

CAMP Y KANAWANA

PARENT HANDBOOK 2011





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This handbook has been prepared to provide you with important information concerning our program at Camp Y Kanawana and to prepare your child for their experience at camp. We encourage you to read it carefully and keep it as a handy reference.



WELCOME TO CAMP Y KANAWANA!

Non Nobis Solum (Not for Ourselves Alone)

Our Mission

The YMCA of Quebec is a charitable organization dedicated to the development of people in spirit, mind, and body, and to the empowerment of individuals, families, and communities.

YMCA Camping Principles

The Y Kanawana experience is built upon our commitment to the following principles:

- An educational experience in democratic group living
 - Y Kanawana focuses on small group experiences that enhance growth by providing opportunities for social development, group inter-dependence, problem-solving, and sharing.
- A concern for the individual
 - The staff at Kanawana ensures that each camper has the opportunity to develop social skills, outdoor skills, and life skills.
- Leadership & Cooperation
 - Campers learn to make decisions that serve both themselves and the group. They learn to make choices, build friendships and co-operate with others.
- Growing in spirit, mind and body
 - Develop increased strength, endurance, and experience fun and adventure in a supervised and safe outdoor program.
- A sense of responsibility toward the natural environment and each other
 - Focusing on a holistic approach to environmental education & stewardship, campers learn about the importance of a healthy environment while learning about their connection to the natural world. By living harmoniously with campers and staff of various cultures and ethnicities, campers gain an understanding and respect for the lifestyles and expectations of others.

For further details, please consult our [Mission & Values](#) page on the Y Kanawana website.

We look forward to welcoming your child to camp and thank you for placing your trust in us.

Sincerely,

[Sean Day](#)

[Roxane Martel](#)

[Nicolas Garcia](#)

[Evan Frankel](#)

Executive Director

Administrative Coordinator

Camp Chief

Assistant Camp Coordinator

Preparing for Camp

Emotions

It is very common for children of all ages, particularly first-time campers, to experience excitement, anticipation, fear and nervousness prior to their departure to summer camp. All of these emotions are normal! In order to best prepare your child for their experience away from home, here are a few tips from the American Camping Association.

- Tell children that homesickness is normal, but that they can use strategies like writing letters home, sharing their feelings with other people, and thinking about all the good things that camp or school is giving them, to help ease their worry.
- Discuss what camp will be like before your child leaves.
- Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- Come to our [open house](#) Sunday June 19th 2011 (10am – 3pm) to introduce your child to counsellors or other campers and the environment they will be living in. Weather permitting, we will open our program areas and a meal will be offered for a reasonable price.
- **It has often been our experience that parents have a harder time at departures than children do.** However, when children see you emotional or worried they pick up the message that maybe they have something to worry about.
- Just being positive, reassuring and confident in our ability to provide a good experience (we have been doing this for over 117 years!) will help reassure your child and set the tone for their stay.

Help us Support Your Child

It is very important that you share with us any special needs that your child may have i.e. ADD, ADHD, a mental or physical disability, fears (i.e. thunderstorms, the dark), bedwetting, behavioural or social difficulties. Please ensure to thoroughly complete the medical portion of the registration form, and if necessary, we recommend you send a letter or speak with the director prior to camp so we can prepare the best support for your child's needs. All information shared with us is held in the strictest of confidence and will only be shared with staff as deemed appropriate by the director.

Packing

It is important to send your child to camp with enough clothing to last throughout their stay, with appropriate gear and clothing suited for canoe-tripping, if registered in a canoe trip.

Please consult our [Packing List](#) for full details. **PLEASE LABEL ALL CLOTHING AND CAMPING GEAR WITH FIRST & LAST NAMES!!** The best way to mark clothing is to use an indelible ink pen (Sharpie) or labels. Write your child's name on the collar, shoes, sleeping bags, hats, toothbrushes, towels etc. For more info check our [lost and found page](#).

Additional Tips & Ideas:

- ✓ Pack items in a suitcase or duffle bag – storage space is limited.
- ✓ Campers are required to provide their own sleeping bag and pillow. A three season bag is recommended, as nights do get cold especially in August. (Please note: if bedwetting is a concern, please ensure your child's sleeping bag is machine washable). We recommend a 30 Litre dry bag for the trip program (please refer to the packing list for specific comments).
- ✓ Pack toiletries and often used items (bug spray, sunscreen) in labelled Ziploc bags.
- ✓ **Send your child with a packing list in order to help them with re-packing.**
- ✓ Campers who wear contact lenses will need their glasses for the canoe trip and THEY SHOULD HAVE AN APPROPRIATE STRAP TO HOLD THEIR GLASSES WHILE ON THE WATER ([please refer to packing list for more details](#)).
- ✓ Shampoos, conditioners and soaps should be biodegradable (glycerine based & phosphate free) and unscented (perfumed products attract black flies, mosquitoes, etc.).

What not to bring:

- ✗ FRAGILE ITEMS. Please keep in mind that camping and canoe tripping are wilderness activities that can be strenuous on equipment.
- ✗ Brand new clothes. Children will be outdoors, playing hard and getting dirty!
- ✗ **Bikinis and similarly revealing clothing.** A one piece or “tank-ini” is a more appropriate choice for swim time. Campers will be asked to wear a T- shirt should their swimwear or clothing be inappropriate.
- ✗ Hairdryers, walkmans, Gameboys, mp3 players, **cell phones**, laptops, and/or all digital devices. These items will be confiscated, labelled and locked in a safe until the last day of the camper's session.
- ✗ Jewellery, dangling earrings and stylish watches. They can cause injury and are easily lost.
- ✗ Cash. All campers have a tuck account (included in fees) and they may only purchase items by using this account. Additional money can be added to tuck accounts if needed via registration or phoning our office, cash will not be accepted from campers.
- ✗ Food or snacks. Snacks are available to campers in the Dining Hall all day, every day ~ Kanawana does mean “peaceful and plenty to eat” after all! Raccoons, skunks, ants, squirrels and other critters will go into tents/cabins looking for food if they smell it.
- ✗ Knives. The camp can supply knives for activities if/when deemed necessary.
- ✗ CIGARETTES or TOBACCO will be confiscated and a call will be made to parents. A second incident will result in the camper being sent home.
- ✗ ALCOHOL/DRUGS. We have a **ZERO TOLERANCE** policy for campers using, or being in possession of alcohol or drugs. Campers who are found with any of these items will be sent home immediately.

PLEASE NOTE: Y Kanawana is not responsible for stolen or lost property (jewellery, watches, cash or other personal items).

Kanawana provides the group equipment for all trips for more information refer to the “[Your child's canoe trip](#)” section of this manual.

During Your Child's Stay

Laundry

Campers registered for only one six-day or twelve-day session do not receive laundry services. Campers who are registered for more than one 12-day session and stay for the changeover weekend, will have their clothing laundered free of charge during the changeover period.

Lost & Found

Due to the amount of lost and found at Kanawana we strongly encourage parents to label all clothing with first and last names. Initials are insufficient since we have over 2000 children a year visit Kanawana. Therefore the only way to claim lost and found is to send an email to camp.kanawana@ymcaquebec.org with the description of all the items missing (provided proper labelling; first and last names). We carefully save all emails related to lost & found items and we look through lost and found during changeover and at the end of the summer only.

