



Dear Grade 9 Parents/Guardians and Students,

Crestwood Preparatory College is pleased to announce a 4 day, 3 night trip with ALIVE Outdoors to Camp Arowhon. This is an exciting opportunity for students to get to know each other in a dynamic and invigorating environmental setting that has inspired artists and adventurers alike.

We ask that you arrive at school on **October 1st at 6:45 am** to be prepared for a 7:00 am departure. We will return to school on **October 4th at approximately 3:30 pm**.

A full package with details regarding the program is attached; you can also find all forms and a packing list posted on our website.

We ask that parents/guardians provide a cheque for \$705.00 payable to “Crestwood Preparatory College”. This fee includes the \$30.00 registration fee for the Duke of Edinburgh Award. If you prefer to make an online payment, please visit the Crestwood Store at <http://store.crestwood.on.ca/>

Please read through the packing list in detail and return all forms with your payment to homeroom teachers no later than **September 26th, 2018**.

We are looking forward to an educational, recreational, and most of all, enjoyable trip. This trip will be supervised by Ms. Wappel, Ms. Doble, Mr. Herbert, Mr. Smith, Mr. Wan, and Mr. Manners. If you have any questions or concerns prior to the trip please contact us at: vanessa.wappel@crestwood.on.ca

Yours truly,

Vanessa Wappel

Crestwood Trip Leader



September 12, 2018

Dear Crestwood Preparatory College Grade 9 Parent/ Guardian(s),

ALIVE Outdoors Inc., a Toronto based experiential education company founded in 2000, is excited to provide a customized Canoe Trip program for Crestwood Preparatory College Grade 9 students. Over the past 18 years, ALIVE Outdoors has provided intentional outdoor experiential education programs for over 40,000 students from Ontario and international independent schools. Our programs provide a supportive environment where students are encouraged to step out of their comfort zones. All programs create opportunities for your child to deepen their sense of self confidence and understanding of their potential.

We are very pleased to provide you with information regarding the Crestwood Preparatory College Grade 9 Canoe Trip experience that will take place **Monday October 1 – Thursday October 4, 2018**. The trip will be based out of Camp Arowhon in Algonquin Park, approximately 3 hours and 30 minutes from North York. We ask that the students arrive at **6:45 am on Monday**. They will return to school by approximately **3:30 pm** on Thursday.

A canoe trip creates the perfect environment for students to challenge themselves as well as demonstrate, and further explore many aspects of themselves and their peers. Working and traveling together creates opportunities for personal growth and development of leadership and teamwork skills while discovering hands-on ecology that isn't possible in a classroom. One of the many goals of this experience is for students to embrace their capabilities when placed in a new environment and to support one another while being immersed in the outdoors.

For the first day of the program, students will stay at the base camp to prepare for the trip. During the canoe trip, students will be sleeping in a tent on different designated campsites in Algonquin Park. While on trip, students will travel in groups of approximately 7-10 students with 2 instructors. Between the instructor pair, each trip will have a Wilderness First Responder (80 hour first aid certification specific to wilderness contexts) as well an instructor certified in water rescue.

While on trip, students will be paddling (without an adult in their boat) through a variety of lakes that are connected by portages. Students will be paddling canoes in tandem (sometimes 3 to a boat if numbers warrant), portaging (carrying) the boats and gear along potentially uneven terrain through the woods, swimming in lakes, cooking over fires and on stoves and learning and practicing a variety of Outdoor Living Skills and "Leave No Trace" ethics. Each trip group will carry a communication device and Camp Arowhon will be used as the primary evacuation point. All trips will be flat water as moving water is prohibited. Over the course of the week, both at the base camp and on trip, your child will likely be exposed to a variety of weather conditions. It is important to note that the scheduled activities and route may vary if the weather does not allow us to proceed as planned.

ALIVE (Adventure, Leadership, Individuality, Values, Empowerment) Outdoors Inc., is an organization that specializes in outdoor experiential education. The instructor team is committed to helping make your child's experience educational, fun and meaningful through maintaining a supportive and enriching learning environment.

Please pack a bagged lunch (nut free) for the first day of the program.

Other than this, please DO NOT bring extra food of any kind as it invites insects and critters into cabins/tents and may cause life-threatening harm to those with food allergies.

