

# Campanoe Challenge

## Personal And Troop Gear

### *1<sup>st</sup> Year Program*

**Note:** Cell phones, MP3 players, video games, plus junk food of any kind will not be allowed at camp. There will be an opportunity for treats during the week supplied by the camp. There could be a pack check by some of the camp directors, and any items not required for program will be confiscated and returned following the closing ceremonies.

The camp can be reached for **Emergency Purposes Only** at 539-9755. A child's homesickness does not constitute an emergency. Each situation is different and the directors of the camp will evaluate each situation as it arises for the level of emergency.

All items being brought to camp **MUST** be labeled.

#### **Clothing**

- 2 Pair of comfortable boots/high cut runners
- 1 old pair of runners for canoeing or swimming
- 2 pair jeans
- 2 pair sweats or wind suit type pants for canoeing as they will dry quicker than jeans
- 2 pair of shorts for warmer weather
- 6 pair of underwear – minimum
- Swimming attire
- 6 pair socks – minimum
- 3 short sleeve T-shirts
- 1 or 2 long sleeve T-shirts
- Kepi (handkerchief or cloth to protect the back of the neck from the sun)
- Hooded fleece or heavy weight sweat shirt
- Fall weight jacket for evenings
- Light weight rain suit – Ponchos or water resistant squall jackets are not sufficient
- Campfire blanket – optional
- Waterproof wristwatch - optional

#### **Personal Hygiene**

- 1 each – bath towel, washcloth
- Toothbrush and toothpaste
- Bar of soap in a plastic container with a lid
- Deodorant stick – **NO Aerosols**
- Brush or Comb
- Shampoo
- 4 wooden clothespins
- Sewing kit plus 2 medium safety pins

## First Aid Kit

### Packed in Waterproof Kit

1 roll of medical tape  
6 bandaids  
1 tube antiseptic cream  
Lip balm (Chapstick, Carmex)  
Sun Screen (min SPF 15)  
Moleskin  
Non-aerosol insect repellent  
2 – 4 gauze pads

Any change from a normal routine may alter your cycle. Therefore, the female participants must come fully prepared to camp.

## Gear

A properly fitted back pack with a padded hip belt. This is a must as it is needed for a 5km hike and 16km canoe trip with portages.

Garbage bag liner, inside back pack to protect clothes from getting wet

Sylva 7NL or comparable compass in 2° increments. Accuracy is key to orienteering, and a less precise compass compromise accuracy. No engineering compasses.

3lb sleeping bag, plus a flannel, silk or cotton liner.

Lightweight closed cell sleeping pad

1 leak proof canteen or Nalgene Bottle

1 plastic 2L pop bottle with cap (for extra water on trips)

Mess kit containing dish, bowl, cup, spoon, fork and knife in a cloth ditty bag.

Folding lock blade knife with blade shorter than 6"

Small flashlight with extra batteries

Pencil and pad

Sunglasses with safety cord.

Camera (optional)

Knee pads or foam for kneeling

Whistle on a lanyard

A properly sized Personal Flotation Device – CSA approved – **MUST** – Participants will not be allowed into canoes without a PFD.

## Troop Equipment for 1<sup>st</sup> Year

Tent or tents (4 man sized recommended – 2 per tent) suitable for the number of youths attending and separate tents for leaders

Small tent for storage (optional but recommended)

Plastic shelter for cooking and dining, tarps are sufficient

Short handled camp shovel

Cooler(s) with tight fitting lid(s)

Buck saw(s) – **MUST**

Axe and/or Hatchet

Sufficient pots, pans, frying pans and utensils for group cooking

3 wash basins for dish cleaning

2 20L water jug – minimum

5 gallon pail and burlap sack for fighting fire

2 burner (white gas stove) with sufficient fuel to last the week. We do not supply fuel. At base camp only, you can use propane stoves as they are not suitable for trips.

Sparker or BBQ lighter for starting gas stove.

Burn barrel for fires – **NO OPEN FIRES ALLOWED IN THE PARK**

Lawn chair for base camp

Troop alarm clock

4 -5 dish towels. J-clothes are supplied

A bailing bucket for every 2 youth on canoe trips (plastic vinegar or bleach jug)

Extra clip/pins for back packs.

Coffee pot

Oven mitts/pot gloves

Large mouth water container able to hold large block of ice.

Duct tape

Cutting board

Empty containers with screw on lids for margarine, trail mix, sugar, creamer, etc.

