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CAMP
KANADALORE

EXPLORER HANDBOOK 2019





WELCOME TO THE EXPLORER PROGRAM!

The Explorer Program is designed for campers with a passion for canoe tripping. All Explorer rivers are significant distances from camp and may require transportation by camp vehicle, school bus, train and plane to complete the journey. Typical rivers include the Moisie, Bloodvein, Albany, Attawapiskat and Duchef-Ashuapmushuan. Trips are led by two experienced trippers with one designated as the 'Lead Tripper'. Trip leaders have extensive tripping experience and hold a minimum of Wilderness First Responder, Swift Water Technician and Bronze Cross certifications. Each trip is equipped with all necessary equipment including a satellite phone and a SPOT satellite messenger device. Explorer trips are an incredible opportunity to see some of Canada's most renowned and remote rivers and to foster an appreciation for the great outdoors.

Typically, Kandalore runs up to 7 Explorer length trips every summer. Please be aware that the Explorer program can be both emotionally and physically challenging. Explorer leaders should make sure that all gear (especially shoes) have been tested and worn in before arriving at camp. Explorer leaders will be required to arrive at camp with specific trip gear (Pg 22). Kandalore partners with MEC in May/June to offer Kandalore families a 10% discount on gear.

Upon completion of the Explorer program, leaders who are turning 17 in 2020 may be invited to apply for our LIT or Explorer 2 Programs.

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PROGRAM DETAILS (New for 2019)

A and B session Explorer leaders will arrive 2 days earlier than the rest of the campers. The goal for the additional time in camp is to give our Explorer leaders more time for preparation and to have them be more involved in the trip pack-out process. During these two extra days our Explorer leaders will participate in the following activities and sessions:

- Explorer leaders' goals
- Flat water progression and paddling practice
- Day at the Gull river for whitewater practice, including a controlled whitewater swim test and paddling (focus on stroke development, entering & exiting the current, basic rescue skills
- Team building session
- Risk management session
- Self-care discussion
- Packing out food and gear for trip
- Mapping session and trip route overview
- Tripper & Explorer expectations

NEW EXPLORER ITINERARY:

Day 1 Arrival at camp

Day 2-3 Rotation of session and packing with the trippers

Day 4 Depart from Kandalore

Day 5-6 Arrive at river put in

Day 6-26 Paddle river

Day 27-28 ... Travel back to Kandalore

Day 29 Regatta!

Day 30 Trip debrief/Paddle painting/Trip Clean-Up

Chapter preparation/Paddle presentation/Chapter



KANDALORE

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.

KANDALORE'S COMMITMENT TO THE EXPLORER 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 leaders. 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:

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

- Providing permits, transportation, risk management and evacuation plans.
- 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. The Explorer's family will be required to cover the cost if an evacuation is needed for a personal reason outside of Kandalore's control, or 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:

- Wilderness First Responder (WFR) – 8-day course
- Swiftwater Rescue Technician (SRT) – 3-day course
- 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 online resources 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 22). 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 **by May 1st**. 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.