Informed consent should be given only when participants and their parent/guardian(s) feel educated and informed

regarding all risks associated with programs. It further implies that all participants and/or parent/guardian(s) have taken advantage of the resources presented by ALIVE Outdoors that communicate organizational philosophy and risk associated with activities offered during programs.

Enclosed in this package you will find 4 important documents: (1) **Trip Packing List** - please follow this list carefully. Students will be outside for the duration of the program rain or shine. (2) **Acknowledgement of Risk, Waiver and Indemnity Agreement** (3) **Medical Form** and finally, (4) **Frequently Asked Questions and Answers**. Please read the paperwork carefully with your child and fill it out in detail. It is important that your child accepts personal responsibility for their own well-being by following instructions, and exercising good judgment.

In addition, ALIVE Outdoors intentionally communicates risk through;

- access to the ALIVE Outdoors Program Information Guide on our website (which includes descriptions of activities, photos of students participating in activities, and pertinent risk management considerations for activities,
- information about the company through the website (www.aliveoutdoors.com),
- direct contact with a member of the Director team (parents, schools, teachers and students can call or email an ALIVE Outdoors Director to clarify any questions prior to participation).

The act of reading all paperwork and resources provided creates the opportunity for parents and students to discuss the importance of managing personal risk through making informed, unimpaired personal choices to optimize individual health and well-being at all times. Your signature on the accompanying ALIVE Outdoors Acknowledgment of Risk, Waiver and Indemnity Agreement confirms that you have read all documents and fully understand the types of activities that your child will be participating in and the associated risks of those activities.

* Please be sure to watch the “ALIVE Outdoors Packing Video” on YouTube:

<http://www.youtube.com/watch?v=QiV-olnK6To>

This video was created to help you with your gear selection and packing questions.

Please read and return the completed forms by September 26, 2018, to: Ms. Wappel

Please do not hesitate to contact our office with any questions or concerns you have about this program through email: info@aliveoutdoors.com or by phone: 416.429.8082.

Thank you for your support of outdoor experiential learning programs.

Sincerely,



Samantha Dear
Director, ALIVE Outdoors



www.aliveoutdoors.com

“Now I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the earth.”
~ Walt Whitman



ALIVE OUTDOORS INC.

PARENT/GUARDIAN Acknowledgement of Risk, Waiver and Indemnity Agreement ("Agreement")

PARTICIPANT NAME: _____ **GRADE LEVEL:** _____

NAME OF SCHOOL: _____

PROGRAM DATES: _____

PROGRAM LOCATION: _____

PARENT/GUARDIAN NAME(S) & EMAIL(S):

IMPORTANT NOTICE: BY SIGNING THIS AGREEMENT YOU ARE ACCEPTING RISKS AND AGREEING TO GIVE UP CERTAIN LEGAL RIGHTS. PLEASE READ CAREFULLY AND DO NOT SIGN THIS AGREEMENT UNTIL YOU HAVE READ IT, COMPLETELY UNDERSTAND IT, AND AGREE TO BE BOUND BY ITS TERMS AND CONDITIONS.

ACKNOWLEDGEMENT & ACCEPTANCE OF RISK AND RESPONSIBILITY

I, _____ ((parent(s)/guardian(s) of the Participant) acknowledge that _____ (the "Participant") has been offered an opportunity to take part in the above-specified program (the "Program") operated by ALIVE Outdoors Inc. I acknowledge that I have read a description of the Program and understand all of the inherent and potential risks of the intended activities related to the Program. I understand that the Participant's participation in the Program involves the Participant's use of facilities and equipment at the Program. I acknowledge that I have been informed of my right to obtain as much information about the Program as I feel is necessary.

In signing this Agreement, I acknowledge that I am not relying on any oral or written representation or statements that may have been made by ALIVE Outdoors Inc. to induce me to permit the Participant to participate in the Program, other than those set out in this Agreement. I acknowledge that in all circumstances, any and all liability of ALIVE Outdoors Inc. in relation to the Program shall be determined in accordance with the terms of this Agreement.

ACCOMMODATION

I am aware that the following types of accommodation may be utilized during the Program: winterized and non-winterized cabins, tents, hotel facilities and private accommodations ("Accommodation"). Depending on the Program, I understand that Participants may also spend several nights sleeping outdoors.

I acknowledge that I have read the clothing and equipment list provided by ALIVE Outdoors Inc. and will undertake to provide all necessary clothing and equipment to the Participant. I accept full responsibility for inadequate clothing or equipment and for clothing and equipment which I fail to provide to the Participant.



