

TIPS FOR TRIPS



Canoe Tripping is a great part of the Tamakwa experience. We want all campers and staff to be safe and comfortable while on trip and, of course, avoid unnecessary or wasteful purchases in advance of camp. Here are Tamakwa's recommendations, which apply not only to canoe trips, but some are advisable for camp life in general.

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.

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)

While we don't expect anyone to invest in GoreTex, a sturdy nylon or even polypropylene coated nylon raincoat is best. Good sealed seams are critical. A two-piece set, separate jacket and pants is highly recommended. Plastic ponchos that come in the snap-able plastic packages are quite ineffective.

DRY BAGS

These are strong rubber waterproof bags for packing sleeping bags & personal items on canoe trips and can also be used on cookout days. The best size to purchase is 30L (liters). Seal Line or MEC have been the most durable brands. For this item, it is best to purchase a good quality brand, as these can last an entire canoe tripping career. Our experience is that Tex Sport bags are too thick, they don't seal out the water well and they're awkward to pack.

STURDY FOOTWEAR

Footwear will get wet and muddy. Sturdy walking shoes, hiking shoe-boots or even running shoes are much better than big, heavy hiking boots. Larger boots take too long to dry for cabin trips but are worth having for long canoe trips and also great for those going on long hikes. Young campers going on short cabin trips can certainly make do with just a second pair of running shoes (one for camp and one for trip).

SKIN SAFETY

We make every effort to ensure our campers and staff are wearing sun hats and applying sunscreen when appropriate. Pack two hats, ample sunscreen and bug repellent. Remind your camper (as we do as well) that it is best to apply sunscreen in the morning and afternoon and bug repellent after dusk.

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 and they should be 1L (liter) each. PLEASE be sure to put names on them in permanent marker and try to bring a good durable (non-Dollar Store) carabiner for clipping them to packs/etc.

SMART WOOL SOCKS (recommended for cabin trips & mandatory for those going on long trips)

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

THERMAREST

These small sleeping pads are not required but they do make sleeping in a tent more comfortable. We would recommend them at least for those hoping to go on a long trip, but they have to be packed very small.