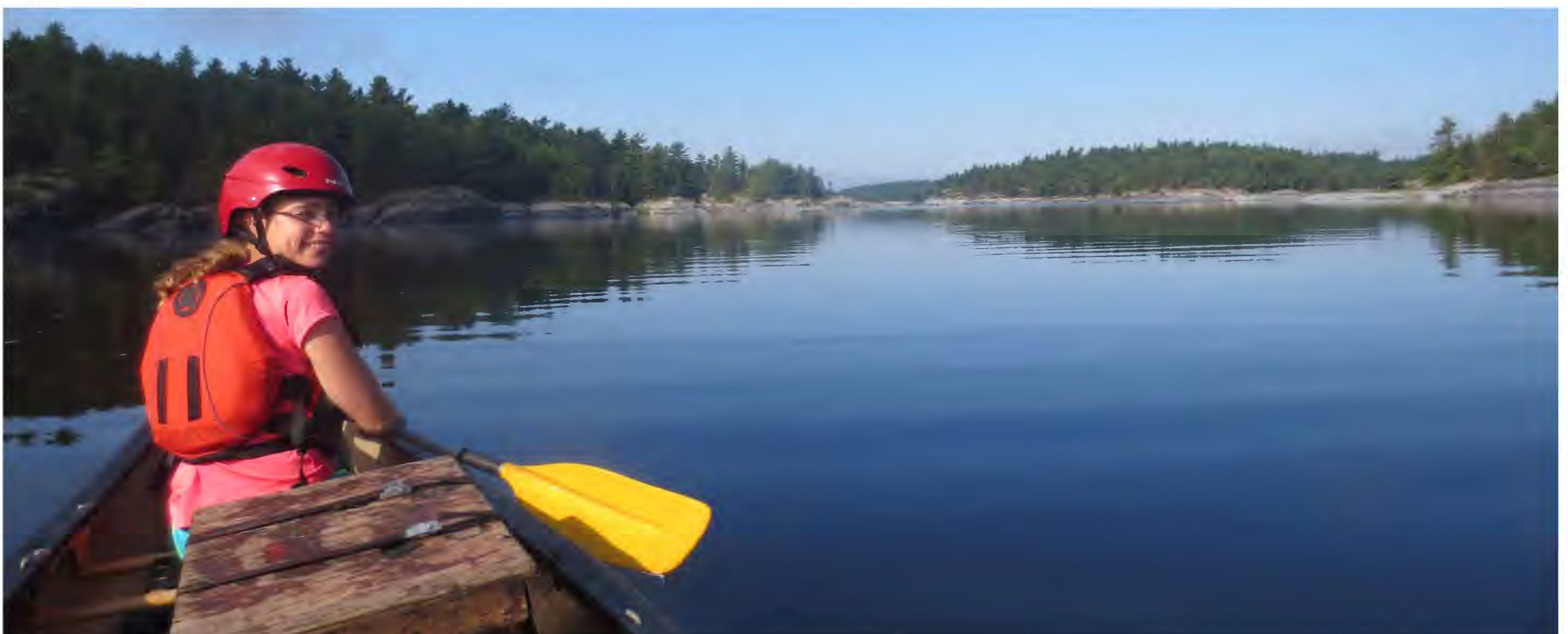
Parents can expect excellent communication from Kandalore during the months prior to the trip. When Explorer leaders are at camp parents can expect to receive an email notifying them when the trip has left, a detailed email update in the middle of their trip as well as an email once they return to camp. We also encourage parents to reach out to us with any additional questions they may have before, during or after the trip. There will also be multiple opportunities for your Explorer to prepare themselves for the trip (see Important Dates, page 12).

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 child'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 the needs 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 BACK 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 26 - July 26, 2019

Explorer 'B': July 27 - August 26, 2019

EXPLORER REQUEST FORMS: Due January 14, 2019

EXPLORER MEDICAL FORMS: Due May 1st, 2019

Please include all **dietary** information as the menu is submitted very early to ensure all food is available.

EXPLORER INFORMATION NIGHTS:

November 19th, 2019, 7 - 8 PM

May 14th, 2019, 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).

MEC DAY: TBA (typically falls on the last weekend of May or first weekend of June)

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

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



- 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.
- 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.
- Explorers travel by train or bus to Red Lake Ontario and are then shuttled to their put-in.
- Upon completion, Explorers will be either shuttled to Winnipeg where they will then take the train to Washago or drive back from a road located at the end of the river.

BERENS-PIGEON RIVER



- The Berens-Pigeon River flows west from Northern Ontario into the east side of Lake Winnipeg through the Boreal Forest and Canadian Shield.
- Explorers will travel by train or bus 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.
- The Pigeon River offers high volume 'drop-pool' style whitewater which provides a safer way to run some of the bigger sets.
- Explorers will be shuttled from the end of the river to Winnipeg where they will take the train to Washago or drive from a road located at the end of the river.

