



## **2026 Family Guide**

## **Land Acknowledgement**

Great Moose Adventures acknowledges that we gather on the traditional territory of the Anishinaabeg Nation, including the Ojibwe, Odawa, and Potawatomi Nations, collectively known as The Three Fires Confederacy under the terms of The J. Collins land purchase of 1789 and The Williams Treaties of 1923. The Huron-Wendat, the Haudenosaunee Nation and the Moon River Métis have also walked on this territory over time. We recognize the enduring presence of Indigenous peoples on this land.

We commit to the continuing education of Indigenous history, culture and contemporary issues. We are dedicated to deepening our understanding of truth in order to move forward in the spirit of reconciliation and respect with all First Nations, Métis, and Inuit people; their cultures, languages, wise teachings and ways of beings that have shaped this land since time began.

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## **Who We Are**

Great Moose Adventures (GMA) is an outdoor education centre located in Muskoka, Ontario, with 96 acres of pristine wilderness, 30 acres of conservation wetlands, 500 acres of adjoining Crown Land and the clear, calm Kashe River.

Rooted in our motto of 'Learning through Adventure' – where people learn and grow by experiencing new activities, our goal is to provide unique, customized, educational programming focusing on 'hands-on' learning, character development, healthy living and Canadian culture. Our educational programming takes the form of:

- Private day school for KG - Grade 8
- Educational summer day camp
- Wilderness canoe tripping
- Leadership camps and work experience opportunities
- Red Cross first aid training
- Forest school, cross country skiing and snowshoeing
- Outreach programs - in school & class trips

As an outdoor educational summer camp, we combine traditional camp activities such as hiking, swimming & canoeing, games, crafts, music, drama, sports, archery and camp fires, with inquiry-based, hands-on activities that include building challenges, scientific investigations, problem-solving activities, animal & plant study, team building scenarios, art projects and brain-body exercises.

We can offer:

- a dedicated team of onsite Directors - organized, creative and constantly adapting
- energetic, mature and passionate teachers - modelling growth mindsets and positive energy
- summer camp traditions - swimming, canoeing, forest exploration, games, arts & crafts
- outdoor education - science investigations, building challenges, reading & writing, math and social studies
- a safe space for kids to be kids - playing, exploring, making friends and having fun

For our Wilderness Canoe Tripping program we offer trips that accommodate mixed ages, genders and different levels of canoe experience, including campers with no experience - to allow everyone the opportunity of a lifetime!

## **Day Camp**

### **Ages 4 to 15 - all campers are divided into the following groups**

- Juniors (4 & 5 yrs)
- Middlers (6 - 8 yrs)
- Seniors (9 - 11 yrs)
- LIT (12 & 13)
- CIT (14 & 15)

\*Groups are based on age, but are flexible pending maturity, parent choice, sibling scenarios and at the Director's discretion. Please let us know if you want your child in a different age group

### **Schedule - Camp starts at 8:30am and ends at 3:30pm**

- Camp is divided into 8 'Weekly Sessions' (Monday to Friday):
  1. Monday, June 29 to Friday, July 3 (includes Canada Day)
  2. Monday, July 6 to Friday, July 10
  3. Monday, July 13 to Friday, July 17
  4. Monday, July 20 to Friday, July 24
  5. Monday, July 27 to Friday, July 31
  6. Tuesday, Aug 4 to Friday, Aug 7
    - \*short week - no Camp on Monday, Aug 3 for Civic Holiday
  7. Monday, Aug 10 to Friday, Aug 14
  8. Monday, Aug 17 to Friday, Aug 21

### **Transportation - optional bus shuttle available**

- Pick-ups & drop offs available in Bracebridge & Gravenhurst
- Pending numbers it will be a full bus, mini-bus or shuttle van / SUV
- \$60 per camper for a 5 day week, \$48 for the 4 day week (Session 6)
- Travellers must register for the full week

**Bracebridge** - Pick up/drop - 8:00am & 4:00pm(Rotary Club - 131 Wellington St)

**Gravenhurst** - Pick up/drop - 8:20am & 3:35pm(Independent parking lot - 290 First St N)

### **Camp Cost (price freeze from summer 2025!)**

- \$360 per full week - no HST on day camp
- \$288 for short week (Session 6 only)
  - \*Participants must register for the full week
  - \*We do not offer sibling discounts
  - \*Full payments to confirm booking for 1 week of camp
  - \*Payment plans available for multiweek booking & families with siblings