Many parents ask if they can come to camp to look through our lost and found, however our experience is that few parents find the items they are looking for.

Please be assured that we do everything possible to return items to their owners and we work hard to ensure campers do not forget items at camp. On the last morning of camp, all items collected throughout the session are displayed by counsellors walking through the dining hall during a meal with the lost items. However many campers do not recognize their own clothing or intentionally do not claim clothing items they do not like; two more reasons to ensure proper labelling with the campers full name.

At the end of the summer, we sort the lost and found and remove all labelled items from the lost and found. We then contact parents in order to arrange for them to reclaim the lost items. Once this last opportunity to claim missing items has passed all items are donated to charity.

Language & Behaviour

Y Kanawana is NOT a place for using inappropriate language, violence/bullying, being disruptive or disrespectful to staff and other campers, etc. Such incidents will be discussed with parents as a first step with an immediate change expected. If there is no significant change, the summer camp director reserves the right to have a child sent home.

Camper's Oath

Y Kanawana is a community whose motto is non nobis solum, not for ourselves alone, where respect of one another and of the environment is a core value. We feel it is important for all campers to be aware of the expectations and opportunities they are engaging in by making the decision to be a part of the Kanawana magic. We recommend that you take time to discuss with your child the oath to ensure they understand their commitment to the Kanawana community.

I promise to:

- Respect the natural environment that makes camp so beautiful.
- Treat all campers and staff with respect and courtesy.
- Use appropriate language.
- Respect other's belongings.
- Respect all safety regulations that will be implemented by Kanawana staff members to ensure everyone's safety during activities on camp and on canoe trip expeditions.
- Not to use or possess alcohol or illegal substances during my stay at camp or my participation in a canoe trip expedition.
- Not use tobacco during my stay at camp or my participation in a canoe trip expedition.
- Contribute to the camp community through happiness, enthusiasm and humour.

All safety regulations implemented on and off the camp property by staff members **MUST** be respected to ensure everyone's safety, if behaviour is deemed unsafe for the participant, the group or a staff member; this will result in immediate dismissal from camp or from a canoe trip expedition. The camper oath must be read by all participants and his or her parent or guardian. **Parents take note that participants asked to leave for behavioural issues will not be reimbursed.**

Tuck Shop

Included in the tuck fee are a Y Kanawana t-shirt, a Nalgene-brand water bottle and a photo souvenir of their cabin/tent group. Campers are permitted to buy one snack or other items from the Tuck Shop once per week. The designated tuck amounts for your child have automatically been added to your invoice. If your child does not use all of the tuck money available, a refund will be issued for amounts over \$10. In order to receive this refund parents must send a written request within the two weeks following your child's stay at camp. All remaining tuck money is transferred to our campership fund to help underprivileged campers come to camp. Please note the tuck refund cheques are only issued after the summer usually during the month of September.

How Can I Contact My Child (not applicable if your child is going on trip)

There are a variety of ways to be in touch with your camper while she/he is at camp – you can write a letter, or take advantage of our email service. All families of first time campers will receive a phone call from their child's section director within the first four days of camp to let you know how they are doing. As a general rule, campers are not permitted to use the telephone and our phone line at camp exists for camp business and emergency purposes. If you wish to speak with your child's section director, you may call and, if necessary, leave a message and we will return your call as soon as possible.



Contacting my Child on Trip

It is very important to know that it is not possible to contact campers on trip. Our guides leave camp with emergency phones and are able to contact camp if necessary but the battery power is limited and guides are instructed to keep the phones off at all times, unless needed. Please feel free to ask a staff member at the bus drop-off or at the front office on site if you are unsure of the exact dates your child will be on trip and therefore unable to receive all letters and emails.

Camper Mail (not applicable while your child is on trip)

Mail is distributed daily during the afternoon. We encourage parents to send letters, postcards or packages by mail, email (kanawana.email@ymcaquebec.org) or by courier. UPS and Purolator deliver directly to the site. Your child's FULL NAME, AGE & SECTION MUST appear clearly on all envelopes, e-mails, & packages (please do not include snacks including gum, candies or chocolate etc). Please keep in mind there is a 3-5 business day delay for items sent through regular mail. Here is the camp's address, to send letters, postcard or packages.

Object: family name, first name – Section (Woodsmen, Pioneer, L.I.T., etc.) – Age
Camp Y Kanawana
673, montée Saint-Elmire
Saint-Sauveur-des-Monts, (Québec)
JOR 1R1

Emails to Campers (not applicable while your child is on trip)

Send your child an email! Emails will be printed and distributed to campers within 48 hours. Remember! Do not expect a reply... Campers cannot use computers at Camp Y Kanawana! When sending emails, please complete the 'subject' box in the following format:

Object: family name, first name – Section (Woodsmen, Pioneer, L.I.T., etc.) – Age
Example: Object: Smith, John – Woodsmen 8 years old
kanawana.email@ymcaquebec.org

Camp's Telephone Number in St-Sauveur

Please note that our office in Montreal will close during the first half of June in order to move to Saint-Sauveur. An automatic message will tell you at which number you can reach us at all times.

Campers are not permitted to use the telephone without the permission of their section director. If your child is having difficulty adjusting to camp, the section director will call you. **Remember – as a rule, no news is good news!**



You can use this number to reach your child’s section director or to contact any of our staff and of course, in emergencies. You can also fax a letter to your child at the following fax number. For faxes, please use the same format as describe for an email.

Phone # (450) 227-2414
 Fax # (450) 227-0385

Visitors

We are responsible for ensuring the safety of 200+ children each session, and as a result, we enforce a strict visitor policy. Campers will only be allowed to receive visitors in case of emergency. **Please do not show-up unannounced at camp expecting to visit your child as you will be refused for safety reasons.** Visitors will be escorted immediately to the office upon arrival.

If your child is staying at camp for two consecutive 12-day sessions and staying change-over there is a visiting day on the Sunday **between sessions**, from 11:00am to 4:00pm. If you wish to visit your child on this day please call camp at least 24hrs in advance to notify us. You may not receive a return call if you left a message to visit your child; this is normal and due to the large volume of calls. We ask to know in advance to coordinate the meals prepared by the kitchen staff and the activities prepared for campers not receiving a visitor. If your child is in a leadership program (L.I.T. or W.O.L.F.) it may not be possible to visit with him or her during the first changeover as this is usually the chosen time for the first aid course. Please call ahead of time for more information.

VERY IMPORTANT: If a parent or any other relative is legally denied access to your child, you must inform us in writing prior to the start of your child’s camp session.

Life at Y Kanawana

Supervision

Your child’s safety and well-being is our first priority. We insure your child’s safety 24 hours a day.

Ratios are calculated by # of staff / # of campers

Our junior campers are in groups of 10 campers and are supervised by 2 counsellors (ratio of 2/10). Senior campers on the other hand are in groups of 8 and are supervised by 1 counsellor (ratio 1/8). Campers also receive additional supervision while participating in certain activities by “program specialists”. There are specialists present at (rock climbing, nature, arts & crafts, ropes course, swimming waterfront (3 staff), boating (2 staff) and our wood shop. All swim staff are certified lifeguards as well as some of our counsellors. The ratios in residential camps are subject to regulations governed by the “Association des camps du Québec” (A.C.Q.). The table below is a comparison of the A.C.Q. standards and the standards we implement at Y Kanawana.



