013/2014

Wilderness Canoe Journeys Provides:

All safety gear, e.g. Personal Floatation Device, group first aid kit.

Canoes and paddles.

Camp pots for cooking on open fire and stoves and fire lighting tools.

Quality tents with mosquito net doors.

Knives for wood carving and bushcraft.

Toilet paper and camping toilet!

A large Water proof bag or barrel per camper.

### Personal Gear List

Many of these items you probably have already at home. For certain specialty items you may not have (e.g. rain gear, sleeping bags, etc) we recommend your local outdoor shop. We ask young people to bring simple clothing without adverts, rude printing, etc. and to make sure you label all your belongings. Your initials on the inside label of clothes and on torches with a permanent marker is fine. Many items can be found in your local op-shop. Reduce, re-use, recycle!

The list below includes the clothes you arrive in, ie. Try to keep your gear to a minimum, simple living is best and it all needs to fit in your personal barrel (approx 100 litres, supplied by Wilderness Canoe Journeys). Joining instructions with more detail will be sent once your place is confirmed, please also read the advice on the second page below.

#### CLOTHING

- \_\_\_ Shorts (2)
- \_\_\_ Long pants (2) No jeans and at least one is a quick-dry fabric
- \_\_\_ T-shirts (3)
- \_\_\_ Long-sleeved shirt (1)
- \_\_\_ Polypropylene / merino (thermal) long-sleeved shirt (2)
- \_\_\_ Polypropylene / merino (thermal) long underwear bottoms (2)
- \_\_\_ Thick polyester fleece top (1)
- \_\_\_ 2<sup>nd</sup> top / sweater / jumper in wool or polyester.
- \_\_\_ Swim wear / Togs
- \_\_\_ Underpants (6)
- \_\_\_ Socks (5 pairs) including 2 pairs wool / thermal
- \_\_\_ Towels (1) small quick drying
- \_\_\_ Wool or synthetic knit hat
- \_\_\_ Sun hat with brim
- \_\_\_ Raincoat with hood
- \_\_\_ Rain pants

SHOES (3 total) Please do NOT bring jandals or crocs to camp!

- \_\_\_ Sandals / Tevas or Trainers / running shoes (1 pair)
- \_\_\_ Wet shoes (1 pair) - Old trainers (need to be secure on feet)
- \_\_\_ Hiking boots (1 pair) - Sturdy high top trainers or trail shoes may be substituted

#### MISCELLANEOUS ITEMS

- \_\_\_ Simple Toilet kit (soap in box, toothpaste, tooth brush) Please do not bring aerosol cans of any type.
- \_\_\_ Personal medicine.
- \_\_\_ Insect repellent (non-aerosol) natural recommended
- \_\_\_ Sunscreen, lip balm
- \_\_\_ Sunglasses and Sport band for glasses and sunglasses
- \_\_\_ Sleeping bag with stuff sack
- \_\_\_ Torch and 2 sets of new batteries (Head torches are best, eg. From Mitre 10)
- \_\_\_ Sleeping matt – foam roll is recommended or small lightweight inflatable, therm-a-rest type matt.
- \_\_\_ Heavy duty rubbish sack for sleeping matt and some small plastic bags to divide clothes / gear up.
- \_\_\_ Drinking cup - camping style, non-breakable, eg. Strong plastic
- \_\_\_ Large bowl - works as plate also!
- \_\_\_ Spoon (this also does the job of a fork!)
- \_\_\_ Water bottles (2 x 1 litre) with attachment point or string taped around to clip and secure to canoe.
- \_\_\_ River sealed waterproof bag -(medium size about 30 litres is good) usually with a roll down top with fastening clips. Having this waterproof bag of your own is highly recommended for clipping to your canoe for easily accessing camera, spare items. It keeps them in one place in your canoe and from sinking if you tip up!

