

# Canoe Trip Information Sheet

**Destination:** Algonquin Park

**Dates:** August 23 – 26

**Register:** At the Info Desk or on the Young Adults page on our website ([scb.church/YA](http://scb.church/YA))

## Costs:

- **Canoe Rental and Park Access Fee:** \$150
- **Deposit:** \$50 (Due via e-transfer no later than August 4th) E-transfer at [donations@stoneycreekbaptist.com](mailto:donations@stoneycreekbaptist.com) and **include your NAME and “CANOE TRIP” in the notes section** (otherwise they will not know and think it is a donation to the church).
- **Additional Costs:** Food, life jackets (can be rented for ~\$10 if needed), and transportation are not included. We plan to carpool and can work out shared gas expenses after the trip (should be less than \$50 per person).

## Itinerary:

- **August 23**
  - Meet at SCB Church parking lot 5:30 am, depart **NO LATER** than 6:00 am
  - Bring a bag lunch/snacks for the trip
  - Arrive at Algonquin Park (Kiosk - access point 29) around noon
  - Pick up camp/parking permits, pack canoes, canoe to and camp at Mink Lake
- **August 24**
  - Camp at Laurel Lake
- **August 25**
  - Camp back on Mink Lake
- **August 26**
  - Return to Kiosk (Kioshkokwi Lake), leave Algonquin in the early afternoon
  - Arrive back at SCBC around 9:00 PM

## Trip Details:

- The trip will feature lots of paddling and limited portages (the longest is ~ 730 meters).
- Once we have the final numbers, we will organize groups (3-6 per group) for tents, canoes, cooking, etc. If you have a preferred group, let me know.
- A list of suggested items is attached. Some items can be shared within groups.

**Suggested Items to Bring – think ‘less-is-more’ when planning what to pack:**

## Individual Items:

- Sleeping bag (wrapped in large plastic garbage bag to keep dry – if not in dry sack/bag) Bring some extra garbage bags for backup. Amazon has dry sacks/bags for very good prices (5 sacks for \$20, etc.)
- Clothing: T-shirts, hoody, shorts, track pants, swim wear (appropriate for weather, **pack light** – wrap clothes in garbage bag if not in a dry sack/bag)

- Towel
- Foot wear: regular running shoes or crock sandals (be prepared to take footwear off/on)
- Rain jacket (ponchos are light and reasonably priced on Amazon, (fospower 4 pack for \$19, or Canadian Tire, Forest City Surplus)
- Hat, sunglasses, sunscreen
- Toiletries (travel size - biodegradable soap/shampoo, toothbrush/toothpaste, etc.)
- **TOILET PAPER** in zip lock bag
- Insect repellent (optional – there shouldn't be many bugs in late August)
- Small headlamp/flashlight
- Eating utensils (small plate, bowl, cup, spoon) Value Village has lots of options.

### **Group Items (3-6 people):**

- Tent (4-6 person capacity)
- Propane/butane cook stove and fuel (WADEO portable camping stove on Amazon ~\$30, with 2 small green propane tanks per group – or something similar if fire ban in effect)
- Water jug with handle (2-3 L), old juice bottles like OceanSpray/Tropicana work great.
- Cookware (one large pot for cooking group meals, one small pot to boil water, one larger stir/serving spoon - **Value Village has great stuff**, also Forest City Surplus, Canadian Tire, Amazon)
- Lighter and/or sealed matches
- 20 ft rope to hang group food bag at night!!! This is a **MUST**.
- Water purification tablets (halogen tablets) or filtration system. Canadian tire has great halogen tablets to quickly sterilize lake water before drinking. Amazon also has many cheap options. Bring a minimum to sterilize 2 L/per person per day
- I usually bring Crystal Light drink packs to help mask the halogen/lake water taste
- Tarp/rope (optional)...
- UNO cards, etc. for rainy afternoon ☺

### **Items NOT to bring:**

- CANS or GLASS
- Chairs
- Chest Coolers
- Liquids
- Nothing requiring electrical outlet ☺

### **Suggested Non-refrigerated Food Items (Lightweight and Easy to Cook):**

#### **Breakfast:**

- Instant oatmeal packets
- Pop tarts
- Granola bars
- Dried fruit
- Powdered milk or milk alternatives, cereal
- Instant coffee or tea bags

## Lunch:

- Tortillas or flatbread
- Peanut butter and jelly
- Canned tuna or chicken (in pouches)
- Cheese (hard cheese lasts for at least a week unrefrigerated)
- Trail mix
- Crackers, **Pepperettes**, Fresh fruit (apples, oranges)

## Dinner:

- Instant rice or pasta (Knorr brand Sidekicks or something similar – you don't need to use milk, etc. they taste great when made with water). Butter can be brought unrefrigerated.
- Ramen noodles
- Instant soup mixes
- Pre-cooked sausages will last the entire trip
- Hard salami or pepperoni
- Pre-cooked lentils or beans (in pouches)

## Snacks:

- Energy bars
- Nuts and seeds
- Chocolate, marshmallows, graham crackers or candy
- Hot Chocolate

We are looking forward to a great trip!

Contact Murray ([mjunop@uwo.ca](mailto:mjunop@uwo.ca)) or Erin ([ejjnnkkg@gmail.com](mailto:ejjnnkkg@gmail.com)) if you have questions.