### **Staples**

Each patrol is to supply their own staples:

Sugar cubes	Tea bags	Coffee Whitener	Dish soap
Coffee	Saran Wrap	Favorite seasonings	SOS pads
Jam	Peanut Butter	Salt and Pepper	Javex
Ketchup	Mustard	Cooking Oil	Relish

The camp will supply the rest of the groceries for the next 9 days.

Each participant in the 1<sup>st</sup> year program will be with their own troop for the full 9 days. The youth must be accompanied by their leader at all times. Leaders are required to go on canoe/hiking trips with their youth. For this reason it is the policy of this camp that a leader cannot be an Offer of Service (Staff or director)

We suggest that each youth bring no more than \$10.00 spending money.

## **Tips for Leaders and Youth attending the 1<sup>st</sup> Year Program**

Welcome to Campanoe Challenge! Here are a few tips that will help the week be much more enjoyable for you.

**Footwear** – Proper, dry footwear is essential to proper foot care. Always make sure your youth change out of wet footwear as soon as possible. As well, the lake has a lot of debris in it. It is mandatory that all participants wear footwear in the lake. An old pair of runners is the best option for this, flip flops are not allowed.

**Waterproof Tents** – Make sure zippers are working properly and that all screens and seams are sealed. Between the mosquitos and the rain, this is essential. Also ensure extra poles and pegs are with you in case of emergency.

**Sunburn** – When out on the water, you are exposed to direct and reflected sunlight off of the water and the canoe itself. This can cause severe sunburn. Cover up with lightweight long sleeve shirts and pants.

**Camp stoves** – 1<sup>st</sup> year participants spend 4 nights out of base camp. White gas camp stoves are a must out on the trail. Make sure that these are in good working order before camp. Coleman equipment can be taken to any **Home Tech Small Appliance Repair** for service work, 866 Victoria Ave E in Regina. Propane stoves can be used in base camp. Please supply your own fuel, as we do not.

**Cooking Equipment** – Use thick bottomed pots with lids for best results

**Whistles** – A must. This can be the only line of communication on the trail or the water. Every participant must have a whistle on a lanyard, especially while on the water.

**Rain Gear** – Stay dry, stay healthy. Pretty simple.

**PFD's** – Every participant must bring a properly fitted CSA approved PFD. As mentioned, participants will not be allowed in canoes without one.

**Back Packs** – Also a must. Participants will be hiking approximately 5km on the B.P. hike, and portages on the canoe trip as well. A fitted pack makes the day go by quicker and less painfully.

**Duct Tape** – essential for patching tarps, tents, and canoes. Do not leave home without it.

**Troop basics** – Campanoe is a physically demanding camp. As such, be in shape. A week out here can take a lot out of a person. Be prepared for walking and paddling. Also, leaders should do a pack check before hand to ensure participants have the right gear and none of the wrong stuff.

To give you a better idea of what equipment you need, here is a list of the typically cooked food at Campanoe Challenge. We supply the food but you have to cook it.

### **Breakfast**

Cold cereal, hot cereal, pancakes, bacon, sausage, eggs (fried, boiled or scrambled), toast. Wake up is at 7:00am. The morning program runs from 9:00am till noon.

### **Lunch**

Grilled Cheese Sandwiches, bologna or ham sandwiches, peanut butter and jam sandwiches, hot dogs, soup, Macaroni and Cheese, raw fruit. Lunch break is 1 ½ hour. Afternoon program starts at 1:30pm and ends at 4:00pm.

### **Supper**

Chile, Stew, Pork Chops, Hamburgers, Chicken, Potatoes, Cooked and raw vegetables, Salads, Puddings, Canned Fruit

Supper break is 2 ½ hours. Evening program starts at 6:30pm and ends at 9:00pm.

### **Night Time Snacks**

Granola bars, popcorn, raisins, cookies, hot chocolate, etc. Lights out is 11:00pm

When the youth complete the canoeing program, each group is invited to share supper with the staff. The meal will be cooked in a Dutch Oven. All that the groups are required to bring is their eating utensils.

The canoeing and hiking meals are simple trail meals. Which will required basic equipment. Open fires are not allowed so you must carry gas stoves on the canoe trip. The hike a fire barrel will be supplied and a controlled fire is allowed.

This is a brief outline of what to expect when preparing meals at Campanoe challenge. When you arrive at camp you will be given more instructions. Any questions or concerns can be directed toward the registrars phone number.