ACTIVITIES

I understand that portions of the Program may take place in a wilderness environment and that the Participant may be participating in activities (“Activities”) including:

- rock and wall climbing, hiking, backpacking, high and low ropes course activities;
- swimming in lakes, jumping off diving boards, jumping on water trampolines and the like, canoeing and kayaking on lakes, and paddle boarding;
- biking, archery, cross-bow, zip-lining;
- fire-building, cooking over a fire or camp stove, orienteering, team-adventure races;
- tennis, basketball, yoga, ultimate Frisbee, football, soccer and other general sports;
- traditional camp games, outdoor-living skills games, portaging on potentially uneven terrain, camping in tents in remote areas including developed and undeveloped campgrounds in rural and wilderness areas.

If the Program takes place in the winter, I understand that Activities may include:

- snowshoeing, tobogganing, cross-country skiing, hockey, broomball, skating on lakes or ponds, dog sledding, snow sports and sleeping in a quinzee (snow shelter) overnight.

RISKS

I understand that the Participant’s participation in the Program, including in the associated Activities listed above, involve a risk of serious and/or permanent injury or death and damage to or loss of property. I understand and acknowledge that the Participant may suffer serious and/or permanent injury or death, or damage to or loss of property, resulting directly or indirectly from his/her own negligence, failure to follow direction, misadventure or unavoidable or unintentional accident. I also understand and acknowledge that all of the potential risks cannot be listed in this Agreement.

I understand that the Program may involve other risks including restricted availability of immediate medical assistance; the conduct of other Participants, whether or not such conduct is negligent or reckless; and the contraction of a contagious illness or communicable disease. I understand that the Participant’s participation in the Program may negatively affect his/her future ability to study, work, or engage in social or recreational activities.

UNFORESEEN EVENTS

I understand that ALIVE Outdoors Inc., sometimes in partnership with staff from the host site, will be facilitating Activities of the Program. I understand that despite all reasonable precautions being in place to provide proper organization, supervision and equipment for all Activities, circumstances may arise which are not foreseeable or which are beyond their control. I understand and acknowledge that ALIVE Outdoors Inc. is not responsible for any damages caused by the delay or failure to perform or complete any Activities or to provide any transportation or Accommodation when such delay or failure is due to fires, strikes, floods, acts of God, lawful acts of public authorities, or delays or defaults caused by common carriers, which cannot reasonably be foreseen or provided against.



ACKNOWLEDGEMENT & ASSUMPTION OF RISK

I acknowledge that I have read, understand and agree with all of the terms of this Agreement, and have had the opportunity to obtain independent legal advice with respect to the terms of this Agreement. I hereby provide my full, voluntary and informed consent to the Participant’s participation in the Program.

Initial

ASSUMPTION OF RISK:
I assume any and all risks, including, but not limited to any serious and/or permanent injury or death and damage to or loss of property associated with the Participant’s participation in the Program.

WAIVER AGREEMENT NOT TO SUE, AND INDEMNITY

In exchange for ALIVE Outdoors Inc. permitting the Participant to participate in the Program, I agree to the following:

Initial

- a. I waive any and all liability of ALIVE Outdoors Inc., including vicarious liability, except in circumstances of gross negligence or wilful misconduct;
- b. I will not commence or participate in any type of claim or lawsuit against ALIVE Outdoors Inc., except in circumstances of gross negligence or wilful misconduct; and
- c. I release, indemnify, hold harmless and forever discharge ALIVE Outdoors Inc. for any losses or injury related to the Participant’s participation in the Program, except in circumstances of gross negligence or wilful misconduct.

MEDICAL & EMERGENCY AUTHORIZATION

To the best of my knowledge, the Participant does not have any contagious illnesses and is physically, mentally and emotionally capable of participating in all Activities of the Program. I am not aware of any reason, health-related or otherwise, why the Participant would not be capable of participating in the Activities planned for this Program.

If, to my knowledge, the Participant has any significant change in his/her health condition prior to the commencement of or during the Program, I will inform ALIVE Outdoors Inc. immediately. I acknowledge that my failure to do so may result in the Participant’s inability to participate or remain in the Program.

I acknowledge that I have fully read and completed the Medical Form provided by ALIVE Outdoors Inc. and accept full responsibility for the information and any errors or omissions on the Medical Form.

