


# PARTICIPANT INFORMATION PACKAGE

## ROTARY CLUB OF SIOUX LOOKOUT
**Canadian Wilderness Canoe Camp 2027**

## July 7 – 21, 2027

### SIOUX LOOKOUT, ONTARIO, CANADA

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

Sioux Lookout Rotary

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

If you are 18-21 years old at the start of camp and you are ready to take on 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 160-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 canoeing experience is *not required*; 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 environmental impact. 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 put into it.

## PARTICIPANT CRITERIA

**Age:** 18 to 21 years

***Participants must be able to lift and carry at least 25 kg over a distance, including canoes, backpacks, and containers.***

The camp aims to welcome youth from as many countries as possible, with up to two participants per country or district. **Invitations are distributed worldwide through Rotary International and the NAYEN STEP network.**

## REGISTRATION FEE

A non-refundable payment of **$1400.00 Canadian dollars** must be sent to the Club by **May 30, 2027.** All fees are non-refundable except for cancellation due to medical reasons, supported by documents.



Sioux Lookout Rotary

Payment may be made by VISA, MasterCard, International Money Wire to our local bank, or E-Transfers in Canadian Funds. Our preferred option is a Bank Transfer.

Bank-Transfers can be made to:
**Rotary Club Sioux Lookout** SWIFT = CIBCCATT, IBAN = CC0010-00387-38-62216.
Our bank is: CIBC, address is 50 Front St., Box 189, Sioux Lookout ON CAN P8T 1A3

Credit Cards payments will be processed by the Rotary Club of Sioux Lookout through the Square Platform. A link will be provided on our web page or by request.

## ***APPLICATIONS PROCEDURE AND DEADLINE***

**Submit your application for the current STEP "Camp" to your country's RYE coordinator. Your country's coordinator must confirm your country's participation by forwarding applications by April 30, 2027. The coordinator may submit up to two applications, ranked in order of priority. Follow your country's RYE application process and ensure your application reaches us by April 30, 2027. After that date, any unfilled places may be offered to additional applicants from participating countries in the order their applications were received.**

### REQUIRED NUMBER OF PARTICIPANTS

The Camp will require a minimum of 14 participants and a maximum of 18. If we do not have the minimum requirement by **April 30, 2027**, we may cancel the event.
The club will review all applications before approving them.

### VISAS

You are responsible for all Visas, permissions, authorizations etc. as required by the Canadian government. Please contact a Canadian Consulate for information on visiting Canada. Or visit the Government of Canada web page

### INSURANCE

**All participants must 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. Recommended Insurance **Plan B**: bolduc.culturalinsurance.com

### TRAVEL

ARRIVAL IN CANADA: You will arrive in Sioux Lookout on Wednesday, July 07, 2027, not before.

DEPARTURE FROM CANADA: You will leave Sioux Lookout on Wednesday, July 21, 2027.

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 a train service; however, it does not allow arrivals and departures in line with the camp dates. ***(times and dates are subject to change)***

There is a bus service from Thunder Bay (YQT) and Winnipeg (YWG) to Sioux Lookout (YXL) daily. It is operated by Kasper Bus Line https://gokasper.com/. If we have a large group from either location the Club may contact the bus line and will arrange a larger bus.

The bus leaves Thunder Bay at 8:05 EDT arriving in Sioux Lookout (Tim Horton's) at 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.

***Note: The above noted time may be subject to change, please check with the carrier.***

**A copy of complete travel itineraries, including the details of all flights and buses for both arrival and departure, needs to be sent to the camp coordinator/Sioux Lookout club by June 15, 2027 via siouxrotary@gmail.com for coordination.**

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

## MEALS AND DIET RESTRICTIONS

Eating well is essential, as you will be expending a lot of energy on the trip.
Because of the nature of the trip, religious or allergy-related meals, lactose-free meals, and vegetarian options **may not** be available during the wilderness portion, and fish will be part of the meal plan. Please list **any food allergies or religious/medical dietary requirements** on your application form, as changes are difficult once you arrive. The meals will be nutritious but limited by weight and the lack of refrigeration, with little or no fresh fruit or vegetables after day 3 of the canoe trip.



## ACCOMMODATIONS

Accommodation 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 Sioux Lookout Rotary Club is responsible for accommodations from July 7 to 21 inclusive.

## EXTENDED STAYS IN CANADA

Participants wishing to arrive in Canada before July 7 or depart after July 21 are free to do so**, at their own expense, and they must make their own arrangements for accommodations and travel. All travel date variations must be discussed with the 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. Although you may have heard that marijuana is now legal in Canada, it will be treated the same as alcohol. 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 or consumption of alcohol in public establishments.
4. For safety reasons, instructions and requests given by the trip leaders are to be followed without question or delay.

Participants who do not follow the rules may be verbally disciplined, removed from the trip environment, and returned home as required. Any additional return costs will be paid by the participant.

**SAFETY**
We will be in the remote wilderness, but we will have a remote communication device 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 for the campfire pit 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 cannot legally purchase cigarettes in Ontario.

**LANGUAGE AND CULTURE**
**The language used on the trip is English, and participants are required to understand and speak basic English.** You will have the opportunity to learn about other languages and cultures.

