

TATSHENSHINI WHITEWATER CAMP ITINERARY & INFO



DAY 1 | MONDAY-

📍 Chadburn Lake (drop off & pick

🕒 9am to 4:30pm

An introduction to all boats and water safety. In the morning they will learn the how to canoe including all the different stroke types through different activities. After lunch we will teach them them how to Kayak.

DAY 2 | TUESDAY-

📍 Blue Bridge on Millennium trail
Riverdale Side (drop off & pick up)

🕒 9am to 4:30pm

Introduction to reading moving water and river safety. Canoe until lunch after and after lunch introduction to kayaks/packrafts on the river.

DAY 3 | WEDNESDAY-

📍 City Intake, second pull out on Selkirk
St along Millennium Trail (drop off &
pick up)

🕒 9am to 4:30pm

We will teach everyone how to use throw bags and swim in the river properly. We will teach everyone about knots through some games and activities. We will end the day with a rafting scavenger hunt to Rotary Park.

WHAT TO PACK

-Bring your child dressed in their ***baselayer*** to wear under their wetsuit (they can be wearing their regular clothes over top upon arrival)

-Change of dry clothes

-Warm hoodie

-Rain Jacket

-Running shoes

-Hat and/or sunglasses

-Towel

-Sunscreen

-Lunch (no microwave access or running water)

-Lots of water

-Optional Handsanitizer (we will have some as well)

-Buff or mask to wear while transporting in shuttles

-We advise against bringing any electronics or valuable as we are not responsible if they get damage lost or stolen.

Baselayer should consist of wool, fleece or synthetic socks, leggings/ pants and top. Trim fit.

Do not wear cotton!!!

When out on the water their items will be stored in our vehicles.

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DAY 4 | THURSDAY-

📍 City Intake, second pull out on Selkirk St along Millennium Trail (drop off & pick up)

🕒 9am to 4:30pm

In the morning we will be practicing on a slalom course in packrafts as well as other activities. In the afternoon will do games to refresh what they've learned throughout the week and then have free time on all the boats.

DAY 5 | FRIDAY-

📍 18 Boulder Road in MacRae (drop off & pick up)

🕒 9am to 4:30pm

Full day on the Wheaton River putting the skills they learned throughout the week in action. They will be on rafts and packrafts. Note, there may not be consistent cellphone service but we will have an InReach in case of emergency.

WHAT WE PROVIDE

- Wetsuits
- Helmets
- Lifejacket
- Booties

You will be responsible for these throughout the week. Every child will take home their gear on the first day and will be in charge of drying it out overnight and bringing it back the next day.

EMERGENCY CONTACTS

- Kevin Daffe - 332-4252
- Will O'Brien - 689-4796
- Office Manager - 633-2742