



TRIPPER'S HANDBOOK 2009



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Introduction

Welcome to Camp Tamakwa and Algonquin Park! Trippers who have worked and who continue to work at Tamakwa come from a variety of backgrounds and bring with them a diversity of ideas and knowledge. Despite their differences, they all share two common features: a love of canoe tripping and a desire to share their love of the outdoors with others. When trippers first arrive on the shores of South Tea Lake, we have only one week to try to give them a sense of tripping at Tamakwa. We also need to provide trippers with vital information and perhaps, some new ideas and skills to help them have a successful summer. Every camp has its own traditions with regard to canoe tripping and Camp Tamakwa is no exception.

Canoe tripping is one of the most valuable experiences in a young person's life and that is why we work hard to promote our program and provide positive experiences for every participant. Canoe tripping is the only program that takes full advantage of the real wilderness wonders of Algonquin Park. Each and every trip is different and holds the potential to create fond memories and life-changing experiences in just a few days. However, water based and wilderness activities also bring with them a number of risks and difficulties. We strive to set out in particular standards for safety practices but also to set standards for procedures that will maximize the potential for participants to have a positive experience.

Whether it is your first summer as a canoe tripper or just your first summer at Tamakwa, this manual contains helpful tips that will make you more productive in your job and help keep our program consistently successful. This manual is not your only resource. The tripper's trip during pre-camp training is both a requirement of the job and an opportunity for you to learn from our Trip Director, Len Giblin, the ways of Tamakwa tripping to help make your trips successful. It is also an opportunity for you to bond with other trippers. Every member of our tripping team will have something to contribute to the program and it would be beneficial if everyone shared ideas and resources.

Please use this manual as a guideline but remember that it is ultimately you, as the leader of a trip, who will make or break the experience for the campers. Here at camp, children make a lot of great memories but it is the stories from trip that surface time and time again as campers grow up and reflect back on the experiences which have influenced their lives

This is not a how-to book; rather, it is something to help you get adjusted to camp routines and to tripping with groups, if you haven't already done so. The information and ideas in this handbook come from many different people who have tripped at Tamakwa over the years. If, over the summer, you come up with any ideas that can be added to help make this handbook more informative or useful, do not hesitate to let us know!

NOTE FROM THE CAMP DIRECTORS

This tripper's handbook has been revised over the years, but its original version would not have come to be without the initiative, hard work, dedication, and hours of writing (usually after a long day's back-breaking labour on our spring work crew) of one Tamakwa tripper: Ken Bond. For years, we've known Ken as an incredible tripper, devoted Tamakwan, and ideal role model for kids. Now we add to that list: "talented writer". We say How How and thanks to him for putting his love for Tamakwa, canoe tripping and Algonquin into words and guidelines that will benefit our trip program for many years to come.

- Vic Norris, Senior Director
- Craig Perlmutter, Camp Director

Tamakwa Tripping Philosophy

Canoe tripping provides a variety of experiential possibilities for all those involved. Our goal as trip leaders is to attempt to provide as many positive experiences for those on our trips as possible.

WHY TRIPPING?

At Camp Tamakwa, it is believed that canoe tripping itself and tripping in Algonquin Park especially are unique experiences. Algonquin Park is without question a breathtakingly beautiful place. I do not believe that it is possible to travel through it and not be struck by the majesty of the hardwood forests, the clean and clear lakes, rivers and streams, the towering pines and hemlocks, the impressive outcrops of Canadian Shield, rocky cliffs, and the astonishing abundance and variety of wildlife. It is a natural environment that speaks for itself. In a world in which such places are disappearing at such an alarming rate, we ought to take the opportunity made available to us and to explore it. The beauty of Algonquin Park and the extensive water system and portages make it a world-class destination for canoe tripping and we're lucky to be able to trip in Algonquin each and every summer.

In almost all cases at Tamakwa, we trip in cabin groups. There is no question that in almost all cases, a camper's closest friends come from within their own cabin group. Cabin groups and cabin unity is a focus of many of the things we do at camp and it is particularly significant as it applies to tripping. Canoe tripping is mandatory at Tamakwa because we believe putting someone on a trip and introducing them to the adventure of tripping is one of the most valuable things we can do for them in the camp experience. As campers get older the trips become more challenging and our campers get new experiences on trip each summer with new trippers and counselors.

Tripping is, in many ways, an exercise in group accomplishment. Everything that happens on a canoe trip is the direct result of each member of the group working together, whether paddling, portaging, setting up camp, preparing meals, cleaning up, or breaking camp. The relationship between the individual and the group is one of the keystones on which our tripping program is built. This is why we try to keep cabin groups together on trips. The very nature of tripping helps to foster friendships within the cabin and goes a long way towards helping the cohesiveness of the cabin group. It is a formula that has been proven to work for years and years. Some of the greatest Tamakwan friendships have developed while on canoe trips.

One of the great things about tripping is that it allows the cabin to escape the structure of camp life. It is a necessary fact of life that camp is run with designated periods, bells, and specific times for meals and for rest. This could not be further from the case while on trip. Many campers come virtually from school to camp, from one highly structured environment to another. The canoe trip provides an opportunity to get away from all of that. It is an opportunity to venture off into a world where almost every aspect of our normal daily lives has no bearing whatsoever. It is a chance for a camper to be off in a small group of peers, away from the structure of assigned periods and other schedules. It is a chance for adventure, freedom, and just plain fun.

So then, that is "Why Tripping". It is the chance to explore Algonquin's natural beauty; it is the chance to build friendships and to foster group unity by facing the challenges of tripping together; it is the chance to escape prescribed, structured days; it is the chance for adventure, for hot chocolate and ghost stories around the campfire, for sleeping out in the woods far, far away; it is the chance for singing and swimming and being in the sun; it's the chance to be a kid. In the proper environment, these sorts of experiences can help people develop a positive sense of self-worth, a respect and sensitivity to the needs of others, a recognition of the value of teamwork and recognition of our responsibilities towards the park and towards the environment in general. You might think of these as the broader goals of tripping, but of course, none of which mean anything if we don't know the "hows".

As the tripper, your behaviour and interactions with others will have a definite influence on the people on your trip. You are a role model and this should always be kept in mind. As trippers we should try to be patient, thoughtful, responsible, and willing to share our knowledge and experience with others, while allowing others to share their experiences and knowledge. And, very importantly, you need a good sense of humour!

All this talk about influence and obligation may seem like heavy stuff, but you must be aware of, and take responsibility for the role you assume while you are leading a trip. You are not expected to be superhuman in your abilities, but you are expected to do your best to recognize the responsibilities and possibilities that leading a trip entails. Keeping these things in mind can help you to have a great summer, knowing that you did your best to provide a positive experience for all your campers - something that will be with them for the rest of their lives. And your life, too!

I. Planning and Packing Out

This section covers the essentials of planning your trip and packing out. Traditionally, once you know the trip you are taking out you are responsible for eating with that cabin group for the day or two leading up to the trip (or more if you know the group you are to take out). Eating with the trip group gives you a chance to get to know everyone on your trip, to know their names and personalities, and preferences, and it also gives the cabin group a chance to know more about you and to get a feeling for who you are. The tone of the trip can often be set at the meals before the trip even leaves!

When spending time with the campers of your upcoming trip, be sure to review how to properly lift a pack and load it onto another person's back and demonstrate how to properly use and tighten straps. You should also talk about any expectations you may have for the group, including Tamakwa tripping safety rules. Topics to cover include, but are not limited to: how to effectively and efficiently cross a portage (buddy pairs, helping each other, etc.), helping to set up tents on site, collecting firewood, keeping canoes close together when paddling, wearing closed toe shoes at all times, helping clean-up the campsite after meals and when leaving the site.

Feel free to go to evening program with your campers and/or visit them at bedtime to do a final check-in to make sure everyone is feeling good about trip and getting excited for their upcoming adventure. If someone is not excited, ask them why and listen respectfully. Don't tell them they should not be scared. Ask them to talk about what would make it safe for them. Talking about their fears is the best way to build trust with a camper. And reassurance from the tripper that you do will make it safe for them is the best way to get a reluctant camper onside.

Making a plan of all the things you need to do is a good idea and it helps you to organize things in your head. Planning is very important and a well-planned trip has a better chance of being successful than one that is not. AND you won't need to worry about what you forgot or failed to consider after you have left the trip docks!

PART 1: CLOTHING & NECESSITIES

As the tripper you are responsible for ensuring that the campers and staff bring the proper clothing. The day before the trip you will meet with your cabin group (usually rest hour) to talk about the trip and to help them pack out. This time is also an opportunity to show them where they are going on the map. Some staff may be well prepared and remember all the important necessities that they and the campers should bring on trip. Others, however, might need some help and, even for those who have previous experience, it is a good idea to have a list of what they should bring that can be used as a checklist to make sure that nothing is forgotten.

FOR THE TRIPPER

Algonquin Park can be gentle and warm in the summer, but it can also have stretches of cool, cloudy days. Because of the various types of weather you might encounter on trip, you should be prepared for just about anything (I once had hail at the end of a 10-day trip in August!).

Top

- t-shirt (one for day wear and one for campsite)
- polypro long top (for cold mornings/nights)
- pile fleece top or a light wool sweater
- sport bra or two (well, for half of you)
- long sleeve cotton top

Bottoms

- tripping shorts
- swimming suit (shorts, full-piece, bikini-style)
- belt
- fleece pants/cotton pants/ quick-dry pants

- polypro long bottoms
- underwear

Outerwear

- gloves/mittens (it can get chilly!)
- toque
- baseball cap
- bandanna
- rain gear (stuff that works!) Gore-Tex and similar fabrics are fine, so is rubberised nylon (if you don't mind sweating!)

Footwear

- hiking boots/low-hikers/running shoes
- sports sandals
- wool socks and cotton socks

Miscellaneous

- towel
- headlamp or flashlight and spare batteries
- sunscreen
- toothbrush and toothpaste
- folding knife/multi-tool
- whistle
- First Aid Kit and Medication - minimum is one supplied by camp, but some trippers fortify this with some of their own stuff that experience has proven useful. Also, make sure that your kit has been refilled after your previous trip. (see sec. III)
- candle lantern
- games (cards, backgammon, chess, etc.)
- books/magazines
- journal and pens/pencils
- camera and film

Equipment

- sleeping bag and liner
- thermarest
- dry bag 30L
- day pack
- Nalgene bottle (1L)
- water purifier (pump bottle and Pristine drops) - camp will provide a water purifier for your canoe trip

Extra! Extra!

