



# NORTH STAR CAMP PINE MANOR TRIP INFO THE CANADIAN & DULUTH TRIP

**Parents: we recommend that you share this guide with your camper. It includes important information for their Pine Manor summer regarding their special trips to Canada and Duluth.**

## THE CANADIAN

The Pine Manor summer is a special year at camp. Pine Manor campers are the leaders of camp and have the opportunity to embark on a 9-day, 8-night trip to the Boundary Waters of Canada with their cabinmates and counselors. We recently mailed our alumni a questionnaire asking them for their fondest memories of camp. The Canadian trip was at the top of most people's list.

A few days after arriving at camp, this year's Pine Manor group will board a coach bus to travel to Atikokan, Ontario and prepare to embark on their Canadian adventure. Pine Manor will spend a night at Canoe Canada Outfitters, which has been outfitting the Canadian for us since North Star began offering the trip. Pine Manor campers and staff will meet with local experts from Canoe Canada Outfitters to go over all necessary information for the trip -- route planning, map reading, lake paddling and portaging instructions, and tips and tricks to ensure a successful and fun trip.



### Passport & Paperwork

Crossing the border into Canada can be a cumbersome task, especially with a large youth group. By law, everyone crossing into Canada will need either a valid passport or a copy of their birth certificate. **A copy of the passport will not be accepted at the border.**

We also need our families to complete the Canadian Permission Slip form found on [CampInTouch](#). This document must be returned to our office by May 1st. **Failure to return the Permission Slip, or failure to bring a valid passport or copy of a birth certificate, will result in your camper being unable to participate in The Canadian.**

### Health & Safety

All of our trippers will have Wilderness First Responder and Lifeguard certifications to be able to respond to emergencies. However, parents of campers with medical issues will need to consider that access to medical care will be delayed on this backcountry trip. All health forms found in [CampInTouch](#) must be returned to our office by May 1st so we can begin meal planning for the trip. If your son has any health issues in question, please consult a doctor prior to the trip and have him/her fill out the Medical Recommendation Form provided.

## Gear & Packing List

Having versatile clothing for the Canadian is a must! A day on the lakes can start with sunny skies and temperatures in the 80s, only to have a weather system come through with temperatures dropping into the 50s. Campers should remember that they will be carrying anything they bring on the trip in their packs during portages. The less weight, the better, so having gear that can work in different conditions and is lightweight is super important. For example, two lighter garments are better than a single thick one because lighter layers worn together offer equal protection, yet each can be used separately when the weather warms up. Synthetic clothing is best because it dries quicker and will provide better protection from the elements.

**Everything has a possibility of getting damaged or wet so please keep that in mind when shopping and packing for The Canadian.** For this reason, we do not recommend buying the most expensive or highest quality items.

It is essential that campers bring to camp the proper clothing for the 9-day Canadian trip to provide sufficient protection from the weather as well as mosquitoes, gnats, ticks and black flies that they may cross paths with during the trip.



### Base Layers (No cotton clothing items please! -- Cotton takes too long to dry.)

- 1 sturdy pair of fast-drying nylon pants.**
- 1 pair of lightweight synthetic long underwear bottoms** (to be worn under pants or with shorts over the top).
- 1 polyester shirt** for wearing during the day. Sport shirts like Under Armour preferred as they are loose fitting, comfortable and absorb sweat & moisture well.
- 1 pair of loose fitting nylon shorts** for ease of leg movement and fast drying.
- 1 long sleeve lightweight synthetic top.** Polypropylene long underwear tops work well. A long sleeve top is important because it can be pushed up to cool off or left down for sun / bug protection. If buying new, a zip T-neck design offers better ventilation and bug protection.

### Insulation & Shell Layers

- 1 mid-weight Polartec fleece jacket.** Polartec fleece dries quickly and continues to retain heat even when wet. It's lightweight and packs easily. Rain jackets are available with a Polartec zip-out lining.
- 1 waterproof/windproof jacket with hood.** No ponchos -- they don't work well in the elements.
- 1 pair of lightweight rain pants.** Consider pants with zippers in order to be taken off with boots.
- 1 pair of Polartec pants (optional).** Comes in handy for cool weather.

## Footwear

**1 pair of OLD tennis shoes, Chacos, Keens, Tevas or Aqua socks. NO FLIP FLOPS OR CROCS!**

**1 pair of hiking boots that fit well.** We recommend boots that rise above the ankle and provide as much support as possible. The sole should be non-slip for rocky terrain and waterproof for when

they get wet. It is **imperative** that campers break in their boots prior to camp to prevent blisters and foot problems on the trip. Campers do heavy portaging with canoes or packs on their backs for sometimes miles (on the longer end) and having boots that are broken in are crucial to provide as comfortable of a means of transportation as possible.

