

Campanoe Challenge

Personal & Troop Gear Equipment List

3rd / 4th Year Program

Note: Cell phones, CD/MP3 players, video games, etc, will not be allowed at camp. There will be a pack check done by one of the directors, and if anything is found, it will be confiscated and returned following the camp's closing ceremonies. Due to the length of the trip, participants in the 3rd and 4th year programs are allowed to read while traveling.

Emergency Camp Phone Number: 306-539-9755 This is for emergency purposes only. Homesickness does not count as an emergency. Participants of the northern programs are out of base camp for 7 nights. Communication is limited, therefore emergency contact will be arranged by base camp if the need arises.

3rd/4th year participants will be paddling for 6 days on the Churchill River system immediately following the official opening for the camp on Saturday afternoon. We recommend that all 3rd/4th year participants arrive at camp no later than 11:00AM as all of the gear, food, and equipment will have to be packed into the vehicles.

3rd/4th year participants will spend only one night in base camp. They must have their own troop equipment in camp, as they will not be camping with the 1st or 2nd year Youth. The meals that the 3rd/4th year participants will be having in base camp will be the Family BBQ and Family Breakfast.

The following list of required gear, lists items needed for the entire length of Camp. We will be away from Base Camp for most of Camp. Arrangements can be made with your director to leave a pack at Base Camp for use upon return. Change of clothes, Uniform, Campfire blanket, etc are items to consider leaving at camp, as you are required to carry your gear plus troop gear on the portages. One pass for gear, one pass for your canoe. Having to make a third pass to carry the gear out of your canoe takes more energy and lengthens the time for the portage. We have 13 portages on the 4th year trip. Pack tight. Remember your pack should not exceed 25% of your weight.

4th Year Director

As Directors of 3/4 Year trips, we have been instructed that we are required by Scouts Canada to do Equipment Checks prior to leaving Camp. Shortage of Personal Gear will result in your not attending chosen trip.

All items taken on trip must be packed watertight and are at owners responsibility should damage occur.

Must have gear

-Medications- any meds critical to survival (allergies, inhalers, prescription meds, epi pens)

-PFD- properly fitted PFD

-Footwear- 2 pair of shoes-old runners for portages, dry runners for nights (flip flops, crocs not suited for day use)

-Rain Gear- light weight rain gear is best, ponchos to be avoided. pants and jacket recommended

-Tent- suitable for youth, 2man for 1, 3man for 2. Must be able to keep inside dry during rains

Clothing

Note: everything **Must** be labeled.

- 1 pair of dry runners for on land
- 1 pair of old runners for the water
- 2 pair of lightweight pants (to change into when not on the water)
- 1 pair of nylon wind pants for canoeing
- Wide brimmed hat
- 1 bandana to wear around your neck
- 1 pair of biking gloves (optional)
- 1 or 2 Long sleeved shirt
- 2 pair of shorts
- 4 pair of underwear
- 6 pair of socks
- 1 or 2 swim suits
- 3 short sleeved t-shirts
- 1 hooded fleece or heavy weight sweater or shirt
- Fall weight jacket for evening
- Light weight rain suit**

Personal Hygiene

- 1 each: bath towel, washcloth
 - Toothbrush and toothpaste
 - Soap in a plastic container with a lid
 - Deodorant
 - Brush and/or comb and Shampoo
 - Baby wipes in a Ziploc bag (20-25)
 - 4 wooden clothespins
 - Sewing kit plus 2 medium sized safety pins
- Please ensure ALL personal hygiene products are scent free.**

First Aid Kit

To be packed in a water tight container

- 1 roll of first aid tape
- 6 band aids
- 1 tube Polysporin or similar product
- Lip balm/chapstick
- Sun screen (**a must**)
- Insect repellent (**a must**)
- 2-4 gauze pads
- Moleskin

Note: any change from normal routine may alter your cycle. Therefore, all female participants must come prepared with their own sanitary supplies.

