



Horizons proudly supports and adheres to the standards set out by AECCKO. Our guides, boats, equipment and operations follow these standards as well as our own personal codes, which in turn meet or exceed all applicable codes and standards as set out by law. All Horizons guides receive training by Sirius Wilderness Medicine. In addition, all staff now receive CRCA Instructor training and are required to maintain a National Life Guard Certifications from Royal Life. Our guides undergo several weeks of preparation every spring to get ready for the summer, no matter how many years they have been working for us. In fact, many other companies and organizations choose Horizons to help them train their staff as well. We are proud of our staff and our commitment to training. For more information on guide training check out the certifications page. For more about our employees and volunteers themselves try the staff page on our web site. Additional information about the Guides Course, Sirius Wilderness Medicine, and CRCA courses can be found on our Certifications page of our website.



Level 3 – Experience Required

# The Pukaskwa Coast, Lake Superior!



Information

**REFUND POLICY:** *If we are unable to accept your application a full refund will be issued. Cancellations four weeks or more before the program start date may incur a 25% administration fee. No refunds will be issued after that date without medical certification. Refunds are not issued if participant withdraws from an ongoing program early. HORIZONS reserves the right to cancel registration without notice. In such a*

**Travel and Health Insurance**  
 Travel cancellation insurance can be purchased through a travel agent or your local CAA. Some credit cards also provide travel and health insurance benefits that can include lost luggage.

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Horizons is also a member of these organizations



[www.peat.on.ca](http://www.peat.on.ca)



[www.paddlingontario.com](http://www.paddlingontario.com)

Member of



1-877-404-4142 or 705-866-6069



## *Welcome to Horizons*

Thank you for registering with HORIZONS - Adventures for Life. We have planned a wonderful excursion for you and are looking forward to a great event. The Pukaskwa route is a Level 3 trip. This means experience is necessary and wet exit and rescue instruction is not included in the program. Weather can make this a more demanding experience and there is always the possibility of exposure to challenging wind and waves. Therefore, experience and reasonable fitness level is an asset. Distances paddled per day average 12-25 kilometers. Please note as well that all of our programs are **smoke-free**.

Included in this booklet are all the essential forms, lists and information for your program. Please also check the WHAT TO BRING LIST and suggested packing techniques. Let me know if there is anything that you cannot bring or don't understand.

Horizons will be providing kayaks, paddling equipment, life jackets, (if you have your own, please bring it), group camping equipment and other miscellaneous gear. These however, should not be considered replacements for any other item on the what to bring list. We would like to check in by phone with you prior to your experience to finalize the details of the trip and go over the route and other information. Because we will not all be together before the trip or program begins, this contact is important. Please be sure to mail in or fax your medical information form and waiver before the program starts so we can have it with us when we are finishing the packing details. **Keep a copy** of this as well in case it does not reach us. Food allergy information is particularly important to get ahead of time. Participants who do not fill out these forms may be precluded from the event without a refund. Although we will be carrying a complete first aid kit, it will not be a substitute for any medication that you may be presently taking or require in an emergency. Take the time to pack these as required. The Lake Superior Coast is often warm and friendly but it does **demand** respect at all times and should never be taken for granted. Please read over the included material carefully and follow the WHAT TO BRING list accurately. Please call me if you have any questions. Horizons is committed to **Minimum Impact** camping techniques that protect both campers and the environment. Precautions must also be taken in regards to animal life. Although a thrill to observe in the wild, they are a concern so extra attention will be given to food storage and waste management. We will get a chance to discuss these issues as the program proceeds. I look forward to meeting you all in Spanish.

Yours truly,

Rick Wise  
Director  
HORIZONS



**Flexibility:** A typical HORIZONS day involves all types of movement using all the muscle groups. A flexible, loose person will move more efficiently, having less residual muscle stiffness and experience fewer muscle and joint injuries. Stretch before and after exercise sessions, or whenever it feels good. Work on all muscle groups. Don't bounce into a stretch, but rather ease into it and hold a stretch for 10-30 seconds. Serious stretching isn't casual, but neither is it painful or injurious.

