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*The journey of a
thousand miles begins
with a single step.*
-Lao-Tze

*Now I see the secret
of making the best
persons, it is to grow
in the open air, and
eat and sleep with the
earth.*
-Walt Whitman



THE DETAILS & EQUIPMENT LIST . . .

Enclosed is the pre-trip information that will help you in your final preparation and further fuel your dreams of the adventure ahead. Please feel free to call with any last minute questions you may have.

For more driving information and conditions, please visit web: nwt-parks.ca under "Highway Touring", or NWT Tourism, at 1-800-661-0788 or 403-873-7200.

Yellowknife – Accessible via the Mackenzie Highway, Yellowknife is at the “end of the road”. The highway is paved most of the distance. The population is 15,000 and has most services associated with a larger center.

Whitehorse – Whitehorse may be reached via the Alaska Highway. The road is paved most of the way for the 24-hour drive from Edmonton. An innovative “loop” journey can be created by using one of the Alaska ferries for one leg of your trip and the road for the other route. Parking may be available at your hotel or RV camp.

Inuvik – This is an ambitious but spectacular drive. Continuing north from Whitehorse, and just prior to reaching Dawson City, you will come upon the Dempster Highway. The pavement ends at this junction and vehicles should carry two spare tires beyond this point. The drive from Whitehorse to Inuvik is approximately 20 hours.

The Fort Simpson Base – We operate from the rustic float plane base belonging to South Nahanni Air, which provides efficient access to the Twin Otter aircraft. Please remember that this is a remote community and the summer season is the height of activity. At times, this base can play host to more than one group of river travellers and thus it may appear chaotic - trust that your guides have everything under control.

Rendezvous time

The specific itinerary for your trip will designate the arrival date and meeting time. Your guides will be busy finalizing details until that time. Only in Fort Simpson do we meet and greet at the airport and only on the designated day. You are certainly welcome to arrive a day or more early and find your own way to your accommodation. In all northern destinations, cabs are not expensive like “the big city”. \$10 or slightly more, will usually get you anywhere you need to go. The number of cabs in small communities is limited so be prepared to be patient and enjoy your new surroundings if you have to wait for a pick-up.

Early arrival

If you plan to arrive early and are wondering about activities in the area, feel free to enquire of our office by phone or Email. We can usually get you pointed in the right direction. Your guides are not available until meeting time. Most of their work is of a nature that is best handled by them alone. Similarly, following the trip your guides may have a short turn around before the next trip so they will have to leave you following the last gathering. Your indulgence in this will be appreciated by the staff.

ACCOMMODATION

Your itinerary will indicate when hotel accommodation is required for your trip. Please see the attached hotel sheet for details of hotels. Please make your arrangements early.

GETTING TO THE RENDEZVOUS LOCATION

The rendezvous location is named in the attached itinerary. Quite likely you have already decided how you will travel to our rendezvous point. Please pursue this as soon as possible. If you are flying, you will want to ensure that you get a seat on the day you wish and the best price possible. Here are some details to assist you.

Commercial airlines

You are welcome to make flight reservations through your own agent or if you wish you may contact our agent. He is well versed in northern travel arrangements and is happy to assist. He can also access group rates on First Air that are not available on the web. Feel free to ask us at our office if there are any recent sales that we know of.

Our agents: Karin, Daniela or Chantel at
Uniglobe Specialty Travel: (866) 932-2565
E-mail: getaway@uniglobespecialtytravel.com

Book your flights so that you arrive on the first date listed for your trip and depart on the last date listed. You may wish to allow a layover day before or following your trip. This allows for breathing space and a more favorable transition back to “civilization”. Our itineraries do not cover hotel costs.

Northern conditions pose tremendous challenges to the transportation industry. For this reason you may be required to exercise patience during the northern leg of your journey. If you are delayed for any reason, don't worry. If necessary, call our office number at the first opportunity and leave a message regarding the nature of your situation.

Your guides will be coordinating plans at your final destination and will make arrangements to ensure that when you do arrive, your adventure continues smoothly.

Private aircraft

Whitehorse, Yellowknife, Inuvik, Dease Lake and Fort Simpson have federal airports with paved runways. All fuels are generally available.

Private vehicle

Fort Simpson – Fort Simpson is accessible by both the Mackenzie and Alaska highways. The most direct from Edmonton (and often the most reliable) is the Mackenzie. Both offer reasonable gravel once in the NWT and require two days to comfortably drive from Edmonton. Plan to be in Fort Simpson by noon. Upon arrival, find your way to the South Nahanni Air hangar where you will find your guides or a friendly person who will direct you to them. Parking is available at South Nahanni Air. You may wish to schedule your time so as to arrive a little early and allow time for tending to last minute details in Fort Simpson.