Personal Gear

- A properly fitted back pack large enough to hold all personal gear for 9 days. 2 large heavyweight freezer plastic bags (28X40) to keep your gear dry inside, one for sleeping bag and one for clothing.
- 2 man tent for 1 or a 3 man tent for 2, **No larger tents as campsites will not accommodate them**
- 3lb sleeping bag, plus a sleeping bag liner as an option.
- Light weight closed cell sleeping pad
- Doorbell wire twist ties (8-10" long)
- Waterproof wrist watch (optional)
- 2 leak proof water bottles, 1L. (Nalgene or similar)

- Mess kit (dish, bowl, cup, spoon, fork, knife) and a cloth ditty bag to store them in
- Knee pads or foam pads for kneeling in canoe
- 1 DOT approved properly sized PFD. This is a MUST**
- Small flashlight with extra batteries (stored in a Ziploc bag)
- Pencil and pad of paper
- Sunglasses (attached to a safety cord around the neck. Also good for those wearing glasses)
- Camera– packed in a Zip Loc bag (optional)
- Whistle on a lanyard
- 1 plain white t-shirt for silk screening. We do silk screening of the Campanoe logo on site for all participants.
- 1 pocket knife with lock blade
- Matches in a waterproof container
- Small container with screw top lid to hold 2 cups of trail mix (**Peanut Butter Jar**)
- 6m of ¼ to 3/8” nylon braided rope
- One Sylva 7NL, Brunton 7DNL or Suunto Partner or similar compass with 2° increment.
- Campfire Blanket (optional)
- Fishing gear (optional) and license if you are over 16
- Bear Claws from previous year.

Troop Gear

- The 3/4 year director may contact those leaders that are registered as going on the trip prior to camp to coordinate troop equipment.
- Tent or tents suitable for number of youth, and separate tent for the leaders. Keep the tents to a 2-3 man size. A vestibule for gear is acceptable. **No 4-6 man tents.**
- 4L plastic juice jug
- Camp stool (optional)
- Camp shovel
- Clothes line rope
- 2 large tarps (at least 12’X9’) or 6mm poly for emergency rain shelters. Plus ample rope, twine, or bungee cords to make an emergency shelter.
- 1 large roll of duct tape
- Bailing bucket for every 2 youth on canoe trips (4L bleach or vinegar jugs with lids)
- 4’X8’ tarps to cover cargo/canoe. 1 per every 2 participants.

For every 6 participants:

- 1 2-burner white gas stove, working properly. No propane stoves on the trip.
- 1 4L container white gas for every four participants.
- 3 dish pans (we supply the soap&bleach)
- Cooking utensils (spatula, ladle, wooden spoon, potato peeler, can opener)
- 1 sharp slicing knife in carrying case
- 2 large cooking pot (8-10 quart)
- 1 large frying pan
- 4-5 dish towels (camp supplies j-clothes)
- 1 funnel with filter for filling camp stoves
- 1 pair oven mitts
- Coffee pot
- 3 bungee cords to stretch to 36” gunwales/canoe
- scouring pad

Troop gear to be marked with troop name

It is suggested that each youth participant bring no more than \$20.00

Letter to Leaders and Youth participating in the 3rd Year program

We would like to welcome you to the 3rd/4th year program of Campanoe Challenge! The 3rd year program is based on a 110km trip down the Churchill River. We will spend our first night at Montreal River. We will spend six days and five nights on the river, where we will be in a wilderness setting away from any type of facilities. For this reason, it is important that you and your troop be properly equipped and prepared for this adventure. In the next few pages we will attempt to give you a few pointers that will make your trip more enjoyable.

Tents and Tenting equipment – Because we set and break camp every day, broken tent poles and lost pegs become a fact of life; bring extra pegs and a couple of tent poles. When selecting tents, select sturdy tents that are easy to set up, and try to bring the same type of tent for your entire troop. That way, with one or two extra poles you cover the whole troop in the event of broken poles. Waterproof your tents and ensure zippers are working properly. Train your youth to become proficient in setting and breaking swiftly. Depending on weather, we may have to set up in the dark or break camp in a few minutes.