Some people forget things or just don't have them. It is a good idea to bring some extra clothing that you don't mind lending to others, for example, extra long underwear if it might be cold, extra toques, sunscreen, etc.

The Day Pack

An important part of your gear will be your day pack. In years past, not many trippers carried them; however, they are becoming more popular. A day pack is a great way to keep your essential things close by and accessible. It may contain the following items: rain gear, camera, sunscreen, Nalgene bottle, first aid kit, camper/staff medications, gorp or other snacks for everyone, map, repair kit, knife, extra clothing, etc.

You are responsible for carrying your daypack. Do not make campers carry it. If you cannot carry it, put less in it.

FOR THE CAMPER

When you meet with your trip, many campers, regardless of how many trips they have been on, have questions about what to bring. It is important to give them an idea of what they need to bring or they may bring too little, too much or the wrong stuff.... Go to their cabin prepared with a list of the things they should have. The following is a list that you could copy out and take with you when helping the cabin group to pack out. Make sure you leave a list with the cabin group, so that they don't have to chase you down later to repeat things!

Keep in mind there is a fine line between having enough clothing to be comfortable and having too much to fit into a stuff sack or dry bag. The bottom line is that campers need to be comfortable in order to enjoy their trip. If all their clothing gets wet and they have nothing warm to wear, then they will not be happy and probably end up wearing your clothing! It is a tripper's responsibility to make sure every camper has packed adequate raingear and warm clothing. If a camper does not have raingear then make sure they find something to borrow from someone else.

You should remain with the group until they have completed packing out. Then, take the packs down to the trip shack to be stored until your trip the next day.

Clothing

- 2 t-shirts
- long-sleeve shirt
- fleece pullover/jacket (or warm sweater)
- shorts
- swimming suit
- fleece pants or cotton pants for around the campsite
- 2 pairs of socks
- 2-3 pairs of underwear
- Shoes/boots (that can get wet)
- sandals
- baseball cap
- bandana
- rain gear
- towel

Equipment

- sleeping bag
- dry bag (30L is the ideal size for our packs) or one of camp's 4 mil plastic bags

Miscellaneous

- toothbrush
- toothpaste (to be shared)
- soap (to be shared)
- shampoo (to be shared)
- towel (2-3 per group for sharing)
- flashlight (2-3 per group for sharing)
- insect repellent (to be shared)
- books/magazines/cards
- journal and pens
- camera and film
- water bottle
- Personal pump water filter (optional)

Sharing

Some of the miscellaneous items can be shared between campers – Not everyone needs to bring a flashlight and toothpaste! You should make sure that the decisions regarding who is responsible for bringing particular items to be shared have been made before you leave the cabin. Other items to share: soap, towels.

“I don’t have a dry bag!” If someone on your trip does not have a dry bag and you have lent out your extras, see if you can borrow one from someone who is not going on trip (one of the campers’ friends, perhaps). If a dry bag still cannot be found then you should help the camper protect their things using a stuff sack and a plastic bag. It will save you time to ask everyone at your table if they have a dry bag or need a stuff sack before going up to help them pack out.

PART 2: FOOD

Planning your trip menu can easily be one of the most time consuming aspects of planning but, with the right attitude, it can also become one of the most creative, too! There are several parts to planning and packing out your food that we will cover: **menu planning, packing out, pack-out room courtesies and kitchen protocol.**

MENU PLANNING

The first thing that you must do is to find out what allergies and food preferences campers on your trip might have. It is helpful to ask them before you pack your food, so that you can accommodate different needs. Nut allergies are not uncommon and can be very serious - **BE AWARE OF CAMPERS/STAFF WITH ALLERGIES** and plan accordingly. Depending on the severity of the allergies, you may have to make up an alternate menu for one or two people. Also, some campers may be vegetarian, please ask your group so that you are aware of specific food preferences. Remember, believe it or not, food can make or break a trip. If trip food is bad or insufficient, it can turn a good day into a bad one. If trip food is good it can go a long way to changing a bad, rainy or hard day into a good one. You want campers to rave about the food on their trip. Trippers should plan their menus with their campers and counselors.

A menu with variety is a good idea, so that no one gets bored eating the same thing and everyone gets a chance to try something new. Campers may ask for a KD four day, but do not give them one! And although the salami eight-day sounds like a great idea, it isn’t. Making your menu is your opportunity to develop skills in an important area of tripping. Included in this handbook is a template of a menu plan. There will also be copies of the menu plan for you to use in the pack-out room. Use them to help you organize your food and menu.

You will be limited in what you can plan by how long certain foods will keep. Both weather and length of time will affect how long food will keep and you should keep this in mind when planning. You should try to plan so you can bring as much fresh food as possible. Onions, green peppers, carrots, potatoes, apples and oranges all last well without refrigeration. You can take frozen meats and let them thaw on your first day out. By packing your food well and planning ahead, you should be able to take much of what you want.

Breakfast

The following are breakfast ideas that have worked in the past. The foods available change slightly every season, but there should be ingredients to prepare most if not all, of the following:

- Pancakes - chocolate chip are a favorite (syrup can be messy on trip!)
- Toasted Bagels
- Sun Butter and Jam
- Oatmeal (apple, chocolate chip, etc.)
- Apple Crisp
- Hot Chocolate
- Juice
- Cold Cereal and Milk
- Oranges

Hash Browns with Onions (30 minutes to prepare; 45 minutes to cook—at least!)

Cut potatoes into very small cubes so that they will cook faster

While potatoes are starting to cook in margarine, dice onions and then add to potatoes

Deluxe Oatmeal (10-20 minutes to boil water; 10 minutes to eat)

Boil a big pot of water

Pour a small amount of boiled water in a cup, add half a cup of oatmeal and other dried treats and stir. This system allows people to create their own consistency of oatmeal and also keeps water for hot chocolate. Dishes are much easier as there is no big pot to clean and there may even be hot water leftover for dishwashing.

Chocolate Chip Pancakes (syrup is too messy on trip) (time: approx. 1 hour prep and cooking)

Put pancake mix into large pot; add water gradually, stirring often until desired consistency is reached. (This should be thick but smooth with no clumps of batter)

Stir in chocolate chips

Melt margarine in frying pan over low heat

Pour one large spoonful of batter into pan. As soon as edges start to bubble flip the pancake over

Orange Muffins (30 minutes to prepare; 15-20 minutes to bake)

Note: Make sure you start the fire well in advance so you've got some nice coals to cook on.

Pour muffin mix in pot and stir in approximately 200mL of water. Stir until well blended and add more water if necessary

Cut tops of oranges off and scoop out centers with a spoon (eat this part too!)

Once the orange is empty of all its 'guts', fill oranges about $\frac{3}{4}$ full with muffin mix and then place the top back on.

Wrap the reconstructed orange in tinfoil and place in hot coals of fire. Roll them around every now and then so they don't burn.

Lunch

Lunch is usually eaten en route and it should be something that can be easily set out. The day's lunch is usually set aside from the rest of the food and placed at the top of a pack, so that it can be easily reached.

Bagels

Cheese

Cream Cheese

Sun Butter

Jelly

Apples/Oranges

Luncheon Meats: Corned Beef, Roast Beef, Salami

(Salami is often fried on a stove at lunch - a great option)

Juice

Granola Bars

Dinner

Dinner is one meal where you can let your imagination run wild. Dinners are the culmination of the day and should be seen as a time of celebration and reward for a hard job well done. This is where you and your campers get to be creative and imaginative creating multi course meals.

There is time to create an incredible number of meals and, over the years, dinners have gone from one large meal into a three or four course extravaganza!

It is often nice to start with a soup, especially on cold days. Soup can also be prepared for lunches. Soups you can bring include: Vegetable, Chicken Broth, Beef Broth, French Onion, Chicken and Rice, Noodle soup (beef, chicken or vegetable).

Appetizers

- Bruschetta
- Garlic Bread
- Bannock

Main Course

Dehydrated meal ideas:

- Alfredo Primavera
- Mediterranean Pasta
- Bounty Vegetable Pasta
- Big Bob's Beans and Rice
- Mexican Chili

Other meal ideas you can create:

- Spaghetti with sauce
- Macaroni and Cheese
- Burritos
- Quesadillas
- Stew (Vegetable or Beef)
- Pita Pizza

Boil water and add noodles. Cook 10-15 minutes and then drain.

For **Mac & Cheese** add ½ cup of margarine to noodles and milk powder and water. Place the pot back on the fire and stir constantly as you gradually add cheese powder (the heat will prevent the nasty occurrence of cheese crunchies in your sauce). You may have to add more margarine or water if the mixture gets too dry.

For other follow the recipes for each individual one. It is a good idea to add fresh veggies like cooked onions and green peppers to some sauces (like tomato) pastas add the sauce powder to the cooked pasta.

Other Suggestions

Chicken Fajitas with Rice (20 minutes to prepare; 45 minutes to cook)

Cut up onions and peppers and fry in margarine.

Put on rice with water (2:1, water: rice), bring to a boil and let simmer until water has been absorbed—approx. 20 minutes.

Place chicken breasts in pan with enough water to cover bottom of pan and simmer. As the chicken cooks in can be cut in the pan with a metal spatula—this saves you from having to cut raw chicken with your own knife.

Burritos & Quesadillas

Here you can be creative. All you need are tortillas and something to put on them like beans, veggies, cheese. Etc. Heat them in a frying pan folding them over to keep the ingredients inside.

Pizza (30 minutes to prepare; 5 minutes to cook each one)

Cut up the sausage/salami and veggies and fry them in a pan with margarine—this makes them taste better on the pizza because they will never actually cook on the pizza.

Spread some sauce, veggies, sausage and cheese onto a pita and then heat it in a pan with a bit of margarine so it doesn't stick.

There are a couple of ways to make the cheese melt faster: one is to put another pan on top to make it like an oven; or you can fold the pita in half so that it cooks like a panzerotti.

Stew (vegetable or beef)

Beans and Rice

Chili and Cornbread

Desserts

Over the years, trippers have shown an incredible amount of ingenuity, creating some fantastic desserts using only the humble billy set! Remember, your only limit is your imagination.

Cinnamon Buns

Coffee Cake with brown sugar sauce

Goo (margarine, melted marshmallows and chocolate, and crushed graham wafers)

Smores

Hot Chocolate with Marshmallows

Apple Crisp (15 minutes to cut apples; 30 minutes to cook)

Cut apples into one-inch cubes and place in a pot with just enough water that you can see it under the apples (i.e. water line should be about two inches below level of apple chunks)

Once all apples are cut in pot, then bring pot to boil, uncovered on fire. Add 1 or 2 teaspoons of cinnamon.

