Wilderness
Canoe Camp
Canada
July 9- 23
2025
Rotary
District 5550
International Camp
Sioux Lookout, Ontario, Canada
ROTARY
INTERNATIONAL

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PARTICIPANT INFORMATION PACKAGE

ROTARY DISTRICT 5550

INTERNATIONAL YOUTH CAMP 2025

July 9 – 23, 2025

SIOUX LOOKOUT, ONTARIO, CANADA

International Youth Camp
Sioux Lookout Rotary Club
P.O. Box 392
Sioux Lookout, Ontario, Canada
P8T 1A1

UNITE FOR GOOD
Rotaract

The following information is designed to provide participants with a basic understanding of how the IYC will function and what you have to do to prepare for the experience. Based on our past camps, we strongly recommend that you follow the advice contained in this information. We hope we have designed an experience that is enjoyable, challenging, and educational.

THE EXPERIENCE

You have signed on for a **challenging** canoe trip that you will find both enjoyable and rewarding. The International Youth Camp (IYC) committee will prepare you to successfully complete a 200-kilometre canoe trip in two-person, aluminum canoes. You will be expected to fully participate in all aspects of the camping/canoeing trip including cooking, setting up tents, paddling, and of course, carrying equipment and canoes over the seven portages (the longest being 2.0 km). Of great importance to the success of your experience will be your willingness to work in a team atmosphere.

The trip will be **physically and emotionally challenging**! You must be comfortable in and around water and be able to swim. Prior knowledge of canoeing is not required, as we will teach you everything you need to know to complete the trip.

As part of this wilderness experience, we will teach you how to minimize your impact on the environment. You will be exposed to many other skills including, but not limited to map navigation, solo paddling, organizing a portage, wilderness, and other survival skills. Please come prepared to work and play hard, this is your trip, and you will get from it what you give.

PARTICIPANT CRITERIA

Age: 18 to ~21 years

Number: one per country/district and additional participants from a country or district if others decline to send a participant. Invitations are sent to a number of countries.

REGISTRATION FEE

A non-refundable payment of $650.00 Canadian dollars must be sent to the camp by **May 30, 2025.** All fees are non-refundable except for cancellation due to medical reasons. Payment may be made by VISA, MasterCard, or International Money Wire to our local bank, or E Transfers in Canadian Funds in the amount of $650.00. Wire transfers are subject to additional service charge of $15.00 CAD, please transfer a total of $665.00 if you are sending a transfer to our bank account.
Transfers are to be made payable to **Rotary International Dist. 5550 Inc. International Youth Camp** SWIFT = CIBCCATT, IBAN = CC0010-00387-3405613. Our bank is the CIBC, address is 50 Front St., Box 189, Sioux Lookout ON CAN P8T 1A3
Credit Cards will be processed by the Rotary Club of Sioux Lookout.

*****DEADLINE FOR APPLICATIONS**

Applications on the most current STEP "Camp" Applications are to sent to your country's coordinator.
Your country's coordinator must confirm participation of your country by **April 30, 2025** by forwarding your application. The co-coordinator may submit more than one application from your country, indicating priority of the individuals. Additional applicants may be accepted if other countries do not have participants. Applicants must follow their own country's (Rotary District) application process, keeping in mind our deadline is April 30, 2025. After April 30, any positions not filled may be offered additional applicants from countries already participating based on when the applications were received.

Our additional information form at the end of this package includes some additional information required by the camp and arrangements for credit card payment which is to be made by May 30, 2025.

REQUIRED NUMBER OF PARTICIPANTS
The Camp will require a minimum of 14 participants and the maximum is 18. If we do not have the minimum requirement by April 30, 2025 we will need to cancel.

VISAS
You are responsible for all Visas, permissions, authorizations etc. as required by your own countries and by the Canadian government. Please contact a Canadian Consulate for information on visits to Canada.

INSURANCE
All participants need to have insurance against illness, accident and third-party damages according to Rotary International recommendations. Proof of insurance must be sent to the camp coordinator before arrival.

TRAVEL
ARRIVAL IN CANADA: You will arrive in Sioux Lookout on Wednesday July 09, 2025, not before.

DEPARTURE FROM CANADA: You will leave Sioux Lookout on Wednesday July 23, 2025.

You need to arrive at Sioux Lookout YXL. You can fly through Winnipeg YWG or Thunder Bay YQT. Two airlines provide flights from Thunder Bay and Winnipeg, Perimeter Air, and Wasaya. There are connections to Winnipeg and Thunder Bay from many major international airports. Many connections are through Toronto or Vancouver.