	A.C.Q.	Camp Y Kanawana	Program Areas at Y Kanawana
Junior	1/8	2/10	3/10
Seniors	1/9	1/8	2/8
Senior Trips	1/5	2/8	N/A

For more information on our back-country guide please refer to the section titled "[Meet our guides](#)"

For more information please refer to the sections titled "[Health and Wellbeing](#)" or "[Safety](#)"

Cabin / Tent Groups

Section Directors make an earnest attempt to put children of the same age in a group. There are occasions, however, when there are not enough campers of the same age to make up a whole group. In addition, language profiles, familial associations and cabin mate requests have to be taken into consideration. As a result, the age spread in a tent group may range from one to three years. **We promise to do everything to honour cabin-mate request, however we cannot guarantee them.** Due to the increasing number of cabin-mate request we have modified our policy slightly. Cabin requests are only considered if both campers request one another and are registered for the same program. A maximum of two requests per camper will be accepted.

Programmed Activities

Your child will participate in many camp activities, most frequently with their cabin or tent group but also with their section and sometimes the whole camp. Interest Groups are specific activities that occur during the morning. Afternoon activities are varied and are planned by the counsellors, section directors and program staff. All campers participate in: all-section activities, all-camp activities and overnight camping trips (excluding campers registered in a one-week session and the youngest cabin group). In addition, exposure to canoeing, climbing, arts and crafts, and nature are encouraged.

Your child will have the opportunity to select 2 to 4 interest group activities during their session. Interest groups are focused more on learning hard skills than our afternoon activities. Campers can choose the activities of their choice (subject to limited capacities) and will be encouraged to improve their skill at the given activity. In some interest groups we even offer "levels" and successful completion will result in the camper receiving an in-house certification. We emphasize the importance of participation, having fun, cooperation, and skill development. Interest groups may include: archery, arts and crafts, canoeing, music, low ropes course, nature, outdoor skills, rock climbing, swimming and snorkelling. Please consult our [Campers Activities](#) page (in the summer camp section of our website for further details).

Health & Well-Being

Camp maintains a six-bed infirmary, which is supervised by the health director and an assistant. All health forms, medications and Medicare cards are kept in the Infirmary during your child's camp session. The Infirmary staff relay



pertinent health related information to counsellors and section directors. Health forms and cards are given to guides and accompany the group on a canoe trip.

Please note that med cards are brought out on canoe trips with the guides.

If your child has to continue previously prescribed medication while at camp, please give the bottles, ointments etc. to the camp medical staff at the bus pick up or on-site check-in. Please ensure that your child has enough medication to last the whole session(s) and that it is clearly marked. At the end of the session, medication will be included in the camper's personalized envelopes available at the bus arrival or the main office at camp.

All medication prescribed or otherwise, is kept at the Infirmary in a locked cabinet at all times. Only under special circumstances (e.g. inhalers and Epi-pens) are campers permitted to keep their medication with them.

The health care staff or chief will call you first in the following circumstances:

- Your child requires a visit to the clinic in St-Sauveur or the hospital.
- Your child requires an overnight stay in the Infirmary.
- Your child contracts a contagious illness.

A stay at camp is NOT a good time to eliminate or reduce prescription medication. Y Kanawana will not accept a child whose medication has been modified without the written permission of a doctor.

Safety

The safety, security and well being of your child are our first priorities. Camp Y Kanawana is equipped with an integrated telephone system, emergency sirens, and radio communication. Main camp buildings and program areas are equipped with first aid kits. In addition, an emergency oxygen tank is available in the infirmary. All staff possess a combination of first aid and C.P.R. training. Additionally, several staff possess advanced wilderness first responder certifications. All staff participate in an 8-day training session prior to the camp season as well as a background check. Pre-camp staff training addresses Kanawana's safety regulations and emergency procedures as well as extensive training according to standards set by YMCA Child Development programs and the Quebec Camping Association of which our camp is a founding member.

During their first day orientation, campers are given a swim test and taught what to do if they hear an emergency siren. Use of Kanawana's boating equipment (barge, canoes, kayaks, and row boats) requires a personal flotation device at all times. Boating games and activities may also require that campers wear protective headgear.

Groups participating in activities away from the main camp facilities (overnights) are required to take with them: a first aid kit and radio (walkie-talkie). The camp chief carries a radio at all times, day and night.



Transportation

We strongly encourage campers from Montreal and surrounding areas to travel to and from camp on the bus as the camp experience often starts during the ride to camp. The buses are also a great way to reduce our carbon footprint. If you have to change your child's transportation arrangements before or during the session, please inform the Kanawana Business Office, (450) 227-2414, as soon as possible so we can notify your child and make the necessary arrangements. **You will be charged 25\$ for each transport change made after the 1st of June.**

Bus Departure & Arrival Location: PIERRE LAPORTE HIGHSCHOOL

[1101 Rockland](#) (in the Town of Mount Royal)

On Departure day

Please arrive at Pierre Laporte High School at: 8:00am – buses LEAVE for Kanawana (all sessions).

Buses only leave Pierre-Laporte around 9am but we ask campers arrive 1 hour ahead in order to ensure enough time to register all campers. Anyone who misses the bus will be responsible for arranging his or her own transportation to camp.

On arrival day: Buses return from Kanawana (all session) – juniors: 17h00 seniors: 17h30

Children will stay on the bus with responsible staff member until parent or guardian arrives and collects med card, medication (when applicable) and camper evaluation. **Parents or guardians showing up after 7:00pm will be charged \$1.00 a minute.**

Please see [Map to camp](#) for more details.

Driving your child directly to camp: Check-in at the [camp gate](#) 9:00am-10:00am

Picking your child up at camp: Check-out at the [camp gate](#) 3:00pm – 4:00pm

Please see [Map to camp](#) for more details.

Forms & Fees

Payments and Refunds Policy

Your deposit is non-refundable. However with a signed medical note, you will be refunded your full deposit minus a \$50 administrative fee. All fees must be paid in full one month prior to the start of the session. A refund will not be granted if a





child is asked to leave camp due to a behaviour related cause or if parent/guardian withdraws his or her son or daughter from the session.

Medical Form

Any special instructions you wish to give our medical staff about the medication can be communicated at the bus pick-up or at the main office at camp. You may choose to write a letter if necessary and hand in directly to one of our camp's medical staff. All medications are to be handed in to our medical staff at the bus or on site identified with the name of the child, dose, frequency and any other instructions clearly indicated (non-prescription medications) or the original packaging (for prescription medications). Kanawana's medical staff will follow the instructions on the label unless a note signed by a doctor's accompanies the medication and explains the reasoning for not following the label.

Medicare Cards and Medication

Your child will not be permitted to board the bus without his or her Medicare card or equivalent medical insurance proof. Please note that Medicare cards are taken by our guides for all campers going on a canoe trip. At the end of a session, cards will be placed in envelopes and given directly to a parent or guardian. However, Medicare cards are returned directly to Trailblazers, W.O.L.F.s and older voyageurs.