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*A ship in a harbour
is safe, but that is not
what ships are built
for.*

-William Shedd

*Adventure is not in
the guidebook and
Beauty is not on the
map. Seek and ye
shall find.*

-from "On the Loose"

PLEASE CONSIDER...

The enjoyment and satisfaction achieved from a river trip is contingent upon the degree to which it fulfills prior expectations. To maximize your holiday experience we have outlined some concerns that participants often voice prior to a trip.

What to expect from the type of river craft you have chosen for your adventure

Various trips place different demands upon guest participation. Here is an explanation of the differences:



2-PERSON CANOES – The traditional 16' and 17' canoe. Previous canoe experience is an asset. Physical fitness and comfort on and in moving water are important. Refer to the specific trip itinerary for additional skills that may be required for your trip.



RAFT - The safe and stable expedition raft is ideal for those who desire their hands free to photograph or travel in a more relaxed fashion. The guide manoeuvres the raft with oars and paddling is completely optional.

A tandem canoe may be arranged for the Nahanni raft trips if you have Class III Whitewater experience.

WEATHER

Think: Banff, Whistler or Boulder summer conditions. Weather conditions in northern environments range widely between extremes. The only fact you can bet on with weather is that it can change instantly. This means that although we may enjoy fine weather we must also be prepared for changes. On any given day you may experience sunny, hot, dry weather that is interrupted by periods of rain or on rare occasions - even snow. In general, the weather is moderate with average temperatures of 16°C (62°F) in July, and 14°C (56°F) in August. When packing, please be prepared for heat waves and cold spells. For tundra river trips, please refer to the specific notes in the itinerary regarding weather.

Remember, as mere mortals your guides have no control over the weather. This may seem obvious but it is surprising how many well-educated people will look for someone to blame for poor weather. The best we can do as guides and outfitters is to suggest proper clothing, and we have done this, in the equipment list. Please call for any clarification you may require.

MOSQUITOES

Generally we have almost none on the Tatshenshini and Alsek and few on most of the Nahanni and Mountain River trips. Mosquito populations vary according to temperature, rainfall, and wind. Generally, we are able to camp in places that have few or none of the pesky critters. However, on occasion (particularly in early season), try as we might, we may be unable to avoid them. Be prepared with mosquito repellent and a head net, or better yet - a "bug jacket". "Bug jackets or shirts" are an absolute necessity for any of our tundra or early season trips. If you cannot locate one please call us for assistance.

FISHING

If fishing is high on your list of priorities consider the Coppermine River which is famous for Arctic Char. All of the rivers we frequent (with the exception of the Tatshenshini, Alsek and Stikine) boast Dolly Varden, Lake Trout, Arctic Grayling and in places Northern Pike. These species are wary and although fishing can be well rewarded, it does require patience and persistence. Small spinners seem to yield best results for grayling and Dolly Varden, while medium to large lures yield better results for Char and Lake Trout. Although some try their hand at fly fishing be aware that a number of our rivers are big and wide and at times can be very windy. A medium to heavy weight fly rod and line is required. Fishing on the Tatshenshini and Alsek is poor due to the siltiness of its waters. Licenses are available at our rendezvous locations. Your guides can provide details. Visit the fishing page on our website.

DAILY ROUTINE

We have structured our expeditions to allow lots of time to hike and explore the area we are travelling through. 'Travel time on the river' can be anywhere from a short day of 2 hours to an occasional long day of 7 hours, depending on the location of the next campsite. The guides will stop for 'breaks' each hour. Many trips have one or more "layover" days when we stay put and enjoy camping two nights in that spot. We like to get our groups on the river fairly early each day, usually by about 10am to allow us plenty of time to stop during the day to watch wildlife, do a short hike or allow us to photograph or explore around camp at night.

Note: There is a \$200.00/person flight surcharge for the tandem canoe on the 8 & 12 day Nahanni trips.



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You are welcome to participate with any in-camp chores – help is always appreciated – but it is an option, not a requirement (remember this is your holiday and we are the ones doing the work for you.)

Early risers may keep themselves busy by seeking out panoramic photographs or pursuing other personal interests. Getting up, preparing and eating breakfast, making plans for the day, striking camp and loading the boats is a process that usually takes about three hours. If the camp is a “two nighter”, things are tidied up and we enjoy the highlights of that particular spot. .

