

# 2012 LEADERSHIP VOYAGEUR CANOE TRIP INFORMATION

The Voyageur Canoe Trip is RKY Camps newest program designed to allow campers to experience the premiere wilderness destinations of Ontario. Not only will this trip provide a new and exciting challenge to campers it will be a safe way to experience the beautiful rivers and lakes of Ontario. This camping trip is a great opportunity for youth to experience the great outdoors, as they learn camping skills, environmental stewardship and develop leadership skills. All of our trips are co-educational, and the routes are designed to meet specific needs of each group. All trips are lead by two experienced RKY Staff members. Please read our information package below about this new and exciting leadership adventure.

## SAFETY

**Trip Leaders:** We hire experienced and qualified leaders for our trips through a competitive hiring process each season. Our trip will be lead by our Out tripping Area Head and one of our experience trippers. Qualifications of our leaders include, National Lifeguard Certification, ORCKA Instructor Certifications, Swift Water Rescue, Wilderness First Aid (Either advanced or First Responder), ORCKA Canoe Tripping Level 1 and many other certifications. We maintain a participant ratio of no larger than 1:6.

**Training:** Each year, all of our trip leaders undergo an intensive risk-management training session that helps prepare them to understand how to manage risks properly while out on trip. Our risk management plan is available for parent to review and has been carefully crafted incorporating leading standards from Wilderness Medicine, Leadership and Protocols.

**Route Planning:** Our routes are custom designed for each group. This enables us to take into account the age and experience of the group in order to have a challenging, yet accessible wilderness experience. Our route will include either a beginner level river paddle or a more experience lake water route. The specifications of the route will be decided once enrollment has been solidified. Participants will be made aware of the specific route. To date we are choosing between route on the Dumoine River, French River, Madawaska River and Algonquin Park. All of which provide safe checkpoints, other travelers and clear portage routes.

**Communication:** Our Voyageur Canoe trip will be bringing a SPOT device and Satellite phone to communicate with camp. For more information on SPOT see <http://international.findmespot.com>. Leaders will be required to use the SPOT device every evening on our trip. Regular call will also be made to check in with the Camp Director.

## TRAVEL

Our Voyageur Leadership campers will arrive at camp with all of our other RKY Campers. They will spend the first 3 days at camp packing, planning, practicing (Canoeing, Outdoor Living Skills and Navigation) and participating in all of the traditional RKY activities. Please see the Trip and Camp Schedule for a more detailed outline. The first few nights at camp will be spent at RKY, sleeping in the tents they will use on trip

On day 4 participants will be driven to their drop off point by our RKY driver. The majority of the trip paddlers will spend time on the water, adventuring to their next camp site. Distance paddled each day varies and will be judged based on skill level of the group. Small day hikes and paddles will occur during the voyage. Campers will then return to camp on Day 11 and participate in RKY Camp activities, debrief the trip and enjoy some rest and relaxation in RKY Cabins.

## TRIP AND CAMP SCHEDULE

Day 1	Day 2	Day 3	Day 4	Day 5
<ul style="list-style-type: none"> <li>• Arrival at RKY</li> <li>• Leadership Participant Orientation</li> <li>• Prep and RKY Camp Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Canoe Skills Lesson</li> <li>• Group Packing</li> <li>• Trip Planning</li> <li>• Team Building Activities</li> <li>• High Ropes/Low Ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Group Packing</li> <li>• Personal Goal Setting</li> <li>• Camp Craft and Outdoor Living Skills Session</li> </ul>	Drive to Trip Put In Night One on Trip	Trip Night 2
Day 6	Day 7	Day 8	Day 9	Day 10
Trip Night 3	Trip Night 4	Trip Night 5	Trip Night 6	Trip Night 7
Day 11	Day 12	Day 13	<ul style="list-style-type: none"> <li>• All Voyageur campers will be allowed to phone home on Day 11.</li> <li>• As per our safety guidelines trip leaders will be using both a SPOT device and satellite phone to check in with camp every second day.</li> </ul>	
<ul style="list-style-type: none"> <li>• Return to RKY Camp</li> <li>• Unpack and Shower</li> <li>• Debriefing Activities</li> <li>• Night Inside Sleeping in Cabins</li> </ul>	<ul style="list-style-type: none"> <li>• Unpacking trip</li> <li>• Group Activities</li> <li>• Final Banquet</li> <li>• Elements with Camp</li> <li>• Sleeping in Cabins</li> </ul>	Departure from RKY Camp		

## PACKING GUIDE

**NOTE ON PACKING – SYNTHETIC MATERIALS ARE ALWAYS BETTER THAN COTTON.  
COTTON DOES NOT RETAIN HEAT WHEN WET.**

- 30 Liter Dry Bag for sleeping bag and clothes
  - 5 Liter Dry Bag for personal items (e.g. book, sunscreen)
  - Small Packing Warm Sleeping Bag
  - Sleeping Pad
  - 1L High Quality Water Bottle
  - Hat
  - Rain Coat and Rain Pants \*\* Essential Item
  - 1 x Fleece or Wool Sweater/Jacket
  - 1 x Long Pants (non-denim)
  - 1-2 x Shorts (non-denim)
  - 2-3 x Short Sleeved T-Shirt
  - 1 x Bathing Suit
  - 1 x Long Underwear – Shirt and Bottoms
  - Underwear
  - 1 x Sandals – must have a back strap
  - 1 x Dry Shoes with closed toes (Running Shoes/Hiking Boots)
  - 2 x Wool Socks
  - 1 x Cotton Socks
  - Sunscreen with SPF 30 or higher
  - Lip Balm/Chap stick with SPF 15 or higher
  - Flashlight and Spare Batteries
  - Toothbrush and Toothpaste
- Optional: Sunglasses, Camera (*Suggestion: Waterproof Disposable*), Book/Journal, Mosquito Repellent or Bug Jacket)
  - **Please Note:** Everything you bring (except the sleeping pad) should fit into your 30 L dry bag. Packing may require some ingenuity/stuffing. Personal items such as sunscreen, toothbrush/toothpaste, camera, will be packed into the 5 L Dry Bag.
    - Please refer to the General packing list for prohibited items.
    - Please pack some clothing to keep at camp for days spent at camp.
    - Personal Items will be locked away at RKY Camp during trip

Gear and supplies do not need to be purchased new. It is certainly possible to obtain second hand items from Value Village (some of the best camping gear does come from here) and borrow from other individuals. If you need help finding gear please feel free to contact our camp office as we would be more than happy to help you. Mountain Equipment Co-op in either Toronto or Ottawa will be more than happy to help you online. In Kingston Trailhead will also be a good resource. Trip leaders will also be contacting participants in early July to answer any questions and talk about the trip. Gear will also be useful in future Leadership trips, the CIT trip and as a counselor at RKY camp.

We encourage all Voyageur leadership parents to come out to our Parent Information Night, June 10<sup>th</sup>, 7pm at the YMCA of Kingston. Here we will be able to answer individual questions.

Please refer to our 2012 Parent Handbook for other important camp details.