**CELL PHONES AND INTERNET**
Most cell phones will work in Sioux Lookout (possibly at an extra cost from your provider).
Wi-Fi/LAN 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 cellular service, *as it does not exist in the area you are visiting.*

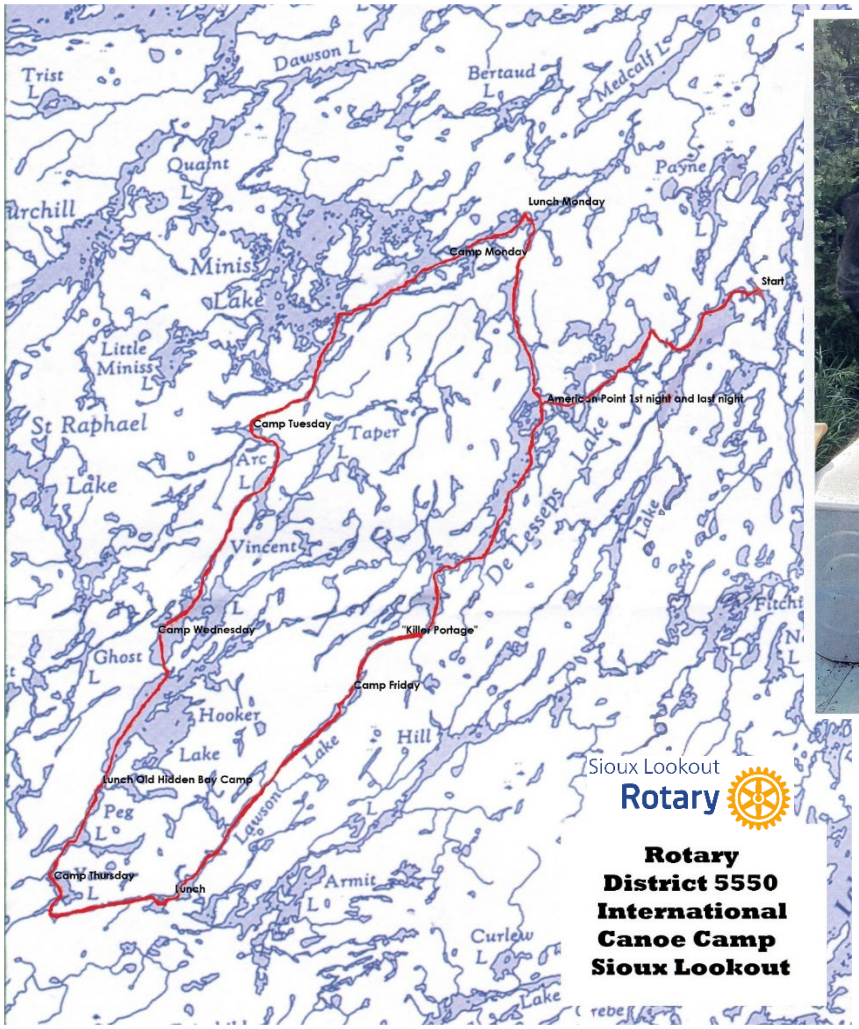
**SPENDING MONEY**
The amount of money you will need for the trip depends heavily on the activities you plan to participate in during your visit. You should have money for souvenirs, social events, and personal items. All meals will be provided by the Camp.

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 to take 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 and Rotary International cannot be held responsible for any damage or loss.

**THE CANOE TRIP - July 07 – July 21 (activities are subject to change)**
Wednesday Arrival **day 0** - Arrive in Sioux Lookout. You will be met on arrival. A group supper with host families, some Rotarians, and other participants.

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 4** - breakfast 0630 hours, departure 0730 hours.
Monday through Saturday Trip **Days 5-10** - Canoeing and camping through the Canadian wilderness






A 160-kilometre canoe trip in two-person, aluminum canoes, in 7 Days in the Canadian Shield.

Sunday Trip **Day 11**-Arrival back in Sioux Lookout; real toilets and showers available at homes
Monday Clean-up Day and Rest **Day 12-** get together with other participants
Tuesday, Sioux Lookout Activity **Day 13** – 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 14** – Variable times depending on mode of transport.

**WHAT TO BRING**
Bring whatever you wish for your time in Canada.
For the canoeing portion of 8 days, we recommend that you bring old clothing that is not made of cotton. We recommend the following:
- 1 pair of sturdy shoes or sandals with a heel strap (example: KEEN Newport H2 Sandals) for the portages on the wilderness portion – shoes will be submerged in water (Crocs are not suitable)

- 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 good-quality rain jacket and rain pants
- 1 sweater (fleece) or lightweight warm jacket
- 1 bathing suit
- 1 pair of fast-drying shorts
- 1 pair of fast-drying long pants
- baseball cap or hat, mandatory
- headlamp with spare batteries
- sunglasses with a tether (strap)
- sun block lotion at least 30 spf (can be purchased locally)
- insect repellent (should be purchased 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 provide tents, sleeping bags, ground mats, canoes, cooking and eating equipment, paddles, life jackets, waterproof backpacks, lightweight towels, 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, and look for extra opportunities, and you and everyone on the trip will have a better time for your efforts. Read past participants' reviews on our web page @ siouxrotary.ca
For further information, contact Andreas Kottschoth at siouxrotary@gmail.com, phone or text 1 807 737-9787. (in English or German)




rotary youth exchange
Rotary

"You all gave me the best two weeks of my life.
I am going home with thousands of new memories I will cherish forever."
*Note from Vincent, a 2026 Camp participant*

Sioux Lookout Rotary