I acknowledge that I have obtained necessary medical and travel insurance for the Participant for the duration of the Program.

RULES AND REGULATIONS

I agree that any violation of the rules of ALIVE Outdoors Inc. or of the Program by the Participant, or any behaviour or health status that puts the Participant or others at physical or emotional risk may result in the dismissal of the Participant from the Program at the sole discretion of ALIVE Outdoors Inc. I agree to



accept financial responsibility for any costs incurred should the Participant be sent home or dismissed from the Program for any reason, such as sickness or behavioural issues.

EXCLUSIVE JURISDICTION, APPLICABLE LAW AND CLASS ACTION WAIVER

I agree that any dispute relating to the Participant’s participation in the Program shall be litigated, if at all, before the Superior Court of Ontario located in Toronto, Ontario. The applicable law to be applied to any dispute shall be the law of the Province of Ontario.

I waive any and all rights to participating in a class action lawsuit against ALIVE Outdoors Inc.

MISCELLANEOUS PROVISIONS

ALIVE Outdoors Inc. includes its employees, directors, officers, designates, representatives, agents, successors and assigns. This Agreement enures to the benefit of and binds the parties and their respective heirs, executors, administrators and representatives, successors and assigns.

This Agreement constitutes the entire agreement. If any provision of this Agreement is held by a court to be unenforceable, then such provision will be modified to reflect the parties' intention. All remaining provisions of this Agreement shall remain in full force and effect as drafted.

I consent to photos and videos taken at the Program by ALIVE Outdoors Inc. to be used for promotional purposes for the benefit of ALIVE Outdoors Inc. without compensation.

I understand that by signing below, I am acknowledging my AGREEMENT TO THE ABOVE:

Print “I have read all of the above and I agree”: _____

Printed Name of Parent/Guardian: _____

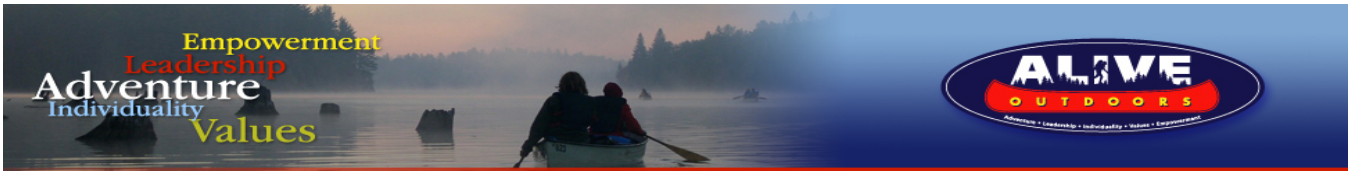
Signature: _____ Date: _____

Print “I have read all of the above and I agree”: _____

Printed Name of Parent/Guardian: _____

Signature: _____ Date: _____

Please note that both custodial parents/guardians must sign this Agreement.



ALIVE OUTDOORS - MEDICAL FORM

In order to be permitted to participate in all activities please fill out this form and return it to your school as soon as possible. A physical exam by your doctor is not required. Please be as detailed as possible. Providing full disclosure allows us to provide appropriate care.

PERSONAL INFORMATION:

Participant Name: _____ Date of Birth: _____
 Permanent Address: _____

Parent(s) Name(s): _____
 Parent Home Phone #: _____ Parent Cell Phone #: _____
 Parent Work Phone #: _____ Parent Work Phone #: _____
 Parent Email: _____

IN THE EVENT OF AN EMERGENCY: _____ CAN BE CALLED AT: _____
 (Contact Name) (Contact Phone)

OHIP #: _____
 If there is no OHIP number, please include a health insurance number below.

HEALTH INSURANCE #: _____
 (Please send photocopy of insurance, if applicable)

COMFORT IN THE WATER:

Regardless of the participant's swimming ability, all participants are required to wear a properly fitted Personal Flotation Device (PFD), and are supervised by qualified instructors during all water-based activities. Please help us by identifying the participant's comfort in and around the water.

Confident and comfortable in the water Weak swimmer Does not and cannot swim

Family Physician: _____ Participant's Weight: _____
 Physician Phone #: _____ Participant's Height: _____

ALLERGIES:

Peanuts Fish/Shellfish Milk
 Tree Nuts Soy Eggs
 Wheat Bees or Wasps Penicillin
 Other: _____ (Please list all details below).