Meanwhile, heat about ¼ cup of margarine in a frying pan and add 1 cup of dry oats. As oats start to fry, add ¼ cup of brown sugar and stir constantly so the mixture doesn't burn. Basically you can keep adding these three ingredients until the pan is full and then when that batch is done, move it to a pot so you can start another batch in the frying pan.

Have people mix apples and oats into a cup and enjoy.

Rice Krispies Balls (10 minutes)

Melt ½ cup of margarine in large pot with marshmallows, stirring constantly

When marshmallows have melted completely, stir Rice Krispies in gradually

Birthday cake

Layer pancake mix, with a layer of chocolate chips and another layer of pancake mix and marshmallow followed by pancake mix. (don't forget to bring candles)

Fresh Food Items

Fresh fruits and vegetables and other items that you request from the kitchen must be requested the day before your trip. You should make up a list of fresh food items you will need and give it to the kitchen staff member who is in charge of tripping food. The morning of your trip, you will be given your fresh food. Do not try to organize your fresh food yourself. The kitchen is not an area open to trippers and other camp staff. Finally, remember to be nice to the people who are helping you.

Your Spice Kit

A good spice kit will help to make plain meals into something a little more memorable. Spices can be carried in empty film canisters or in little bags. The following are staple spices: oregano, basil, salt, pepper, garlic (fresh and powder), chili powder. You can usually get spices from the kitchen but, as with all kitchen matters, please ask first.

PACKING THE FOOD

Once you have planned your menu, it is time to pack out your food. Packing out is usually done the day before your trip or, if many trips are leaving around the same time, earlier. The Tripping Director will usually help you get organized and suggest a good time to use the pack-out room.

Packing out should be done in an organized fashion, so that you can make sure that you have everything and that your food does not get confused with anyone else's. Every tripper has his/her own style of packing food but it is good to develop your own system so that you always know where to find the most essential items whether you're in the middle of the lake or on a portage. Some trippers like to separate all snack foods from the meals and carry them in a daypack in order to distribute them as needed throughout the trip. This way a tripper can easily pull out a quick snack for everyone at the end of a tough portage or to boost morale on a windy lake. Some trippers pack all condiments in a separate bag so they are easily accessible at any meal for some picky eaters. You will be able to develop your system after just a few trips. It's also a good idea to label bags by meal so you are not having to go through all bags to find what you need for that particular meal.

Pointers

- Remove packaging to increase space and reduce garbage on trip
- Try to make reasonable estimates regarding how much people will eat (Foresters do not eat one box of KD each!)
- Double bag foods that will spoil if they get wet
- Divide your food into meals, so that you know where things are
- Divide your food among three packs to distribute weight more evenly and to make packs more manageable
- Label food items that can be easily confused, e.g., pancake mix and bannock.
- **Clean up after packing out!!** Put your food away in the freezer, fridge, etc. Wipe the table and sweep the floor around your area.
- Wrap cheese and other normally refrigerated items in foil, and then bag them. This helps them to last a little longer. Weather will affect the rate of spoilage, e.g., hotter weather means that things such as cheese and cream cheese will not last as long; hot, muggy weather will spoil your bagels, etc.
- Carry an extra meal because you never know when you might need that extra bit of food!

PART 3: EQUIPMENT

One of the most important things you have to do this summer is to organize and look after your equipment. Missing or broken equipment can quickly become annoying or frustrating, especially when you are preparing for a trip. At the beginning of the tripping season, the tripping staff is responsible for checking, organising and distributing the tripping equipment. Once you have been given your equipment, YOU are responsible for making sure that it is cared for and maintained and, if anything is broken or misplaced, that the tripping director is made aware of it. Tamakwa has been able to replace much of the older equipment with more modern, durable equipment. It is appreciated and expected that you care for it properly. We know that some equipment will break and need repair, but you should do your best to take care of your equipment for the summer.

TRIPPER'S LIST OF EQUIPMENT

At the start of the summer, you should be issued with the following equipment:

- 3 canoes
- 6 canoe packs (probably including at least one barrel pack)
- 1 pot set (plus cups and utensils) for 9 people
- Dish soap and scrubber
- 1 tarp
- 3 tents with flies and pegs
- 2 lengths of rope
- 1 whistle per staff (ideally)
- First Aid Kit
- Personal Pump Water Filter (and replacement filters)
- Water purifier solution (Pristine)
- Algonquin Park Canoe Routes Map

Proper care of your equipment means that you must demonstrate to your group how things are to be handled. “Always grab two straps” was a common catch phrase when tripping with the older canoe packs. We will go over many of the things you can do to prevent wear on your equipment and what follows is just a brief list of what you can do to make your equipment last. Care for it as if it were your own.

Tents:

Because they are your main shelter and because they get such frequent use, your tents are one of the most important pieces of equipment to care for (and the most important to get fixed after each trip when necessary)

Zippers - Often get broken by trying to push through a partially open door. Make sure campers open both zippers fully before entering or exiting their tents. You can demonstrate this. Also, trying to open and close zippers too quickly can cause them to jam or go off track. A broken zipper is no fun during the height of bug season!! Zippers are usually easy enough to fix in camp, but this is not something you want to have to deal with on trip.

Airing Out Tents/ Drying Tents - When you come back from a trip be sure to take out your tents and make sure they are dry. If they are not dry, they will mildew and smell badly. They can be hung up outside on lines or on the rafters inside the trip shack.

Packing - Keep all your tent things together when you pack and make sure that each tent has all its poles, a fly and the proper number of pegs.

Poles and Pegs - Poles get bent and pegs get lost very quickly. Help campers become aware of setting up and taking down the poles properly. Showing your group that pegs should not be stepped on and reminding them about this can save your pegs. Also, have the campers count the pegs when packing up their tent.

Packs:

Airing Out and Drying Out -Just like tents, packs should be dried out and aired out when you return. On longer trips, it is also a good idea to dry/air them periodically.

Loading and Unloading - Lifting the packs into and out of the canoes and onto someone’s back is something that should be shown. The straps are strong, but heaving on a single strap to get the food pack out of the canoe tears out the straps. Also, make sure that someone is helping others with packs that are heavy or awkward.

Adjustments - Demonstrate how to adjust the pack straps for good carrying, so that the kids can do adjustments for each other. Show everyone how the tumpline should be used (not around your neck!) and how it can be adjusted.

Canoes:

Camp Tamakwa uses aluminum Grumman canoes. Even though we use those canoes for their durability, they still need to be taken care of on trip. They should never be rammed onto shore at portages or campsites. Teach your campers to never step into a canoe when it is on land. When entering and exiting from a portage, campers and staff should not do so until all weight of the canoe is supported by water and someone is helping by balancing/straddling the canoe.

Portaging- Flipping and carrying - Make sure that you are comfortable and familiar with portaging and that staff on your trip are comfortable with their portaging before you head out. You should know the single roll, the tandem roll and the tepee. Try to come up with ways to motivate people before they roll. There is a paddy-cake routine that is kind of fun once you learn it! For safety and morale, some people like to have someone walk with them while they carry; find out who is pairing up before you get going on portages. These are things that you can practice in pre-camp and on the tripper’s trip. (see page 22 for more Portaging information)

Some people like to jog with their canoe. Be aware that this can break some of the weaker aluminum thwarts because the canoe bounces up and down putting stress on the thwart. Jumping with the canoe is also a bad idea. Besides being unsafe (think twisting ankle and canoe falling on head), it can be a quick way to snap your thwart.

At the Campsite - Canoes should be pulled up and rolled over, so that they are out of the way, but easy to get back in the water. Some trippers like to have a canoe as a table around the campsite.

At Camp - When you return, you are responsible for getting the canoes back on racks. Also, make sure that your canoes have your name on them, so that there is no confusion about which canoes are yours.

Landings - Yes, aluminum is durable, but it is not indestructible as previously mentioned. The bow will get damaged and it is just bad practice to come plowing into the shore. Practice proper landings.

Repairs - Make sure that you have some duct tape with you (you can get this from the Tripping Director). It will help you make repairs while on trip. A Swiss Army knife and a multi-tool are also handy to have along. Report any repairs needed to the Tripping Director when you return.

Pots, Etc.:

Cleaning - Dirty dishes can lead to sick people. Keep your dishes and utensils clean - use soap and warm/hot water to scrub everything out after meals. If you have campers cleaning, make sure you inspect the pots. When you return, take your pots to the kitchen to have them run through the dishwasher or to give them a better scrubbing in the sink.

Billy Bags - A billy bag can help to keep your things together. Old tent bags, or stuff sacks work well. Just remember, whatever you use, it is going to get filthy!

Algonquin Park Map:

You are only given one map for the summer; make it last! You should keep your map neatly folded in a ziplock bag, or map case, or cover your map with Mactac or a similar product. Mactac creates a virtually indestructible map! Be sure to show everyone on your trip where you are going and where you are. Looking at the day's route can become a fun part of your morning routine and it will help to teach everyone how a map is used on trip. The map also has an incredible amount of interesting information about the park. Give your group members an opportunity to read it.

PART 4: THE ROUTE

Each tripper is responsible for planning the route that she will be guiding. You are expected to have an idea of the lakes you will be camping on and have alternatives in case those areas have been booked. Once you have your route, you need to give it to the Tripping Director, so that he can make your trip reservations. Once the reservations have been made, the Tripping Director will give you your permit (usually on the morning of your trip). Keep your permit in a safe, dry place (in the first aid kit is a good place).

Trips range in duration from 3 to 15 days. It is usually the case that the younger campers (7-9-year-olds) will go on three-day trips, campers from 10-12 years of age go on four-day trips, and the older campers (13-15 year-olds) will go on five-day trips. Sometimes, specific cabin groups may increase their trip length to 6, 7 or 8 days. The longer trips are usually 8, 10, 13 and 15 days in duration. These are demanding trips and are on a volunteer basis (shorter cabin trips are mandatory).

The planning of the route can often be an exciting but also a frustrating aspect of planning.

“I don’t know anyone’s abilities.” **or**
“I have never tripped in Algonquin.” **or**
“Our trip is on a holiday weekend.”

SO HOW DO I PLAN MY ROUTE?

Some of the things you can do:

- First, take a look at your map and write out some routes that you think might be suitable. Then, you can discuss your routes with other trippers and with the Tripping Director. This will give you experience in creating routes in the park and help you to improve your ability to plan suitable routes on your own.
- Find out what trips some of the kids and staff have already been on
- Ask other trippers who have had successful trips with similar cabin groups to the one you are taking out

When planning your route it is important to ask yourself:

- What ability do I believe my cabin group to have?
- How many nights am I going out for?
- Am I going north or south? (This is one of the first questions you can ask yourself to help narrow the possibilities for routes.)
- What are the lengths of the portages I am expecting the cabin group cover?
- Are my expectations for the group reasonable?