There is train service however does not allow for arrival and departure in line with the camp dates.

There is bus service from Thunder Bay (YQT) and Winnipeg (YWG) to Sioux Lookout (YXL) daily. It is operated by Kasper Bus Line https://gokasper.com/

The bus leaves Thunder Bay at 8:05 EDT arriving in Sioux Lookout at (Tim Horton's) 14:34 CDT. It leaves Sioux Lookout (Tim Horton's) at 14:10 CDT arriving in Thunder Bay at 20:09 EDT.

The bus leaves Winnipeg at 8:40 CDT arriving in Sioux Lookout (Tim Horton's) at 14:36 CDT. It leaves Sioux Lookout (Tim Horton's) at 15:29 CDT arriving in Winnipeg at 21:17 CDT

A copy of complete travel itineraries, including the details of all flights and buses for both arrival and departure must be sent to the camp co-ordinator by June 15, 2025. susan@susanbarclay.com

Please book your travel as soon as your participation is confirmed. Travel is expensive and will be most economical if booked well in advance.

MEALS AND DIET RESTRICTIONS
Requirements for religious and allergy reasons can be accommodated. Vegetarian options will be available. It is essential that participants eat well on the trip, as you will be expending a lot of energy. Please ensure that you inform the planning committee of **any food allergies or religious/medical dietary requirements** on your application form, as it is difficult to make changes once you arrive. The menu for the trip will be nutritious and limited by weight and lack of refrigeration. There will be limited or no fresh vegetables or fruit after day 3 of the trip.

ACCOMMODATIONS
Accommodations in Sioux Lookout, before and after, the canoe trip will be with host families. These families will be Rotarians or friends of Rotarians. During the canoe trip, you will be staying in tents in the remote wilderness. The IYC committee is responsible for accommodations from July 9 to 23 inclusive.

EXTENDED STAYS IN CANADA
Participants wishing to arrive in Canada before July 9 or depart after July 23 are free to do so**, at their own expense and they must make their own arrangements for accommodations and travel. All travel date variation must be discussed with camp coordinator before booking.**

CAMP RULES
These rules are in effect from your arrival in Sioux Lookout until your departure.

The International Youth Camp is governed by Rotary International rules for Exchange Students. As such, the following rules will be enforced:

1. Participants are not allowed to operate motorized vehicles of any kind
2. Participants may not use any drugs, except those prescribed by a medical doctor or trip paramedic. While you may have heard the marijuana is now legal in Canada. Marijuana will be treated the same as alcohol. There are government-imposed age restrictions. Marijuana will not be allowed during your time at the camp.
3. Participants are not allowed to consume alcoholic beverages. There will be no purchase of alcohol or consumption in public establishments.
4. For safety reasons, instructions and requests given by the trip leaders are to be followed without question or delay.

Participants not following the rules may be verbally disciplined, removed from the trip environment and returned home as required. Any additional cost of return will be paid by the participant.

SAFETY
We will be in the remote wilderness, but we will have a satellite phone to use in case of an emergency. We will have well trained personnel on the trip who can deal with medical or wilderness emergencies.

PARTICIPANTS WHO SMOKE
The committee has found that problems have arisen in the past with smokers. You are going on a wilderness camp experience, and you will not be able to purchase cigarettes while on the trip. Plan to bring enough cigarettes for the trip. Do not attempt to quit smoking on the trip, you will find this very difficult. At all times, you must refrain from discarding cigarette butts in the woods. Save butts and matches the campfire pit, in order to keep the woods clean and avoid forest fires. Smoking may be prohibited if there is a "Restricted Fire Zone" in place. (You can ask us about what this is later.) Participants under 19 years of age are not able to legally purchase cigarettes in Ontario.

LANGUAGE AND CULTURE
The language used on the trip is English. Participants from other countries often speak a variety of languages. You will have the opportunity to learn about other languages and cultures.

CELL PHONES AND INTERNET
Most cell phones will work in Sioux Lookout. Internet will be available in most host homes and at the local coffee shops. On the wilderness portion of your trip, Sunday through Sunday, you will have no access to cell or internet signals. They do not exist in the area you are going to.

SPENDING MONEY
The amount of spending money that you will require for the trip will depend very much on the activities that you wish to participate in during your experience. You should have money for things like souvenirs, social evenings, and personal items. All meals will be provided.