Evenings are usually unstructured. A campfire, fishing, enjoying the midnight sun (early season) or countless other activities may occupy the time. Except for short forays within the vicinity of camp, travelling alone out of site of camp is discouraged for safety reasons. As professional outfitters, we must be consistent with this policy.

NORTHERN TIME

We take care in making our logistical arrangements. In spite of this, an event may arise that causes a deviation in scheduled plans. When this occurs we have to remind ourselves that safe wilderness travel by plane, canoe and occasionally even by vehicle is very dependent on prevailing conditions. If these conditions are such that we cannot proceed safely, the only alternative is to sit tight and wait. Fortunately, such circumstances are very rare, but if they do present themselves, we would appreciate your patience and cooperation.

ISOLATION AND OTHER GROUPS

Although we are travelling on a wilderness river, we may encounter other visitors. We do our best to avoid this, but at points of significant interest, it is likely that we will see other groups. Once away from these places it becomes easier to maintain our solitude.

WITH REGARD TO OUR SAFETY RECORD ...

We have taken great pains to ensure that our guides are professionals and amongst the best in the field, particularly where safety is concerned.

The element that separates the safest guides from the rest is judgement, something that only comes from seasons of experience in a variety of environments. We have a great deal of respect for our guides and also the responsibility they must bear. In turn, the guides on your trip will ask that you follow some simple guidelines:

- While on the river or any lakes, each person must wear a life jacket completely fastened - no exceptions.
- In bear country there is security in numbers. Before anyone ventures out of sight of the group, be sure the guide knows and consents. In many situations, including hiking and always boating, the guide will require that the group stay together. Once again, this stems from years of experience.
- Selection of itinerary is something that the group will participate in, but the final discretion always rests with the guide. Weather, river conditions, forest fires and other variables may dictate that the group sits tight or selects an alternate plan. In such a case the guide will make the choice and will require your support.

All participants will be requested to complete and sign a medical form in conjunction with his/her physician prior to the trip.

INSURANCE

We Strongly recommend cancellation medical/evacuation insurance. The package that we use includes coverage for evacuation and for Canadians it has additional medical coverage. See the application form or call our office for more details concerning what the cancellation insurance covers. The cost is approximately 5-7% of the trip fee and is non-refundable.

Please check to ensure your medical insurance will cover you away from home and include evacuation coverage outside of your home region.

PERSONAL CONCERNS

If this is your first river holiday, you likely have many questions. Please feel free to call with any questions you have. We regularly address health concerns, feminine hygiene, dietary needs, washing and other factors. Our job is to ensure you feel comfortable while making the best use of your valuable holiday time.

TIPPING

“Is it required and how much?” An awkward question when on the river. Hopefully this will lend some clarity: (Most guests tip their guides.) If you feel the guides have been especially helpful and instrumental in increasing the enjoyment of your trip, and have gone out of their way to make you feel comfortable, you may wish to leave a tip at trip’s end to show your appreciation. Your guides work harder than the best staff in the finest restaurant and it’s 24/7! Consider \$125 per person (\$250 per couple) per guide as a “starting point”. You may call in a credit card tip to the office following the trip if you wish. Please do not feel compelled or required to leave a tip.

WATERPROOF PACKING

River travel demands attention to thorough waterproofing of your gear. We will provide you with a large, waterproof “river bag” (115L or 30 gal.) and a smaller water proof bag (20L or 5 gal.) to be used as a “day bag” for quick access to items you may need during the day.

To organize items inside a large bag, you may wish to use colour coded, nylon stuff sacks. As a safety measure, you should plan to line your “river bag” with a large Glad trash bag. We cannot accept responsibility for performance of the bags. If you have a valuable camera we strongly recommend you bring a waterproof camera bag or case that can be found at your local camera store (one of the recommended types is made by “Pelican” which may be rented from us).

COMMENTS ON GEAR

FOUL WEATHER CLOTHING

The importance of good rain pants and hooded jacket cannot be over-emphasized. Consider a hooded jacket and pants made of a coated, waterproof fabric for rain protection (eg. Helly Hansen, Wet Skins, sailing suit). While Gortex may work for wind and light showers, it is not "waterproof". If you choose Gortex for raingear, it must be a top quality multi-ply suit. It should also be reasonably new and/or recently treated with solutions as per the manufacturers instructions. Please note that the manufacturers state it will not function properly when dirty and performance is increased by a warm iron. We do not bring irons. Foul weather garments made for sailing seem to be among the best for durability and comfort.

