



EXPLORER HANDBOOK 2018

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CAMP  
KANDALORE



## **WELCOME TO THE EXPLORER PROGRAM!**

Congratulations on being chosen to become an Explorer at Kandalore! The Explorer Program is a once-in-a-lifetime remote wilderness paddling experience in northern Ontario, Manitoba, or Quebec. Explorers embark on a 21 to 24-day technical whitewater canoe trip. This program is designed for those campers who have a love for tripping and adventure. Explorer Leaders will encounter endless learning opportunities and will find this journey to be both personally fulfilling as well as an incredible team building experience. Paddling an Explorer river at Kandalore allows leaders to engage in the long standing and rich history of Kandalore's canoeing culture. Participants will be challenged to grow their skills and maneuver around obstacles on some of the greatest waterways in Canada. Not to mention, they will create and develop strong, if not lifelong friendships along the way. Enrolling in the Explorer Program is also the start of a leadership path at Kandalore, moving towards an Explorer II or Leader-in-Training role at camp the following year.

PROGRAM DETAILS..... 2

RIVER & TRIP GROUP SELECTION..... 2

EXPLORER RIVERS..... 4

KANDALORE'S COMMITMENT TO THE PROGRAM..... 13

EXPLORER TRIPPERS..... 14

PARENT EXPECTATIONS..... 15

EXPLORER EXPECTATIONS..... 17

    LEADERSHIP ON THE RIVER..... 18

    SELF-CARE ON TRIP..... 18

    TIME IN CAMP..... 19

IMPORTANT DATES..... 20

PACKING LIST..... 21



# **PROGRAM DETAILS**

Over the course of the 28-day Explorer Program, Explorers spend the first night at Kandalore and depart the next morning. Depending on the river, Explorer trips are 21-24 days on river. The rest of the days are spent travelling to and from the river by a combination of trains, planes, boats and buses. Explorers will spend their last 1-2 days of the session back at Kandalore.

## **TYPICAL EXPLORER ITINERARY:**

Day 1 – Arrival at camp/pack out

Day 2 – Departure by bus from Kandalore

Day 3-4 – Arrive at River Put-in

Day 4-24 – Paddle River

Day 24-25 – Travel back to Kandalore

Day 26 – Regatta!

Day 27 – Trip debrief/Paddle painting/Trip Clean-Up

Day 28 – Chapter preparation/Paddle presentation/Chapter

# **RIVER AND TRIP GROUP SELECTIONS**

## **RIVER SELECTION**

We have a select list of rivers that provide campers with significant challenges that are attainable within the Explorer Program timeline. River selection is also influenced by requests from Explorer applicants as well as the experience and skill level of the Explorer

Trippers. Please note, there are a lot of factors which contribute to the selection of the rivers including Explorer requests, group dynamics and experience, experience of guides and environmental factors. For these reasons, Kandalore cannot guarantee river requests.

## **TRIP GROUP SELECTION**

Creating a trip group for a month-long remote wilderness canoe trip takes time and consideration of a variety of different factors. It is often the most anticipated aspect of the trip for Explorers. First and foremost, we prioritize safety and risk management concerns above all else. This includes health factors, skill and trip experience of the group members, group dynamics and camper history and other critical considerations.

Kandalore also asks Explorers to complete a form that indicates:

- 2 Trip-mate Requests
- River Request
- Outline of whitewater experience

All of these factors must be considered and balanced to create the best trip groups. The purpose of participating in the Explorer Program is to embark on a trip full of adventure, challenge, inspiration and memories. Kandalore cannot guarantee to accommodate all Explorer trip requests. Further, we discourage campers from making more than two friend requests or from placing disproportionate priority on trip groupings. Adventure is about seeking the unknown, and so we encourage all Explorers to enter the program with an open mind.

# EXPLORER RIVERS

Kandalore has a long and rich history of paddling premier heritage and whitewater rivers in Canada. The map below outlines the rivers Kandalore paddles throughout Manitoba, Quebec, Ontario and Newfoundland. The following pages provide a more detailed descriptions for each river.



# BLOODVEIN RIVER



- o The Bloodvein River flows west from north west Ontario to the east side of Lake Winnipeg in Manitoba through the boreal forests of the Canadian Shield.
- o The river contains 5,000 year old pictographs and has over 100 runnable whitewater sets. Many of these sets are 'pool and drop' style whitewater. This makes it easier to run bigger sets than usual.
- o Explorers travel by train to Red Lake Road and are then shuttled to their put-in.
- o Upon return, Explorers will be shuttled to Winnipeg where they will then take the train to Washago.