#### OPTIONAL ITEMS

- |                                      |                       |
|--------------------------------------|-----------------------|
| ___ Envelopes, stamps, note paper    | ___ Hand fishing line |
| ___ Extra pair of glasses/contacts   | ___ Book              |
| ___ Playing cards, Games, Hacky sack | ___ Camera            |

We live a simple life on camp getting close to nature in the wilderness. Consequently it is better to leave all electronic devices at home. Cameras are permitted but not camera phones. If parents would like children to have a phone for travelling to camp, on arrival all electronic devices are kept securely by Wilderness Canoe Journeys until the trip home.

## Advice about Clothes and Equipment for Wilderness Canoe Camps

On our personal gear list there is a list of important camp clothing and equipment that each camper will need. Please read that carefully and contact us if you have any questions. This is a list of six things the staff feel are most important for each young persons safety and comfort. We recommend your local outdoor shop or there are websites that offer good outdoor equipment:

<b>#1</b>	<p><b>RAIN GEAR</b></p> <p>Having a light-weight packable jacket is important. This must be sturdy and well made and water repellent, not simply water resistant! A good jacket is a must; also rain pants are required. Avoid raincoats with heavy linings! These tend to cause over-heating due to the nature of journey activities. The other items listed below can be combined in layers to create more warmth if necessary.</p>
<b>#2</b>	<p><b>POLYESTER FLEECE TOP</b></p> <p>Layers are critical for warmth. This item needs to keep your child dry and warm when it is wet out. The key is that it be 100% polyester, please NO COTTON!! Beware of some tops called fleece but are mostly cotton (a typical kids sweatshirt is mostly cotton). If you are looking at Polartec brand fleece, 200 weight should be quite heavy enough for summer.</p>
<b>#3</b>	<p><b>POLYESTER, (NON-COTTON) LONG SLEEVE THERMAL TOP AND BOTTOM</b></p> <p>This is important because it wicks away moisture while keeping the wearer warm, but not too hot. Great for under a PFD (Personal Floatation Device) on a day when the weather is wet or changing a lot. A lightweight top, combined with a warm fleece top suggested in #2, will work well. Light-weight or mid-weight bottoms are great. These are sometimes sold as, "base layer" or "Long Underwear top and bottom."</p>
<b>#4</b>	<p><b>WET SHOES</b></p> <p>These are what we wear whenever we canoe and are important to keep the feet from getting injured. These must be sturdy shoes that can get wet and remain comfortable for walking. They need be lace-up models so that they will not get sucked off in mud – once Velcro gets full of dirt it is useless for keeping shoes on. These CANNOT be: Tevas or other kinds of jandals / sandals, neoprene socks or Crocs. Old sneakers that still fit comfortably are fine, try your local op-shop if you don't have any. There are also some newer water shoes that work well and dry out faster than an old sneaker, but these can be expensive. Wet shoes must completely cover the foot, no open toed shoes please!</p>
<b>#5</b>	<p><b>GOOD HIKING BOOTS – BROKEN IN</b></p> <p>Good boots are a requirement for when in the bush or walks. Sturdy trail shoes or high tops trainers which lace up securely can be used for hiking boots. Visit your local outdoor store to have them properly fitted and wear them around before camp starts.</p>
<b>#6</b>	<p><b>SLEEPING BAG</b></p> <p>The sleeping bag is also another important piece of equipment. A good sleeping bag should be both warm and packable in a small to medium sized stuff sack. We have found the best sleeping bags to be those made from synthetic fibers, sometimes called hollow-fill, fiber-fill. These sleeping bags will still provide comfortable warmth even if they get wet, which they shouldn't if instructions are followed! Avoid cotton or down feather filled sleeping bags as these will not provide warmth when wet. An appropriate sleeping bag will have a temperature rating associated with it. A good summer time sleeping bag will have a lower comfort rating of approximately 6 degrees C. A sleeping bag with a lower temp rating may be too hot and bulky and one with a higher temp rating may be too cold! Thermals / wool hat can be used to keep warmer if necessary.</p> <p>Often campers sleeping bags do not fit in their personal barrel with all their other gear and they can go in Wilderness Canoe Journeys large group gear barrel which each canoe also carries for tents, stoves, food, etc. Sleeping matts can also be stored in the canoes.</p>