HAS AN ALLERGY BEEN IDENTIFIED AS ANAPHYLAXIS? NO YES (If "YES" describe in detail below)

IS AN EPI-PEN REQUIRED FOR A KNOWN ALLERGY? NO YES (If "YES" 2 Epi-Pens must be sent to the program)

Please provide details on the severity and treatment of any known allergies. **IT IS IMPORTANT THAT YOU PROVIDE AS MUCH DETAIL AS POSSIBLE ON ANY ALLERGIES, TRIGGERS, SEVERITY OF LAST REACTION & WHAT KIND OF TREATMENT HELPS.**

DIETARY RESTRICTIONS:

Please indicate any current dietary restrictions:

- Vegetarian
- Vegan
- Other: _____
- Gluten Intolerant
- Lactose Intolerant

IMMUNIZATIONS:

Has the participant received a Tetanus shot within the last 10 years? YES NO

Are all other immunizations up-to-date? YES NO

MEDICAL CONCERNS:

Please indicate any medical issues the participant has been treated for:

- Seizures or Epilepsy
- Diabetes
- Asthma
- Bleeding Issues
- Other significant medical issues requiring full awareness of instructors: (Please describe below).
- Sleep Walking
- Debilitating Sport Injury
- Heart/Circulatory Issues
- Concussion(s)
- Nosebleeds
- Urinary Tract Infections
- Thyroid Disease
- Migraine Headaches

Provide details of all major or recent medical concerns, illnesses, operations, injuries or treatments.

Provide details of any other physical or emotional concerns for which treatment may be necessary at the program or trip.

List all regular medications as well as all non-prescription medicines or supplements that will be brought to the program or trip. *Attach a separate page if necessary.*

To the best of my knowledge, _____ (participant’s name) is in good health, free of communicable disease, and physically able to participate in all ALIVE Outdoors activities, except as noted above for medical reasons only. In case of medical and/or surgical emergency, and I am not immediately available for consultation, I hereby give permission to the physician, instructors and/or first aid personnel selected by the camp director or lead facilitator, to secure proper treatment (i.e. hospitalization, injections, transfusions, anesthesia or surgery as appropriately required) for the person as named above.

By signing below, I certify that the information contained in this medical form is accurate, and that I agree with the statements as described.

Signature of parent/guardian
 (or participant - if over 18 years of age)

Date

Frequently Asked Questions Canoe Trip



**** Please be sure to watch the “ALIVE Outdoors Packing Video” on YouTube:**

<http://www.youtube.com/watch?v=QiV-olnK6To>

This video will expand on many of the answers found below.

Q: What time does the bus leave and what time does it return?

A: On **Monday, October 1, 2018** the students are asked to arrive no later than **6:45 am**. The students, along with a group of school teachers will depart at **7 AM**. They will return by approximately **3:30** on **Thursday, October 4, 2018**.

Q: Where is my child going to be during this program?

A: The base camp for this canoe trip program is Camp Arowhon in Algonquin Park. In the case of emergency at your end, please contact Camp Arowhon at 705 633 5651.

Q: How far to the nearest hospital should an emergency arise?

A: From Camp Arowhon it is approximately 50 minutes to the Huntsville Hospital. Reaching groups should they need assistance will vary depending on where the group is in the Park. In the case of an emergency, groups will return to the base camp or use their emergency communication device

Q: What if my child has allergies or special dietary requirements?



A: Please list and explain all allergies and medication your child will bring to the program on the provided medical form. We will do our best to accommodate all dietary requirements. All our Host Sites are *Nut-Aware*. Vegetarian, gluten and lactose free options are available. If you have serious concerns, please email: info@aliveoutdoors.com

Please note, the kitchen bases special dietary quantities on what is recorded on the medical form. With this in mind, please make sure that what is indicated on the medical form is current ***as it will not be possible to switch special dietary requirements while on program.***

Please bring a NUT FREE Bagged lunch for the first day of the program. Other than this, please DO NOT BRING extra food of any kind. Extra food invites insects and critters into cabins/tents and can cause life-threatening harm to those with food allergies.

Q: What if my child has a question or concern regarding dietary, accommodations or activities during the program?