## Day Camp

### **Food**

- Children bring their own meals from home (**we are 'nut free'**)
- Water - please bring clearly marked water bottles, we have refill stations
- Boomerang Lunches only - we kindly ask that all campers take home everything that they bring, including garbage
- Access to fridges, microwaves, dishware or cutlery will not be available

### **Communication**

- An email will be sent out 1 week prior to camp with all the relevant information that you might need. All other information is found in the Family Guide
- Parents will have an opportunity for a quick chat during the morning drop-off & afternoon pick-up
- If you have any questions or would like to set up a meeting with a Director, please send an email to [oe@greatmooseadventures](mailto:oe@greatmooseadventures) or call us at 705-687-3903 to book a time
- New last summer - photos will be available via a Google link after each week of camp, we'll try our best to get at least one picture of everyone

### **Procedures**

Drop-off/Pick-up - [Camp starts at 8:30am and ends at 3:30pm](#)

Parents & Campers will meet a Director or Senior Staff at the beginning and end of the day at our Registration Table. If you are happy for a quick drop, please follow the roundabout. If you want to walk with your kids, please park by the barn. You are welcome to arrive earlier in the morning if you want - please line up at the registration table to wait for our teachers. We'll be out to greet everyone at 8:30 sharp.

If you need to pick up early, please let us know (via email) the day before. Please note Senior campers are out all day on Wednesdays.

For parents with younger campers or children who have not been to Great Moose Adventures (or other camps) before, please prepare them for a happy good-bye, as parents are not allowed to accompany the kids to class. We will have staff available to escort the kids to their classrooms.

## [Day Camp](#)

### **Illness at Camp & Outbreak Guidelines**

GMA's outbreak policies and procedures for summer camps are based on the operational guidance given by the Ontario government and have been created following the advice and guidance of the Simcoe Muskoka District Health Unit.

If a camper demonstrates an illness at camp, we will isolate the individual, and contact the families for pick up as soon as possible.

### **Handwashing & Hygiene**

Regular reminders to wash hands and visual checks by teachers will be made to ensure that all children are maintaining good hygiene.

### **Sun Care**

Children must wear sunscreen and ball caps throughout the day. Please apply sunscreen at home with your children before camp everyday. We will ask the children to reapply throughout the day. All campers will be encouraged to apply their own sunscreen, so it might be best to look for easy to apply sprays for the body and sticks for the face. If you do not want your child to wear sunscreen, please let us know.

### **Tick Checks**

Tick checks will be done upon returning from an outdoor program. If a tick is found embedded in a child, our teachers will safely remove the tick. The tick will be kept on site and can be sent home if needed. We suggest carrying out ticks checks on your child when they get home too.

### **Camper Code of Conduct**

- All campers must follow the above described guidelines to the best of their ability
- Self-screening - if any camper is feeling unwell at camp or at home, they must let an adult know asap.
- Campers are expected to adhere to the GMA Rules of Respect - Respect Nature, Staff, Yourself, Other Campers and GMA Property

## Day Camp

### Programs

We combine traditional camp activities such as hiking, swimming, canoeing, games, crafts, drama, sports, archery & camp fires, with Outdoor Education focusing on experiential learning & inquiry-based activities. Benefits include:

- emphasizes camper engagement & fosters a growth mindset
- practices critical thinking & problem solving techniques
- gain mental and physical skills
- develop a connection to nature, build social skills and make friends

Examples of Outdoor Education projects and activities include:

catapults & aqueducts	water filtration	kites & planes
animal & plant study	energy machines	volcanoes
scales & balances	compass challenge	boats, rafts & sail cars
building shelters & fires	magic potions	treasure maps

### Daily Schedule

8:30-9	Free Play / Recess - usually outdoors (pending bugs and weather)
9-10	Morning Circle & Games - Snack - Prep for the Day
10-12	Morning Activity
12-1:30	Lunch & Free Play / Recess
1:30-3	Afternoon Activity
3-3:30	End of Day Circle and Tidy Up

### **Whole Camp Activities - "It's always good to get everybody together!"**

[Monday Assembly](#) - welcoming everyone to camp, introducing staff & leaders, and challenging all campers to go for it!

[Thursday House Team Challenge](#) - all campers are divided into teams (Bears, Eagles, Beavers and Ravens) to participate in whole camp games

[Friday Assembly](#) - camper of the week presentation, group performance contest (cheers, chants and dances) and the Candy Jar winner is announced!