## Sleeping Bag

**1 synthetic sleeping bag.** Sleeping bags should be temperature rated down to at least 32 degrees.

Synthetic fiber sleeping bags are recommended because they compress easily and dry much faster than a down bag. The sleeping bag should stuff into a 12x18 inch nylon stuff sack (the smaller the better). Do NOT bring bags that are lined with cotton or flannel!

**Sleeping pads are NOT needed.** Canoe Canada Outfitters will provide each camper with an inflatable sleeping pad.

## Miscellaneous Required Extras

**1 billed hat** for sun protection and wearing under the hood of a rain jacket.

**1 winter hat (wool or Polartec)** for cold and rain.

**2 bandanas** for wearing as a headband, shading the neck, or about 27 other uses on the trip.

**3 pairs of wool or synthetic socks.** NO COTTON. Cotton doesn't dry quickly and contributes to blisters and/or cold feet.

**1 pair of sunglasses**

**Sunscreen**

**Mosquito Repellent**

**2 One-Liter Water Bottles** (i.e. Nalgene, etc.)

**1 pair of gloves** - helpful on portages.

**1 small flashlight or headlamp with extra batteries**

## Optional Extras

**A small camera.** Disposable if possible, otherwise waterproof recommended (or send with a waterproof bag).

**1 Mosquito Head Net** for additional comfort, if desired.

**1 Collapsible Fishing Pole and a very small tackle box.** Quetico is well known for its fishing.

Campers interested in fishing should bring appropriate fishing gear (but nothing expensive as it could get damaged on the trip).

## Money

Spending money is not needed on The Canadian. After completing the trip, it is a tradition for Pine Manor to celebrate with lunch at McDonald's which is covered by North Star. We also will provide money from the camper's spending account for campers to use to purchase apparel at Canoe Canada Outfitters (up to \$25).



## Physical Fitness & Training Before The Summer

Canoeing all day and portaging are physically demanding on the body. Campers who return from The Canadian often feel it is one of the most challenging, yet rewarding, experiences of their lives. Campers should consider training to get in shape for the trip if they do not have a regular exercise program.

Before coming to camp, each camper should be able to either:

- Walk three miles on a hilly terrain in 45 minutes or less, carrying a backpack weighing 25 pounds
- OR
- Run three miles in 35 minutes or less

Here is a recommended Training Program for campers not involved in physical activity or sports prior to The Canadian:

### WEEK ONE

Days 1, 3, 5: 30-40 mins of aerobic training

Days 2, 4, 6: 10 mins of stretching, 10 mins of light weights

Day 7: REST

### WEEK TWO

Days 1, 3, 5: 30-40 mins of aerobic training

Days 2, 4, 6: 10 mins of stretching, 15 mins of light weights

Day 7: REST

### WEEK THREE

Days 1, 3, 5, 6: 30-45 minutes of aerobic training

Days 2, 4, 6: 10 mins of stretching, 15 mins of light weights

Day 7: REST

### WEEK FOUR

Days 1, 3, 5, 6: 30-45 minutes of aerobic training

Days 2, 4, 6: 15 mins of stretching, 15 mins of light weights

Day 7: REST

### WEEK FIVE

Days 1, 3, 5, 6: 30-45 minutes of aerobic training

Days 2, 4, 6: 15 mins of stretching, 20 mins of light weights

Day 7: REST

### WEEK SIX

Days 1, 3, 5, 6: 45-60 minutes of aerobic training

Days 2, 4, 6: 15 mins of stretching, 10 mins of light weights

Day 7: REST

# DULUTH TRIP

Second session campers will go on a 3-day trip to Duluth, MN. Duluth is approximately an hour and forty minutes away from camp and is located right on Lake Superior. This trip is a great final car camping trip for our Pine Manor campers. Pine Manor may go to the local aquarium, spend time at the beach and/or go to a minor league baseball game.

North Star will pay for many of the activities and meals on the Duluth trip. Campers will receive \$50 from their spending account for the trip to pay for snacks and souvenirs. Please do not send your son to camp with any additional cash for the Duluth trip! North Star is not responsible for money that is kept in the cabin.

Unlike The Canadian, the Pine Manor Duluth trip is in an urban environment which comes with its own inherent risks. The Pine Manor staff members will be supervising campers throughout the trip. Campers are expected to behave appropriately throughout the trip and represent North Star well in public. If we have concerns about a camper's behavior before or during the trip, we may choose to hold them back or remove them from the trip.

## QUESTIONS ABOUT ANYTHING IN THIS GUIDE?

Give camp a call at 715-462-3254 or email [office@northstarcamp.com](mailto:office@northstarcamp.com).