A: One of ALIVE Outdoors core values is to help students feel empowered and learn to advocate for themselves. ALIVE Instructors and Lead Facilitators are approachable and work hard to create an environment where students feel comfortable voicing questions and concerns on their own versus going through parents or teachers. We want every student to have a positive experience during the program. Please help us in attaining this goal by speaking to your child prior to the program about the importance of voicing questions or concerns as they arise.

Q: What is the purpose of a canoe trip?

A: Experiential education is based on the philosophy that we learn best by doing. By utilizing adventure activities, individuals are asked to put aside preconceived notions of their abilities and develop new competencies and confidences. Working and traveling together on canoe trips creates opportunities for personal growth, development of leadership and teamwork skills as well as discovering hands-on ecology that isn't possible in a classroom.

Q: Will my child be outside rain or shine?

A: Regardless of the weather the trip will remain outside. Instructors will adjust the program in response to changing weather conditions such as lightning and thunder, high winds, etc. To be prepared for all weather, please read the packing list carefully.

Q: Why should my child NOT bring a cell phone or other electronic devices to the program?

A: During all ALIVE programs, we challenge students to “unplug.” It is so rare to have an opportunity to be immersed in nature away from all the gadgets that have taken over our lives. These trips are an opportunity to connect and learn from one another rather than the screen. We ask for your cooperation in leaving any distracting devices at home. Thank you.

Q: What are the instructor’s qualifications?

A: The ALIVE Outdoors team consists of teachers and guides who have experience and a love for working with groups of varied ages in wilderness contexts. Each trip group will have two instructors. Between the instructor team, each trip will have a qualified Wilderness First Responder (80 hour first aid certification specific to wilderness contexts) as well an instructor certified in water rescue. The instructor team is fun, enthusiastic and committed to helping your child experience personal growth in a caring and enriching learning environment.

Q: Does it matter what type of bag my child packs in?

A: All gear (except for the sleeping pad) must fit into a 30L dry bag. This bag is available at Mountain Equipment Co-op for under \$30. Please note that your child’s sleeping bag must also fit into this 30L dry bag.

If your child is having trouble packing all their gear into their dry bag, no need to worry. Simply send all the gear in a duffel bag to the program and the instructors will help your child pack. Extra clothes and gear that do not go on trip will be left behind in your child’s duffel bag in a cabin.

Q: What happens if my child is caught with non-prescription drugs, alcohol, cigarettes or if they are causing disruptive behaviour?

A: Parents will be called and asked to come and pick up their child immediately.

Q: Are knives permitted on this program?

A: No, knives are not permitted on program. If your child is caught using knives, it will be taken away and parent/guardian(s) will be contacted. Some programs will include the use of knives for carving. These knives are provided by instructors and only used with proper supervision and instruction.

Q: Is it important that my child has a sleeping bag and a sleeping pad?

A: Yes. Ideally the sleeping bag will have a rating of 0° Celsius or warmer and pack down to a small size. You will also need to pack a sleeping pad (either a foam sleeping pad, or a self-inflating ThermaRest). This pad will go under your child’s sleeping bag while they sleep providing an insulating layer that will help keep them warm. These are available at Canadian Tire, Mountain Equipment Co-op and other camping stores.




Q: What type of shoes should my child bring? Is it mandatory to swim in shoes on this canoe trip?

Please bring two pairs of *closed toed shoes*. One pair (Dry Shoes) will be kept dry and be worn in the evening. The other pair (Wet Shoes) will be worn throughout the day. Your child will be portaging and hiking in these shoes. These shoes will get muddy and wet and must have ample

support. To protect your child’s feet, they will also be swimming in these shoes. **Crocs, open toed Keens/Tevas or sandals of any kind can be dangerous on trip and will not be accepted as suitable footwear for travel or swimming.** Old running shoes work well.