## Day Camp

### **Swimming & Canoeing**

Campers enjoy our lovely Kahshe river for swimming & canoe adventures on the following days:

- Senior Campers - Monday (morning) & Wednesday (full day)
  - Middler Campers - Tuesday & Friday (mornings)
  - Junior Campers - Tuesday and/or Thursday (afternoon)
- \*for our youngest campers - we sometimes divide into groups

[\\*All participants, including adults and strong swimmers must wear a PFD at all times](#)

\*Campers are welcome to bring their own PFDs (please label), or use those provided by Great Moose Adventures

\*Canoeing and swimming is weather pending - if we are unable to make it during our scheduled times, we will try our best to find another time....but we can't guarantee it

Our swimming program is for fun & optional (but encouraged) for all campers - our leaders will provide feedback for skills / technique for eager swimmers, but these are not lessons

Our canoe program varies for each group:

- Senior Campers - campers will learn the basics of canoeing with opportunities to participate in a canoe-over-canoe T-rescue & practice paddling in stern and bow positions, during the Monday session and throughout the full-day outing on Wednesday
- Middler Campers - canoeing is optional (but encouraged), with opportunities to learn basic strokes, practice in the bow and stern, and jump out of the boat & learn how to get back in. Lessons and top tips will be provided for campers who are keen
- Junior Campers - canoeing is optional (but encouraged) and is an introduction to paddling in a boat with a leader who is sterning the canoe, with options to improve skills for returning campers

## Day Camp

### **Gear / Clothing List**

#### Clothing, Gear & Equipment

Please follow the list to the best of your abilities. All items will be stored in the campers personal space and can stay at camp for the whole week. Teachers will encourage campers to look after their belongings, hang-up any wet/damp gear and take home dirty or soiled belongings. Please label everything:

- water bottle (s)
- hat
- sunscreen
- bathing suit & towel
- indoor shoes - flip flops are ok
- shoes with closed toes
- rain jacket & pants
- long sleeved t-shirt & pants (lightweight and light colour for bug protection)
- extra shorts, socks and t-shirt
- extra underwear
- sweater/hoody
- plastic bag for wet clothes

Here is a list of items that you do not need: cell phones, cameras, video games, junk food or candy, new or good clothing

#### **Camp Gear for Sale** - available in the Registration Tent

- Ball Caps = \$30
- T-Shirts = \$30
- Sunglasses = \$10

Payments available with Cash or E-transfer( [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com) )

## Day Camp

### **Payments & Cancellations**

- \$360 per full week or \$288 for the short week (Session 6 only), no HST
- No refunds for cancellation after June 1st
- Before May 1st, full refunds will be issued, minus an admin fee of \$75
- Between May 2-May 31, 75% refund will be issued, minus a \$75 admin fee
- Changes/deferments to registration will only be accepted before June 1
- No deferments to other programs or to future dates, beyond the specific program time frame (2026)
- Administration fee is applied per person, per week
- Participants must register for the full week - you can request time / days off for relevant occasions, but there is no reimbursement for time away
- We do not offer sibling discounts
- Full payments to confirm booking for 1 week of camp
- Payment plans available for multi-week booking & families with siblings (with a deposit of 1 week of camp to hold your spot)

### **Payment Options**

- Interac email transfers to [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com)
- Credit Card with a 2.9% administration fee - please let us know if you would prefer this option
- Send a cheque to 'Great Moose Adventures Inc' (1368 Housey's Rapids Road, Gravenhurst, P1P 1R3)

### **How to Register?**

1. [Click here](#) to complete an on-line registration (1 per person)-please note you will be redirected
2. When we receive your registration - we'll send you an email confirmation, including the cost & payment details
3. To confirm your booking send an e-transfer payment to [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com)
4. When we receive your payment - we'll send you an email confirmation and you are all set to go!
5. We will send an information email, including a clothing list on June 1st, and 1 week prior to your camp dates (with any last minute specifics)

## [Day Camp](#) & [Canoe Trips](#)

### Leadership

Our Leaders in Training (LIT/CIT) program is a unique initiative designed for youth (aged 12 - 15) who are seeking work, play and life experience in the field of outdoor adventure and education.

With high levels of support, our Leaders will have the opportunity for real-life leadership and work experience as a means to gain skills, knowledge and contacts to develop themselves as canoe guides, camp counselors, health & wellness instructors and positive, pro-active leaders in their communities.