SOME ROUTE IDEAS

No doubt you will hear many names thrown around as tried and true routes: Big Porc- Harness/Head, Louisa-Welcome Lake, Burnt Island-Sunbeam-Tom Thompson, etc. Take note because many of these are great routes and well worth taking if you get the opportunity. To help give you some ideas, I will list some of the routes often taken by Tamakwans. The routes have been divided into northern and southern; this refers to their general direction from Highway 60. The number in parentheses indicates the number of days for the trip.

NORTHERN ROUTES

Burnt Island-Sunbeam-Tom Thompson (3)
Burnt Island - T. Thompson (3)
Burnt Island - Linda -Little Island (4)
Potter - McIntosh - T.Thompson (5)
Burnt Island - Big Trout - McIntosh - T. Thompson (5)
T. Thompson - Misty - Big Trout - Burnt Island (5)
Brule - Rain - Queer - T. Thompson (5)

SOUTHERN ROUTES

Big Porcupine - Ragged: Parkside Bay (3)
Big Porcupine - Bonnechere - Head - Little Island (4)
Big Porcupine - Louisa - Head - Little Island (5)
Big Porcupine - Louisa - Pen - Welcome - Harry (5)

The shorter trips do not give you much opportunity to get out of the corridor, but a four or five-day trip can present some interesting possibilities for you. Also, take advantage of some of the points of interest on the maps. Some campers may not have been to the Tom Thompson Memorial at the east end of Canoe Lake, others may not have seen the remnants of Minnissing Lodge on Burnt Island Lake. Natural springs and little waterfalls are often at or near portages - things that are often missed in trying to get through portages. Take your time and enjoy the trip, that way, everyone else can enjoy it, too.

One final word about your route: Once you are on trip it is essential that you follow your prescribed route. There will be instances when the camp must be able to find your trip and this cannot be done if you have decided to change your plan en route (This will be discussed further in the next section). Also, park rangers will periodically check permits. There are steep fines for not being on the lake you have reserved.

PART 5: PRE-TRIP PROTOCOL

Canoe tripping is such an important part of the Tamakwa program that it is one of the few things that are mandatory for our campers. Having a positive experience on a canoe trip begins well before the campers get into their canoes. Campers need to be prepared and psyched up to be going out on their cabin trips, as well as our longer canoe trips that are usually available to them. Just like our Activity Leaders for in-camp activities need to market their particular activity to the campers to get them interested, our canoe trippers need to do the same with each cabin group they are taking on trip. It is very important to seize the educational opportunity with the campers and staff on every canoe trip to explain to them pre-trip routines and so much more. The following protocols should be followed before every canoe leaves camp:

TRIPPER PROTOCOLS BEFORE EACH TRIP

- Medical briefing with the nurses regarding the campers and staff on your next trip
- Meet with the staff on your trip to review:
 - your expectations of them including: paddling, portaging, campsite assistance (meals, gathering wood, setting up tents, water purification, washing the dishes, programming with the campers and much more)
 - any existing situations between campers
 - any questions they have about the canoe trip
- Meet with the campers and staff together, during Rest Hour or bedtime, to review:
 - the trip route using your Algonquin Park map
 - any special food options/suggestions/restrictions
 - packing out and be in the cabin with them while they pack
- Eat 2 meals with your campers the day before your canoe trip and the breakfast on the morning you're leaving on trip
- Check your equipment
- Pack your equipment
- Pick-up your first aid kit along with any required medications for your campers and staff
- Pick-up your trip permit from the Tripping Director

CAMP PROTOCOLS BEFORE EACH TRIP

- -learn basic tandem canoe trip canoeing skills, including a canoe-over-canoe rescue
- -basics of firewood collection
- -knowledge of fire-building, cooking over a fire, and fire safety
- -learn to pitch a tent properly
- -review expectations of campers paddling, on portages and on the campsite
- -review loading packs into canoes, taking them out of canoes and loading them onto each other's backs on portages
- -other basic safety issues
- -question and answer session

THE MORNING OF YOUR TRIP

You should have your campers and counselors meet at the trip dock at 8am to make sure everyone is ready to leave right after breakfast ends. Be sure each camper and staff member has a lifejacket, paddle, hat, and sunscreen and make canoe assignments so everyone knows where to go when breakfast is over. Make sure the group has enough insect repellent for the entire trip. You should have the trip's canoes already at the trip dock and the packs in the canoes. Make sure you have your OWN packs. Plan your time accordingly and have the canoes and packs ready before the cabin group comes down at 8am. This final prep work before your trip is ready to depart can take considerable time and as you become more familiar with the logistics of departures you will become more efficient throughout the summer.

II. Medical and Emergency Information

You should already be familiar with general first aid procedures from your first aid course. During pre-camp, a group is usually asked to come in and give a one-day first aid workshop and that will provide a good review. However, there is some information that is specific to this camp and to tripping in the park that you need to be aware of before heading out on a trip.

MEDICATION

Some campers require special medication or have a medical condition that you need to be aware of, e.g., severe allergic reactions to stings, foods, etc. You should make it your business to contact the nurse to solicit any relevant and important medical information about the campers and staff on your trip. The nurse may come to you with this information in anticipation of the trip, but it is always preferable that you take the initiative. It is your responsibility to become aware of any special routines to be followed or medications that you need to take with you. If a food allergy is involved, it may mean following a particular protocol that was set up by the camp and the parents at the start of the summer. (see MENU section II) Special medication may need to be put in your first aid kit or carried with you. Sometimes, the camper herself is responsible for administering and monitoring medication (i.e. Asthma inhalers), but this is also something you need to find out.

FIRST AID KIT

The nurse usually puts together a basic first aid kit for your trip. You are responsible for picking up your first aid kit prior to the start of your trip. At the end of each trip, you should return your first aid kit to the nurse, making the nurse aware of any supplies/meds that you have used, so that they can be replaced.

Some trippers like to carry their own first aid kit, one they might have used tripping with other groups; this is fine as long as your first aid kit has, at the minimum, all the supplies from the first aid kit supplied by the camp. If you would like to supplement your kit some things you might want to include are:

- Pentacreme or other diaper rash cream
- Tiger Balm
- Vagisil or other medication for yeast infections
- Extra Band-Aids for areas like knuckles, elbows and knees
- Elastoplast stitches
- Second Skin for burns
- Epi-pen

EMERGENCY AND EVACUATION

If, while on trip, you have a first aid situation that requires immediate medical attention, you need to know the nearest telephone access point. For phone access, see the box below and consult your map.

Tamakwa's emergency numbers are inside your First Aid Kit.

Camp Tamakwa's Main Emergency Number: 705-633-5559
(you will get a comprehensive list of emergency numbers for your trip)

Telephone Locations in Algonquin Park

In general, all access points to Algonquin Park have phones. Those locations are not 100% manned, but all should offer either regular phone lines or radiophones operated by the MNR. (Consult your map for locations.) Those include: Achray, Kiosk, Brent Station, Rain Lake, Tim River, Ralph Bice Lake (formerly Butt Lake), and Whitney. Other phones in the interior are at Camp Arowhon on Tepee Lake and Arowhon Pines Resort on Joe Lake. Near the Hwy. 60 corridor are: all public campgrounds (Kearney, Lake of Two Rivers, Canisbay, Rock Lake), Cache Lake parking lot, Portage Store landings (Canoe Lake and Smoke Lake), Camp Tanamakoon (Tanamakoon Lake), Bartlett Lodge (Cache Lake), as well as many of the cottages in the vicinity of the Hwy. 60 corridor. **(Campers are NOT to use phones.)**

In the case of a situation where the camper cannot continue or needs immediate medical attention you need to assess the possibilities for evacuation. If the person is mobile, then you and another strong camper or staff member will take the person to the nearest access point. If the camper cannot be moved, then, after ensuring that the person can be cared for on the site, you and another group member must get to a telephone to arrange for evacuation.

Evacuation usually consists in phoning the camp and arranging for someone to come to meet you (a driver and doctor or nurse). After evacuation, you and the other group member will return to your group to continue your trip or, if there is no longer time to complete your route, a reasonable modification of your planned route that is still compatible with your group's ability and with the amount of time you have left.

There are also times when the camp must pull campers or staff off a trip because of a family emergency. In this situation, camp often contacts the park to have rangers go by boat or plane to remove the person from your trip. For this reason, it is very important that you follow your planned route, though not of course at all costs. Do not create your own emergency by paddling in dangerous weather or in unreasonable conditions (e.g., at night) just to stick to your route.

WEST NILE, MOSQUITOES AND BUG REPELLENT

Even though chances of contracting West Nile Virus are very remote, awareness of the disease and its prevention has been heightened. Tamakwa, like every camp, takes it seriously and is committed to taking all reasonable precautions to protect campers and staff from exposure, as much as possible. Since the virus is spread by infected mosquitoes, common sense is your guide to minimize bug bites. Bug spray (10-30% DEET content is suggested for young people) should be applied a couple times a day or as needed, and long sleeves and long pants should be worn during early morning and evening when mosquitoes are prevalent. You and the other staff must be vigilant about the campers using this protection.

SANITATION

Keeping clean and healthy is important on trip and you need to ensure that you and your group stay that way!

Washing - Sharing food is a big part of trip, but it can also be a good way to get sick if not everyone has washed their hands. Avoid having people dip their hands into communal food. Instead, have them pour a little into their hands.

Bathing - Traditionally, it was a great part of trip to bath in the lakes and rivers. However, even with so-called environmentally friendly soaps, water still needs to seep through soil to be filtered. Washing in the lake does not allow the water to be filtered, so many of the chemicals that might be "friendly" are still not filtered out of the water. Consider washing and rinsing off on land using a billy and cloth, away from the lake.

Pots - Pots, cups and utensils should be washed in soap and hot water at least once a day. Your bilge water should be dumped away from the water. Where should you dump your water? There are two thoughts on this: (1) It should be dumped in a shallow hole away from the site to avoid attracting animals and spoiling the site or (2) The site is already impacted and will attract animals so, to reduce impact, the water should be dumped around the site. Take your pick.

Biffy Boxes - All designated sites have box privies. They must be used and your group needs to be made aware of this. Some kids hate using the biffy boxes because they look dirty. Too bad. No doubt you will come across sites which have been ruined by people avoiding the biffy box. If someone needs to go to the bathroom and you are not near a site, they should go into the woods (away from any trails), and dig a shallow hole in the ground. Toilet paper should be buried or burned.