**Strength and Power:** The ability to carry a heavy pack up and down steep terrain, the capacity to move a loaded kayak quickly and get to shore before a squall hits, particularly for shoulders, knees and ankles.

Using weight is fine, but not necessary. Focus on the legs - running stairs or hills helps provide mountain climbing power (walk back down for safety). Abdominal muscles are typically a person's weakest but are of immense importance for good kayaking technique and help avoid back strain when carrying a pack. For upper body exercises using your own body weight develops adequate strength, helps coordinate different muscle groups, and is less likely to result in injury than is lifting weights. Exercises include push-ups, pull-ups, bar dips, rope climbing, etc.

**Attitude:** This least tangible area is arguably the most important. Mental strength can overcome deficiencies and adversity, but it needs to be trained as well. Self discipline is an important derivative of a training program.

Being in shape will not guarantee you an easy time on your course. You may consider yourself currently to be in fine condition. Once on your HORIZONS program, you may find yourself in circumstances that are physically and/or mentally new for you. Being in shape is one component of making yourself an asset to the group. Having a good attitude - an eagerness for learning, a willingness to take what nature offers, a sense of individual responsibility, a concern for others - will certainly enhance your physical conditioning prior to your trip.



## GETTING DOWN TO IT

One purpose of training is to stress the body so that it adapts to physical rigors. Athletic trainers have identified four components of physical fitness. They are:

1) **cardiovascular or aerobic condition** 2) **flexibility** 3) **strength and power** and 4) **psychological fitness** or attitude. These four components offer a convenient framework for assessing your fitness level and constructing a conditioning program.

**Cardiovascular fitness:** This is the most important area, as all wilderness travel involves repetitious aerobic activity. Cardiovascular training increases the ability and efficiency of the body to transport oxygen to working muscles. A well tuned engine delivers superior performances.

We urge that you use the following F.I.T.T. principle as a guide to aerobic conditioning. (This is also in accordance with studies done on NOLS students by Dr. Phil Watts of Northern Michigan University).

**Frequency** - Exercise 3-5 times per week.

**Intensity** - Exercise 60-80% of maximum. If you can't carry on a conversation while you are exercising you are working too hard.

**Time** - Exercise sessions should involve an expenditure of about 300-600 calories per session. That's approximately the equivalent of 5-7 kilometers of hiking or jogging, 10-25 miles of bicycling over rolling terrain, or 20-60 minutes of other aerobic activities such as nordic skiing, dancing, swimming, and so on.

**Type** - The activity selected should be "total-body" (including the large muscle groups) and should not be conducted in sports such as sprints and many team sports.



## GENERAL INFORMATION

All programs follow the guidelines set out by the Association of Eastern Canadian Sea Kayak Outfitters, of which Horizons is a member.

### **BE PREPARED!!!**

Be prepared to spend your week on the water in the sun, rain, wind and everything in between. The emphasis will be on relaxation and enjoying the natural world while bringing up your skill level to a point where you can get out and enjoy the activity on your own. Please be sure all medical forms are filled out and that all medical information is included. Of particular importance are food and medication allergies and medical conditions, no matter how remote the possibility seems that they will affect your trip. This information is confidential and vital to your leaders planning. Sign the waiver. This must be received by the Horizons before the event.

### TOPICS

#### *Safety*

- Trip/route planning, team approach and emergency action plan

#### *Navigation*

- Map reading, compass work, shoreline identification

#### *Boat Handling, Paddling Strokes and Rescue*

- Gear, boat, paddle/paddler, launch and carry, wet exits, edging, forward stroke, reverse stroke, stopping, linking strokes, braces, sweeps, draws, sculls, feathering, rescues