- LIT (Leaders in Training) - This is a 'camper experience', by which the participants are seeking an introduction to leadership - while still enjoying most of the activities as a Day Camper, or as a [Canoe Tripper](#). Due to the amount of guidance provided by Great Moose Adventures, this program requires full payment as a camper (Ages 12 & 13)
- CIT (Counsellors in Training) - This is a 'volunteer-to-work role' for candidates with previous camp and leadership experience. Individuals will be expected to complete tasks and activities throughout the day, including opportunities to lead games and activities with younger campers (Ages 14 & 15)

Cost:

- LIT - Full cost, as per our [day camp \(\\$360 per week\)](#) or [canoe tripper \(\\$1050 per week\)](#)
- CIT - No cost as a volunteer, but participants are expected to work

Schedule & Duration: You can sign up for any session in the summer and are welcome to stay for as many weeks as you like - the more the merrier.

[How do I register for the LIT or CIT program?](#)

- LIT - registration is the same as the campers, [click here](#) to access our 'registration' button and choose your preferred weeks
- CIT - please send an email to [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com) and introduce yourself, share your leadership experience and let us know what your goals are for the summer (including your preferred dates)

## **Canoe Tripping**

**What?** A canoe trip is a camping trip that involves canoeing, where the participants travel from lake to lake in their canoes, hiking / portaging (with all their gear) over land, and camping at night in tents - with a goal to complete a specific route that can vary in length and level of difficulty.

**Why?** A Canoe trip is the quintessential Canadian camp experience - where a group of individuals work together as a team to complete a journey, all taking place in a magical wilderness setting. Here are the benefits:

- Physical fitness - eating healthy food & all day exercise in the outdoors
- Mindfulness - the perfect balance of quiet individual reflection, peaceful social interactions & an opportunity to gain confidence by just 'doing it'
- Friendship - become friends for life through a unique shared experience
- Leadership - every canoe tripper inevitably finds a way to lead that reflects their level of experience, development and overall spirit
- Immersion in Nature - no technology & no distractions

**Who?** Great Moose Adventures canoe trips are designed for friends & family - therefore we send out trips that accommodate mixed ages, genders and varying levels of canoe experience, including campers with no experience.

Here are the specifics per trip:

-3 staff per trip (2 Guides and 1 Assistant Guide - [click here](#) to meet our guides)

-6 campers per trip, ages 8-15 (3 canoes & 3 tents)

**Where?** Algonquin Park (5-Day loops)

With a goal to create trips that are fun & challenging for all participants (regardless of age or ability), we have designed routes that include the perfect balance of paddling, portaging, down time and fun time - which involves swimming, rock jumping, canoe play, card games, tag and other capture games. Therefore, we plan routes that include bigger lakes and fewer portages, and we usually stay at one site for two nights, preferring day trips that allow for more flexibility to accommodate younger & newer canoe trippers, while still providing leadership opportunities for the older campers.

**When?** Our trips are 5 days /4 nights in length: Monday (7:30-8am) to Friday (4:00-4:30pm). Choose from the following trips throughout the summer:

1. July 6 - 10
2. July 13 - 17
3. July 20 - 24
4. July 27 - July 31
5. August 10 - 14
6. August 17 - 21

## **Canoe Tripping**

### **Cost - 25% price reduction from last summer!**

- \$1050 per person / per 5 day trip (HST already included in cost)
- We were able to lower our costs by providing our own transport, rather than hiring a bus...it worked very well last summer!

### **Discounts**

- Siblings & Friends Discount = \$160 off / per person if you sign up together for a trip

### **Payments & Cancellations**

- \$360 deposit to confirm booking
- Monthly payment plans available
- No refunds for cancellation after June 1st
- Before May 1st, full refunds will be issued, minus an admin fee of \$75
- Between May 2 - May 31, 75% refund will be issued, minus an administration fee of \$75
- Changes/deferments to registration will only accepted before June 1
- No deferments to other programs or to future dates, beyond the specific program time frame (2026)
- Administration fee is applied per person, per week

### **Payment Options**

- Interac email transfers to [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com)
- Credit Card with a 2.9% administration fee - please let us know if you would prefer this option
- Send a cheque to 'Great Moose Adventures Inc' (1368 Housey's Rapids Road, Gravenhurst, P1P 1R3)

