

TIPS FOR TRIPS



Canoe Tripping is a big part of the Tamakwa experience. Parents often ask us what gear is most needed for kids who love to trip. Here are Tamakwa's recommendations, which apply not only to canoe trips, but some are advisable for camp life in general.

First... 2 Reminders:

1 - The following items are very important items to pack for all campers, especially ones who are avid canoe tripping campers going on their regular cabin trips or long canoe trips.

2 - To reiterate from our "Green Book Parent / Camper Manual", our theme is: Safety, Comfort in the outdoors, and Economy. We're not asking you to spend a lot, but guiding you on which gear your money is best spent.

LIFE JACKET

Each camper, CIT and staff member **MUST** bring a **government-approved** life jacket (or PFD) to camp that fits properly. Because they're worn for canoeing, sailing, kayaking and all other water sports, we recommend the vest type. They allow for more manoeuvrability than the type that fits over the head.

SLEEPING BAG (one per camper)

Synthetic fibre-filled bags are warm, quick-drying, lightweight, and can be packed into small stuff bags. A three-season bag is sufficient. Huge flannel lined sleeping bags do not dry quickly and they do not fit into packs, please do not send them. **Synthetic sleeping bags only.**

RAIN GEAR (Reminder: Bring to camp in your carry-on; NOT in duffels)

Those plastic ponchos that come in the snap-able plastic packages are useless. While we can't expect anyone to invest in GoreTex, a sturdy nylon or even polypropylene coated nylon is best. Good sealed seams are critical. A two-piece set, separate jacket and pants is highly recommended. Single poncho-style rain gear is ineffective.

STURDY FOOTWEAR

Footwear will get wet and muddy. Old ragged shoes do not offer sufficient support. Sturdy walking shoes, hiking shoe-boots or even running shoes are much better.

HAT AND SUNSCREEN

We make every effort to ensure our campers and staff are wearing sun hats and applying sunscreen when appropriate. Be sure to consult a physician for the appropriate sunscreen for your camper(s). Also, we remind campers and staff to apply insect repellent after dinner. (Be sure to consult our Green Book, page 11)

WATER-BOTTLES

Every camper needs a water bottle (actually, two would be even better just in case one gets lost). Nalgene or other BPA free, durable bottles work best at camp. PLEASE be sure to put names on them in permanent marker.

DRY BAGS

These are those strong rubber waterproof bags for packing sleeping bags & personal items on canoe trips and can also be used on cookout days. The absolute best size to purchase is 30 Liters. Seal Line or MEC have been the most durable brands. For this item, it is best to purchase a top quality brand, as these can last an entire canoe tripping career.

SMART WOOL SOCKS - (recommended for tripping & mandatory for those going on long trips of 10-15 days)

Again, on canoe trips out-of-camp where feet can get wet, we recommend wool socks or "smart wool". For in-camp activity, cotton is just fine.