Bring warm synthetic pile, polypropylene or wool clothing to wear underneath your rain suit. These fabrics continue to insulate even when wet. Cotton and denim are a liability in wet environments - leave your jeans at home. Throw in some wool or pile mitts with nylon covers, or rubber gloves with a light glove inside, and a wool hat, just for good measure. You may not actually use any of this on the trip but - 'better safe than sorry'. In fair weather, a pair of shorts or light weight long pants will work well. Long-sleeved T-shirts will provide protection from the sun or bugs in hot weather. Check the equipment list for further details and please call with any questions.

"Layering" of clothing will give you the greatest comfort for a wide range of conditions. It is best to use several layers of shirts, jackets, and an outer shell rather than one heavy jacket, which will be too hot most of the time. With the layer system you can add or remove layers according to the day and you have something dry in reserve.

In any given summer, we usually hear the following equipment feedback:

- From guests on a good weather trip: "*Why did you tell us to bring along all the warm clothing we didn't use?*"

- From guests (who followed our list) on a trip with some cold weather: "*Thanks for having us prepared by giving us such detailed instructions on what to bring!*"

- From guests (who did not follow our list) on a trip with some cold weather: "*I was cold!*"

Having said all this, please don't let the equipment list put you off. Whether you end up using all or half of the gear on your list, your river journey will be the trip of a lifetime!

Here are some terms and definitions to assist you with provisioning:

Water Proof – the quality of a sealed fabric that does not allow moisture to pass through. Condensation from sweating is controlled by venting through zippers.

Gore-tex – a laminated fabric manufactured to be water repellent and breathable. The waterproof qualities may be compromised if the fabric becomes soiled or abraded by pack straps. (Use for wind and light shower gear.)

Polypropylene – a lightweight synthetic fabric that transfers moisture away from your skin. Brand names include Lifa, Wickers, Odlo, Patagonia and others. (Used for long underwear.)

Capiline – another polyester fabric that is similar to polypropylene and manufactured by Patagonia. (Used for long underwear.)

Fleece & Pile – a polyester fabric that is lightweight and soft. It is warmer than wool per pound, insulates even when wet, and dries quickly. It is also referred to as fleece, Polarplus and Synchilla. (Used for outerwear.)

Icebreaker Wool – A brand that has all but eliminated the "itch factor"



Remember – except for a few T-shirts and briefs, do not bring cotton!

FOOTWEAR



River travel means water underfoot. A standard pair of knee-high rubber boots (sometimes referred to as "wellingtons", "ditch boots", or "irrigation boots") are recommended (minimum 10" high) for raft or voyageur trips (and for two person canoeists on the tundra or who are experienced with them). Wear these with a felt insole (we are referring to the "footstep shape" insole, not the type that completely line the boot up to the rim because the later will take days to dry if wet) and a combination of polypropylene and wool/pile socks and your feet should stay comfortably warm. Carry a spare set of insoles and socks, and in the case you 'overstep' your boots, they can be used to replace the wet ones. If you make your insoles out of closed cell (ensolite) foam, they will not absorb water and will dry very quickly should they get wet.



For the tandem canoe trips or rafters who are familiar with them – not on the tundra – we suggest you buy a snug-fitting pair of neoprene booties available at canoe or scuba diving supply shops. Most have integral soles. If you get a pair without soles you may wear them inside tennis shoes. The height should be mid-calf, not ankle height. Don't be fooled by the 'surfing shoes' made of quick-drying material rather than neoprene. They do not provide the necessary warmth. If you are on a whitewater canoe trip, you already know about specs for booties and just remember that the water is cool.

TIP: if you use neoprene booties, drip a teaspoon of hot water in each one in the morning. Shake and test with your finger. Then put them on and luxuriate in the warmth!

'Sport' sandals have become popular. While okay for rugged individuals, remember that the water is cold, especially in the far north.

For hiking and camp wear, bring light hiking boots. Be sure they are broken in before the trip to minimize chances of blisters. Important criteria includes: ankle support and sufficient height to keep out bits of debris.

SLEEPING

We recommend a sleeping bag with synthetic fill rated to 0°C /32°F. If you tend to be a person who sleeps 'cool', you may wish to consider a bag that is rated an additional 5°C cooler. An older bag loses its loft with time and may be 5 deg less effective. A *Therma Rest* pad or a sleeping bag underneath works best, as the ground may be rough. Closed cell foam or ensolite work but they are not as comfortable and are not recommended. Sleeping bag and *Therma Rest* can be rented for \$75.00/person/trip. This can relieve your



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luggage burden on the airlines. If you wish to rent, please indicate this as early as possible.