*On a related note, make sure people on your trip are going to the bathroom. Cramping and other discomforts can occur if you do not go when you should. Campers will often go to dangerous lengths to avoid going to the washroom if they do not want to use the biffy boxes.

Feminine Hygiene - Some female campers and staff may menstruate while on trip. Some people may find disposing tampons and pads awkward or embarrassing on trip. Tampons and pads are not to be buried in the woods, thrown in the water or tossed into the woods; they should be put into a biffy box. Make sure that your staff know this and that either you or your staff make sure that your campers know.

Water - Even though our Algonquin Park waterways are among the cleanest in North America, canoe trippers are advised to take every precaution. Our trips always travel with two types of water purifiers. At the campsite we use a liquid solution called "Pristine" to purify a large pot of water for everyone's use. But during the day while on the move, we use a personal pump water filter, which is applied to each person's water bottle. Conventional wisdom suggests that you avoid drinking the water in the heavily used lakes (Tea, Canoe, Smoke, Joe) because of the pollutants from boating and bad camping practices. Avoid taking water from shallow areas (e.g, from the shore). Have someone paddle out to get water for drinking and cooking. If you are unsure about the water you are drinking and cannot use a pump or chemical purifier, boil it first to kill any micro-organisms that might cause problems (You must boil water for at least 5 min to be effective).

The most common problem caused by drinking untreated water is Giardia. It is caused by an amoebic parasite and it is characterized by intense intestinal distress and diarrhea. Should anyone on your trip feel ill in this way, make sure that they are drinking plenty of fluids and monitor them for dehydration until they return to camp and receive medical attention.

III. The Tripper's Trip

by Len Giblin, Trip Director

Every person hired to be a tripper or tripper-in-training at Tamakwa will be going on a three-day canoe trip with our Trip Director at the end of our pre camp orientation. The purpose of this trip is to present and discuss all aspects of canoe tripping at Camp Tamakwa. The trip will be quite rigorous and will test everyone's paddling and portaging skills as well as your physical endurance. We will also be presenting all camp craft skills such as making camp, choosing a good campsite, packing out food, packing packs, cooking and clean up technique, campsite maintenance and set-up, hanging food, storing canoes and gear, collecting firewood, and maintaining a clean and organized campsite. All trippers and trippers-in-training will be expected to participate in all aspects of the trip. This is not a three-day course on canoe tripping but rather a presentation of the "Tamakwa" way and an exchange of ideas and techniques that anyone may have. The idea is not only to present and discuss all things involved in canoe tripping, but also to get out there and do it.

The tripper's trip is also an opportunity for our Trip Director to assess the skill level of the tripping staff. All trippers and trippers-in-training will be evaluated on their paddling and portaging skills as well as their camp craft skills outlined earlier. Each tripper will be required to demonstrate an adequate skill level in all aspects of canoe tripping before they will be entrusted to lead a Tamakwa trip.

The tripper's trip is also a lot of fun. It's a time for us to get out into Algonquin Park and enjoy being back on trip. It's also an opportunity for us all to get to know one another and get ready to spend our summer taking kids on canoe trips. It's hard to imagine a better summer job. The opportunity to expose kids to all the wonders of tripping in Algonquin can be one the most fun and rewarding experiences of your life. It is also a job that requires certain skills and a tremendous amount of responsibility. A tripper must constantly be aware that they are responsible for the health, safety and well being of everyone on their trip. Safety is the number one consideration in every single thing you do this summer. There will be many incredible and memorable experiences on your trips this summer. Kids will undoubtedly have a great time and many will take with them memories that will last a lifetime. A tripper however should never lose site of the fact that safety should always be his/her primary focus. The good times will come naturally, but they must always come on a trip where the person in charge is always thinking of everyone's safety first. Remember always - a trip that returns to Tamakwa with everyone healthy and happy is a successful canoe trip. Safety is always our guiding principle and to that end the following is a list of topics that we will discuss on the tripper's trip to prepare everyone to lead successful Tamakwa canoe trips.

Safety:

- Water safety
- Supervised swimming
- Hypothermia
- Evacuations
- Calling camp
- Calling Len's cell
- Life jackets
- Campsite supervision
- Emergencies
- Access points
- Calling Len at home
- Drugs and Alcohol (past, present & future)

Pre-Trip:

- Pack out day meeting with kids and staff (discuss route, packing out in cabin, what to bring, what not to bring, prepare them for trip)
- JT trips (extra attention to pack out day routine, safety, supervision and fun)
- Camper's perception
- Organizational skills
- Maintain canoes, packs and paddles
- Interface with nurses (medications, allergies)
- Planning routes
- Sterning Report
- Maintain equipment
- Packing food
- First aid kits, Epi-pens
- Departure day (last minute – prepared)

On Trip:

- Traveling together (on water, on portages)
- Bears
- Hygiene
- Abusive behavior
- Staff first at meals mentality
- Motivating discouraged campers
- Meeting other Tamakwa trips
- Maintain Tamakwa reputation
- Maintain equipment
- Medications, allergies
- Telephones
- Tripper's role
- CIT's role (counselors-in-training)
- Camper's perception
- Autonomy
- Foul weather (lightening, high wind, rain)
- Raccoons, vermin
- Nudity, bathing, modesty & parental expectations
- "Old school" ways
- Maintaining prescribed route
- Establishing good rapport with staff
- Campsite behavior (noise, nudity)
- Leave campsite better than found
- Maintain canoes, packs and paddles
- Portage store
- Canoe routes map (navigation)
- Counselor's role
- Camper's role
- Leadership

Post-Trip:

- Maintain equipment
- Lost and found
- Trip reports, accident reports
- Welcoming back trips
- Maintain canoes, packs and paddles
- Clean up after trip
- Past trip debriefing

In-Camp:

- Maintain trip shack
- Maintain pack out room
- Interface with Len
- In camp role (assist in other areas: baggage, clothes lines, fire-building, etc...)
- Maintain trip dock and area
- Trip schedule

Misc:

- Take care of business
- Time off
- Trip manual

There are always lots of questions when so much information is being presented. It is our intention to provide time and opportunity to answer all of them. Between our pre-camp orientation week and our three-day tripper's trip, our goal is to fully prepare you to lead successful Tamakwa canoe trips this summer.

We look forward to seeing you at camp.

IV. On The Move

You have done a lot of work to get ready, but your work is really just beginning! On the morning of your trip, it is a good idea to get up early (at least an hour before breakfast) to do all your last minute preparations - pack fresh food, put canoes in the water, meet campers at the docks, and to go over a last minute check list (**see 10 Mental Checks**). The morning of your trip you will eat with your group. Once your trip has been announced, you and your group will head down to the docks to get organized and to wait for the send-off. Try to get your canoe groups organized before you get down to the docks, before breakfast is a good time, the day before is even better.

The Send-Off and the Welcome Back

Tamakwa has a very special and unique tradition for canoe trips called the send-off and the welcome back. The ENTIRE CAMP will come down to the tripping docks to wish you bon voyage after breakfast has finished. Everyone will be milling around the docks saying farewells. This can be an exciting, but harrowing experience for the new tripper. **DON'T PANIC!!** Give your campers a chance to see some of their friends, but remember that you are there to go on a trip. After a few minutes (**NOT 15min**), get your group together and get going.

There is a standard return time for trips: 3:25 for all days, but Monday when people must return in time to leave for cookout, when return time is 12:00. The 3:25 return corresponds with the end of third activity period. Again, the entire camp will come down to the trip docks to welcome your trip back. This is a special event for the people in your group and it is important that you return on time. It is a good idea to plan to be back about an hour before the return time. Your trip can wait on Treasure Island until it is time to go into camp. Plan the last morning of your trip accordingly; if you need to get up at 5:00 a.m. to get back on time, then that is when you must get up. Extremely hazardous weather or a first aid emergency are two of the only reasons for not being able to make your return time.

WEATHER

Keep an eye on the weather, so that you can be aware of things such as the possibility of dehydration or hypothermia, and approaching storms. If the weather is hot, which it usually is, you should make sure that everyone is drinking water on a regular basis. Make regular water stops and watch for signs of dehydration. Make sure that everyone has a hat on and that they are using sunscreen.

If the weather is cold, you need to make sure that everyone has sufficient clothing on and that they are warm enough. Watch for signs of hypothermia and be prepared to stop and make hot drinks for everyone if necessary. You may want to make hot drinks for everyone at lunch anyway.

SAFETY

Lifejackets - When you are on the water it is camp policy that all campers and CITs wear their lifejackets. There are no exceptions to this rule and remember that if it is not on properly, i.e., **COMPLETELY FASTENED**, then it is not on. Wearing an unfastened lifejacket is potentially more dangerous than wearing no lifejacket at all. Trippers and staff are required to wear their lifejackets; it is good role modeling for our staff to do so and it is good common sense.

On The Water - You are traveling as a group, so you should be a group on the water. Stay within a few canoe lengths of each other. One good general rule for keeping the group together is by traveling no faster than the speed of the slowest canoe. If keeping your canoes close together becomes difficult, try rearranging your canoe groups. Staying close to the shore is a good idea, it is safer and you will see more of interest if you are in view of the land. When the weather gets rough, you should definitely be close to the shore. If a storm whips up, you can easily pull up on shore and wait it out. The tripper's canoe should be last in line in order to always keep a visual of all canoes.

Footwear - It has become popular for some people to wear their sport sandals when tripping. Prevent injuries; wear your hiking shoes/boots while tripping and save the sandals for the campsite. You can remove your boots and socks while you are paddling to give your feet some sun and air.

Portaging - Portaging can often be one of the most underrated parts of the canoe trip. Be excited about portages; there is often a lot to see on them and with proper planning they are not that bad. Portages are marked with a distinct yellow sign with the picture of a person portaging. Double check the sign to make sure that you are at the correct portage, THEN get going.