# Canoe Tripping

## Food

- All food, snacks and drinks will be provided - we'll share the menu one week prior to the trip (see below for a sample)
- We follow any & all dietary needs and allergies
- Water - we filter all water before using / consuming throughout the trip
- We will attempt to keep the menu as healthy as possible, with a few treats to keep spirits up
- Children are encouraged to eat - which happens naturally when they are involved in the meal prep, so our campers help with food prep & cooking throughout the trip (preferably over a campfire)

	Monday	Tuesday	Wednesday	Thursday	Friday
BFast	@ Home	Oatmeal Bar -raisins, walnuts, honey, choco chips & banana chips -oranges	Pancakes -raisins, walnuts, honey, choco chips & maple syrup -oranges	Oatmeal Bar -raisins, walnuts, honey, choco chips & banana chips -oranges	Granola Bar -raisins, walnuts, honey, choco chips & banana chips -oranges
Lunch	*Sandwich Station (premade) -bread & butters -ham & cheesers -PB & J -mustard -apples	Wrap Attack -Hummus, Baba & Salami -lettuce -cucumber -cheese -carrots -PB&J -pears	Wrap Attack 2 -Tuna -beef jerky sticks -cucumber -cheese -carrots -PB&J -apples	Cracker Creations -Hummus & Baba -Summer sausage -cucumber -cheese -carrots -PB&J -kiwi	Cracker Creations -Hummus & Baba -pepperoni sticks -cucumber -cheese -carrots -PB&J -dried fruit
Dinner	Potato Bowls with chili & coleslaw	Spaghetti Bowls with tomato sauce & veggie stir fry & bacon crumble	Rice Bowls with veggies stir fry & chicken	Macaroni Bowls with veggie stir fry & chorizo	@ Home
Dessert	Trad. Smores	Smoreo	Piratemores	Fudgemores	

Bowls, Bars, Attacks, Creations & Stations provide options and free choice to 'build you own'

## Communication

- An email will be sent out 1 week prior to the trip with all the relevant information that you might need, including the menu
- Parents will have an opportunity for a quick chat during the morning drop-off & afternoon pick-up
- If you have any questions or would like to set up a meeting with a Director, please send an email to [oe@greatmooseadventures](mailto:oe@greatmooseadventures) or call us at 705-687-3903 to book a time
- During the trip - we send home daily 'check-ins' using a satellite device, and we have the ability to send messages if need be. Feel free to contact Becki or Brad at [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com) for any information during the week, 'no news is good news'

# Canoe Tripping

## Procedures

Monday Morning: Drop-off is between 7:30 - 8:00am - this timing allows us to get everybody packed up and ready to drive off by 9:00am

\*The morning can be busy, making sure everybody is properly packed - so we kindly ask that you drop, hug and go :)

Friday Afternoons: Pick-up is between 4:00 - 4:30pm

\*Please be sure to be on time - Friday afternoon is busy in Muskoka, so please leave yourself ample time

## Sample Weekly Schedule - Rock Lake Trip

	Mon	Tues	Wed	Thur	Fri
A M	Drop 7-8am Pack - Out by 9am  Drive to Rock Lake, Algonquin Park (2-3hrs), with snacks	Breakfast Pack up to go  Paddle to portage  Check out rapids, possible swim  <i>*possible paddle alternative route to incorporate 2km portage for older groups</i>	Breakfast  Morning adventure - paddle to waterfalls, swim	Breakfast Pack up to go  Paddle to portage	Breakfast Pack up to go  Paddle to car & pack out  Drive back to Great Moose Adventures
P M	Lunch  Canoe to campsite (1-2hrs)  Setup campsite Swim Cook / Eat Dinner Camp Fire Bed	Paddle Penn Lake  Floating Lunch  Paddle to camp site  Setup campsite Swim Cook dinner	Lunch  Afternoon adventure -paddle to the island for 'capture the flag'  Swim Cook Dinner	Lunch  Afternoon Adventure - Jumping Rocks  Paddle to camp site  Setup campsite Swim Cook dinner	Lunch  Gear Down at Moose  Meet the family!

## Sleeping Arrangements

We are allowed 3 tents with 3 people, per canoe trip - based on Provincial Park guidelines. Our tent configurations will depend on parent / family requests with friends & family members. Therefore, tents will be either gender specific or mixed. Please provide information in the registration form.