Some individuals consider a "chamber pot" for convenience at night. A wide mouthed container and lid, such as a yogurt container works well.

MANAGING YOUR BAGGAGE

Use the maximum allowable carry-on baggage space to ensure you have essentials such as hiking boots, medication, toothbrush, underwear and any other 'hard-to-replace' items as there is usually no time to locate lost luggage before departure of your bush plane flight. This situation is unlikely, but worth preparing for.

Try to keep your bags under 40 pounds (not including paddle, PFD and tent if you are bringing these). Again, we suggest maximizing your carry-on baggage with all of your essentials, in case of baggage loss. If you have back problems, you can request an additional pack for the river to lessen the weight of individual packs.

City clothes and valuables may be left at our rendezvous location but for peace of mind we recommend that you leave all but essential valuables behind. Car parking facilities are available at the departure points.

FOOD AND MEALS

Despite remote wilderness locations, you can expect to eat very well. We take special care in preparing nutritious and delicious meals for all of our trips. You will be continually amazed at the variety and quality of the meals. Just because you are in the wilderness, does not mean you have to eat freeze dried and one pot stews! Look forward to eating well! (We are able to manage some food allergies and dietary restrictions. Please identify these concerns early when you book so that we can work the arrangements into the plans for the season.) Comfortable stools are provided for seating around the fire at breakfast and dinner.

ALCOHOL

We are not permitted to provide alcohol within our trip packages. But we will send you a list of spirits which may be conveniently ordered through us, from local liquor stores. These items will be ready for you upon arrival. You are also welcome to bring a beverage of your choice from home (transfer to plastic bottles).

LAUNDRY

You will have opportunities to wash items of clothing in camp if required. A personal, collapsible wash bucket is handy for this.

PHOTOGRAPHIC TIPS

Most participants want to return home with the best possible photographic record of their trip. Here are some helpful ideas:

Carrying your camera

The #1 rule - water destroys cameras - instantly! The waterproof day bag that we provide should protect your camera on raft or Voyageur Canoe expeditions. A strong Ziplock bag provides extra insurance inside. Better yet, or for two person canoe expeditions, we recommend you invest in a waterproof case. We recommend the Pelican brand, available in canoe, photo and diving shops. These cases provide the best

protection possible for your valuable equipment.

Along the river, sand can play havoc, so be prepared to clean your camera regularly with a brush and lens paper. It is also strongly recommended that you update your homeowners policy to cover any expensive camera equipment.

Composition hints

- before and after shots of yourself are fun
- on the aircraft, keep your camera on your lap with extra rolls of film
- don't forget shots of packing and the departure at the start of the trip
- you can add interest by varying the light conditions. Set your exposure for the lighter portion of the shot
- sequences with long, medium and close-up are fun and will tell a story
- portray the immensity of canyons and mountains by using people and boats (small in the viewfinder) for scale
- be sure to have some pictures of yourself by trading your camera with other people
- to avoid squints, photograph faces in the shade
- look for significant detail shots such as cooking, flowers, your boat...etc.
- rule of thumb - light is best in morning and evening; rapids look best in sunlight
- reflections in pools can make beautiful compositions
- be sure to have a parting shot of the group; perhaps with one of the aircraft
- waterproof and wide-angle cameras have become very popular on our trips

RENTAL ITEMS

We rent the following items: (Fees are per person/item, per trip.)

- Rubber Boots \$30.00
- Rain Jacket and Pants \$65.00
- Wet Suits \$75.00 Cdn
- Pelican professional water proof camera case \$35.00 Cdn
- Sleeping bag/therma rest combination \$75.00 Cdn
- Remote battery charge. We bring a charging unit. (You must bring your 110v wall plug from home). One recharge mid-trip \$25.00 Cdn

Note: To ensure we can supply your rental needs, please place your order before June.

ITEMS FOR SALE

(See our online store for photos www.nahanni.com)

Original Bug Shirt \$62.00 Cdn

This hooded, ventilated garment is a top quality, reliable solution to mosquito control. The hood has a zip-up mesh covering for your face. Surprisingly comfortable.

Note: If you want to be assured of availability at the departure point, please place your order before June.



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WHAT TO BRING

Getting ready is part of the fun. This list is designed to simplify your packing. Please feel free to contact us with any items questions.