#### *Campsite*

- Selection and preservation
- Animal precautions

#### *Hygiene*

- Toilet
- Body washing
- Food prep

#### *Cooking and Nutrition*

- Stove use and maintenance
- Food selection and preparation



## Lake Superior and the Pukaskwa Coast

Ontario's only wilderness park, Pukaskwa National Park covers 1880 square kilometres of rugged terrain and frigid water along the rocky north shore of Lake Superior halfway between Sault Ste. Marie and Thunder Bay. Moist air, chilled by the largest fresh water lake in the world, moves inland off Lake Superior, where it has a significant effect on the habitat of the plants and animals surviving in the harsh environment of this Canadian Shield landscape. Founded in 1978, Ontario's largest national park, it protects a representative sample of the Central Boreal Uplands and the Great Lakes coastline, while encouraging an appreciation of the area's natural and cultural heritage, in part through the employment of native people in the interpretation program. The roughly rounded hills and moraines were formed from Precambrian rock, eroded over millions of years, then shaped by glaciers. Watersheds, cobble beaches, rock-rimmed lakes, ponds, tumbling rivers, quaking bogs and the largest sand dune complex on the north shore of Lake Superior are all part of the transformation of the landscape fashioned by the receding glaciers. The hills are now a fraction of their original height, but at 636 metres, they are still one of the highest points in Ontario. Although 95% of the park is zoned as 'wilderness', a series of special preservation areas provides the highest level of protection to Woodland Caribou, arctic-alpine flora, a jack pine forest, acid-sensitive lakes and the early Aboriginal pits. People who lived here 5000 to 10 000 years ago probably made the puzzling rock structures called the Pukaskwa Pits along the cobbled beaches. Each are 1 to 2.5 metres long with 1.5 metre high walls. One might speculate on their usefulness as hunting or fishing shelters, or possibly lookouts or observation posts. When Etienne Brule explored Lake Superior in 1618, he was greatly impressed by its vastness; like a small ocean, its weather is unpredictable and storms and dense fog make navigating even quite close to shore an adventure. Voyageurs, missionaries, the inevitable fur traders, and the miners soon followed Brule; in the 1880's, the railway crossed over the top of Lake Superior on its way to transverse the continent. Commercial logging became a thriving industry in the early 1900's.

### Weather



Weather in the Lake Superior will vary from day to day as all weather does in Ontario, but generally you can expect highs from 20-25 degrees Celsius and lows from 4-15 degrees in the evening. It can be humid. Be prepared for both warm and cool weather. Lake Superior can generate its own weather due to the lake's cool water temperatures (average 4 degrees C in mid lake throughout

the year.) Fog is not uncommon and the westerly wind has up to 500 kilometers of "fetch" from which to build waves.

## PHYSICAL CONDITIONING

Congratulations on your decision to join a HORIZONS course. A wilderness trip with HORIZONS will be stimulating and challenging and any course, from level 1 or 2, can be physically strenuous. It isn't necessary to be a superb athlete to enjoy the wilderness but an HORIZONS course is an athletic event.



HORIZONS expeditions can be physical demanding and good conditioning will enhance each person's ability to participate and learn while on his or her trip.

Being fit will enable you to take full advantage of this learning opportunity. We encourage you to consider your physical condition now. If you are already in good shape, terrific. Keep it up. If not, now is the time to start getting into better condition so that you and other participants will be able to get the most from the program.

### PRINCIPLES

Get inspired, not intimidated. We don't expect you to devote hours upon hours every day to fitness, but it would be good to devote time every week to do something, if only some brisk walks.

Expensive equipment or health club memberships are not required, nor are they as important as your commitment.

Smoker? Quit now, rather than going through withdrawal on your trip.

Excess body fat will not help in any way. An exercise program and sensible eating habits will help ease off those extra pounds.

Use specificity training where appropriate; the more similar your training is to the future activity, the more benefit you will derive.



## INTENDED ITINERARY

### Day 0 4:00 pm

Meet at the Hattie Cove – Pukaskwa Main camp ground by the kiosk. We will then move to our campsite, set up and go for dinner at a local restaurant. There we will review events, equipment, and the route.