1. Be organized. When you approach the portage, point out where you would like people to land. Look for areas where the canoe can be loaded and unloaded easily. If the portage is busy, be courteous to other trippers. You may want to land and unload one canoe at a time, so that you are not hogging the take-out.
2. Make sure that everyone knows the routine for unloading/loading. Demonstrate to everyone on the first portage and coach them in unloading, for example, bow person gets out to hold the canoe, middle person passes paddles forward, brings out pack, stern person carries out second pack.
3. Have everything in or attached to packs. Take the time to teach campers how to help each other put packs on properly—this will save you some headache during the portage when kids fall over or take breaks. Help everyone to get their packs on and get organized and make sure that they know in which direction they are headed. For safety, have people pair up to walk the portage. Pairing up can also help to motivate people and to make the portage go faster. Portages can take anywhere from 20 minutes to 3 hours depending on the strength of your campers and staff and on the length of the portage, as well as on how organized you are crossing it. Take some extra time on your first portage to show the staff and campers how you want them to be organized as it will save you time on subsequent portages.
4. Help staff with their canoes.
5. When walking the portage, the counselor goes first and the tripper goes last to help anyone who's struggling.
6. If you need to do more than one trip on the portage, you may choose to lead the first time in order to finish it more quickly. This way you can leave the counselor to help the campers load up while you quickly take a canoe to the other side. Be sure to do a general sweep of the portage take-out and put-in before leaving to ensure all articles are accounted for. Portages are also an excellent time (especially if they are long) for snacks so it is a good idea to keep a treat handy in your pack.
7. When you get to the end of the portage, make sure that people have set their things out of the way of people taking out and that they are ready to load the canoes. Make sure that everyone is accounted for and be sure to tell them that they did a good job. You can double back with campers who have reached the end to help encourage others who have not yet finished or to help others who may be having difficulty carrying. Never leave campers alone at the end or the beginning of a portage.
8. Enjoy the portages. You can often see wildlife on the trails if it hasn't been scared away by others, e.g., moose, grouse, rabbits, etc. Use it as a break to mentally organize upcoming events, dinner, etc.
9. Something to drink is always a good idea. If there is a "fork" in the portage, (you should know from checking the map) instruct the counselor to stop and wait for the entire group. Once everyone is together carry on with the portage. Always do a check in with the kids after each portage and ensure that everyone has a good drink. Make sure that campers are wearing the proper attire, especially during the buggy times. Away from the breezes of lake and in the woods the bugs can be bad particularly in July.
10. Get the canoes loaded and head out.

THE CAMPSITE

Once you have arrived at the lake you intend to camp on, you have the task of finding a site. Other trippers may have suggested good sites to you or you might be searching for a new one. Take a look at your map to get a general idea of where some good sites might be (on points, islands etc.). Designated sites are marked with orange signs. Everyone has their own preferences for sites, but here are some general tips:

When you arrive at a site, get out and have a look around. Sites often look very different from the water.

- Can the site accommodate three tents comfortably?
- Is there a maintained fire pit and a biffy box? (If these things are missing then you are not on a site)
- Is the cooking and eating area large enough for everyone to have a spot around the fire?
- Look for safety hazards, signs of a bear/wildlife, and a safe zone in case of lightning
- Is there good water access for swimming?
- Is there a good supply of firewood?
- Will this site catch evening or morning sun?

When you have chosen your site, get everyone into the routine of what to do when you arrive. Unload the canoes and pull up the ones that you do not need. Paddles and lifejackets can be stored under the canoes.

The groups can set up their tents, but they may need a demonstration. Take the time to show everyone properly and this will save you time later and it will teach them how to set up their tent for other trips. Try to ensure that everyone gets a decent tent location. There is no rule that staff get the best spot, while everyone else sleeps on rocks on a 45 degree slope! One good idea is to rotate groups who will get the first choice of tent locations.

Don't move any natural objects on a campsite. Even just moving a log can disrupt interdependent communities of insects, animals and decaying matter. Also, you may create a scar that will be obvious to the next camper.

Setting up a site can make or break a trip. Having a cozy and safe campsite makes a trip that much more enjoyable, especially if the weather is poor. First, secure the boats on shore and establish tent sites, a kitchen and a swim area. The actual kitchen site is really important because it will provide you the room that you need to work in. It's also a safety precaution for around the campfire.

If the weather is questionable then setting up a kitchen tarp would be great. Encourage campers to be involved with food preparation as well as cooking. This is a great sense of accomplishment for many of them. Set up a wash station as well. This can consist of a plastic container or bucket with holes in the bottom, which acts like a shower for washing hands. Search out a method for bear proofing your food. Either hang it from a tree or use a boat and anchor it off shore. Gather a crew to collect firewood, teach the campers the difference between good (dry) firewood versus bad (green) firewood. Teach the campers the art of lighting a fire both in dry and wet weather.

Other Routines Around the Campsite

Collecting wood - This is a standard one. Go with your group the first time to make sure that they know what kind of wood you require. Staff should help out in the collecting of firewood. When you leave the site, left over wood should be stacked neatly for the next people who come to the site. Try to make sure that you do leave some wood for others; it is great to arrive at a site to find some wood already there.

Swimming - Swimming from the site, and at all times on trip, should be supervised, if not by you then by a staff member. For reasons of safety, there should be no diving on trip and in an unknown area; it is probably a good idea for everyone to wear their sandals into the water. For trippers of the opposite sex, you should arrange with the staff for a time for you to give the group some privacy for skinny dipping. Skinny dipping is a great part of tripping, but nudity must not be taken to inappropriate levels. Be sensitive to others on nearby sites and do not go skinny dipping if you are too close to other occupied sites. Use your good judgment.

Footwear – Always wear footwear around the campsite. For that matter, any time you step out of the canoe, you should have on shoes or sandals. There could be fish hooks, glass, nails, and other hazardous objects lying in wait for your defenseless feet.

Food - Be sure that your food is tied up well and is out of reach of animals by hanging it in a tree securely and safely. The standard height for hanging the food is at least six feet off the ground and six feet from any other trees/bushes.

Campfires – All fires must be put out thoroughly so there are no embers and you could put your hand in the fire pit. Do not drown your fire by splashing entire buckets of water all at once. This can lead to water runoff underground by which burning ashes can be carried. If you're not careful, you may awake to find the ground smoking several feet away from the fire pit. If you're using a stove, be sure to take enough fuel to last the trip.

Interacting with Wildlife on Trip - Traveling through Algonquin Park always brings the possibility of seeing some wildlife up close and personal. Beavers, moose, loons, otters, foxes, deer, and bears can be spotted on trip. Some of these animals can pose a threat to us and all of them deserve our utmost respect. Seeing wildlife can be very exciting, but make sure everyone knows these are wild animals and you need to keep a distance from them.

Moose Safety – When a moose is spotted up ahead grazing in the water, it is important to instruct all canoe to stay clear of its path. Paddle gently and remain aware of the moose's whereabouts at all times. Though it may appear placid wading in the water, a moose can travel at great speeds through the water if it feels threatened. The female moose is generally the most dangerous during the spring, just after her calves are born. If you see a baby moose in your travels, stop moving and look around carefully for the mother. Never come between a female and her baby because you may run the risk of being charged by an upset moose.

Bear Safety – Black bears can be dangerous and are generally unpredictable. With this in mind, the safety of the campers and staff is much more important than equipment or food. The following describes the characteristics of bears and what to do if you encounter one:

More often than not, bears are afraid of people and their presence so the best thing to do when you see a bear is to stop and assess whether or not the bear has seen you. If you are downwind from a bear, it is likely that it will not be aware of your presence and you and campers and staff can back away safely (always keeping your eye on the bear).

A bear will make lots of noise such as grunting, growling and snorting in an attempt to scare you away from their territory. They may swing at the air with their claws and they may even do a false charge. A false charge is when the bear runs toward you and stops before actually making contact. Generally, a bear is just making its presence known and will not resort to actual contact. If you find yourself in this situation, calmly and slowly back away. You may find it necessary to make noise or make yourself appear bigger with the use of paddles if the bear continues to approach you.

Bear Safety (cont.)

If any bear enters the area in which campers and staff are camping, eating, resting, or portaging, the tripper should move all persons away from the area in question. If this happens on a campsite, the tripper should direct the campers into canoes and have the group paddle away from the campsite to a new location. Equipment and other supplies should be left on the original site until the bear is no longer present and then supplies can be picked up and moved to the new location. If a bear is encountered on a portage, move away from the bear even if it means going back to the beginning of the portage. Monitor the area for signs of the bear (it will most likely retreat quickly) and then move the entire group together across the portage. When you are choosing a site it is important to check for bear signs. Things to look for include: large, vertical scratches on trees; garbage strewn around the sight; bear scatt (this is found in a big solid pile—as opposed to the small pellets of deer or moose—and will most often have berries within it). Do not camp on a site with signs of recent bear activity.

There are also some preventative measures to help avoid bears visiting your site:

1. Campsites must be void of food, garbage, and any other “smellies” each night before the tripper goes to sleep. This includes food in tents.
2. All food, garbage, cooking utensils, toiletries (toothpaste, tooth brushes and soap) and clothes with food spilled on them must be in a “bear pack” which should be hung adequately from a tree.
3. Hanging a bear pack: The pack is hung using rope(s) at least 3 meters off the ground, one meter away from the closest tree and at least 25 meters from the tenting area.

Lightning - Camp Tamakwa has a lightning protocol for in camp and on trip. The existing policy for estimating the distance is to count the seconds from sight of lightning to thunder clap and then divide that number by 5. This will give you the distance in miles from you to the lightning. For example, a 25 second count means that lightning is 5 miles away. Scientific studies indicate that lightening can strike randomly within a 5 mile radius within a storm and storms can move quickly. Our camp policy on lightning requires you to clear the lake when lightning is 10 miles or closer from you. This means that you must be able to count more than 50 seconds between lightning and thunder for it to be safe to stay on the lake.

If you hear any thunder while paddling, even if you can't see lightning, it is best to pull over to land and observe the storm. If the count is below 50 seconds, then wait on land for the storm to pass. This is a good time to set up a tarp and bring out a snack to keep spirits up. Do not stop on a high rocky area or stand under trees or on tree roots. The safest place to be in lightning in the bush is in a low area with lost of earth (soil) ground cover.

Packing Up - In the morning, before/after breakfast, get a routine for packing out. Show everyone how to pack their packs and what equipment goes in each pack.

Environment Impact – It is a great honour to be able to lead campers through the wilderness as a canoe tripper, introducing them to new adventures and new inspirations. However, the Park in which we trip is increasingly fragile and often travelled and we must do our best to treat it gently. We cannot only talk of low impact camping, we must take responsibility of the Park we use and travel as lightly as possible and leave no trace behind. We hope staff and campers carry the message of no-trace camping throughout their lives teaching other's as they go. Tamakwa firmly believes in leaving nothing behind, whether you brought it or not. This includes packing out all garbage and food waste and leaving a site cleaner than it was prior to your arrival. This also means not breaking branches off trees and only using dead wood for campfires. Also, we must always stay on the trails of portages and not make new trails where they don't exist. We must keep all water sources clean and keep all food away from animals.

