



Paddle-a-thon 2012

Anticipated Start Time:

9 A.M. Saturday, April 14

Anticipated Finish Time:

Mid-late afternoon, Sunday, April 15

WHAT TO BRING - WHAT NOT TO BRING?

We are traveling on water, therefore:

- lifejacket - comfortable, 'approved'.
- spare paddle - in case one breaks.
- **complete change of clothing, in a waterproof bag.**
- clothing suitable to the anticipated weather conditions (& sunscreen).

If you're paddling in your own boat, don't forget a bailer, car-wash sponge, one painter (rope) on the bow and stern.

We are kneeling or sitting most of the time, therefore:

- kneepads or some kind of closed cell foam material to kneel or sit on.
- comfortable fitting pants - **not jeans**. Nylon or fleece material is OK.
- layers of clothing - to adjust your body temp as the wind, sun, cloud conditions change throughout the days, you can remove or add layers.

Waterproof storage bags or containers are handy for personal items, medications, etc.

Basic 1st Aid supplies such as band-aids, blister medication, Ibuprofen/Advil for stiff muscles, etc.

Squeah canoes and the voyageur canoes will be delivered to the 'put in' location in Hope and from the 'take out' location at Fort Langley. If you are bringing your own canoe, please arrange your own transportation.

Speaking of 'put in' location, it's in the town of Hope, just downstream from the confluence of the Coquihalla and Fraser River, next to Rotary Park on Wardle Street. Lunch on Saturday will not be land supported. We will provide it and bring it in the boats.

On Saturday night, we will be camping near Chilliwack just off of the river (preferably at Island 22, to be confirmed). Sunday lunch will be a hot meal at the Matsqui Trails Park and the 'take out' location is in Fort Langley.

Please arrange also your own transportation to and from the event. If you prefer not to camp out overnight but want to sleep at home, make transportation arrangements. If Saturday night looks like ugly weather, we may want to all come along.

So, to summarize:

We bring:

- all food
- canoes, paddles, lifejackets (if you asked for one)...
- prizes!
- accompanying safety zodiac with smiling driver☺
- free stainless water bottles!

You bring:

- personal hygiene items, personal 1st Aid supplies...
- special dietary supplements
- complete change of clothing, weather appropriate clothing and sunscreen
- a hat to protect your scalp.
- **all your donated \$'s and corresponding receipt books.**
- Saturday night accommodation (tents, sleeping bags...) or transportation to your alternate Saturday night accommodation (home?).
- canoe, spare paddle, lifejackets (with attached whistle preferred)
- flashlight, TP, matches (whatever else you need to biffy in the woods)
- (optional) camera, binoculars, pocket knife, neck strap for your glasses...

**** recommended clothing** - polyester against the skin, non-cotton fleece next and nylon shell or other windstopper material on the outside. Try to avoid cottons if possible. (Avoid jeans)

shopping tip – Value Village or MCC Thrift store is a great place to find outdoor clothing.

Nylon windbreakers, polyester tops, fleece tops and bottoms, rain gear. Not necessarily stylin' but functional! ☺

If you have questions that aren't suitably answered here, please call me at the camp office – 1-800-380-2267 or email me at rob@squeah.com .

See you Saturday, April 14th !

Rob Tiessen