### *Paddle ITINERARY*

<i>Day 1 –Hattie Cove to Willow Creek</i>	<i>Day 2 Oiseau Bay or Fish Harbour</i>
<i>Day 3 Newmans Bay</i>	<i>Day 4&amp;5 Cascade falls</i>
<i>Day 6 Imogene Cove</i>	<i>Day 7 Pukaskwa River</i>
<i>Day 8 Return</i>	

This trip is for experienced paddlers only. We will arrive at the park on the evening of the first day and spend our first dinner discussing the coming adventure and the park itself. The next morning we leave Haittie cove and plan each day as the weather and water permit. No pretense as to who is in charge on this body of water. We aim to be 18 kms down in Willow Creek by that evening. Our average daily goal will be 15 20 kms. This is a spectacular coast with lots to see so we will want to stop and explore along the way. The route and weather will make it challenging, but rewarding. Weather has it’s own agenda and our progress will depend on it. We may have to sit out a day due to wind or make only minor progress. Please keep all these things in mind as the trip goes along. Pukaskwa pits, Cascade falls, caves, rivers and bridges along with spectacular cliffs and headlands will constantly call our attention and beckon us to explore. Expect long days and more challenges than typical with this level 2 program. Given that, we can still pace to match the group and alternative plans are always possible. At the end of our trip we will be picked up by boat and brought back along the coast to our starting position.

Note: Recent changes in the boat charter may necessitate a change in the direction of travel and affect this itinerary.

**Generally**, we will be up early to take advantage of cooler temperatures and lower winds. Sun rise is about 5:00 am and sets at about 9:30 pm so early to bed and early to rise is a good practice, but not always necessary. It’s important to listen to the rhythms of nature and realize that our agenda does not always suit the weather. Out on the Great Lakes, Mother Nature is in charge. We go when she says it’s time to do so. Be prepared to be wind or stormbound and don’t make immediate travel plans for the last day that you might not be able to keep due to weather. Personal safety is more important than a train/plane schedule

## ENVIRONMENTAL CONCERNS

### Water

Although the Great Lakes are full of relatively clean water, Horizons ensures that all water consumed is as free as possible from pathogens. Water is filtered for drinking or boiled for hot drinks and cooking.

### Sun and Heat

At this time of year our bodies are used to being indoors so acclimatizing will take a few days. Keep covered from the sun and wear lots of sun block.

### Human Waste Disposal

There are no toilet facilities on our trip. Most people will choose to dig a cat hole in organic soils using the following criteria.

**Site Selection:** Look for a flat, private spot at least 200 feet from any water source.

**Techniques:** will vary upon the environment but general options include:

- **Cat Holes** – Holes dug six inches deep in soil and covered when finished.
- **Smearing** – Surface deposits that are spread to promote maximum UV exposure for fast break down. Consider human traffic and rain fall drainage when deciding to smear.
- **Latrines** – Should be avoided whenever possible. They do not decompose and contribute to the hazard of water contamination through poor leaching. Group size and location is the determining factor. The frequency of users on the site will limit your options.



Horizons has an excellent waste disposal system that will work well near the sandy beaches. Using a can to burn toilet paper in conjunction with a cathole is excellent. For those that are very environmentally conscious it is possible to use natural toilet paper. I have seen poison ivy along this Both could be described as the toilet paper from hell. They are not difficult to recognize and avoid

## CREATURES OF CONCERN

### Snakes

Lake Superior snakes are not a problem. Snakes we might see would include Garter Snakes, Milk Snakes, and Black Water Snakes, which can be quite large.

### Mice, Chipmunks, Raccoons and Bears

All of these animals make their home and a good living in the Lake Superior Coast. Our objective is to minimize the living they make, or think they can make, off of camping parties like ours. Mice are the most plentiful and by far the biggest nuisance. They get into anything they can ruin things in doing so. Tents, sleeping bags, rubber stuff bags and even neoprene lids can be destroyed by rodent teeth. Raccoons come next in the pest department and have a greater potential for damage. They are also widespread in the Lake Superior Coast but not as prolific as mice and chipmunks. Bears are good swimmers and will be seen out on the islands frequently in late July and August. They come out for the blueberries that always appear several weeks later than on the main land. Bears of course, seem to worry humans most but the likelihood of a threatening encounter is low if proper care and precautions are taken.