# BERENS-PIGEON RIVER



o The Berens-Pigeon River flows west from Northern Ontario into the east side of Lake Winnipeg through the Boreal Forest and Canadian Shield.

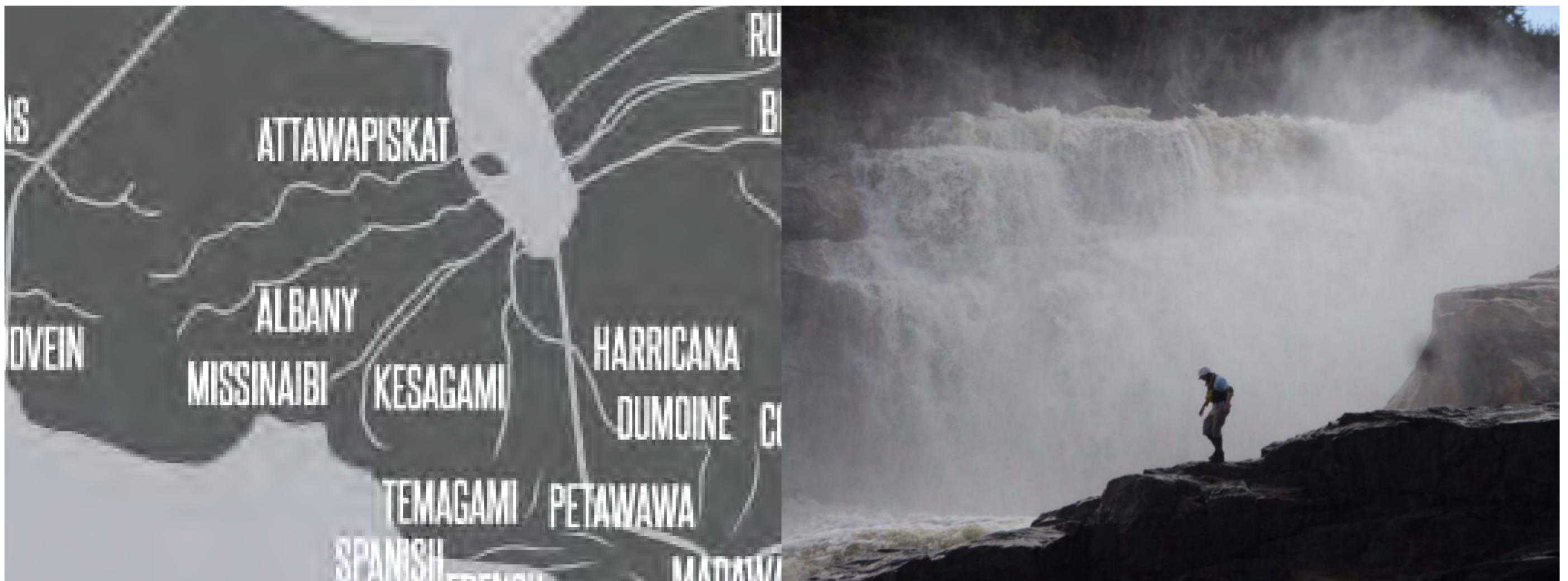
o Explorers will travel to Red Lake Ontario where they will be shuttled to their put in at Berens Lake. Approximately half way through the trip explorers reach Family Lake, the source of the Pigeon River.

o The Pigeon River offers high volume 'drop-pool' style whitewater which provides a safer way to run some of the bigger sets.

o Explorers will be shuttled from the end of the river to Winnipeg where they will take the train to Washago.



# KESAGAMI RIVER



o The Kesagami rivers begins from Little Kesagami Lake in Cochrane District of Northeastern Ontario and drains into the James Bay lowlands. This river is a left tributary of the Harricana River. The river runs through part of Kesagami Provincial Park.

o Explorers travel from camp by bus to the put-in location, where they will start their journey with a 450m portage to the river.

o The trip will end as the Explorers paddle across James Bay from the mouth of the Harricana to Moosonee. Explorers then take a train to Cochrane and then bus from Cochrane back to camp.

o On the Kesagami there is a stretch of whitewater that lasts approximately 45 km for continuous currents and whitewater sets. There are approximately 50+ 'sets' in this stretch. There is one set of whitewater in particular where the geography visibly changes from the Boreal Forest with Canadian Shield and gives away to the James Bay Lowlands.