The Programs

This section describes aspects specific to each program, as well as general information about our tripping programs, as a source of additional information. The following section applies only to Leadership and Expedition programs. Please refer to the section specific to the program your son or daughter is registered in as well as the general trip information section.

[Trailblazers](#) (Leader in Training)

[W.O.L.F.](#) (Wilderness Outdoor Leadership Fieldwork)

[General Trip](#) (for all)

Trailblazers Program – Leader in Training (L.I.T.)

First Session (L.I.T.)

Canoe Trip

Your child's safety and well-being is our first priority. We insure your child's safety 24 hours a day. A canoe trip program is a huge accomplishment for a camper and our team's main goal is to ensure that your child is prepared and fully aware of

the realities involved in the experience he/she will be part of. As a Trailblazer, your child will have the opportunity to participate in the following program blocks to ensure that they are sufficiently prepared:

- Complete planning of the menu. Campers get a chance to choose their full menu and the trip leader later on verifies the menu to ensure that all the meals are balanced and respect the Canadian Food Guide requirements.
- Personal equipment preparation, which is a program session where the campers get a chance to practice packing their dry bags and learn what they need to bring on canoe trip and how to use those items.
- Be prepared situations, what to expect on a camping trip through skits and fun games!
- H2O safety, how to be safe in the water and what to do to ensure your own safety.
- Route. Explaining and showing where the trip will be and the canoe trip route that will be followed.
- How to build a campfire.
- Portaging, paddling techniques and t-rescues (what to do if your canoe tips!)

These activities allow the campers to develop outdoor skills, self-confidence and allows us to evaluate the skills of your child and to prepare him/her adequately for the canoe-trip experience they are about to live.

Second Session (L.I.T.)

As a Trailblazer, your child will be receiving numerous workshops. Our workshops are all in accordance and are regulated by the Association des Camps du Québec (A.C.Q.). These workshops will be given both by the L.I.T. directors as well as guest speakers, including camp staff and other YMCA associates. Sessions are offered in a variety of methods ensuring both theoretical and practical workshops. Examples of these sessions are Camper Intervention, Emergency Procedures, Risk Assessment, Ages & Stages and Creative Programming to name a few. Within these sessions your child will also receive C.P.R. and first aid certifications. A total of approximately 200 hours will be spent in the sessions. A number of team building games will be played as well. Activities include trust falls, a scavenger hunt or the creation of a new cheer or song. Team building activities are meant to develop a sense of community, mutual trust and mutual respect among participants. It is our belief that a team that is comfortable with one another and that has respect for and trust in one another is capable of accomplishing goals far greater than a group that does not.

Third Session (L.I.T.)

Interest Groups

Trailblazers will participate and assist with interest groups. Interest groups take place in the morning following breakfast. They are two one-hour periods where campers choose from a range of activities. As a Trailblazer, your child will shadow the staff in charge of running an interest group. This shadowing includes assisting the staff in whatever way possible, ranging from simply supervising the campers in the activity to organizing the lesson structure for the day. Once the participant has been exposed to various programming areas, they will sit down with one of the L.I.T. directors and create objectives they wish to accomplish over the course of the remaining 5 weeks. Each participant will receive the support from the directors as well as our program specialists and instructors in the accomplishment of their goals. Trailblazers are given opportunities to meet with their directors on a bi-weekly basis, during which time the participants are able to evaluate how



well they were able to accomplish their objectives and goals. It is our hope that this participation will balance out the time spent in sessions, ensuring that your child will feel fulfilled.

Cabin/Tent Group Programming

The bulk of the participant's time in the second half of the summer will be spent working with cabin/tent groups, applying much of what they will learn in the first half of the summer. In this sense, the program aims to offer participants both the theory and the opportunity to practice their leadership skills. Each Trailblazer is evaluated and voices their preference as to which section they would like to be placed in. After consideration by the L.I.T. directors, Trailblazers are assigned tent/cabin groups and are to shadow the staff and supervise the campers. This is invaluable experience that would benefit them greatly should they decide to apply as staff.

Fourth Session (L.I.T.)

Interest Groups / Tent Groups

During this session, the L.I.T. directors will assign your child to shadow an age group that is different from the previous session. This will allow your child to have experience working with children of varied ages. It is our belief that exposure to different styles of leadership, combined with a hands on opportunity to practice leadership skills in a supervised context, is one of the best ways for young people to develop their own style of leadership.

Solos

Solos are a life-altering experience for many people. Not all Trailblazers have to do this, as there is limited space. A "solo" consists of living by oneself for 36 hours in the wilderness. The Trailblazers who opt to do the solos receive a tarp, rope, enough food for 36 hours and a notepad and pen. This time spent alone is spent in self-reflection. Trailblazers are not allowed to bring anything else with them and all bags are subject to being searched prior to departure. One of the L.I.T. directors and a certified trip leader will be present at a site nearby throughout the 36 hours, and will check up on the soloists every couple of hours. In case of emergency the staff members are always within ear shot. This is truly an amazing experience that leads to self discovery and self confidence.

Evaluations (L.I.T.)

Weekly

Trailblazers will be evaluated on a weekly basis by the staff they are paired with. The staff are also encouraged to give regular feedback to the Trailblazers they are paired with. The weekly evaluations will help the L.I.T. directors know which Trailblazers are doing well and those who need some extra encouragement. The directors will also try to meet with each Trailblazer individually at least once per session to talk about any problems one might be having, or to commend them on their successes. Trailblazers themselves will set goal and objectives on a regular basis and the directors will use them as a way of deciding whether or not the L.I.T. is developing the skills he or she wishes to obtain from the program.





Monthly

The Trailblazers receive two formal evaluations, one at the mid-way point and one at the end of the summer. This allows them to improve once they've received the mid-point evaluation. They are very similar in style to the staff evaluations. They go on file and will help decide the Trailblazer's candidacy for a staff position the following summer.

Miscellaneous

Trailblazers will also take part in and help organize a wide array of activities including one of our all camp activities. Each year's group of Trailblazers also leaves behind something that represents their group – the Trailblazer project. Each year, the Trailblazers decide how they would like to give back to camp, whether it is rebuilding the benches of our council ring or making new plaques and signs for the tents and cabins around camp. The Trailblazer project is decided on by the participants and the directors, and will take up a good portion of the later half of the summer. At the end of the summer, this project will be finished, and a lasting memory of your child's L.I.T. summer will stay at camp, reminding later generations of the contributions made by the Trailblazers

For more information about trip, please refer to the [general trip](#) information section.

W.O.L.F. Program

First Session (W.O.L.F.)

Guiding certifications and workshops

During the first session at camp W.O.L.F. participants will take part in a number of trainings and certifications. Here is an example of training topics that may be covered:

Risk Management	Group Management	Expedition Management	Technical Skills/ Programming
<ul style="list-style-type: none"> - Risk management in outdoor activities - H₂O safety 	<ul style="list-style-type: none"> - Pedagogy and teaching at Y Kanawana - Y Kanawana trip history - Group dynamics - Age group characteristics - Leadership theories and techniques - Animation skills 	<ul style="list-style-type: none"> - Leave no trace - Campsite management - Food planning, preparation, and management - Equipment management and repairs - Lashing, knots and shelter building - Survival and outdoor cooking - Route planning - Hygiene 	<ul style="list-style-type: none"> - Topography, maps and orienteering - Environmental education - Fires - Native legends, folk tales and role playing - Survival activities - Games - Sauna

This program will not provide the certification required to be a back-country guide, but rather develop their skill sets as guides. Two certifications that will be provided, which are part of the industry standard for canoe guides:



FQCK level I and white water level II certification

Providing the basics of canoeing in flat water on Lake Kanawana, and then more advanced techniques in white water on the Rouge River, these courses will prepare participants for leading water based expeditions.