We use chartered aircraft with limited load carrying capacity. Try to restrict your gear to an effective but lightweight set of outdoor clothing and equipment. Please limit your load to a total of 40 pounds. If you are in doubt about a certain item of clothing, bring it along and consult with the guides pre-trip. It can always be left behind if deemed unnecessary. We will arrange a place at the departure point for you to leave your travel clothing. Avoid bringing unnecessary valuables such as jewelry.



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WE PROVIDE:

Tent – Mountain Hardware Trango 3, self-supporting dome tent - comfortable for 2 people with some remaining floor space for clothing etc. (single occupancy is \$50). If you wish to bring your own, please contact us to approve the model and design.

Tent bag – we provide communal bags for transporting tents on the raft. Each bag holds 3 tents.

River bag – 115 litre, 30 gal – this is for your clothing and camp gear. When closed properly it provides waterproof protection. We have never encountered anyone who couldn't fit everything in this bag!

Day bag – 20 litre, 5 gal – a smaller bag for items you may wish to have access to during the day. Waterproof when closed properly. (note- this is not the same as the “day pack” listed below which you must bring for hiking).

Boot bag – a communal bag for carrying hiking boots during the day. When you stop for a hike, the guides will open this bag.

Cooking, eating utensils, table ware – All.

A. CAMPING GEAR

- _____ sleeping bag – good to freezing or below
- _____ sleeping pad – therma-rest or light air mattress are best

**the above items can be rented for \$75.00/person per trip*

B. PERSONAL CLOTHING

- _____ T-shirts – three
- _____ Long-sleeved shirts – wool or synthetic
- _____ Sweater – polypro, fleece or wool
- _____ Warm jacket – (e.g. think puffy jacket, ski jacket etc.) an extra-thick fleece sweater and windbreaker could substitute
- _____ Windshell – should be big enough to go over sweaters
- _____ Rain jacket (hooded) and pants - VERY IMPORTANT - must be waterproof and good quality – a poncho is NOT acceptable. (see “Comments on Gear – Foul weather clothing”)
- _____ Shorts - we suggest nylon ‘quick dry’ variety
- _____ Long pants – ‘quick dry’ nylon, synthetic blend or wool

- _____ 1 extra pair of warm pile or wool pants - optional
- _____ Long underwear (not optional) – tops and bottoms – polypro is best (avoid cotton). There are various weights: light, medium or expedition. Pick what is most comfortable for you, keeping in mind that you can layer your clothing.
- _____ Socks – several pair of wool are best
- _____ Hat – that can be tied on and with a brim that can protect you from the sun & rain (this is the land of the midnight sun!)
- _____ Toque (wool hat)
- _____ Neck tube, Buff
- _____ Swim suit

C. OTHER

- _____ Running shoes, sport sandals, or equivalent - for camp wear
- _____ Hiking boots – lightweight
- _____ Rubber boots with insoles in the bottom – for wearing in raft and voyageur canoe (see Comments on Gear – Footwear)
- _____ Neoprene booties - with soles or overshoes – for two person canoe expeditions (see Comments on Gear – Footwear).
- _____ Glasses, contacts (spares), sunglasses – string to tie on
- _____ Personal toiletry items - soap, towel, shaving gear, tooth brush, skin cream (to avoid severe drying of hands), etc. Consider a “camp towel” synthetic model. Some bring “baby wipes” for hygiene (we do provide an excellent hand washing system in camp)
- _____ Sunscreen lotion – with effective sun block – remember: land of the midnight sun!
- _____ Day pack -capable of holding rain gear, lunch, camera, etc. on hikes
- _____ Personal medications (bring in “carry-on” – also consider two sets and giving one to the Trip Leader for safe keeping)
- _____ Insect repellent & bug jacket. We strongly suggest that you bring a bug jacket, they are light weight and pack easily. We do sell “The Original Bug Shirt” see our website or call us for details.
- _____ Heavy duty garbage bags (U.S. = trash bag) - as insurance to keep your things dry in your waterproof bags
- _____ Plastic water bottle - for day hikes Must be 1 litre or greater
- _____ Knife, matches and/or lighter (in a waterproof container), compass if you wish, light cord for clothes line
- _____ Rubber dish gloves for cold water protection if necessary
- _____ Minor First Aid items – bandaids, pain relievers. We carry large expedition First Aid kits
- _____ Small musical instrument if you wish
- _____ Passport and Visa (Your responsibility to determine if a Visa is required). Visa is not required for Canadian and US citizens).