Garbage – Make sure to pick up all of your garbage and any other garbage found around the campsite. Take a few extra garbage bags for this purpose. It is usually easier on short trips to carry all of your garbage whether it is burnable or not. If you choose to, you can burn combustible garbage (paper plates, some food) but make sure that all is fully consumed by the fire. Leftover food that is not needed should be completely burned or put in a garbage bag and carried with you. Do not leave or bury leftovers as this attracts bears and other wildlife and goes against no-trace camping.

As the old Tamakwa tripping motto goes: “Always leave your campsite cleaner than the way you found it.”

Theme Trips

You can promote tripping and get campers interested by setting special themes for your canoe trips. You can make it a “Gourmet Trip” with a strong focus on bringing and making especially good food. You can have an “Arts and Crafts Trip” where you bring some basic materials like glue and use things you find in the bush to make things. Take some arts and crafts supplies along such as paper and charcoal for sketching, supplies to make bracelets, hair wraps, etc.

Perhaps you know how to make something that you think your group might like to learn; try it out! An adventure trip might focus on special sites like finding the old ruins of some of the many historical sites in Algonquin Park or heading to a special location like the Lake Opeongo, the famed Lake Eustache, or the old growth pines in the center of the park.

LUNCHESES

Lunches are usually eaten en route and they can be anywhere, e.g., on an island, on a beach, in the canoes, etc. Try to pick a spot that gives the group room to spread out and to relax; they’ve earned it! Your lunch should be organized so that everything that you need is in one pack (billy set and food). Again, you can make routines for lunch: cutting things up, getting drinking water for juice, etc.

UPON RETURNING

Once you have arrived back at camp and you are in the midst of the Welcome Back, start getting your canoes unloaded. Get your packs up away from the docks, so that the campers can get their things.

- Make sure that paddles get put back into the paddle racks
- Put canoes up on the racks
- Unpack the tents and pillow packs, rain gear, sandals, etc.
- Make sure that your group collects their things and takes them to their cabin
- Collect garbage and throw it in a garbage can
- Take extra food to the pack out room to be put away for the next trip
- Wash billy set
- Hang up packs to air/dry out
- Hang up tents to air/dry out
- Debrief with Len
- Write Trip Report

TRIP REPORT - You are responsible for filling out a tripping report at the end of each trip detailing each group member’s abilities, attitudes, skills etc. The value of these reports cannot be underestimated, particularly with respect to staff performance. Trip reports are kept on file in the camp office and are used for feedback and evaluations, to decide who will go on long trips, as well as documenting the trip for any future reference, e.g. medical issues. They are critical for the camp administration to learn about staff and camper behaviour when outside the camp facility. They are also valuable resources used year-round in the hiring process as well as in discussions with parents long after their children have returned home from camp. Therefore, your descriptions should be detailed and specific. Any accidents on trip must be noted along with a separate detailed accident form.

OTHER NOTES

A smooth trip is the product of letting everyone know what they can do to help and of setting routines. If things are not going as smoothly as you would like, then think about what you can do to improve things.

The Portage Store

The “P-Store” as it is popularly known is a name you will come to know well. Every trip, you will be asked to go to the P-Store. The Portage store is the last stop before camp on just about every *long* trip, but for the regular-length cabin trip, it is not required to stop at the Portage Store. Campers get tucked at camp and the idea of trip is to take everyone away from the atmosphere of places such as the Portage Store. There is a Portage Store protocol which will be reviewed with you during pre-camp training or on the Tripper’s Trip.

Telephones

If, for some reason, you are ever in an area where there is a phone, the camp has a very strict policy that campers are not to use the phones under any circumstances. Some will try to convince you to let them. Do not.

Staff Rest Times

Staff will want to rest during the trip, as will the tripper. Only one staff member may rest at a time in order to make sure the campers are well supervised and of course entertained and enjoying their time on their campsites.

V. Interpersonal Issues

This section is included simply to get you thinking about how you might respond to some issues that may arise on trip. Most of these focus on attitude and motivation.

WORKING WITH COUNSELORS ON TRIP

The tripper is the official leader on a trip but having a good working relationship with your counselor will make the trip go a lot more smoothly both for you and for the campers. Counselors will want to help out and should be given the opportunity to do so with proper instruction. Keep in mind that you are in charge of safety on trip and all final decisions should be yours to make. It is also important to remember that the tripper's job is not complete once the site has been set up and dinner made. Counselors will know their campers and know what they enjoy doing but the tripper should not be sitting around while the counselor entertains the campers. What you do with the campers once you reach a site will often make the best memories of a trip. Some counselors may feel out of their comfort zone while out on trip so, essentially, you may have to fill both the roles of tripper and counselor as well as medical officer.

MEETING OTHER PEOPLE ON TRIP

On trip in Algonquin Park you will meet many other trips both on portage and on the water. Please keep in mind AND TEACH your campers that every single one of you is an ambassador for Tamakwa. Our camp will be judged on how your group behaves in front of other people. You would be amazed at how word gets around. This means that we want our campers to be courteous at all times. Let other trips pass on crowded portages, offer to help if someone is struggling, don't swear, say hello.

YOUR ATTITUDE

Hopefully, you begin every trip with positive expectations! However, staying up late and waiting until the last second to get organized can have a negative effect on your ability to respond to situations. Take care of yourself! Get lots of rest and relaxation between trips.

Getting off on the right foot means a great deal to everyone and being enthusiastic about the trip and the people you will be with can help to foster positive feelings in everyone. Take a positive attitude with you when you go to meet your group at meals; show an interest in the people who will be on your trip, etc.

You may not always get the trips you want, but make the most of the trips you get. You would have liked to take out Rangers, but you get Pioneers or vice versa. Your trip doesn't need to know that. For a tripper, it is only natural if what you do becomes a bit routine after a few trips. But remember...for the group that you are meeting this is their **first** trip, might be their **only** trip of the summer, and most importantly, it is **THEIR** trip. Remember, the trip will have a lasting impact on all those involved. To keep motivated, try new things on each trip, e.g., new meals, route, campsites, activities, etc.

Being a role model for everyone on trip means that the way you respond to any situation is going to be an example to others. Try to watch for potential problems before they come up.

Don't pair people in a canoe who obviously do not enjoy being with each other. Try to listen carefully to people's problems and be thoughtful in your responses.

ACTIVITIES

Having an idea for activities or themes for your trip can help people get into a new mode of tripping. Take some arts and crafts supplies along such as paper and charcoal for sketching, supplies to make bracelets, hair wraps, etc. Perhaps you know how to make something that you think your group might like to learn; try it out!

See a later section for more ideas of games, etc. for spare time on your canoe trips.

ISSUES

Being a role model for everyone on trip means that the way you respond to any situation is going to be an example to others. Try to watch for potential problems before they come up. Don't pair people in a canoe who obviously do not enjoy being with each other. Try to listen carefully to people's problems and be thoughtful in your responses.

WHAT ISSUES?

Ask yourself: How am I going to respond when....

...my staff member continues to voice her dislike of canoe trips.

...my staff member is always making remarks that I consider inappropriate.

...some of the campers are acting inappropriately e.g., shouting rude remarks to other people or swearing loudly.

...I am a tripper on an opposite sex trip...how do I ensure their privacy and still be conscientious about swimming safety and sanitation?

...a camper continues to state that "I hate tripping"

...one of the campers is homesick

...your staff smoke

...you catch campers smoking

Some of these issues are related to the idea that, when on trip, camp rules suddenly no longer apply! This is simply not the case. This is one reason why you, as the tripper, bear such heavy responsibility.

VI. Entertaining Kids on Trip

Quite often, just being on trip is eventful enough that you don't need to think up any ways to entertain the campers. Particularly on a long trip, you will likely get in to a site, have just enough time to set up and eat and then go to bed. However, many of these kids have been on trips before and some will have been on a trip every summer since they were seven. Junior trips are not far and there is a lot of time on the campsite. Trippers should be armed with a lot of activity ideas for these groups. Share ideas for entertainment and be creative. It is up to you to ensure that YOUR trip is the one that sticks in their memory through the years.

Sometimes it will be something so little that makes a trip memorable (like an inside joke) and sometimes these memories will create themselves without you having to do anything extra (like seeing a moose). But other times, you may find that the trip is going along really smoothly but it is lacking some extra spark. There is no formula to creating a memorable trip but there are certainly lots of ideas that you can incorporate into your trip. Here are some ideas that trippers in previous years have used successfully:

Birthdays: If someone on your trip is having a birthday bring a Happy Birthday banner or signs and hang them up in the morning. Bake a birthday cake. See Recipes.

Skit nights and talent shows: Make costumes out of things found on the site. Ask campers to go into the woods and make a hat out of what they find. Bring along some googly eyes or funny hats and to wear.

Hot day swimming: On hot days younger campers will want to spend as much time as they can in the water. Have swimming parties (remember your guarding protocols)

Card Games: Younger campers especially like card games in the tents.

Birch bark goals: The first night at a campsite, have each camper write down on a strip of birch bark a personal goal they have for the trip (take bark only from dead trees). They can read the goals out or just keep them to themselves. After everyone has finished, throw the goals into the fire.

Trip tattoos: Semi-permanent tattoos can be made by applying sap to the skin with a twig and then rubbing ash (preferable) or dirt on the sap. You can create a group tattoo or have each camper make their own. You can also start the tattoos on the first day and then continue them each day creating a pictogram of the trip.

Trip songs: All those hours paddling in the canoe provide the ideal time to create an original trip song. This gives the group something to sing while paddling and something to present to the rest of the camp in the Main Lodge when they return from trip.

Leader of the day: If you are leading a group of more mature campers, assigning a leader either for a portage, a meal, or a section of the day gives the campers a great sense of ownership for their trip. This is particularly encouraged for senior campers who have been on numerous canoe trips and will become bored if they are not given more responsibility for the trip.

Sailing: When crossing a big lake with the wind at your back, there's nothing like setting up a tarp sail with the canoes rafted together to boost morale. You can do this holding a tarp up with two paddles.

Initiatives: Again, with the older kids, it's a great idea to take some of the more mundane tasks on trip and turn them into a challenging game. For example, try setting up the tents blindfolded or gathering firewood three-legged style.

Daily readings: Taking a book on trip is always a good idea. Whether it is a short novel that you and the campers can read from each night around the campfire or a book of questions to initiate conversation in the tent at night or a book of quotes from which campers can choose a reading during each meal—books create a sense of comfort and bonding. Bring some to camp with you.

Canoe Based Games and Activities

Paddle familiarization game – blade = left / shaft = right / butt = spin 360 degrees.

Unanswerable question – Ask a question – next person does not answer but asks another question – this continues until someone stuffs up and accidentally answers.