Standard First Aid

This 16-hour internationally recognized course covers the following topics:

- Preparing to Respond
- The Emergency Medical System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for respiratory and cardiac arrest
- Head and Spine Injuries
- Bone, Muscle, and joint injuries
- Wound Care
- Sudden Medical Emergencies
- Environmental Emergencies

Second Session

The second session at camp will comprise of a 10 day canoe trip. All participants will be contributing to the planning and leading of the trip while under the supervision of the W.O.L.F. leader and another guide. Throughout the trip, workshops and trainings will be given to the participants in an authentic session. The trip will be a major component of the evaluation of the program.

Third and Fourth Session

The objective of the final two sessions is to integrate participants with the other expedition programs at Y Kanawana. The integration will take place both on camp and on trip. Each W.O.L.F. will be assigned to a trip from another program explorer, adventurer or voyageur (for more information refer to the camper activities page on our [website](#)), where he or she will have the opportunity to learn from an experienced Y Kanawana guide.

On trip:

During third session the W.O.L.F. participants will observe and assist the guide, however W.O.L.F. PARTICIPANTS WILL NOT BE ASSIGNED ANY RESPONSIBILITY FOR ENSURING THE HEALTH OR SAFETY OF ANY CAMPER. During fourth session, each participant will be encouraged to take on larger responsibilities before the trip. The guide will assign the W.O.L.F. certain aspects of the trip to prepare (menu, equipment preparation or animation). Each W.O.L.F. will be expected to animate one activity and to lead one river safety session before going on trip.

On site:

Participants will also have a chance to observe cabin groups during activities in order to obtain certain skills in group management and animation. While on site, W.O.L.F. participants will be expected to assist in preparing the opening campfire as well as section campfires and help animate and plan activities for campers.

Solos

Solos are a life-altering experience for many people. Not all W.O.L.F. participants have to do this, as there is limited space. A “solo” consists of living by oneself for 36 hours in the wilderness. The Trailblazers who opt to do the solos receive a tarp, rope, enough food for 36 hours and a notepad and pen. This time spent alone is spent in self-reflection. W.O.L.F. participants are not allowed to bring anything else with them and all bags are subject to being searched prior to departure. The W.O.L.F. instructor and a certified trip leader will be present at a site nearby throughout the 36 hours, and will check up on the soloists every couple of hours. In case of emergency the staff members are always within ear shot. This is truly an amazing experience that leads to self discovery and self confidence.

Evaluations

W.O.L.F. participants will be evaluated both informally and formally throughout the summer. The first aid course requires both written and performance based evaluations for successful completion, the FQCK paddling certificate however is based purely in performance assessment. In addition to these off-site evaluations, the participants must also complete a written examination that includes all covered material. The participants will also receive continuous feedback through individual meetings with the W.O.L.F. instructor after each session and through observation grids produced by the trip leaders.

For more information about trip, please refer to the [general trip](#) information section.

General Trip Information

Preparation Activities in Camp

Your child's safety and well-being is our first priority. We insure your child's safety 24 hours a day. A canoe trip program is a huge accomplishment for a camper and our team's main goal is to ensure that your child is prepared and fully aware of the realities involved in the experience he/she will be part of. As a trip camper, your child will have the opportunity to participate in the following program blocks to ensure that they are sufficiently prepared:

All Trip Programs:

- Participate in selection of the trip menu. The campers have a chance to have their say in what food is taken on trip however a guide must assure that the chosen meals meet the criteria established in the Canadian Food Guide.
- Group equipment preparation, which is a program session where the campers get a chance to come up with the program equipment and the trip leader, will verify that the list is correct.
- Personal equipment preparation, which is a program session where the campers get a chance to practice packing their dry bags and learn what they need to bring on canoe trip and how to use those items.
- Be prepared situations, what to expect on a camping trip through skits and fun games!

- H2O safety, how to be safe in the water and what to do to ensure your own safety.
- Fire building. Campfire technique workshop with competition where the campers will eat one meal on the campfire.
- Portaging, paddling techniques and t-rescues (what to do if your canoe tips!)
- Campsite set-up, a workshop where campers learn how to establish a leave no trace campsite!

Specific to White Water Programs:

- Hydrology talk, which is a program session where the campers learn about river features, paddling techniques specific to river paddling along with dangers present (white-water trips only).

Specific to Voyageur Programs:

- Advanced survival skills and outdoor cooking, a workshop where the participants get to learn advanced survival skills and prepare a meal on the campfire.

These activities allow the campers to develop outdoor skills, self-confidence and allows us to evaluate the skills of your child and to prepare him/her adequately for the canoe-trip experience they are about to live.

Itinerary

We make an honest effort to plan each canoe trip according to the age group, the fitness level and the skill level of each participant. In any trip program, each participant will be informed of the canoe trip itinerary. This is why it is extremely important to fill in all the required documents in order to keep our team informed of your child’s personal development and situation.

Life of a Canoe Tripper

Your child will participate in many camp activities, most frequently with their cabin or tent group when they are on Y Kanawana’s property. During the first days of camp they will have the opportunity each morning to participate in preparation activity for their adventure.

While out on canoe trip, the daily typical schedule usually goes as follow:

7:00am	Wake up call
7:30am	Participation in trip chores: wood collecting, helping out to prepare breakfast
9:00am	Take down the campsite and help to pack the canoes
10:30am	Paddling toward the campsite
11:15am	Paddling games and rest time!
12:30am	Lunch time at a beach
2:00pm	Paddling towards the campsite
3:00pm	Setting up camp and swimming around the campsite
4:00pm	Team building game
5:30pm	Preparing dinner and participating in trip chores



7:30pm Campfire with legends!
 9:00pm Teeth brushing and sweet dreams!

*"Tell me and I will forget.
 Show me and I may remember.
 Involve me and I will understand."
 ~Chinese Proverb*

Food and Hygiene

Our trip menu includes a variety of ingredients that are as nutritious as they are tasty! The menu will be chosen by the campers and the trip leader’s role is to ensure that the choices made each day are complementary in terms of nutritional intake needed for the physical efforts made on trip by all participants. Food is an essential factor in the success of all trips.