KESAGAMI RIVER



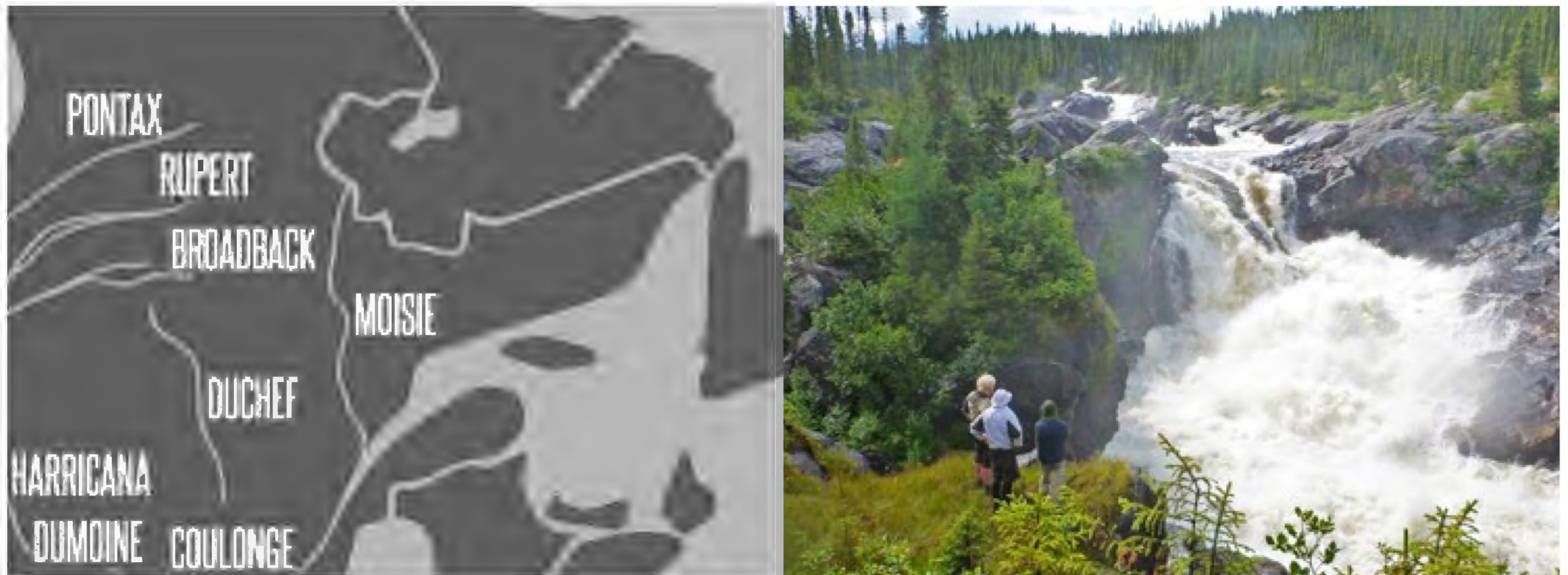
- The Kesagami river begins from Little Kesagami Lake in the Cochrane District of Northeastern Ontario and drains into the James Bay lowlands. This river is a left tributary of the Harricana River. The river runs through part of Kesagami Provincial Park.
- Explorers travel from camp by bus to the put-in location, where they will start their journey with a 450m portage to the river.
- 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.
- 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 way to the James Bay Lowlands.

