

Dear Pine Manor Camper and Parents,



We hope that you are as anxious to start camp as we are. This is a special year for you at North Star as Pine Manor campers. Many guys feel it was their most memorable year at camp. Recently we mailed our Alumni group a questionnaire. We asked them to list some of their fondest memories of camp. The Canadian trip was at the top of the list. We would venture to guess that many of them were a little apprehensive prior to the trip just as some of you may be. We want your Canadian trip to be a great experience for you.

To help prepare you for the trip our experienced trip leaders will be giving you instruction in lake paddling, portaging, some map reading, and they will give you all necessary information throughout the trip. They will walk you through the packing process, in order to ensure that you are bringing the appropriate gear. A few days after you arrive at camp you will depart for Atikokan, Ontario, where our outfitter is located. Canoe Canada has been outfitting the Canadian for us since we began offering this trip. We are enclosing a brochure from Canoe Canada Outfitters, who will supply much of the equipment that you will be using.

### **PAPER WORK**

Crossing the border into Canada can be a cumbersome task, especially with a large group of kids. By law, everyone crossing into Canada will need either a valid passport or a copy of your birth certificate. We also need you to complete and submit the Canadian Canoe Trip Parental Permission Form found on Campintouch. We need these documents in the office by June 1st. Not having these documents will prevent individuals from getting into Canada.

### **HEALTH**

All of our trippers will have Wilderness First Responder and Lifeguard certifications and will be able to respond to emergencies. However, parents of campers with medical problems will need to consider that access to medical care will be delayed on this back country trip. We need to have all health forms in our office no later than June 1st when menu planning begins for this trip. If your son has any health issues in question please consult your doctor prior to going on this trip and have him/her fill out the Medical Recommendation Form provided.

### **GEAR**

You don't need to buy the most expensive or the highest quality items. Starting your shopping early should allow you to take advantage of sales and off-season discounts. When putting together an equipment list for you we needed to consider how to best equip you for a nine-day trip in the Canadian wilderness. It is not unusual to start the trip with sunny skies and temps in the 80's only to have a weather system come through with temperatures dropping into the 50's. Versatile clothing is a must! The more conditions a garment will handle and the more weight-efficient it is, the better it is for this trip. The less weight you're going to have to carry on a portage, the better. Layering is a must. 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. We have found that synthetic clothing is best. These items dry

### **SECOND SESSION CAR CAMPING TRIP**

Second session campers will go on a three day trip to Duluth, MN. Duluth is approximately an hour and fifteen 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 and may see them go to the local aquarium, spend time at the beach and go to a baseball game.

For this trip camp will pay for many of the activities and meals. Campers will need some spending money for snacks and souvenirs. Campers typically bring between \$50-100 on the trip. We will email you ahead of the trip to discuss spending money. We don't recommend providing your son with extra cash as we cannot be responsible for money that is left in the cabin.

This trip is in an urban environment which comes with its own inherent risks. Our staff will be supervising campers and have been briefed for this trip. Campers are expected to behave in a manner appropriate for this environment. If we have concerns about their behavior before or during the trip, we may choose to hold them or remove them from the trip.

quicker and will provide better protection from the elements.

It is essential that you bring to camp the proper clothing to protect you from the weather and those you will be sharing the environment with: black flies, no-see-ums, gnats, ticks, and mosquitoes. You will be in the wilderness for 9 days and you must be properly prepared. We have compiled a list of clothing with your comfort and safety in mind. You will supplement this list with other clothing that you bring to camp.

## **EQUIPMENT LIST**

### **Base Layers**

- ❑ Long sleeve light-weight synthetic top with long sleeves that can be pushed up for cooling or left down for sun/bug protection. Polypropylene long underwear tops work well. If buying new, a zip T-neck design offers better ventilation and bug protection. Synthetic fibers keep moisture away from your skin keeping you dry and warm. It also dries quickly. **NO COTTON!** Cotton takes too long to dry and therefore does not work well to keep you comfortable in wet weather.
- ❑ A sturdy pair of fast-drying nylon (not cotton) trail pants.
- ❑ A basic cotton t-shirt for warm weather with a pair of loose fitting nylon shorts for ease of leg movement and fast drying.
- ❑ Light-weight synthetic (not cotton) long underwear bottoms that can be worn under wind pants or with shorts over the top.

### **Insulation Layers**

- ❑ Mid-weight Polartec fleece jacket. Polartec fleece dries very quickly and continues to retain heat even when wet. It is light weight and packs easily. Rain jackets are available with a Polartec zip-out lining.
- ❑ Polartec pants also come in handy for cool weather. Not mandatory.

### **Shell Layers**

- ❑ Waterproof/windproof jacket with hood. No ponchos – they are clumsy and don't work well in the wind.
- ❑ Light-weight rain pants in same material as mentioned above. Consider pants with zippers in order to be taken off with boots. Rain and wind pants can be the same.