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D. OPTIONAL

- _____ Small nylon “draw string” organizing bags to keep clothing sorted in your pack
- _____ Camera, spare battery, extra memory card. We recommend a waterproof box for protection.
- _____ Fishing rod and equipment (collapsible please)
- _____ Reading and/or writing materials (we bring a “library” with some field guides and trip specific literature)
- _____ Binoculars - a must for wildlife watching
- _____ Flashlight - only needed on August trips.
- _____ Gloves or mitts - for cold days (a must on the Tat/Alsek or any of our tundra trips!)
- _____ A favourite alcoholic beverage – in a shatterproof container e.g. naglene bottle
- _____ Helmet (mandatory for three week whitewater from the Moose Ponds)
- _____ Trekking poles - Collapsible walking stick(s)- An excellent asset for your knees & balance while hiking. Use them like ski poles.
- _____ Tent (we do provide them, but you may feel more comfortable with your own)
- _____ Small collapsible wash bucket, handy for a “sponge bath” or doing laundry.

SPECIFIC TRIPS

_____ Wet suit or dry suit: Mandatory for Babine, Nahanni 3 week Moose Ponds, Burnside, Coppermine canoe. Consider it for the Tatshenshini and Firth. We provide wet suits for rent on all rivers of Grade III. On the Alsek River they are included in the package. Wetsuits rentals must be confirmed 90 days prior to trip departure. If you are the type that cools easily, you should consider a wet suit for any trip – 3mm neoprene, short or long legs; sleeveless preferred.

CANOE TRIPS ONLY

Knee pads – our canoes have knee pads and most trips do not require much kneeling. If you have to ask – you probably don’t need them.

Paddle – only if you prefer to use your own.

PFD – only if you prefer to use your own.

*If you are bringing either of the last three items please inform us prior to June.

Note: *We provide all cooking and eating utensils*

CANOE TRIPS: WHAT ARE THE SKILL PREREQUISITES?



PO Box 31203
Whitehorse, Yukon
Canada Y1A 5P7
1-800-297-6927
Fax: (867)668-3056
E-mail:
info@nahanni.com
Website:
www.nahanni.com

WE CAN ACCOMMODATE BEGINNERS ON OUR RAFT TRIPS BUT WHEN IT COMES TO CANOES, SELECTING AN APPROPRIATE TRIP FOR YOUR SKILL LEVEL IS CRITICAL TO BOTH THE SAFETY AND ENJOYMENT OF YOUR RIVER HOLIDAY.

- Our raft expeditions are designed for people of any skill level including novices. Some raft trips offer canoeing as an option. In this case, the canoeing prerequisites apply and must be met.

- Voyageur canoes (7 person) have a guide in each canoe. The guides will teach you the strokes you require but you must be willing and able to paddle for a 5 hour day (not including breaks and lunch stops)

- Tandem canoe trips are much more skill specific and careful thought must be applied to assessing your canoe skill level.

FOLLOWING ARE THE CONSIDERATIONS FOR EACH CANOE TRIP

Yukon River canoe – You have canoed previously and know the rudimentary strokes: bow, reverse, "j", draw, pry and sweep. You are comfortable paddling in the bow and working with another partner or you have river reading skills and can control the canoe from the stern while working with another partner.

Stikine, Wind canoe – You have mastered the skills above. You have taken an introductory river canoeing course and have experience paddling on Grade II rivers. In addition you have river reading skills and can work effectively with a partner to side slip and back ferry to move the canoe laterally in Grade II water with precision. You can comfortably apply these skills to navigating tight bends and avoiding log jams.

Nahanni 2 week, Nahanni 3 week hiking, or canoeing on a 8 or 12 day Nahanni trip,

Coppermine canoe – You possess the skills above and have completed a whitewater canoe course. You are able to read Grade III water and quickly formulate strategies while working with a partner to navigate. Unless you opt for the canyon rig strategy for the main rapids you match the following description:

At least once a year for the two previous seasons or more, you paddle Grade II/III whitewater with friends or a canoe club. You are committed to at least one "warm up" trip or course prior to the planned trip this season. We can modify these requirements by the use of "canyon rigs" for the rapids but this must be discussed with us before booking.

Moose Ponds, Mountain River Canoe, Snake River, Burnside Canoe

– You possess the abilities and judgment level above and have a more extensive "whitewater play" background. For the last 3 years or more you have paddled Grade III whitewater at least 3 times per year and enjoy practicing technical moves. You are committed to at least one "warm up" trip or course prior to the planned trip this season.