ATTAWAPISKAT & ALBANY RIVERS



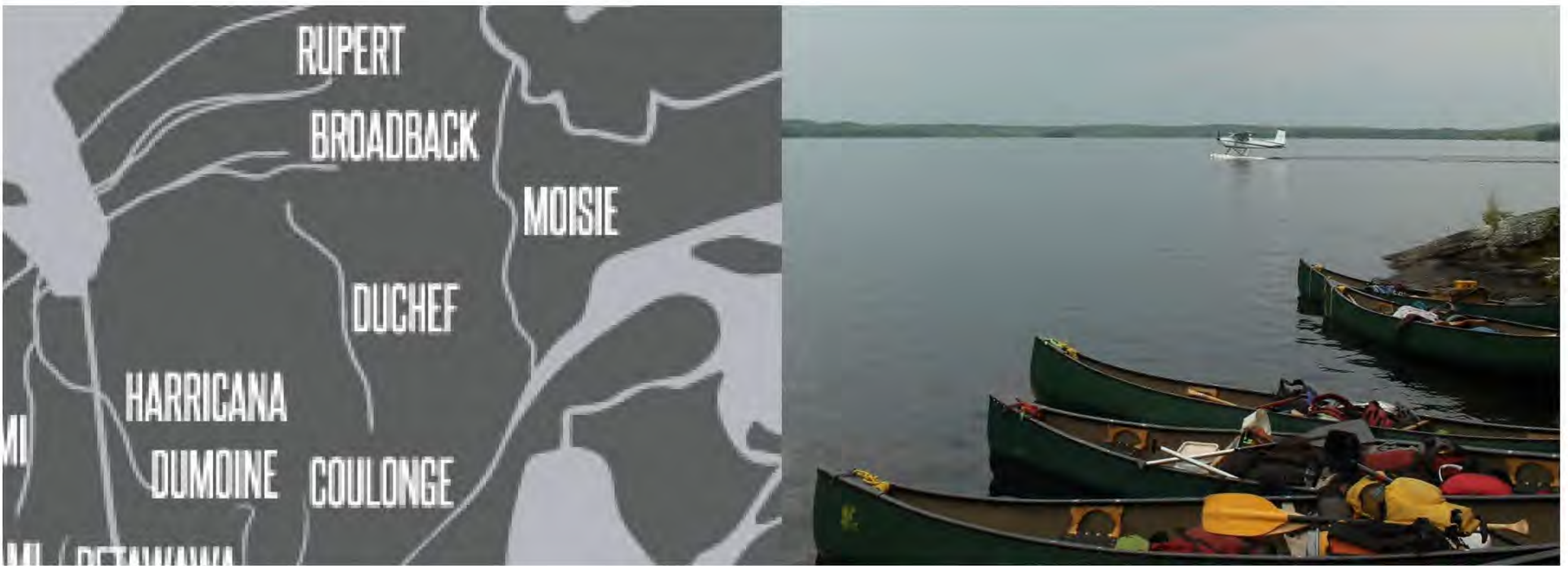
- While these rivers are separate Explorer rivers, the Attawapiskat and the Albany share very similar characteristics given their close geographical proximity. The Attawapiskat is a more northern river and runs almost parallel to the Albany out into James Bay.
- Both rivers launch from Pickle Lake, Ontario northeast into James Bay. They flow through different Canadian landform regions, from the Canadian shield to the Hudson Bay Lowlands.
- These are the longest rivers in Kandalore's repertoire at 700+ KM each.
- The entire Attawapiskat River is located further north than the most northerly roads in Ontario. You will be able to see a physical change in the landscape as the river changes from typical rocky Ontario river style to a wide, fast and curvy river with few portages.
- Once the groups paddle into the Hudson Bay Lowlands, trips can paddle up to 100km in a day.

MOISIE RIVER



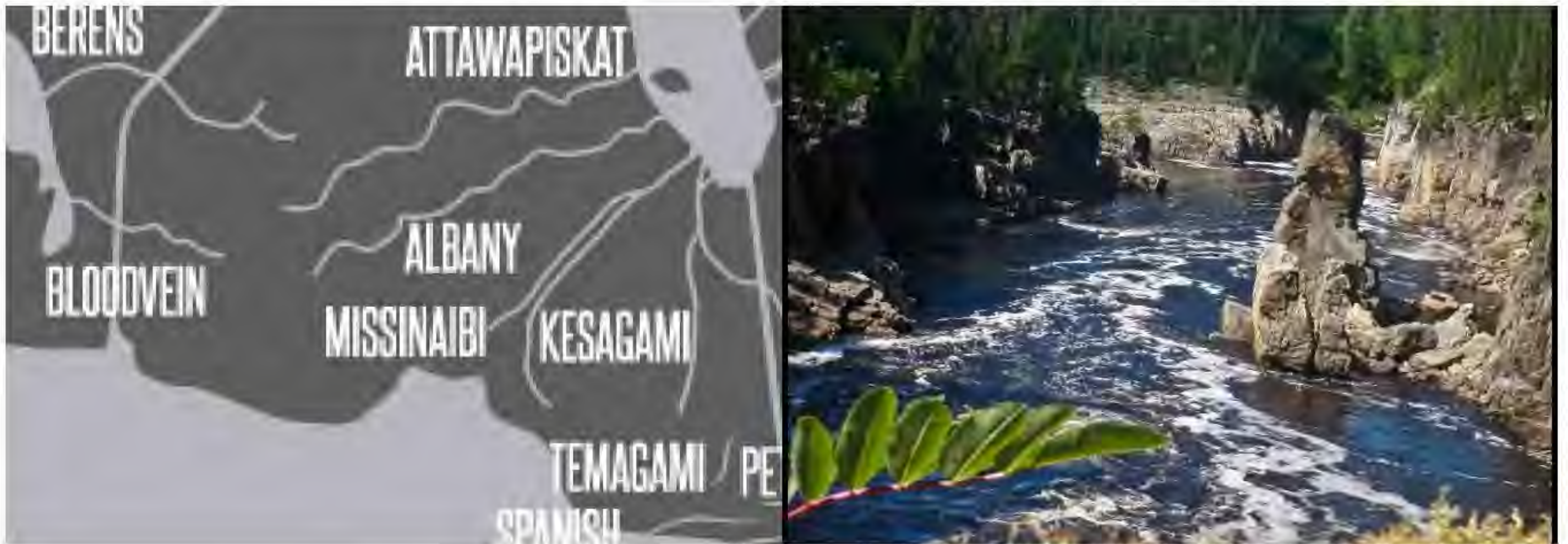
- The Moisie River is over 425km from Labrador City, NF to Sept-Iles, QC. The Moisie drops over 600 m in elevation off the Labrador Plateau resulting in spectacular waterfalls and challenging whitewater.
- Explorers travel by bus to a put-in 20 km outside of Labrador City to access the river. Kandalore completes the trip at the Gulf of St. Lawrence in the town of Moisie.
- The Moisie is one of Canada's premier Salmon fishing Rivers, known for producing strong and healthy fish.
- 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.

