

L.I.T. PACKAGE

WHITEWATER TRIPPING - L.I.T. Program (ages 15-16)

If you are a camper aged 15-16 attending Hurontario this summer, you will be involved in our excellent Leadership-in-Training program. Therefore, you will be receiving in this email several extra forms. Please check to make sure that you have the following:

A waiver form to sign and reservation form to complete and return to the camp office with full payment for MKC weekend (**only**) by April 30th. Payment may be made by cheque or e-transfer (we are unable to accept Credit cards) for this weekend payable to Camp Hurontario. ***Please sign the Hurontario waiver on the bottom of the MKC registration form.***

[Waiver Form](#)

[Registration Form & COVID Questionnaire](#)

[Map to MKC](#)

MKC INFORMATION - A page outlining the MKC Victoria Day Weekend to train for white water Level One. This includes an outline of our amazing program; a map to drive to MKC as we are unable to use buses; a fee payment schedule; what to bring (*very important MKC clothing list*); A COVID ACKNOWLEDGEMENT to sign.

CAMP TRIP INFORMATION - A brief description of whitewater trips available this summer at Hurontario with the charges for these trips to cover the extra travel expenses is outlined in this package. Also included is an important clothing and equipment list which only whitewater trippers bring to camp. Please read carefully. Again, there may be changes to trips due to COVID protocols. We will keep everyone updated as more information becomes available.

Please note: When our CampBrain site is ready for inputting summer 2021 information about your camper, be sure to go online and fill in trip requests for your son. It is important to note that we are unable to promise every camper their first choice of trip, but all the whitewater trips are excellent adventures on the remote but safe rivers in Northern Ontario and Quebec.

COVID ACKNOWLEDGEMENT (Signed by parent/legal guardian)

I, _____ understand that in allowing my son, _____ to take part in a training weekend at Madawaska Kanu centre (MKC) given the ongoing uncertainty of the COVID 19 virus situation, he might contract COVID 19. I in no way hold the Camp Hurontario responsible. Further, we have read the MKC COVID Response and policies by which my son will abide while at MKC. I will provide enough masks (see list below) for my son for the weekend, plus small hand sanitizer, and a laundry bag for individual clothing. The link to the MKC site is <https://www.mkc.ca>. MKC COVID-19 Response: <https://www.mkc.ca/covid-19/>

HURONTARIO'S WHITE WATER TRIPS

At the time of this writing, it is still difficult to promise what trips Hurontario will be able to offer this summer. We will do our best to give you your first choice of trip. However, if being with a certain friend is more important than your trip choice, you must indicate this in the space online for TRIP CHOICES. Payment for trips will be made at the end of each session. Please do not pay for the trip before camp as trip choices are made at camp.

NOTE: Please note that at the time of mailing this literature for our Leaders trips, final costs are not available. As a result, costs for these big trips may be slightly more than shown here although we will endeavor to do our very best to hold to the following shown prices.

DUMOINE RIVER (July & August - 11 days - \$1100, HST not included)

The Dumoine River Trip is an 11-day, whitewater canoe trip in western Quebec. The River plunges some 500 feet down the rocky granite margin of the Laurentian Highlands, and flows 90 km due south of Lac Dumoine before emptying into the Ottawa River Valley. The river is interspersed with picturesque lakes and framed by steep-sided, pine-covered hills. This 100-km trip travels the entire river.

COULONGE (July & August - 16 days - Approx. cost \$1100, HST not included)

A trip on the Coulonge River runs in northern Quebec down towards historic Fort Coulonge where our trip will pull in at the end of an amazing river and lake combination trip. Starting just north of North Bay and heading to the East, our trippers will pick up the headwaters of the Coulonge on approximately their 5th day and then spend the next 7 days navigating the exciting and beautiful white water of the Coulonge. To conclude this spectacular trip, campers spend a day with Esprit rafting, on the Ottawa River. (A \$100 fee for this rafting is included).

MISSINAIBI RIVER (July ONLY - 19 days - Approx. cost \$1600, HST not included)

The Missinaibi Provincial Park is a jewel in Ontario's Park system. The Missinaibi stretches about 88 km north of Chapleau onwards to the Moose River just south of James Bay. This trip involves complicated transportation arrangements with boats, vans, trucks, and the rental of canoes. However, for adventurous canoeists, the scenic wonders and river rapids offer a wilderness experience not to be missed.

KESAGAMI RIVER (August ONLY - 19 days - Approx. cost \$1600, HST not included)

Paddle to James Bay! Travel along this amazing remote river, which is an untouched gem among Northern Ontario's wilderness rivers. From north of the town of Cochrane by van, campers set their canoes into the swift waters of this river known for its magnificent scenery and challenging whitewater. The group then paddles some 200 km down the river's navigable rapids to the shores of James Bay - a great experience!

MADAWASKA KANU CAMP WEEKEND

Attention all whitewater enthusiasts!!