Meal	Meals Offered
Breakfast	Paddling pancakes, Bear bagels, Outdoor oatmeal, Fried granola, Baked Apples, Grilled cheese, Berry Bannock, Banana Couscous, Rice cakes, Omelette, French toast, Creamy couscous, Compote, Red River
Lunch & Dinners	Oriental soup, Wraps, Tuna rice, Wild Beast Rice, Pita pizzas, Vegetarian Chilli, cake “l’Hermite”, Veggie soup, Thai Stir Fry, Fusili, Mac & Cheese, Burritos, Everything-but-the-barrel-stew, Spanish Rice, Hot dogs and Bean Salad, Alfredo Pasta, Tubule, Corn Fritters, Eggplant and Sweet potato stew, Coconut curry rice, Californian Vegetarian Wrap, Avocado sandwich, Pasta Salad, Date Wrap, Ratatouille, Tuna Wraps, Garlic and Oil Pasta, Red pasta
Snacks	Nutrigrain bars, Granola Bars, GORP (without nuts!), Fruit roll up, yogurt roll up, dried fruits

Weather on Canoe Trip

Kanawana canoe trips travel through northern Quebec and Ontario parks where the weather can vary a lot during even one day. It is important to think when packing the participant’s belongings, that rain, cold nights; very windy days will probably increase the challenge of the activity itself. The temperature generally during the month of July is around an average of 20 degrees Celsius, but during the month of August it can range from 20 degrees during the day to 10 degrees at night. Please refer to the [packing list](#) to provide appropriate gear for your child’s canoe trip.

Group Equipment Provided by Camp

During the canoe trip experience, your child will be expected to have the items identified on the [packing list](#) (or an appropriate substitute), but we will also provide equipment that will serve the group as a whole and that will be used by your child and his team on trip. For your information, this is the equipment being used by the participants and trip leaders on each canoe trip led by Y Kanawana:



Sleeping and campsite life	Cooking and hygiene	Travelling	Other
<ul style="list-style-type: none"> -Tents -Axes and a saw -Shovel -Toilet paper and hand sanitizer -Garbage bags -Survival kit -Functional satellite phone -Emergency money -Waterproof map case including trip routes, menu, recipe book and emergency information -First aid kit & Epi-pens 	<ul style="list-style-type: none"> -Pots and pans -Bowl and spoons -Biodegradable soap and hand sanitizer -Mesh bag for drying dishes -Water purification treatment -water filter -Food barrels 	<ul style="list-style-type: none"> -Canoes -Paddles -Throw gags -White water rescue kit -PFD fitted to each participant -Bailers for each boat -Boat repair -Carry bags for personal dry bags -Participants personal dry bags -Boat equipment (safety lines, flashlight, sound device, extra paddle, extra pfd) 	<ul style="list-style-type: none"> -Library -Program material for chosen activities - Pocket games

Our equipment is verified prior to departure by trip leaders, the campers as well as by our equipment manager. This ensures that the equipment will be safe, clean and that all repairs and breaks will be identified prior to the activity. This policy allows us to run safe programs and helps us ensure the safety of your child at all times.

Health, well-being & security

First Aid Kits on Trip

Each canoe trip leaves with a fully equipped first aid kit specifically assembled in a waterproof case for a wilderness context. First aid kits contain the following items:

Burns and bleeds	Injuries	Tools	Medication
<ul style="list-style-type: none"> -Gauzes (sterile and non sterile) -Adhesive bandages (various shapes and sizes) -More Skin -Second Skin -Opsite and butterfly stitches -Steri strips -Abdominal pads -Medical Tape -Irrigation syringe 	<ul style="list-style-type: none"> -Triangular bandages -Sam splints -Elastic bandage -Thermal blankets -Ice pack -Hypafix 	<ul style="list-style-type: none"> -Blood pressure cuffs -Stethoscope -Thermometer -Tweezers -Scissors -Pocket masks -Hand sanitizer -Gloves -Alcohol and Benzalconium wipes 	<ul style="list-style-type: none"> -Tylenol and Advil -Anti-histamine -Antibiotic ointment -Epi-pen and extra vials of epinephrine -Epi-pen and extra vials of epinephrine -Calamine lotion and aloe gel -Tea tree oil and activated charcoal -Electrolyte solution Antifungal cream -Antibiotic solution for ear and eye infection



First aid material is kept under a locking key when on camp and is verified weekly by the trip leaders and our equipment manager to ensure that the equipment is complete and in good state. (Please note that all our wilderness medicine protocols are signed by a doctor to allow our staff to practice wilderness responder treatments)

Evacuation from a Canoe Trip

Our canoe trip leaders are trained to provide first responder treatments in the wilderness. If an evacuation of your child is required, this could take up to 48 hours and is the norm in the outdoor industry due to distance, bad weather or bad road access. We attempt our best to be as efficient as possible when an evacuation occurs and have a staff member specifically trained to perform these out in the wilderness. In the event where your child would be evacuated by an air evacuation or a road evacuation, our hike and trip director will contact you directly to inform you of the situation.

Physical Expectations for Participants

Canoe tripping is a strenuous physical activity and it is important to understand that we do our best to support your child in this activity, but that a good level of fitness is required to live a truly pleasant experience. Every camper at the beginning of each camp session will have to participate in a swim test performed by our waterfront team where they will have to demonstrate that they can swim 150 meters without a PFD. Therefore, we reserve the right to refuse a participant if we deem they are not sufficiently able to cope with the physical demands of a canoe trip.

Safety Protocols at Kanawana

Risk management is our priority and we have strict protocols in place for all our canoe tripping programs. Any high risk activity undertaken in a Y Kanawana canoe trip must abide by a health and hygiene protocol, a portaging protocol, a white water protocol along with a complete risk management plan concerning each activity undertaken (canoeing, cooking, driving, fire building, etc). Your child’s safety and well-being is our first priority.

Inherent Risk to Canoe Tripping

Canoe tripping is a high risk activity and presents certain risks that are inherent to participating in any canoe trip. According to [Aventure Écotourisme Québec](#), here are the risks inherent to canoe tripping:

Inherent risks due to the weather
Heat stroke, heat exhaustion, sunburn, dehydration, hypothermia, wind, lightning, precipitations, season and lack of visibility.
Inherent risks due to the environment
waterfalls, holes, current, human constructions, rocks, strainers
Inherent risks due to being on water
capsizing, drowning, minor injuries (scrapes, bumps), major injuries (shoulder dislocation, spinal injury), difficulty to reach a participant, fatigue, injury due to material being inappropriately attached or fitted, stress, fear, or medical complications



Inherent risks to portaging

boat falling on participants, material falling on participants, struck by a tree or branches falling, sprain due to the state of the trails, insect stings, fatigue,

Inherent risks due to the participants

Lack of knowledge, bad swimmer, and misunderstanding of the information provided, refusal to follow the instructions of the leaders, and personal flotation device misfit.

As a part of our risk management plan, we keep participants informed of all risks in activities along with expectations we have of them. This involves informing them of such things as daily schedule, trip routes as well as safety briefings and any high risk activity. We focus our efforts on risk prevention while out on trip (i.e. hydration, sunscreen, intake of food, etc). Also, each route is planned following the capacity of each participant and is adaptable to the group dynamic and energy level.

Safety Equipment Brought on Trip

In order to ensure that our trips are safe, we ensure that each canoe trip leaves with the following items:

- A functional and tested satellite phone
- A fully equipped survival kit
- A fully equipped first aid kit for wilderness purposes verified prior to each trip
- A fully equipped repair kit
- Flare guns with a minimal of 4 flares
- A functional GPS tracking device
- Appropriate maps, compass and route plan for the canoe trip
- 1 extra meal for every trip an additional meal for every 8 day on trip
- Emergency phone contact list
- Evacuation routes and driving directions
- White water rescue kit (carabineers, rescue line, webbing, pulleys, prussic) when applicable,
- Each PFD must be equipped with whistles on elastic rope
- Extra Paddles (1 per boat)
- Bailers for each boat

A copy of the information for each canoe trip including a detailed route plan of the canoe trip and of all the participants emergency information is kept in the camp office at all times during the canoe trip to ensure informed and rapid intervention in the event of an emergency.