DUCHEF-ASHUAPMUSHUAN RIVER



- The Duchef-Ashuapmushuan begins flowing north and then turns to drain south-east in the Saguenay-Lac Saint-Jean Region of Quebec.
- Kandalore begins to paddle near Chibougamau, Quebec travelling up river along the Perche for 35 km. Once at the height of land, the Duchef River begins where participants will encounter lots of rocky sections of whitewater until the river joins the Ashuapmushuan ending by draining into Lac St-Jean.
- The final section of the river is wide and fast with several beaches and lots of wide continuous sections of big whitewater.
- The river is characterized by long, continuous sets of Class II & III rapids and has some of the biggest whitewater that we are able to safely paddle.
- Explorers are dropped off and picked up by bus as both the put-in and take-out are easily accessible by road.
- The Ashuapmushuan river runs along most of the northern boundary of the Ashuapmushuan Wildlife Reserve. All three rivers were a major link to historically significant fur trading routes.

MISSINAIBI RIVER



- The river flows from Missinaibi Lake in Ontario through Missinaibi Provincial Park north to the Moose river and drains into James Bay.
- Explorers travel by bus to Dog Lake near the town of Missinaibi to access the river. Kandalore completes the trip in Moosanee and will take the train to Cochrane and meet a bus back to camp.
- This river is characterized by 'drop-pool' style whitewater, similar to the Bloodvein. This makes it easier and safer to run bigger sets of whitewater.
- The Missinaibi River was another key historic fur trading route.
- Missinaibi Lake is also home to one of Ontario's most famous ancient pictograph sites.

HARRICANA RIVER



- The Harricana flows northwest about 400km starting from Amos, Quebec draining into James Bay on the Ontario side.
- Explorers bus to the put-in to start paddling the river. Kandalore completes the trip 65km from Moosonee at James Bay then travels either by water taxi or paddles along the shore of James Bay to Moosonee. From there, the group boards the Polar Bear Express to Cochrane then buses back to Kandalore.
- The Harricana is a wide, high volume river with lots of demanding whitewater. As the river approaches James Bay, it widens and picks up speed, caused by the Turgeon River joining it part way through the trip.

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 grown 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

- Drybag: 30L to 40L, without back straps
- Daybag: 5L to 10L drybag for frequently used items (recommended)
- Compression sack: Really helps with packing your drybag
- Barrel: 30L is a personal option. If you decide to bring a 60L barrel we ask that you share with another camper as there is limited space in the canoes.

GEAR

- Helmet: Will be provided by Kandalore
- Paddling Life Jacket: MEC, Kokatat, Stohlquist
- Whistle: A basic Fox 40 (pealess)
- 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
- Packable Sleeping Bag: Rated 0 to -7. Ideally would only take up a ¼ of your dry bag when fully packed
- Inflatable mattress: The more compact the better (recommended)

WET CLOTHES

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

DRY CLOTHES

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

TOILETRIES & MISCELLANEOUS

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

OPTIONAL EXTRAS

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



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