Currencies other than American dollars are hard to exchange in Sioux Lookout. Bank machines and Credit Cards are extensively used. Traveler's cheques are cashable at the banks with passport identification.

CAMERAS AND VIDEO EQUIPMENT
We encourage you to bring any camera and video equipment that you wish. There are many opportunities for taking pictures on the trip. However, you are going on a wilderness experience, and we strongly recommend that any equipment be insured against loss and damage. The Sioux Lookout Rotary Club, District 5550 and Rotary International cannot be held responsible for any damage or loss.

THE CANOE TRIP - July 09 – July 23
Wednesday Arrival day - Arrive in Sioux Lookout. You will be met when you arrive in Sioux Lookout. A group supper with host families, some Rotarians, and other participants is usually arranged for those in town for supper.
Thursday Training Day 1 - Training, including group team building, canoeing, portage instruction, packing instruction, camping equipment orientation, and checking. Dinner at Rotary Club meeting 1800 hours.
Friday Training Day 2 - Training continues.
Saturday Training Day 3 - Training continues, final backpack inspection
Sunday Trip Departure Day - breakfast 0630 hours, departure 0730 hours.
Monday through Saturday Trip Days 2-7 - Canoeing and camping though Canadian wilderness
Sunday Trip Day 8 - Arrival back in Sioux Lookout, real toilets, and showers available
Monday Clean up Day and Rest Day - get together with other participants
Tuesday Sioux Lookout Activity Day – local activities will be planned for the group and

International Night- International potluck dinner, presentation, and socialization. Each participant will prepare a traditional food item of their culture and/or country.
Wednesday Departure Day – Variable times depending on mode of transport.

WHAT TO BRING

Bring whatever you wish for your time in Canada.
For the canoe portion of 8 days, we recommend that you bring old clothing that is not made of cotton. We recommend the following:

- 1 pair of water-resistant hiking boots for the portages on the wilderness portion
- 1 pair of running shoes to wear around camp in the evenings
- at least 2 pairs of underwear
- 2 pairs of wool socks
- 1 T-shirt – not cotton, quick drying
- 1 long sleeved shirt – not cotton, quick drying
- 1 sweater (fleece) or light weight warm jacket
- 1 pair of swim shorts or a bathing suit
- 1 pair of fast drying shorts
- 1 pair of fast drying long pants
- baseball cap or hat, mandatory
- sunglasses
- sun block lotion at least 30 spf (can be purchase locally)
- insect repellent (should be purchase locally)
- personal items: toothbrush, deodorant, hairbrush

All other clothing and items brought to Canada can be left with your host family until you return from the canoe trip. No other items are required on the canoe trip portion of your experience.

We will be providing tents, sleeping bags, ground mat, canoes, cooking and eating equipment, paddles, life jackets, waterproof backpacks, light weight towels, rain jacket and rain pants, biodegradable shampoo/body wash, and hand sanitizer.

INTERNATIONAL NIGHT

The last evening of your stay in Sioux Lookout is a meal and party to celebrate your completion of the trip and to say goodbye. You will be asked to prepare a family sized dish of food typical of your country. Come to Canada prepared to cook something for this meal. You may need to bring a recipe and any special items you can't get in small town Canada. Your host family will assist you in preparing your dish if requested.

CONCLUDING COMMENTS

This will be a rewarding, challenging experience that you will remember for the rest of your life. There will be times when you will wonder why you ever agreed to participate. Participate in everything on the trip, get involved, try everything, look for extra opportunities and you and all on the trip will have a better time for your efforts.
For further information contact Susan Barclay at susan@susanbarclay.com phone or text 1 807 737-0390.

REQUIRED FORM in addition to application
ADDITONAL INFORMATION and PAYMENT FORM

Applicant Name: _____

Address: _____

_____

_____

Email address: _____

Phone number: _____ Cell number: _____

Date of Birth: _____ Age: _____

T-shirt size: X-small ☐ small ☐ medium ☐ large ☐ X-large ☐

Gender: _____

Height: _____ cm

Allergies Religious/medical dietary restrictions (if any): _____

_____

Daily or regular medications (if any):_____

_____

APPLICATIONS DUE April 30, 2025 AND FULL PAYMENT DUE BY May 30, 2025

Credit Card Payment Form

I hereby authorize the Rotary Club of Sioux Lookout, to charge the amount of $650.00

Canadian dollars to my credit card.

Type of Card: VISA ☐MasterCard☐

Card #: _____

Expiry Date: _____ CVV: _____

Cardholder's Name: _____

Cardholder's Signature: _____