What if I am a whitewater kayaker and have not canoed previously?

If this is the case, please contact us directly and we can discuss your background in relation to the trip you are considering.

CANOES AND "SWIMMING"

Only on a rare occasion will a participant fall out of a raft. On the other hand, tipping a canoe and "going for a swim" is considered an integral part of "canoe sport". One or more canoes flipped at any time is a normal event and is not considered an "emergency" or "incident". The group simply recovers the swimmers and boats. When all is secure, the group continues down the river. It's part of the fun.

On the Mooseponds, Mountain canoe, Snake and Coppermine canoe trips, a neoprene wet suit or fabric dry suit is mandatory. On the other rivers many will opt for the neoprene wet suit although some paddlers (with strong internal "furnaces") will opt for rain gear worn over polypropylene and fleece on the whitewater days. Feel free to consult with us for more information specific to the river you have selected. Due to the use of spray covers, helmets are mandatory on the Moose Ponds, and recommended on the Mountain River canoe, Snake and Burnside canoe trips.

Suggested Hotel Accommodation



PO Box 31203
Whitehorse, Yukon
Canada Y1A 5P7

1-800-297-6927
Fax: (867)668-3056

E-mail:
info@nahanni.com
Website:
www.nahanni.com

Yellowknife, NWT

Blue Raven B&B
7 Otto Drive
Ph: 867-873-6328

Explorer Hotel
4825 49th Ave
1-800-661-0892 or 867-873-3531
www.explorerhotel.nt.ca

Discovery Inn
4701 Franklin Avenue
1-866-873-4151 or 867-873-4151
www.discoveryinn.ca

Super 8
308 Old Airport Road
1-888-561-7666
www.super8yellowknife.com

Norman Wells, NWT

McKenzie Valley Motel
83 Mackenzie Drive
867-587-2511
www.mackenzievalleyhotel.com

Rayuka Inn
1 Town Square
867-587-2354

Fort Simpson, NWT

Mackenzie Rest Inn
867-695-2357 Fax: 867-695-2358
info@mackenzierest.ca

Maroda Motel
Box 67
Fort Simpson, NWT
X0E 0N0
(867) 695-2602
Fax: 867-695-2273

Janor Guest House
10003-99 B Avenue
867-695-2077
www.janor.ca

Deh Cho Suites
867-695-2309
www.dehcho.net

Nahanni Inn
1001 Marc Andre Ave
867-695-2201

Edmonton, Alberta

(these hotels are close to airport and offer shuttles)

Holiday Inn Express
1102 4th St., Nisku, AB
1-877-955-1000
www.hiexpress.com/edmontonarpt

Leduc Inn
5703 – 50 St. Leduc, AB
1-800-661-6467 or 780-986-6550
www.leducinn.com

Whitehorse, Yukon

Yukon Inn
4420 4th Avenue
1-800-661-0454 or 867-667-2527
www.yukoninn.yk.ca

Ask for the Canadian River Expeditions and Nahanni River Adventures rate.

Westmark Klondike Inn
2288 Second Avenue
1-800-544-0970 or 867-668-4747
www.westmarkhotels.com/klondike
Don't confuse with "sister hotel" Westmark Whitehorse.

Ask for the Canadian River Expeditions and Nahanni River Adventures rate.

High Country Inn
4051 4th Avenue
1-800-554-4477 or 867-667-4471
www.highcountryinn.ca

Ask for: Group Block #315
Canadian River Expeditions and Nahanni River Adventures rate.

Edgewater Hotel
101 Main Street
1-877-484-3334 or 867-667-2572
www.edgewaterhotelwhitehorse.com

Midnight Sun B&B
6188 6th Avenue
1-866-284-4448 or 867-667-2255
www.midnightsunbb.com

River View Hotel
102 Wood Street
867-667-7801
www.riverview.ca

Best Western Gold Rush Inn
411 Main Street
1-800-661-0539 or 867-668-4500
www.goldrushinn.com

Inuvik, NWT

Arctic Chalet B&B
25 Carn Street
1-800-685 9417 or 867-777-3535
Fax: 867-777-4443
www.arcticchalet.com

Book early

to ensure your choice of accommodations. Mention upon booking that you are a guest of Nahanni River Adventure and Canadian River Expeditions because some hotels may offer our guests a discount (at their discretion). In most northern communities a taxi is inexpensive.

There are a number of other great hotels and bed and breakfasts in most mentioned locations. We recommend these because our guests have offered favorable reviews of them. If you experience any problems with these recommended accommodations please let us know.