## **Canoe Tripping**

### **Illness / Injury on Trip & Outbreak Guidelines**

GMA's health and safety policies and procedures for summer camps are based on the operational guidance given by the Ontario government and have been created following the advice and guidance of the Simcoe Muskoka District Health Unit and the Ontario Camping Association. All leaders hold Remote Wilderness First Aid certification from the Red Cross Society.

If a camper demonstrates an illness / injury while on a trip, we will isolate the individual, and begin to monitor the situation to determine the severity of the situation. Pending the level of comfort and safety for the individual, and those other campers around them - we have the ability to either remove the individual from the trip, or end the trip all together. Our canoe trips camp within an 8 hour paddle from the car access point, so this transition can happen effectively and in a timely manner, utilizing our 3 leader system and communication with our team at camp.

### **Handwashing & Hygiene**

Campers are encouraged in the morning and night to wash their hands using our camp soap, and we have hand sanitizer available at all times.

### **Sun Care**

Children must wear sunscreen and ball caps throughout the day. All campers will be encouraged to apply their own sunscreen, so it might be best to look for easy to apply sprays for the body and sticks for the face. If you do not want your child to wear sunscreen, please let us know.

### **Tick Checks**

Tick checks will be done during swim sessions and during changing times in the morning and evening. If a tick is found embedded in a child, our guides will safely remove the tick. The tick will be kept in our kit, and can be sent home if needed. We suggest completing a final tick check on your child when they get home.

### **Camper Code of Conduct**

- All campers must follow the above described guidelines to the best of their ability
- Self-screening - if any camper is feeling unwell at camp or at home, they must let an adult know asap
- Campers are expected to adhere to the GMA Rules of Respect - Respect Nature, Staff, Yourself, Other Campers and GMA Property

## **Canoe Tripping**

### **Swimming & Canoeing**

Swimming is one of the most popular activities on a canoe trip - as the best way to cool down and enjoy the amazing scenery of Ontario's rivers, lakes, beaches, creeks and waterfalls.

These waterbodies are not 'designated swimming zones' - so we have to be extremely diligent about swim safety. **As such - All participants, including adults and strong swimmers (even with NLS certification) must wear a PFD at all times while swimming.**

**In addition, due to the rocky bottoms of the swim spots, all swimmers must wear closed toe swim shoes while in the water.**

\*Campers are welcome to bring their own PFDs (please label), or use those provided by Great Moose Adventures.

Our swimming program is for fun & optional (but encouraged) for all campers - our leaders will provide feedback for skills / technique for eager swimmers, but these are not lessons.

Our canoe program varies for each individual with ample opportunity for all campers to make great progress with their skills and confidence.

### **How to Register?**

1. [Click here](#) to complete an on-line registration (1 per person) -press send!
2. When we receive your registration - we'll send you an email confirmation, including the cost & payment details
3. To confirm your booking send an e-transfer payment to [oe@greatmooseadventures.com](mailto:oe@greatmooseadventures.com)
4. When we receive your payment - we'll send you an email confirmation and you are all set to go!
5. We will send an information email, including a clothing list on June 1st, and 1 week prior to your camp dates (with any last minute specifics)

## Canoe Tripping

### **Gear / Clothing List**

\*Please bring all gear (including sleeping gear) in a larger duffle bag - when you arrive, we will pack your gear into a 35L drybag to keep everything dry while we are paddling and portaging throughout the day (if you would prefer to bring your own dry bag - please make sure it is 20-35L)

\*Sleeping bags, sleeping mats and small size / travel pillows will be stored in larger 120-150L dry bags (we provide these bags, and usually combine tent partners in one bag)

### **KIT LIST**

Wet clothes (worn during the day when canoeing and swimming)

- Bathing suit
- T-shirt
- Wet shoes+socks (old running shoes work well)
- Shorts & pants (splash pants work well)
- Hat + sunglasses
- Rain jacket+pants (good quality)
- Bug Jacket

Dry Clothes (worn in the evenings, kept in dry bags during the day)

- Long pants
- Warm sweater
- T-shirt
- Long sleeve shirt
- Underwear (2 pairs)
- Socks (2 pairs)
- Dry shoes
- Toque
- Shorts

Equipment

- Toiletries (toothbrush & toothpaste) & Sunscreen
- Warm sleeping bag & Sleeping mat
- Flashlight & Book
- Water Bottle (750-1000ml)

\*We will provide backpacks, dry bags, paddles and life jackets

\*Please do not bring any food, smelly body products, electronics or anything that you don't want to get dirty / ruined