

## **Red Deer Canoeing Trip**

**(7-9 June 2024 )**

**Participants:** 14 participants + 2 faculty representatives: Cost: \$200.00

Embark on an unforgettable journey down the picturesque Red Deer River, meandering from Tolman Bridge to Newcastle Park in Drumheller, covering a distance of 53 km. This backcountry expedition demands absolute self-sufficiency, as there are no amenities available along the way, making it vital for us to be fully prepared for this river venture.

**Prep Day (Pool rental shop area – 1 June – 8:30 a.m. – 11:30 a.m.):** We will convene at the Active Living Swimming pool (exact timing TBC) Here, we shall conduct a swim test, simulating real-life scenarios while donning a PFD, followed by introductions, meticulous trip planning, equipment assessment, and packing.

The planning phase aims to equip you with essential skills for safe travel in a river environment. Moreover, we will delve into fundamental camping and basic survival techniques, including stove testing. The nurturing of leadership skills will prove instrumental in ensuring a successful and secure expedition.

**Intro to Lake & River Canoeing (2 June 9 a.m. – 4:30 p.m.):** Embark on an introductory day of lake and river canoeing! Start with lake canoeing at Bowness Lagoon, where you'll learn essential paddle strokes and become acquainted with moving water in the Bowness Eddies. Following this, we'll reinforce our skills during a river trip from Baker Park to Edworthy on the Bow River. Get ready to paddle, learn, and gain confidence in these beautiful waters!

### **River Trip Days 1 - 3:**

**Day 1: River Expedition Begins - Tolman Bridge Access Point:** Our thrilling three-day river journey commences with a 3-hour drive to the Tolman Bridge access point (<https://goo.gl/maps/wUJP2erGzNptW8gL9>). After unloading our equipment and preparing our canoes, we prioritize safety with essential checks and briefings. Ensuring all participants are properly attired for the conditions, confirming trip plans, and reviewing emergency procedures are among our priorities. With clear communication and designated leaders, we embark on this adventure fully equipped for the river's challenges.

At campsites we will work together to set up tents for the night and prepare dinner, while reflecting on the leadership skills we have developed and the practical application of those skills in a real-world outdoor setting.

**Day 2: Paddling Strokes and Leadership Refinement:** As we traverse the river on day two, we seize the opportunity to refine our paddling strokes and maneuvering skills. Assessing and avoiding potential hazards become second nature, with each participant actively contributing to determining the best path for our group. Adapting to changing river conditions, we confidently navigate the Red Deer's meandering currents. Our campsites become spaces for reflection, as we set up tents and prepare dinner, fostering camaraderie and honing our leadership skills in a real-world outdoor setting.

**Day 3: Culmination at Newcastle Beach, Drumheller:** On the final day of our river expedition, we continue our journey towards Newcastle Beach in Drumheller (<https://goo.gl/maps/C8f2NfS1Y5MaGBbq9>). Applying all we've learned, we efficiently paddle, making necessary adjustments as we encounter the river's twists and turns. Our leadership capabilities shine as we collaborate, ensuring our group's safety and progress. As we reach the end point, we regroup at Newcastle Beach, where vans await to safely transport us and our

equipment. The journey concludes with a sense of accomplishment, as we bid farewell to the Red Deer, cherishing the unforgettable memories forged on this remarkable outdoor adventure.

**Weather and Conditions:** Springtime embraces its own distinct challenges, with fluctuating temperatures and chances of precipitation. Be prepared for the possibility of changing weather conditions, including occasional cold spells or heavy rainfall. Our itinerary may need to be adjusted accordingly to ensure everyone's safety and enjoyment. Nonetheless, embrace the excitement of embarking on this adventure amidst the breathtaking beauty of nature during this enchanting season.

**Is this trip for me?** This trip is suitable for those who have some experience in outdoor activities and are comfortable around water. No previous overnight experience is required. Moderate fitness levels are required, suitable for generally active participants. Our journey will involve carrying/moving and paddling canoes with fully laden pack/barrels over 3 days/2 nights totaling a distance of 53km.

**Preparation:** Understanding the nature of this trip will aid in your preparation training. Consider other paddling courses offered by the Outdoor centre to better understand Canoeing and what river tripping entails.

**Accommodation and Meals:** During the trip, we will camp in 4-season tents and cook using camp stoves. Participants will be responsible for providing their own food, which will be discussed during the planning day.

**Equipment and Clothing:** The Outdoor Centre will provide barrels, dry bags, tents, and other group items. You are required to bring your own personal items, including outer shell clothing, warm layers, dishes/utensils, and toiletries. The quality of your clothing and equipment will significantly impact your overall experience. If you have any uncertainties, please do not hesitate to contact us for clarification.

**Equipment List: Provided:**

Paddling gear (canoes, paddles, PFD's, trailer, safety equipment)  
Barrels  
Dry Bags  
4-season tents  
Camping stoves, fuel, and pot sets  
Transportation of gear with trailer/van  
2 X 15 passenger van/fuel  
2 X spot for safety communications

**Required:**

Rain gear, Sunglasses, sunscreen, and UV-protective lip balm  
Bowl, large mug, and unbreakable plastic or light metal cutlery (no glass or ceramics)  
Cooking utensils as required  
Water bottle (at least 1 litre capacity) and/or thermos  
Headlamp with fresh batteries  
Small blister and personal first-aid kit  
Personal toiletries, including hand sanitizer

**Clothing List:** *To ensure your comfort during the expedition, we recommend layering light, easily adjustable clothing that can adapt to rapid temperature changes. Avoid cotton clothing, as it causes rapid heat loss when wet.* Long underwear top and bottoms (lightweight synthetic or merino wool)

Extra warm shirt (synthetic or wool)  
Waterproof jacket with hood (Gore-Tex or equivalent)  
Waterproof pants (Gore-Tex or equivalent)  
Socks (wool or synthetic, multiple pairs)  
Old runners, or neoprene booties  
Ball cap /Sunhat/Warm, insulating toque (and a spare toque or earband)  
Medium-weight fleece sweater (for campsite)  
Soft shell or fleece jacket (for campsite)  
Soft shell or fleece pants (for campsite)  
Insulated jacket (down or synthetic alternatives) (for campsite)  
Waterproof gloves or mitts (multiple pairs) (for campsite)

Feel free to contact us at [ocprograms@ucalgary.ca](mailto:ocprograms@ucalgary.ca) if you have any further questions or require additional information.