Wildlife – There is plenty of wildlife along the river, including raccoons, skunks, field mice, squirrels, bear, and the occasional wolf. To avoid night visits, it is important that your tents are clean and free of food odor. A wash in the laundry machine will take away most food odor from tents. This is also why we ask that any personal hygiene products be of the scent free variety.

Protect your Sleeping Gear – In the 1st year program you learned how to pack your gear and sleeping bag to avoid getting them wet while canoeing. In an overnight canoeing trip, garbage bags work fine, but in longer trips they do not last. Use large heavy-duty freezer bags (40X28”) that can be purchased from most butcher shops or wet bags available at most sporting goods stores. Because the bags are stiffer than regular garbage bags, regular twist ties do not work. Make ties with 8-10” of doorbell wire with a dab of hot glue on the ends. Two bags are needed, one for clothes and one for sleeping bag.

Protect Yourself – During this trip we will spend long hours paddling. Some sort of hand protection is required. It is easy to get blisters after a couple of days. You may want to wear a pair of cheap cycling gloves (fingerless). Also, after sitting in a canoe for a whole day it is easy to get crotch rot, especially with the sweat and the lack of proper cleaning after visiting the latrine. Every participant must bring a number of baby wipes in a Ziploc bag to ensure proper hygiene. Include a pot of “Penaten” baby cream in the troop first aid kit.

Sunburn – On the river you are exposed to the sun and its reflections from the water and the bottom of the canoe. Paddling in short sleeves and in short pants is a sure recipe to get severe sunburn. We strongly recommend that participants wear long sleeved shirts, a pair of lightweight long pants, and a wide brimmed hat to avoid sunburn, overtop of swimming gear. This may seem hot, but in hot weather you can douse yourself with water. As the water evaporates from your clothing, it cools you down.

Foot Gear – With respect to foot wear for the trip, it is recommended that everyone bring an old pair of laced runners and old thick socks to wear while canoeing. The banks of the Churchill River are steep and usually solid rock which requires sure footing that you won’t find in sandals. In addition, participants will bring dry shoes to wear in the evenings after we finish canoeing. Staying in wet runners all day and evening will cause painful blisters that can get infected.

Camp stoves – Camp stoves must be white gas. No propane stoves on the river trip. Make sure that they are in proper working order before coming to camp.

Whistles – A yell for help may not be heard. The shrill sound of a whistle can be heard for miles. A whistle on a lanyard must be worn at all times in a canoe.

Get Into Shape – The trip down the river is physically demanding, prior conditioning before going to camp will make your trip more enjoyable. Daily sit-ups and push-ups will strengthen your arms and lower back. Biking and walking will improve your endurance. Start a physical conditioning program a couple of months before camp.

PFD – Every participant **MUST** bring to camp a properly fitting approved PFD. PFD's approved in the US are not legal for use in Canada. We do not supply PFD's, and no participant will be allowed in a canoe without one.

Rain Gear – Insist on your youth bringing appropriate rain gear. Paddling in the rain without protection can lead very quickly to hypothermia, even in mild weather.

Pack Check – Do a pack check before departing for Campanoe to ensure that everyone arrives at camp with all the equipment needed. Remember that according to the new Camping/Outdoor Activity Guide of Scouts Canada, leaders are responsible to ensure that youth are adequately equipped and prepared for the activities they will undertake (see section D).

Duct Tape – Do not forget, this is essential equipment on any camping trip.

Early Arrival – Plan on arriving at camp between 10:30AM and 11:00AM. Immediately following the 12:00PM opening ceremonies, 3rd/4th year will depart. If there are any questions about the 3rd/4th Year Program, please feel free to e-mail Campanoe Challenge at Campanoechallenge@gmail.com