Communications Available

In remote locations, communications have always represented a challenge for canoe trippers. This is why we provide a satellite phone to each canoe trip leaving our main property along with a GPS tracking device. This allows our trip leaders



to communicate with camp or appropriate authorities in the event of an emergency or in need of a route change. It is important to understand that they are able to communicate with us, but unfortunately we are unable to communicate with them. A designated emergency responder is reachable 24 hours a day by cellular phone and by satellite phone to ensure that there is always a presence in the event of an emergency.

Meet Our Guides

At Y Kanawana, we pride ourselves on hiring friendly, hardworking and children loving staff each summer. All our canoe trip leaders are extensively trained for their position. They are all aged 19 years old and up and have extensive canoe tripping experience. In order to guide a Y Kanawana Voyageur canoe trip, each guide must:

All our guides are trained in the following areas during our home training to ensure that they are prepared for the unexpected and are assertive of the skills they own in order to provide the best experience possible to your child:

Orienteering, maps and compass	Group dynamics and management	Equipment management and repairs
Outdoor cooking and food management	Teambuilding	Risk management
Hygiene and health monitoring	Leadership theories and their applications	Survival and environmental education activities
Ages and stages of development of a child	Emergency procedures (including simulations)	Knots and shelter building
Behaviour management	Weather reading	First aid review

Transportation to the Canoe Trip Destination

All canoe trips are transported in a 15 passenger driven by one of our Y Kanawana drivers which is inspected prior and after every drive. The group must be informed of all safety regulations in the vehicle prior to departure and a stop in planned en route for a bathroom run and a stretch out of the vehicle. Y Kanawana owns a safe and appropriate trailer to carry all canoe trip equipment and a van lunch is provided for the participants to reach the destination. Music, cheering and singing are a big hit with every group and our staff members ensure that the drive is enjoyable and exciting! (Please inform us if your child suffers from car sickness so we can better prepare).

Meet our Drivers

Our drivers are courteous individuals that pride themselves on ensuring the safety and the comfort of their passengers. All our drivers have their 4b license, are aged 25 years old and over and have extensive driving experience along with a good driving record.

All our drivers are trained in the following areas during our home training to ensure that they are prepared for the unexpected and are assertive of the skills they own in order to provide the best experience possible to your child:

Wheel change and other basic repairs on the road	Trailer safety	Vehicle inspections	Passenger management and safety
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Evacuation Costs

In the event where a serious emergency would occur during a backcountry trip where an evacuation by plane or helicopter is required to ensure your child's safety and health, you will be responsible for the costs of the evacuation.

If You Need Anything Else

Here are the links to the many organizations we used to train our staff along with links to the many outdoor organizations by which standards we abide by or we are members of.

Name of organization	Certification	Website
Wilderness Medical Associates	Wilderness First Responder	www.wildmed.ca
Wilderness Safety System	Wilderness First Responder	www.wildernesssafety.com
Rescue 3 International	White Water Rescue Technician level 1 and 2	http://rescue3international.com
Esprit Rafting	White Water Rescue Technician Level 1 and 2	www.whitewater.ca
Fédération Québécoise du Canot et du Kayak	Canotage 1 Level 2, white water Level 2, flat water	www.canot-kayak.qc.ca

Name of organization	Website
Association des Camps du Québec	www.camps.qc.ca
Aventure Écotourisme Québec	www.aventure-ecotourisme.qc.ca
YMCA Canada	www.ymca.ca
Y du Québec	www.yquebec.org
Leave No Trace Canada	www.leavenotrace.ca
Fédération Québécoise du Canot et du Kayak	www.canot-kayak.qc.ca

We hope that the information in this handbook has helped you and your child to prepare for a summer of adventure and discovery at Y Kanawana. If, however, after reading this handbook you still have questions, feel free to contact us at the Kanawana office - we are always happy to hear from you!

Y Kanawana (Montreal) Mon-Fri, 9-4 1435 Drummond Street, 4th floor Montreal, Qc H3G 1W4 Tel: 514-849-5331 ext. 224 Fax: 514-849-5863



Camp Y Kanawana (summer season) (St.-Sauveur) 673 montée Saint-Elmire St. Sauveur des Monts, Qc J0R 1R1 Tel: 450-227-2414 Fax: 450-227-0385

E-mail: camp.kanawana@ymcaquebec.org

Website: www.ymcaKanawana.ca

For more information on the Y of Québec's centers, programs and facilities, please visit our Website: <http://ymcaquebec.org/en/>

Appendices Itinerary example

Y Kanawana Explorer Itinerary:

The Explorer program is meant to be an introduction to life on a canoe trip and therefore we believe that the overall distance is not a determining factor to ensure a great experience! This is why the overall distance for this trip is 10km over a 4 day period out in the Papineau-Labelle Park!

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Camp	Lac Des Sept-Frères	Lac Des Sept-Frères Island (5)	Lac Des Sept-Frères (7)
MORNING	Driving to the park	Paddling : 3 kilometres of flat-water	Paddling : 2,5 kilometres of flat-water	Paddling : 1,5 kilometre of flat-water Put-out at Gardien Lac Des Sept-Frères
LUNCH	Van lunch	Campsite(2) right shore of Lac Des Sept-Frères	Campsite(2) left shore of Lac Des Sept-Frères	Van lunch
AFTERNOON	Put in at Lac Des Sept-Frères - Briefing about paddling and safety - Campsite set-up briefing - Hygiene brief	Paddling: - 2,5kilometre of flat-water - Survival activity - Campsite set-up	-Paddling: 2 kilometre of flat water - Campsite set-up	
DINNER	First meal briefing	Meal time	Meal time	
EVENING	Adventure activity		Environmental activity	

Y Kanawana Adventurer Flat Water Itinerary:

The Adventurer program is meant to be an introduction to life on a canoe trip and therefore we believe that the overall distance is not a determining factor to ensure a great experience! This is why the overall distance for this trip is 22 kilometres over a 4 day period out in the Papineau–Labelle Park!