For all these animal hazards the same protocols are advised. No food of any kind in tents and sleeping area. This includes cosmetics and hygiene products such as toothpaste and deodorant. Tents should pitched far from the kitchen (200 feet or more) and food should not be left in lifejackets or clothing pockets unattended. Food may be stored properly in sealed kayak hatches or, where necessary, hung properly in the trees. Dishes and cooking ware should be cleaned thoroughly before stowing.

### Fashion Wear to Paddle-in

- polypro T shirt
- quick dry shorts
- sandals
- big straw hat for maximum sun protection
- sunglasses with a strap behind your head
- whistle on your PFD
- PFD
- spray skirt

### Items that are stuffed in your kayak but not organised in stuff bags or zip bags

Items kept where you can reach them

- rain coat ( behind your seat)
- sponge (under your seat) so you don't sit in a puddle and can keep your kayak clean

Items supplied by Horizons, shared by all and placed any where appropriate in or on the kayak

- food bags
- stove and fuel containers
- pots, fry pan, ladle, stir spoon, outback oven
- tarps
- paddle float (behind your seat close at hand)
- pump (on your deck close at hand)
- repair kit (easily assessable if a hatch is removed)
- first aid kit, emergency kit, radios usually carried by the instructors.

The Superior coast is rugged, and beautiful. Lake Superior is large, cold and generates it's own weather, making it unpredictable. For all these reasons this program is both challenging and rewarding. Your guides are experienced outdoors people with good judgement and skills. They are trained to make decisions and manage the safety of others and are committed to the safety and well being of the group. They look forward to sharing these talents with you, so that you may enjoy a safe and educational trip. By joining this program you are expressing a willingness to expand your own horizons and acknowledge that your trip guides are acting in your own best interests.



## Packing your Bags and Kayak

### **1. Day Pack** (with shoulder straps 20 litres capacity)

- two pile pullovers that can be worn at once
- wind pants
- one pair of dry running shoes
- journal or novel
- wallet
- small toiletries bag (contents below)
- small fanny pack or small stuff sack to organize little odds and ends (contents below)

#### **Contents of below in a small toiletries bag**

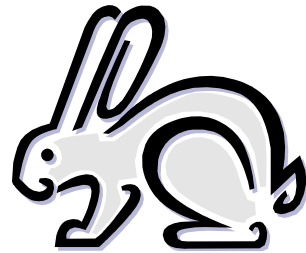
- toothbrush
- toothpaste and floss
- personal medications
- shave kit ?
- glasses/contacts and solution
- tampons or pads (waterproofed with extra ziploc plastic bags for carrying out)

#### **Contents of the below in a small fanny pack**

- head lamp
- extra batteries
- lighter or extra matches
- candle
- pens and pencils

### **2. Lap Bag** (supplied – 10"x 10" x 20")

- toque or pile winter hat
- neck warmer (used for skiing)
- rain hat
- sun screen (minimum SPF 30)
- lip sunblock
- bug repellent
- bandanna for a sunburned neck
- camera ?
- binoculars ?
- jack-knife ?



### **3. Small Nylon Zip Bag** (10" x 10" x 20")

(sewn nylon bag with a toggle to close it. This bag can be used as a pillow that contains what you need to stay warm if you wake up cold in the night)

- one bug shirt if you hate bugs
- one pair of quick drying shorts
- one cotton t-shirt
- two pair of cotton underwear and or bras
- mid weight long underwear top and bottom
- one pair of wool socks (bug proof)
- one pair of light nylon socks



## HEALTH CONCERNS

### General Injuries

**Feet** – never go bare foot. Glass, etc will get you sooner or later and that could mean evacuation. Put on footwear before getting out of the kayak if you must paddle bare foot.

**Backs** - lift empty single kayaks with two people and a minimum of four if loaded. Four people should lift an empty tandem and at least six or eight if it is loaded. Stretch before kayaking and lifting boats!

### Paddling Injuries

**Hands** – blisters, calluses and sores can occur on palms and the web between thumb and index finger. Prevention is the key. Use of gloves, tape, bandages and so on will help reduce the likelihood of these ailments becoming serious.