Eye spy with my little eye!

Two truths and a lie.

Around the world - I'm going on a trip around the world and I'm going to The country corresponds with the spelling of a/r/o/u/n/d/ t/h/e w/o/r/l/d.... Follow this sequence – kids try to guess where you are going next. Say a word and come up with a song that has that word in it. The first person to get a song is the winner and gets to choose the next word.

Who am I? – a great game at end of a trip - someone picks a member of the group and the rest ask a question in an effort to find out. E.g. If they were a color – what color would they be?

Key word – an action is determined at the start of the day- every time a certain word is said – the action is performed.

Ghost – first person selects a letter – next chooses a letter which will form a word and so on. The key is to avoid making the word and to keep giving letters as long as possible. If you don't think there is a possible word – you can challenge if they are bluffing they get a point – if they are correct – you get a point against you.

Ice breakers

Name games – name two things that no one else in the group knows about you. Memory test as the following kids must remember all the things about the people before them.

Handshake circle – intro self then kids intro you say them they say you – move around so that an inner circle forms. E.g. Tim – Jon – Jon – Tim – move onto next person and they follow.

Noodle spank – stand in circle 1 in middle, using noodle attempt to catch out people who take too long to say their and one other persons name.

Ball passing – orders – speed it up – add extra balls - time them.

Pulse – everyone hold hands and pass the pulse around the circle.

Games For Camp Sites / Initiative Games

Quick Draw.

Partner quick draw – two slaps – then three actions = reload – shoot and block.

Leg wrestling – laying on ground.

Hand pushing – knock your partner off balance.

Statue making – in pairs one person positions the other in a way that they think represents their personality – funny one!!!

Concentration hand slaps – either sitting or laying in a circle. Tap – double tap to skip someone - hand on side to change direction.

Evolution – Paper rock scissors to win. Start as egg – then chicken – dinosaur – monkey – human - super human.

Elves, wizards and giants – works like paper rock scissors. Giants beat wizards – wizards beat elves, elves beat giants. Each team agrees upon a category – displays it and if they lose – run to their safety line in an effort to avoid capture.

Laser eye – two circles with people sitting behind partner in outer circle. One person “in” – winks at someone. They have to try and escape within 5 seconds and reach the “winker”. The use of force is acceptable!!!

Monkey game – split into 3 groups. Each group must huddle together and form a group gesture. The game consists of 8 rounds, at each round when the leader yells ‘go’ each group must display their gesture. By the end of the 8 rounds each group must be performing the same gesture. There is no communication and groups must try to persuade each other to perform their gesture.

Gotcha – a peg is discreetly pinned to someone. The group must be constantly aware of themselves and their surroundings so they don’t get pegged.

Sword in the stone - Frisbee is placed in the centre of the circle. One person starts in the centre of the circle with a pool noodle, they attempt to whack someone with a noodle then place the noodle on the frisbee and takes that persons position in the surrounding circle. While all this is going on, people in the circle may enter the circle and place their head on the frisbee and say “I am the bravest knight in the world” and run back to their position in the circle before the person ‘in’ with the pool noodle whacks them.

Geometry in motion - group stands in a circle with the instructor in the middle. The group must remember who they are standing next to. The instructor points to one person in the group and then breaks through the circle. The group follows the instructor until they yell out a shape. The group then must form the shape with the group staying in the same order. The person the leader pointed to must take position on the instructors left side.

Primal scream – all heads down. When you look up you must stare at someone else in the circle. If you make eye contact, the two people must scream and in turn are eliminated. This continues until there are 2 left.

Spider’s web – using rope create a web between 2 trees which contains body sized holes. The group must pass all members through the holes in the web. You can restrict the number of times people pass through a particular hole.

Human knot – everyone stands in a circle and crosses over their arms. They must join hands with someone across the circle, right to right hand, left to left. This forms a human knot that the group must try to undo without breaking hands.

Circle sit – everyone stands in a very close circle all facing the same direction. Holding onto the shoulders of the person in front, the group attempts to sit down. If successful, the group can be challenged further and asked to attempt to walk in this position.

Riddles Galore!

A man is found dead in a forest. He is wearing full scuba gear and all his bones are broken. The forest around him is charred. What happened?

The man was scuba diving in a nearby lake when a fire-fighting pontoon plane scooped him up accidentally with a load of water, then dumped him on the burning forest.

A man is found hanging from the ceiling in a room on a sunny summer day. There is nothing in the room but a puddle of water and the window is open. How could he have hung himself?

The man jumped to his death from a block of ice, which then melted in the sun.

A man and his wife are speeding along the highway when they suddenly run out of gas. The man instructs his wife to stay in the car with the windows rolled up and the doors locked while he goes to get gas. When he comes back, his wife is dead and there is a stranger in the car. How did she die?

She died giving birth and the stranger is her baby.

A man wakes up to his radio alarm in the morning, listens to the news, turns on the light and shoots himself? Why?

The man is a lighthouse keeper who forgot to turn on the warning light overnight. Hearing on the radio the news that several boats crashed on the reef outside his lighthouse that night, the grief overwhelms him and he kills himself.

George and Martha are found dead on the floor surrounded by broken glass and water. How did they die?

George and Martha are fish whose bowl fell off the table.

A grandfather, a father and two sons go fishing in a boat that only holds three. How is that possible?

The father is also a son; therefore there are only three people.

Late one cold December night during a storm, you arrive at an abandoned cabin. Inside there is a wax candle, an oil stove, a kerosene lamp and a wood fireplace. You have only one match. What do you light first?

The match.

A plane crashes on the border between the U.S and Canada. Where would the survivors be buried?

You don't bury survivors.

A man is found dead in the desert with an unopened package beside him. How did he die?

He jumped out of a plane and his parachute didn't open.

A woman walks into a bar and asks for a glass of water. The bartender pulls out a gun and points it at her. She says thank you and leaves. Why?

The woman had the hiccups so the bartender scared them out of her.

The person who makes it doesn't want it. The person who buys it doesn't need it. The person who uses it doesn't know they are using it. What is it?

A coffin.

Resources

It doesn't hurt to broaden your knowledge of the park, canoe tripping in general, or to improve your interpretative skills or storytelling abilities. Here are some recommended books and resources. If you have some of your own favourites, don't be shy about sharing them with other trippers and adding them to this list!

Canoe Routes of Algonquin Park Map - a great resource and you get it for free!

Friends of Algonquin publish a number of very informative guides to the park flora and fauna as well as Interpretative publications dealing with park history. Among them, the weekly park newsletter **The Raven**. Also check out the collection entitled **The Best of the Raven**.

Friends of Algonquin Park
Box 248
Whitney ON K0J 2M0
Phone 613-637-2828

Field Guides

Having guides for birds, weather, trees and stars can come in handy. Good publishers are Peterson, Golden and Audubon, though many of the guides may contain more information than you really need for tripping.

The Howls of August by Michael Runtz. Runtz is a well-known authority on the wolves in Algonquin Park.

The Explorer's Guide to Algonquin Park by Michael Runtz.

Exploring Algonquin Park by Joanne Kates.

Tales from the Bow Seat by Don Standfield.

Tom Thompson: The Algonquin Years and **Early Days in Algonquin Park** by Ottelyn Addison. Addison is the daughter of famed park ranger Mark Robinson and she shares many interesting stories and historical anecdotes.

Company of Adventurers, Caesars of the Wilderness, Merchant Princes. Peter C. Newman's chronicle of the Hudson Bay Company.

Bark, Skin and Cedar: Exploring the Canoe in Canadian Experience by James Raffin

Tales of an Empty Cabin and other books by Grey Owl (a.k.a. Archie Belaney). He was a great storyteller and his writing is vivid and engaging.

Tom Brown's Guide to Wilderness Survival by Tom Brown

Up North and **Up North Again** by Doug Bennett and Tim Tinner.

Song of the Paddle and **Path of the Paddle** Both books are by Bill Mason and they are excellent resources.

Checklist

1. Have I seen the nurse about Medical Information (i.e. allergies, camper meds, etc.) and updated my First Aid kit?
2. Did I get my fresh food?
3. Did I check the fridge/freezer?
4. During a fire ban, do I have a Coleman stove?
5. Do I have each person's dry bag packed?
6. Do I have my daypack ready?
7. Do I have enough toilet paper and matches?
8. Do I have my trip route, trip permit and Algonquin Park map?
9. Do I have water purification, sunscreen, and bug spray?
10. Have I packed my tents?
11. Are my canoes ready to go?
12. Do I have my whistle for emergencies?
13. Does everyone in my group have a lifejacket and a paddle?
14. ***Have I talked to Len? ***

CAMP TAMAKWA TRIP SAFETY RULES

1. Canoes no more than 3 lengths apart at all times. Staff must “sandwich” camper canoes with the tripper’s canoe at the back, able to see all canoes at all times.
2. Everyone must wear a lifejacket at all times.
3. On portages and leaving every campsite, the tripper brings up the rear at all times to ensure everyone’s safety and to ensure that nothing is left behind. On portages, one counselor goes at the front of the trip.
4. Swimming: **THERE IS TO BE NO DIVING UNDER ANY CIRCUMSTANCES.** Two staff with at least their Bronze Cross must supervise all swimming at all times. Lifeguard ratios are 2:6 in daylight and 2:2 after dark. After dark, a flashlight shines on swimmers, no heads under water.
5. If there is an axe on trip, it is to be used by the tripper and **ONLY THE TRIPPER.** In order to take an axe on trip a tripper must be axe licensed by a director or delegate.
6. Put the fire out so thoroughly (on departure from campsite) that you can stir the ashes with your hand and not get burnt. Leave nothing behind but your footprints. Leave every campsite cleaner than you found it.
7. Bring all equipment back clean and dry, or clean and dry it upon your return to camp.
8. The tripper is **RESPONSIBLE** for all equipment including **CANOES.**
9. You must not change the planned trip itinerary, except in the case of an emergency.
10. White water requires special training. Camp Tamakwa does not allow shooting rapids under any circumstances whatsoever.
11. Everyone always wears closed toed shoes: on campsite, portages, while dragging canoes in shallow water and swimming.
12. No cigarette smoking in front of campers or in tent.
13. Bear precautions: **NO FOOD IN TENTS.** All food is adequately hung in a tree. Trippers should have something to make noise (a pot and spoon or air horn) handy at all times, including at night.
14. Before departure, make sure every camper has: Adequate rain gear, fleece/sweater, sunhat, water bottle, and sunscreen. Otherwise they use yours! Practice repeated sun protection and hydration.

Notes