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Camp	Lac St–Denis	Lac du Crochet	Lac Montjoie
MORNING	Driving to the park	Paddling : –1 kilometre of flat water on Lac St–Denis –355m. portage –1 kilometre of flat water on Lac Rognon	Paddling : – 0,3 kilometre of flat water on Lac du Crochet – 130m. portage – 0,8 kilometre of flat–water on stream –100m. portage –0,3 kilometre of flat water on Lac du Castor – 690m. portage	Paddling : –4,5 kilometre of flat water Lac Montjoie Put-out at Gardien Montjoie
LUNCH	Van lunch	Lac Rognon	Petit Lac Week–end (end of portage trail)	Van lunch
AFTERNOON	Put in at Lac St–Denis –Briefing about paddling and safety Paddling: 4,5 kilometre of flat water – Campsite set–up briefing – Hygiene brief	Paddling: –1 kilometre of flat water Lac Rognon –1 kilometre of flat water on Lac Perdu –110m. portage – 2 kilometre of flat water on Lac du Crochet – Campsite set–up	Paddling: –0,5 kilometre of flat water on Petit Lac Week–End –220m. portage –0,8kilometre of flat water Lac Week–end –250m. portage –1kilometre. of flat water on Lac l’Aéroplane –300m. portage –0,2 kilometre of flat water on Lac Montjoie	
DINNER	First meal briefing	Meal time	Meal time	
EVENING	Adventure activity	Survival activity	Lac Montjoie	

Y Kanawana Adventurer White-Water Itinerary:

The Adventurer program is meant to be an introduction to life on a river canoe trip and therefore we believe that the overall distance is not a determining factor to ensure a great experience! This is why the overall distance for this trip is 27 kilometres over a 4 day period out in the Jacques-Cartier Valley Park!

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Camp	Du Morillon	Du Portage	Les Alluvions
MORNING	Driving to the river	Paddling : R3-40m Portage-422m R1-30m R1-300m 4 kilometres of FW	Paddling : R1-150m 2 kilometres of flat water R2-200m R2-R3-220m 185m portage (R3-R4)	Paddling : 2 kilometre of flat water R1-450m R2-150m Swift R2-190m 2 kilometres of flat water
LUNCH	Van lunch	L'Ekwatek	Confluence of the Sautauriski river	Put-out at Fin du circuit de canot
AFTERNOON	-Put in at Du Scotora -Briefing about Rapids and safety -Swimming R1 - Campsite set-up briefing - Hygiene brief	-Paddling: 3 kilometres of flat water R2-18m R2-R3-30m R1-30m - Adventure activity - Campsite set-up	R1-R2-150m R2-300m R1-30m R1-60m 2 kilometres of flat water - Paddling to campsite Les Alluvions - Campsite set-up	
DINNER	First meal briefing	Meal time	Meal time	
EVENING	Adventure activity Du Morillon	Survival activity Du Portage	Environmental activity Les Alluvions	

Y Kanawana Voyageur 1 Itinerary:

The Voyageur 1 program is meant to be an introduction to life on a long canoe trip expedition and therefore we believe that the overall distance is not a determining factor to ensure a great experience! This is why the overall distance for this trip is 63.5 kilometres over an 8 day period out in the La Vérendrye Park!

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Camp	Lac Grand	Lac Nichotea	Lac Paget
MORNING	Driving to Parc de La Vérendrye	Paddling: -6 Kilometres of flat water on Lac Grand -swift current	Paddling: -4.5 Kilometre Lac Nichotea -3 Kilometre Lac Nicolas	Paddling: -1 Kilometre of flat water on Lac Paget -1100m portage to Lac Du Noyer -2 Kilometres of flat water on Lac du Noyer and streams
LUNCH	Van lunch	Lunch at swift current/bridge	Lunch on Lac Nicolas campsite	Bottom of 50m portage trail
AFTERNOON	Drop off: Grand Barrage Route 28 Paddling: -6.5 Kilometre of flat water on Lac Grand -Campsite set-up brief -Hygiene brief	Paddling: -3.5 Kilometres of flat water on Lac Nichotea -campsite set-up	Paddling: -5 Kilometres of flat water on Lac Nicolas -620m portage to Lac Paget -1 Kilometre to Campsite	Paddling -0.5 Kilometres of flat water between Lac du Noyer and Baie McLaurin -40 m portage -4 Kilometres of flat water on Baie McLaurin to campsite
DINNER	First meal brief	Meal time	Meal time	Meal time
EVENING	Adventure activity Lac Grand	Lac Nichotea	Environmental activity Lac Paget	Baie McLaurin
	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	Baie McLaurin	Lac Byrd	Lac Nizard	Lac Duman
MORNING	Paddling: -1 Kilometre of flat water -bridge -4 Kilometres of flat water on Baie McLaurin -3 Kilometres of flat water on Lac Byrd	Paddling: -2.5 Kilometre Lac Byrd -130m portage -2 Kilometre Lac Crepin -carry over -1 Kilometre Lac Cabanac	Paddling: -3 Kilometre Lac Nizard	Paddling: -2.5 Kilometre Lac Duman -1 Kilometre Moran Creek -0.3 Kilometre Lac Fabliau -1 Kilometre Moran Creek Pick-Up: Route 27 at bottom of Lac Mitchell
LUNCH	Lac Byrd Campsite	Lac Cabanac	Lac Nizard at Ruisseau	Van Lunch
AFTERNOON	Paddling: -5 Kilometres of flat water on Lac Byrd -campsite set-up	Paddling: -0.5 Kilometre Lac Cabanac -820m portage -0.5 Kilometre Lac de la Table -65 m portage -1.5 Kilometre Lac Tambour -355m portage -1 Kilometre Lac Nizard to campsite	-0.5 Kilometre Ruisseau -beaver dam -0.5 Kilometre Ruisseau -1 Kilometre Lac Duman to campsite -Survival activity	Driving
DINNER	Meal time	Meal Time	Meal Time	Camp
EVENING	Survival activity Lac Byrd	Lac Nizard	Adventure activity Lac Duman	

Y Kanawana Trailblazers Itinerary:

The Trailblazer program is meant to be an introduction to life on a canoe trip with campers as well as a training experience in the wilderness and therefore we believe that the overall distance is not a determining factor to ensure a great experience! This is why the overall distance for this trip is 49.2 kilometres over a 5 day period out in La Verendrye Park!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Camp	Kondiaronk	Kondiaronk	Antostagan	Jean-Péré
MORNING	Driving to Camping Sepaq Kondiaronk	Paddling : -8,5 kilometres of flat water	Paddling: -0,8 kilometres of flat water on Kondiaronk - 55m. portage to Ruisseau Kondiaronk - 0,5kilometres of flat water -70m. portage -0,2km of flat water -85m. portage -0,3km of flat water -140m. portage -0,3km of flat water -240m. portage	Paddling: - 5,5kilometre of FW -Beaver Dam - 2,5kilometre of flat water	Paddling : -5 kilometre to Le Domaine Put-out at Le Domaine
LUNCH	Van lunch	Kondiaronk	Ruisseau Kondiaronk Bottom of portage trail 240m.	Antostagan -1m. portage	Van lunch
AFTERNOON	Put-in at Kondiaronk Paddle: -4 kilometres to campsite -Campsite set-up -Hygiene brief	Paddling: - 5 kilometre of FW -Campsite set-up	Paddling: -1,5Km of flat water -120m. portage - 1,5Km of flat water on Lac Barker -270m. portage -5km of flat water on Antostagan -Campsite set-up	-3,5km of flat water on Antostagan -330m. of portage -500m of flat water on Lac Alénya -Carry over to Lac Choisel -600m of FW on Lac Choisel -180m portage to Jean-Péré -1,5 kilometres on Jean-Péré -Campsite set-up	
DINNER	First meal	Meal time	Meal time	Meal time	
EVENING	Adventure activity Lac Kondiaronk	Survival activity Lac Kondiaronk	Antostagan	Environmental activity Jean-Péré	