### **Footwear**

- ❑ A 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. It is imperative that you break them in prior to camp to prevent blisters and foot problems.
- ❑ One pair of OLD tennis shoes, Choco's, Keens Teva's, or Aqua socks (or similar brands). **NO FLIP FLOPS OR CROCS!**

### **Sleeping Bag**

- ❑ Your sleeping bag should be temperature rated to go down to at least 32 degrees. Bags filled with synthetic fiber are recommended. They compress easily and dry much faster than a down bag. Bag should stuff into a 12x18 inch nylon stuff sack. Do not bring bags that are lined with cotton or flannel!!!

Please do NOT bring a sleeping pad. Our outfitters will provide each camper with an inflatable sleeping pad.

### **Required and Optional Extras**

- ❑ Billed hat for sun protection and for wearing under rain jacket hood.
- ❑ Winter hat (wool or Polartec) for cold and rain.
- ❑ Two bandannas for shading the neck, wearing as a sweatband, and about 27 other uses.
- ❑ Three pair of wool or synthetic socks, but **NO COTTON**. Cotton does not dry quickly, contributing to blisters and cold feet.

- ❑ Sunglasses - the glare off of the lake when it's sunny can be harmful to your eyes.
- ❑ Sunscreen
- ❑ Mosquito repellent
- ❑ Two 1-liter water bottle (i.e: Nalgene, etc.).
- ❑ One pair of gloves.
- ❑ Small flashlight or headlamp with extra batteries.
- ❑ A small camera - possibly disposable - waterproof if possible , or put in Ziploc Bag. Head net (for mosquitoes) for additional comfort. A fishing pole which is collapsible, with tackle that packs small (a couple of lures in a film canister works well).

**Everything has a possibility of getting damaged or wet so please keep that in mind when shopping and packing.**

## **BOOTS**

Break in your hiking boots prior to coming to camp to prevent blisters. Boots should give ankle support and they will get wet, so select accordingly. Wear your boots as much as possible before camp, especially if they are new. Having a pair of well broken in boots will make for a much more comfortable trip. You will be doing heavy portaging with a canoe on your back and your feet will be very important to you as a means of transportation.

## **FISHING**

Quetico is well known for its fishing. It is a destination for many serious fishermen. Even for novice fishermen, this is a great opportunity to experience some premier fishing. If you are interested in fishing, make sure that you bring the appropriate fishing gear and we will purchase the appropriate permits.

## **HOW PHYSICALLY FIT ARE YOU?**

Canoeing and portaging are physically demanding. Our campers returning from Canada have felt the trip was one of the most challenging and rewarding experiences in their lives. When preparing yourself for the physical demands of this trip ask yourself these questions:

Think about your regular physical activities or sports. How will these activities prepare me for portaging and lake paddling? If you do not currently have a regular exercise program, what are you going to do to get in shape for this trip?

Before coming to camp you should be able to either:

1. Walk three miles on a hilly terrain in 45 minutes or less, carrying a backpack weighing 25 pounds

OR

2. Run three miles in 35 minutes or less

TRAINING PROGRAM (if you have not been involved in physical activity or sports prior to the trip)

### WEEK ONE

Day 1, 3, 5	30-40 minutes of aerobic training
Day 2, 4, 6	10 minutes of stretching, 10 minutes of light weights
Day 7	REST

### WEEK TWO

Day 1, 3, 5	30-40 minutes of aerobic training
Day 2, 4, 6	10 minutes of stretching, 15 minutes of light weights
Day 7	REST

### WEEK THREE

Day 1, 3, 5, 6	30-45 minutes of aerobic training
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Day 2, 4, 6 10 minutes of stretching, 15 minutes of light weights  
Day 7 REST

#### WEEK FOUR

Day 1, 3, 5, 6 30-45 minutes of aerobic training  
Day 2, 4, 6 15 minutes of stretching, 15 minutes of light weights  
Day 7 REST

#### WEEK FIVE

Day 1, 2, 3, 5, 6 30-45 minutes of aerobic training  
Day 2, 4, 6 15 minutes of stretching, 20 minutes of light weights  
Day 7 REST

#### WEEK SIX

Day 1, 2, 3, 5, 6 30-45 of aerobic training  
Day 2, 4, 6 15 minutes of stretching, 25 minutes of light weights  
Day 7 REST

#### WEEK SEVEN

Day 1, 2, 3, 5, 6 45-60 minutes of aerobic training  
Day 2, 4, 6 15 minutes of stretching, 10 minutes of light weights  
Day 7 REST

We hope that this information is helpful as you prepare for your Canadian trip. Please feel free to contact us if you have any questions.