

## North Saskatchewan River Trip

We are excited to have you join us for a weekend adventure. Below is an equipment list and the answers to our most Frequently Asked Questions. If you have any additional questions or concerns, please contact us at: [augouted@ualberta.ca](mailto:augouted@ualberta.ca)

### Equipment Checklist

Please attempt to limit cotton clothing – nylon, polyester, polypropylene, or other synthetics are preferred.

ITEM	PACKED	ITEM	PACKED
Sleeping bag (good to at least -5C)		toilet paper (in ziplock bag & small hand sanitizer)	
Sleeping Mat		Toothbrush & travel toothpaste	
Sunscreen, lip balm & bug spray		sunglasses (with strap)	
5 large GLAD heavy duty garbage bags for waterproofing		extra prescription glasses (if required -with strap)	
2 reusable water bottles (1 litre)		Healthy, High Energy Snacks	
Durable raincoat and pants		T-shirts (2)	
socks (4 pairs – wool or similar)		Wool or fleece jackets / sweaters (2)	
wind breaker and wind pants		swimsuit & small towel	
long sleeve wool or polypropylene shirts (2 if possible)		wool or polypropylene long-johns (2 if possible)	
Travel Mug		Shorts (2 if possible)	
Headlamp & extra batteries		gloves or mitts	
wool or fleece pants		Sturdy runners or walking shoes	
underwear		Watershoes - old runners are best	
Hat & Toque		Compact, foldable camping chair	

***Augustana will provide all canoe equipment, tents, tarps, and kitchen equipment.***

***Each person will be provided with one, 20L drybag & one, 60L waterproof barrel at the pre-trip meeting.***

***Equipment available to rent from Augustana:***

- Sleeping Mat (\$10.00/trip)
- Lightweight Down Sleeping Bags -7C (\$25.00/trip)

## **Frequently Asked Questions**

### **Why do you ask for no cotton clothing?**

Cotton clothing, while very comfortable to wear when the weather is hot, takes a very long time to dry compared to synthetic clothing like nylon or polyester. We do not have a fast way to dry our clothing while on trip therefore your cotton pants or sweater could stay wet for a few days. If the weather is cold and wet (which it often is in the mountains), this wet clothing can lead to an uncomfortable trip, or hypothermia.

### **How do I know if my rain jacket is actually water-proof?**

A good quality, durable, rain jacket is key to a good trip. It keeps you dry in the rain, and keeps the wind from pulling heat from your body. If you have never used the rain jacket in heavy rain for a long time, we suggest standing in the shower, with the hood up for a couple of minutes to test the jacket. It is better to be sure that it will keep rain off of your clothing, rather than find out on the trip.

### **What kind of food will we be eating?**

Delicious food. Food will be a variety of pastas, curries, beef, chicken, stews, even a one-pot turkey dinner! Breakfasts are varied, with anything from cheesy potatoes, to the standard oatmeal or granola. We use as much fresh fruit and vegetables as possible, taking into consideration the weight we are carrying. Lunches are often pitas or wraps, with cheese, meat, hummus and veggies. We do provide a few snacks throughout the day, and we always include dessert with supper. We strongly suggest bringing extra snacks though, especially if you are a picky eater, or a big eater. We do our best to accommodate dietary needs, although cross-contamination is a possibility. Please contact us to discuss your particular needs.

### **What Personal Care Products can we bring?**

- Toilet paper in a ziplock bag
- Bandanna/headband/"Buff"
  - o (if hair is longer than chin-length you may want: Small comb or brush, bobby pins, hair elastics).
- Travel size wet wipes
- Travel size tooth brush, toothpaste, dental floss
- Small bottle of hand sanitizer
- Small sunscreen and Chapstick
- Small mosquito spray
- Personal Medications
- Small towel/facecloth
- Female participants - enough feminine products for one round of their period.

### ***Leave make-up and scented body care products at home!***

Space is limited, so bring travel size packs of everything and pack light!

## **No showers?**

### **Can we freshen up?**

Swimming will likely be an option no matter where the trip goes. We discourage washing directly in the water, but you can certainly rinse the dirt off! We find for a couple days, this is usually enough. You may also like to bring a small towel or facecloth.

### **Can you use a fold-up bowl and biodegradable soap and wash beside the lake/river?**

Great idea! This is not a practice that we use, but if participants would like to consider bringing such an item, so they can scoop water out of the lake/river to wash up with, they are more than welcome to! Given the length of the trip, we find a good daily swim in the water is usually enough, even without soap. Our guides suggest using a wet wipe every couple of days and to simply wash your face with water every morning after waking up.

### **What about hair?**

Headbands/bandanas/ or hats help keep dirty hair under control. Minimize the amount of products that you are using on trip; the more that you use, the faster your hair gets greasy and tangled.

### **What do you recommend for long hair?**

Personal preference will dictate this one. Wear braids or ponytails and use headbands or bandannas. Some guides will bring a small comb on trip and comb out their hair every couple of days, while there are some trips when they won't bother. Headbands and bandanas are great for managing hair on trip too, as well as bobby pins.

## **Should I bring other things like Chapstick, mosquito spray or sticks, sunscreen, deodorant??**

In terms of toiletries, the less the better! Items to definitely include are toilet paper (in a ziplock bag), toothbrush, toothpaste, dental floss, small bottle of hand sanitizer, sunscreen, Chapstick and unscented deodorant. Additional items can include mosquito spray, wet wipes, medications, hair elastics...etc. Scented products and makeup are a few of the items that can be left at home.

## **Bathrooms???**

### **Will we be digging our own toilets and if so can we use toilet paper?**

As mentioned in the previous answer, at some campsites we will have access to outhouses, where toilet paper can be disposed of freely. At the campsites where there are no facilities, we will be digging a large group latrine, which is essentially a large rectangle hole in the ground used as a toilet. It is fine to dispose of toilet paper in such a hole, because it will be buried and the hole will be filled once we are done using it.

## **Feminine hygiene products**

### **- Should I bring them? I'm not expecting my period.**

All female participants must bring enough feminine products for one cycle. Although they may not be expecting their cycle, the change of environment, activity and food, can cause a period to arise unexpectedly.

- **How do we dispose of used products?**

We will be travelling in areas with no or limited access to outhouses. We will be packing out all of our garbage on the trip, including feminine products, and we will provide students with brown paper bags to conceal their used products. Used products go into the brown bag, and then put in a ziplock in order to contain the smell and packed out. Please feel free to ask the guides, at the pre-trip meeting, any questions you may have.

- **Feminine wipes – do you suggest they use these to freshen up?**

One of our female guides favourite additions to a toiletry kit is a small pack of wet wipes! Especially during their period. They really help in being able to keep clean. At most grocery stores you can buy the travel size packs that have about 10 wipes in them, which would be more than enough for the duration of our trip (1 per day is usually enough). Since such wipes generally have a strong odour, they will be packed out with the rest of the garbage. It is suggested to pack a couple of ziplock bags to dispose of used wipes. Guides Tip: unscented baby wipes are usually cheaper than the ones marketed to women.

**Anything else to consider??**

If you have any additional questions, feel free to contact us!

**Outdoor Education Community Programs - [augouted@ualberta.ca](mailto:augouted@ualberta.ca)**