# MOISIE RIVER



o The Moisie River is over 425km from Labrador City, NF to Sept-Iles, QC, and is Quebec's longest and largest river dropping over 600 m off the Labrador Plateau.

o Explorers travel by bus to a put-in 20 km outside of Labrador City to access the river. Kandalore completes the trip at the Gulf of St. Lawrence in the town of Moisie.

o The Moisie is one of Canada's premier Salmon fishing Rivers, known for producing strong and healthy fish.

o As you paddle the Moisie, the canyons become higher and the small tributaries grow taller into waterfalls. As the features become more obvious, the landmarks remain at the same geographical height.

# KANDALORE'S COMMITMENT TO THE PROGRAM

Kandalore has long been considered one of the premier canoe tripping summer camps in Canada. We have years of experience planning, guiding and executing wilderness paddling trips on some of the most beautiful and remote heritage rivers in Eastern Canada. Kandalore continues to build on this history and river knowledge to deliver thoughtful, safe and well-organized Explorer trips for our campers. We are committed to planning and preparing all of the logistics necessary for a trip of this caliber. Furthermore, we are constantly assessing the seasonal variability of our rivers to determine the most appropriate rivers to run year-to-year.



Kandalore commits to:

- o Providing all necessary equipment in working order.
- o Providing a nutritious and balanced menu for the duration of the trip (inclusive of water purification.)
- o Selecting experienced and trained Trippers to guide Explorer rivers.

- o Providing permits, transportation, risk management and evacuation plans.
- o All Explorer trips bring a satellite phone, SPOT device and a comprehensive medical kit (reviewed each year by a camp doctor – antibiotics, antibacterial creams, epinephrine, etc.)

If a medical situation were to arise that required an evacuation, Kandalore will cover all costs to have Explorer campers return to camp (unless it is due to a broken policy).

## **EXPLORER TRIPPERS**

Kandalore's most experienced staff and trippers are selected to guide Explorer Rivers. Many of our Explorer Trippers are respected professionals in the Outdoor Wilderness Industry (5 years + experience). All Explorer Trippers must have been on or led a previous Explorer or a trip of similar length and difficulty with another organization to be selected for this role.

Additional to experience, all guides are required to have the following qualifications:

- o Wilderness First Responder (WFR) – 8-day course
- o Swiftwater Rescue Technician (SRT) – 3-day course
- o Minimum Bronze Cross from the Lifesaving Society (many have NLS)



## **PARENT EXPECTATIONS**

Explorers will require support and preparation from their parent(s)/guardian(s) that is essential for their success on the trip. Reading this booklet, attending information nights (if possible) and exploring opportunities such as the Explorer Paddling Weekend will help create an understanding of what preparing for an Explorer trip entails. We encourage you to communicate any questions or concerns with us throughout the process.

Please ensure that your Explorer is coming to camp with the right equipment (see Explorer Packing List, page 21). We believe that “there is no such thing as bad weather, just bad clothing.” Ensuring that your Explorer has the proper and best functioning clothing and gear on trip will be paramount to their comfort and success amidst the elements and demands of a 21 – 24-day trip.

We ask that all medical forms are completed and submitted on time. Given the nature of remote river trips, we require the disclosure of information that is pertinent to the health of your child on this trip. The more information we have, the better the Explorer Trippers will be able to ensure your Explorer's success on the trip.