CANOE TRIP Packing List



DURING THE DAY	ADDITIONAL ITEMS
<ul style="list-style-type: none"> <input type="checkbox"/> 2 warm fleece or wool sweaters/jackets (<i>not cotton</i>). Winter jacket is fine, but it does not replace the need for a WATERPROOF rain jacket as well. <input type="checkbox"/> 2 pairs of pants. (lightweight and durable) Nylon, polyester blend, or synthetic fiber is best. <i>Jeans and cotton are not permitted due to being ineffective if they get wet.</i> <input type="checkbox"/> 1 pair of shorts (weather permitting) <input type="checkbox"/> 1 bathing suit <input type="checkbox"/> 2 – 3 t-shirts (depending on length of trip) <input type="checkbox"/> 1 pair of long underwear (top and bottom, synthetic fiber or polyester blend, not cotton) <input type="checkbox"/> 4 pairs of socks (wool or synthetic) <input type="checkbox"/> 4 pairs of underwear <input type="checkbox"/> 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts (Bring all 3 items) <input type="checkbox"/> 1 set of rain gear – jacket and pants. No ponchos, please. 	<ul style="list-style-type: none"> <input type="checkbox"/> Sunglasses <input type="checkbox"/> Journal, pens/pencils in a zip-lock bag <input type="checkbox"/> 1 whistle (Fox 40) <input type="checkbox"/> 2 large Ziploc bags (for waterproofing & organizing) <input type="checkbox"/> 2 large garbage bags (to waterproof or isolate wet items) <input type="checkbox"/> Sunscreen –waterproof SPF 30 min <input type="checkbox"/> 1 One Litre Water Bottle (screw-top is best. E.g. Nalgene)
<p style="text-align: center;">AT NIGHT</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 compact sleeping bag (rated for 0°C or lower). Synthetic or down are best. <u>No cotton bags</u>, as they are not compact and will not dry. <input type="checkbox"/> 1 compact sleeping pad (provides warmth and extra comfort, Example: ThermoRest or Ensolite Pad) <input type="checkbox"/> Top and pants to sleep in (E.g. extra set of long underwear/ Under Armor/ light-weight fleece) <input type="checkbox"/> 1 toothbrush, small toothpaste, hand sanitizer headlamp or flashlight with extra batteries. 	<p style="text-align: center;">OPTIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera (not a cell phone camera please. We want to provide the opportunity to disconnect from screens) <input type="checkbox"/> Small day pack/fanny for personal items during the day <input type="checkbox"/> Book and playing cards <input type="checkbox"/> 1 cotton bandana, 1 small chamois towel (full sized towels are too big and don't dry) <input type="checkbox"/> Ear plugs (for sleeping) <input type="checkbox"/> Bug repellent / bug jacket (recommended for spring trips) <input type="checkbox"/> Deodorant and shampoo can be brought to the base, but will not go on the canoe trip.
<p style="text-align: center;">FOOTWEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pair of 'Dry Shoes' <u>Must be close-toed.</u> (These shoes will be worn at the end of the day. Old running shoes work well.) <input type="checkbox"/> 1 pair 'Wet Shoes' <u>Must be close-toed.</u> (These shoes will be worn throughout the day) You will be portaging, hiking and swimming in these shoes. These shoes will get muddy and wet and must give you ample support. Old running shoes are ideal. <p><i>*Crocs, open toed Keens/Tevas or sandals of any kind can be dangerous on trip and will not be accepted as suitable footwear.</i></p>	<p style="text-align: center;">MEDICATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Any Relevant Medication, EpiPen(s), Inhaler, etc. <input type="checkbox"/> Please ensure that all necessary medications are outlined in detail on the medical form. Please bring all medication in a zip lock bag labelled with your name. Teachers must be aware of all medication that the students are bringing. <input type="checkbox"/> Students at risk of anaphylactic reactions must bring a minimum of 2 EpiPens to the program.
<p style="text-align: center;">WATCH OUR CANOE TRIP PACKING VIDEO</p> <p>Please watch our Canoe Trip Packing video that expands on the items listed above.</p> <p>http://www.youtube.com/watch?v=QiV-olnK6To</p>	<p style="text-align: center;">SPECIAL NOTES</p> <p>Please do not bring extra food of any kind. Extra food invites insects and critters into cabins/tents and may cause life-threatening harm to those with food allergies. In the name of taking care of everyone, food from home is strictly prohibited during all ALIVE programs.</p> <div style="text-align: center;">  <p>NO OUTSIDE FOOD</p> </div> <p>Please do not bring electronics of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.</p>



Packing for a Canoe Trip - Common Questions

What is the Layering System and Why is it important? Wearing multiple layers of clothing allows you to add or omit clothing to ensure that your body stays at a comfortable temperature as weather conditions or activity levels change. The layering system is a combination of a *Base*, *Mid* and *Outer* layer. The Base layer is meant to keep heat in, while the outer layer is designed to keep elements such as wind and rain out.

When packing, consider one set of clothes for the day that can get wet during travel (Wet Clothes) and one set for the campsite and night that will keep you warm (Dry Clothes).