**Forearm tendonitis** – watch the “death grip” on the paddle. If your forearm creaks, swells, or becomes sore you need to change from a feathered to a non-feathered paddle.

**Back pain** – (or discomfort) adjust your foot pedals, change posture - sit upright and don't slouch.

**Leg pain** - may disappear with a water bottle under your knees, or by adjusting your foot pedals.

**Fatigue** – use a rotational stroke, don't use your arms in a pumping motion. Change the position of your hands on the shaft from wide to narrow grip and vice versa.

### Dehydration

The key to avoiding dehydration is to drink lots of water. Watch the colour of your urine. If it becomes dark, drink until it is clear again. You must act quickly. Use fruit crystals if necessary. Monitor your water intake. Others can monitor your behaviour as well - irritable, not enthusiastic, tired, or headaches. Drink and the headache goes away within 20 minutes.

### West Nile Virus



For those of you with any concerns regarding the recent problems with West Nile, be assured that mosquitoes in the north are very unlikely carriers of the disease. The species of mosquitoes we have up here are not known to be a bridging species for the disease to transfer from birds to humans. The kind that typically carries the disease is very rare, particularly in the north. In addition there have been no reported cases of the disease in humans north of Parry Sound as of April this year.

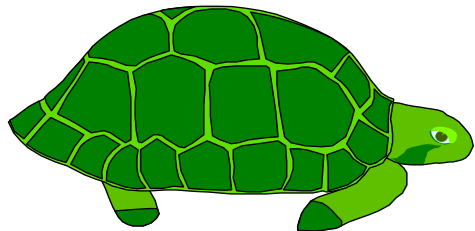
## **BOAT AND EQUIPMENT CARE**

### While paddling

Don't scrape the plastic as you come to shore, get out and stand up before your kayak hits bottom. Lift your rudder before you are in shallow water - it is fragile.

### At night

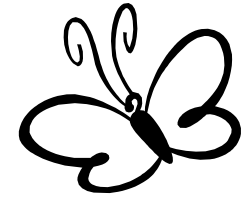
The boats will be secured well away from the waterline and if possible, tied to a tree. We need to select a spot and place all of the boats there right after unpacking so people can seal them up when they choose to. Paddles should be placed in the kayak where no one will step on them at night. Food, toothpaste etc should not be taken into the tents it should be left in the kayak hatches. Maps, pumps etc can remain bungied on the deck of the boats if they are left right side up at night. Other gear can be left in the hockey bag and stuffed in the cockpit to discourage snakes and spiders etc., from finding a great hideaway at night. Finding them later when you are paddling could be really exciting.



## **WHAT TO BRING**

### ON THE WATER (all weather)

- Light pile or wool layer
- Paddling jacket (s)
- Sun screen and bug spray (lots of both)
- UV blocking sun glasses with retainer band
- Wide brimmed sun hat (s)
- Bathing suit and towel
- 2 t-shirts
- 2 pair shorts
- "Quick dry" long sleeves and pants for sun and wind protection
- Rain wear
- Water bottle (s)
- Sturdy, snug fitting shoes for use in water. Sandals are acceptable if equipped with a heel fastener, but full toe protection is preferred.
- Whistle with string
- Small fanny or other bag in which to store your misc. gear while on the water.



### OFF THE WATER

- ONE complete set of dry clothing that protects you from sun and insects. This includes long underwear, socks, long sleeves, pants, warm sweater or pile, and a wind breaker and Wool Hat.
  - Dry shoes for the campsite
  - Sleeping bag and sleeping pad
  - Toiletries - (toothpaste, brushes, toilet paper, hair care, etc.)
  - Bug hat or bug shirt is highly recommended
  - Dry bags and/or stuff bags with garbage bag liners
  - Flashlight with fresh/extra batteries, bulb
- Other Gear
- Camera, fishing gear, binoculars, or reading material

*Label your clothes, gear, packs and garbage bags clearly. Remember, there will be several other people on your trip.*

What follows are some packing ideas. There may be a few extra things mentioned so take note. Please don't disregard your own experience and working systems. This is a guideline but it works well. Keep things as compact as possible.