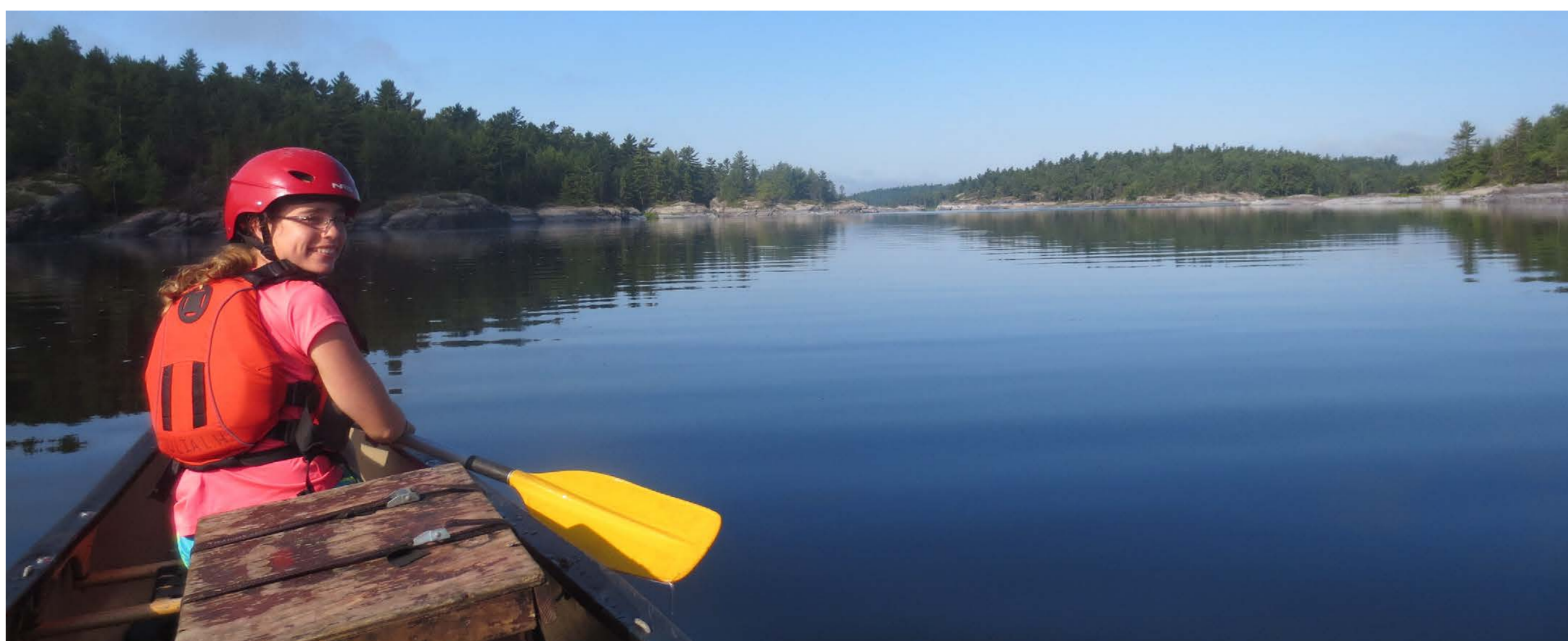
Parents can expect excellent communication from Kandalore throughout the months prior to the trip and during the trip. We will send you trip group updates, itinerary updates and respond to any questions you may have before, after or during the trip. There will also be multiple opportunities for your Explorer to prepare themselves for the trip (see Important Dates, page 18).

Kandalore sends a SPOT GPS tracking device on all Explorer trips. Prior to trips departing our Trip Director will email parents a link to our SPOT website which will allow you to view the SPOT satellite signals sent from your son or daughter's trip. This is an exciting way to track the progress of the trip, but also provides a clear line of emergency response if necessary. Please note that if a trip does not move from a coordinate within a day, the group is likely taking a rest day at that campsite.

# EXPLORER EXPECTATIONS

Embarking on an Explorer trip will likely be different from any other experience you've previously had. It is an incredible opportunity to be challenged both physically and mentally, learn to truly work as a team and learn about yourself and others. An Explorer trip is as successful as the attitudes of the people who are on the trip, and your mindset will be a big part of that.

We ask you to be open-minded. The focus of the trip is the experience of paddling a remote Canadian river, and to seize all leadership and teamwork opportunities that will unfold as you paddle the river. Please prepare yourself to be open to instructions, challenges, skill development and to be personally aware of your needs and that of the group. It is also critical that you are prepared to help individuals or the group at large when asked, and that you are actively looking for ways to make the trip fun and inclusive. This is an important part of developing as a leader.



## **LEADERSHIP ON THE RIVER**

The Explorer Program is one of the first stepping stones for the Kandalore Leadership Program. The amount of critical, significant and meaningful leadership opportunities that arise on a canoe trip are endless and available to you. Your Explorer Trippers will be role models and your mentors to gaining as much leadership experience and knowledge as possible. Your guides will also be providing you with both verbal and written evaluations on your progress throughout the trip to give you feedback and help you improve your skills.



## **SELF-CARE ON TRIP**

Be prepared to be vocal and open about any discomforts or self-care concerns during the trip with your Trippers. Even small cuts or injuries can manifest into bigger medical issues if left unattended. This is your greatest personal responsibility on this trip for yourself, and for the success of the group. Your Explorer Trippers will give you lots of direction on how to take care of yourself, and be a resource for you if you start to experience any discomfort of any kind. They are there to help you stay healthy and happy for the duration of the trip.



## TIME IN CAMP

Explorers experience a transition from the river to camp unlike any other group at Kandalore. It is an experience to be on a significantly remote river to being back at camp where there are lots of people and life is bustling. We ask that when you return, your focus is not only on cleaning up your trip and reflecting on your experiences with the paddle painting and debriefs, but also to continue that leadership standard at camp. Kandalore will be asking you to help prepare for the Chapter Fire and take on some leadership roles within the camp. Campers look up to Explorers and will be so excited to have you present your paddle and tell stories of your experience.