May 14, 15, 16, 17

Hurontario is getting ready for its 30th annual weekend of training at the Madawaska Kanu Centre which is just north of Barry's Bay (south west of Ottawa). This is always an amazing weekend. We get to know all of our whitewater trippers; we experience rapids (wet!), and we enjoy MKC's terrific food and ambiance. Be ready for the BUGS, too. Come prepared. **Read the clothing list very carefully.**

This weekend is necessary to ensure that all Hurontario trippers who will take our whitewater trips have a good grasp of the fundamentals of running rapids, a degree of proficiency to enable safety in the rapids, and a keen awareness of what a river with rapids entails compared with flat water paddling. The course is quite rigorous and requires hard work over the three days. It is also really good fun!! The program goes something like this:

Friday: **Travel by personal car to Madawaska Kanu. Please plan to arrive after supper and before 8 p.m. so everyone can pitch their tents. MKC staff will go over the weekend plans to get everyone ready for a weekend of running the rapids! Early to bed.**

Saturday: Up at 7 a.m. Breakfast. Outfitted with wet suits, helmets, lifejackets, paddle
Spend whole day in rapids on river - amazing!
Saturday after supper - rescue training techniques, guitars

Sunday: Up at 7 a.m. Breakfast. Whole day on the river - we're getting better.
Games etc. before dinner - evening to relax,

Monday: Up at 7 a.m. Breakfast. Half day on river including testing.
Parents pick up campers at MKC. Depart at 2 p.m.

PLEASE NOTE: No smoking is allowed at MKC and any person contravening this policy risks being withdrawn from the course. It is also a quiet place designed for adults.

CLOTHING & EQUIPMENT LIST FOR MKC Only- please label everything

Bring a Personal tent and a sleeping bag - required for all our trippers

Masks for the weekend - 3 per day (minimum 12)

2-3 small hand sanitizers

Clothing for the lodge: warm and bug proof

Two pairs of shoes - one to get wet in the water, the other to stay dry

Three pairs of wool/polyester ski socks - feet will **freeze** in cotton

A wool or fleece sweater

Long underwear for under wetsuit (wool, silk or polypropylene) - again, no cotton

A **wool** hat, warm **wool** mitts or gloves, or paddling gloves

A two-piece rain suit

Sunscreen, bug repellent, toiletries (soap, shampoo, toothpaste, etc.), a towel

A laundry bag for clothing that is dirty

A **plastic bag** for wet clothing and a roll of **quarters** for the dryer – **Essential**

NOTE: WOOL / LYCRA / POLYPROPYLENE MATERIAL will keep you quite comfortable when you are wet; as in a wetsuit the material forms a heat barrier with your own body.

COTTON will lower your body temperature and make you cold

*****Remember no peanuts or nuts of any sort. Please do not bring any snacks, or food as this will attract animals to the tent area.*****

PAYMENT for MKC WEEKEND

The cost for our four-day weekend includes use of MKC's tent site, Camp Hurontario's staff charges, all food, wetsuit, helmet, PFD, paddle & canoe, plus excellent instruction in small groups. Further, Hurontario leaders will achieve their Level One whitewater ORCA paddling certification. This is a very good price for the weekend, reduced for our camp.

PAYMENT (MKC): Please remit payment of \$810 by e-transfer or cheque for payable to Camp Hurontario, together with MKC Waiver & Hurontario's waiver to Hurontario's office not later than APRIL 30. If paying by e-transfer, please send an email with the password.

****Please note all MKC payments are separate from Hurontario's summer fees and charges. Thank you.**

Clothing and equipment list to pack for July or August session ESSENTIAL WHITEWATER TRIPPING EQUIPMENT – For Camp

- 1. Waterproof (not K-way) 2-piece rain suit (required). Optional: Bug Jacket /hooded**
- 2. A light sleeping bag which rolls easily, SMALL and dries well.**
- 3. A large 30 litre dry bag to hold both your sleeping bag and clothes.**
- 4. A good water bottle - Camp Nalgens are the best**
- 5. A good hat for sun (neck protection). Zinc for noses, SPF 30 **minimum**, sunglasses with **strap****
- 6. Sturdy rubber soled shoes not too heavy, they will get wet (A good running shoe)**
- 7. Wool/polyester (ski) socks (not cotton)**
- 8. A small hip sack, a good camera in a pelican case**
- 9. A government-approved P.F.D. (Personal Flotation Device)**
- 10. Warm top (fleece or wool - no cotton please)**
- 11. Toque**
- 12. A Fox 40 whistle**
- 13. A Mohawk or other whitewater paddle (essential) - Mountain Equipment Co-op sells**
- 14. A whitewater helmet (Mountain Equipment Co-op sells for approx. \$60)**
- 15. A supply of face masks for in camp/on trip – minimum of 75 or three per day.**
- 16. 6 small (travel size) hand sanitizer**