What materials should my clothing layers be made from?

Wool, fleece, synthetic or polyester blends are best for your base and mid layer. Your rain jacket should be any waterproof breathable material such as Gore-Tex or Nylon. Rubber rain jackets provide excellent protection from rain and are acceptable, however they are not recommended since they do not allow moisture to escape from the body and may not keep you as dry as possible. Please do not bring anything made from cotton or denim material. It will not keep you warm and will not dry if it becomes wet.



What do you mean by Waterproof Breathable?

Outer Layers such as rain jackets that are waterproof breathable are made with a membrane that has pores small enough to let water vapour (sweat) out from the body, however small enough to not allow wind and rain in.



What type of bag should I pack in?

Everything that you bring to the program should fit in a **Duffel Bag**. The duffel bag simplifies travel from your home to the base camp. At the program, you will transfer your gear from your duffel bag to your dry bag. Your duffel bag will stay in a cabin at camp while you are on trip.

A rubberized **30-35 Litre Dry Bag** will hold your personal items on trip. Please avoid dry bags that have straps. Your dry bag will fit into a larger canoe pack provided by the camp. An example of a dry bag is the *MEC Brooks Dry Bag* or the *Outdoor Research Durable Dry Sacks*, both found at Mountain Equipment Co-op.

Please do your best to test that all your gear fits in your dry bag prior to the program. You should be able to roll the top down a few times to obtain the proper waterproofing seal. Please note, your sleeping pad does not need to fit in your dry bag. If you cannot fit everything, simply bring all gear in the duffel bag and an instructor will help you pack your dry bag upon arrival.

What type of shoes should I bring? Do I swim in shoes?

Please bring two pairs of *closed toed shoes*. One pair (Dry Shoes) will be kept dry and be worn in the evening. The other pair (Wet Shoes) will be worn throughout the day. You will be portaging, hiking and swimming in these shoes. These shoes will get muddy and wet and must give you ample support. To protect your feet, you will also be swimming in these shoes. Crocs, open toed Keens/Tevas or sandals of any kind can be dangerous on trip and will not be accepted as suitable footwear for travel or swimming. **Old running shoes work well.**



The Rising Problem of Bed Bugs – How to Best Protect Yourself

Bed Bugs are a rising problem in the developed world. It is a common belief that bed bugs are found where people sleep, however to date bed bugs have a much broader social impact. The source of bed bugs is unknown due to the multitude of places in which they can exist. For example; shops, hotels, hospitals, movie theatres, libraries and public transit systems such as planes and trains. You no longer need to sleep in an infested bed to experience the nuisance bed bugs can cause. Unfortunately, camps and outdoor centers are not immune to this problem.

We care deeply about the quality of our programs. We are providing you with this information simply **to educate you, not alarm you**. It is not meant to insinuate there is a problem at the outdoor centre where we are running our programs. We are in constant communication with each site that we use and will never knowingly place students in any area where we have been informed there is a bed bug issue.

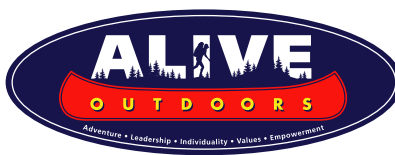
To best protect your family upon your child's return, please follow the precautionary steps below:

1. We have placed two large garbage bags on the packing list with the intention of having all clothes and bedding/sleeping bag come home to you in sealed garbage bags inside your child's duffel bag. Upon your child's arrival home, take these bags directly to your washing machine. If you do not plan to do laundry right away, keep the bags sealed.
2. Wash clothes and bedding in the hottest water possible. After the wash is complete, transfer the laundry immediately into the dryer for at least 30 minutes. Ensure your dryer is set on high heat.
3. In the case of delicate items that cannot be laundered, it is recommended that you place the items loosely in a tightly sealed bag. The bag should then be placed into the freezer for a minimum of 24 hours.
4. Bed bugs can also travel within your luggage. Place your luggage in a black trash bag and leave it tied tightly for 4 days. If possible, place bagged luggage in the sun. Steam cleaning your luggage will also be sufficient. Remember to follow this precautionary step with your child's toiletry bags as well.

The following website provided by Health Canada will provide you with further information:

www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html

Please do not hesitate to contact us through email: info@aliveoutdoors.com or by phone: **416.429.8082** if you have any further questions or concerns.



www.aliveoutdoors.com