# **IMPORTANT DATES**

## **EXPLORER SESSION DATES:**

Explorer 'A': June 29 - July 27, 2018

Explorer 'B': July 30 - August 27, 2018

## **EXPLORER REQUEST FORMS: Due January 15th, 2018**

## **EXPLORER INFORMATION NIGHT: May 15th, 2018, 7 - 8 PM**

Come meet fellow Explorers and families, view a slideshow presentation from our Directors and Trip Directors, and ask any questions related to your trip, gear packing, etc. All Explorers, parents, and siblings are welcome and strongly encouraged to attend. Join us at Leaside Memorial Gardens (1073 Millwood Rd, East York, ON. M4G 1E7).

## **EXPLORER PADDLING WEEKEND: May 25th - 27th, 2018**

Kandalore hosts a whitewater paddling clinic on the Madawaska River for all Explorer campers to sharpen their skills with some of our Explorer Tripping Staff before the summer. This clinic is strongly recommended.

## **MEC DAY: June 3rd, 2018, 12 - 6 PM**

MEC offers a 10% discount to all Kandalore Families at the Toronto MEC (400 King St W, Toronto, ON M5V 1K2) on June 3rd from 12 PM - 6 PM on all purchases. The discount applies to in-store, regularly priced, in-stock items.

# EXPLORER PACKING LIST

When packing for Explorer, remember that thick cotton products are difficult to dry and therefore are not recommended.

Fleece, polyester and wool materials dry quickly and keep bodies warmer when wet. Also, trip gear can be expensive and quickly worn out of; so don't forget second hand options like Value Village or Winners/Marshalls. For new products we would recommend looking at MEC and SAIL. Also, remember that even though Explorer is a longer trip, that doesn't mean you need much more gear.

## STORAGE OPTIONS

- o Drybag: 30L to 40L, without back straps
- o Daybag: 5L to 10L drybag for frequently used items (recommended)
- o Compression sack: Really helps with packing your drybag

## GEAR

- o Helmet: Will be provided by Kandalore
- o Paddling Life Jacket: MEC or Stohlquist
- o Whistle: A basic Fox 40 (pealess)
- o Paddles: A whitewater paddle is provided. Bringing a flat-water paddle as well is highly recommended. A five-year paddle is an option, but keep in mind there is a risk of losing or damaging it
- o Packable Sleeping Bag: Rated 0 to -7. Ideally would only take up a  $\frac{1}{4}$  of your dry bag when fully packed
- o Inflatable mattress: The more compact the better (recommended)

## **WET CLOTHES**

- o Shoes: Closed toes & secure heels are required to protect feet and ankles. Old running shoes, Solomon, Merrell, quick dry or trail running shoes work well. Crocs are not acceptable as they are very slippery
- o Socks: Wool, fleece or SmartWool. Cotton socks not recommended. 2 pairs
- o Underwear: Quick dry. 2 pairs
- o Bathing suit or sports bra (no tie halter tops as the string is painful when portaging canoes)
- o Shorts: Quick dry. Soccer or basketball shorts work well, MEC and Under Armour are good brands
- o T-shirt: An old one that can get dirty/wet. Preferably quick dry, thin cotton can work
- o Long sleeve shirt: Thin button down made from quick dry/polyester
- o Paddling fleece, quick dry sweater
- o Hat: Full brim or baseball to keep the sun off
- o Rain coat & pants: Please avoid ponchos, as they are not durable

## **DRY CLOTHES**

- o Shoes: Anything you'd like, but keep in mind flip-flops can't be worn with socks. Crocs or running shoes perhaps.
- o Minimum 5 pairs socks: Once again, wool, SmartWool or fleece. Please avoid cotton.
- o Pants: No jeans! Fleece works best. No cotton.
- o Long sleeve top
- o Warm top: Fleece or a warm, packable sweatshirt.
- o Underwear: 3 pairs, cotton. Sports bra: 2 pairs
- o Toque, mittens

## **TOILETRIES & MISCELLANEOUS**

- o Sunscreen, bug repellent
- o Flashlight. A headlamp is ideal. Extra batteries.
- o Toothpaste: Small tube or regular tube to share
- o Toothbrush
- o Nalgene bottle, small mug
- o Diva Cup/tampons/pads
- o Any required prescription medication. Over the counter medication is packed in an extensive trip kit and administered as necessary.
- o Bug jacket or hat

## **OPTIONAL EXTRAS**

- o Sunglasses
- o Lip chap
- o Book(s), playing cards
- o Notebook/journal/writing implements
- o Brush or comb, hair elastics
- o Camera/GoPro. Keep in mind you risk losing it.



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