



FOW
TRIP
JOURNAL

The FOW Trip Journal

*Created by Friends of Wabakimi
2021*

Friends of Wabakimi

Our Vision

The Wabakimi Area shall be an exceptional destination for wilderness recreation activities for the benefit of present and future generations of visitors.

Our Mission

Through volunteer stewardship initiatives and in collaboration with government agencies, non-government organizations and other stakeholders, Friends of Wabakimi will participate in planning processes to advocate the protection and preservation of the diverse natural, cultural and historical resources of the Wabakimi Area.

Contact us:

info@wabakimi.org
Friends of Wabakimi
1060 Riverdale Road
Thunder Bay, Ontario
P7J 1N2

Website: <https://www.wabakimi.org/>

Purchase maps, guidebooks and other items at: <https://www.wabakimi.org/wabakimi-maps.html>

Trip Report Forum: <https://www.wabakimi.org/trip-report-forum.html>

Emergency Services

OPP Armstrong detachment: (807) 583-2394
OPP Pickle Lake detachment: (807) -928-2211
OPP comm. Centre, Thunder Bay: (888) 310-1122

Emergency Preparedness

Route Plan – Leave your trip plan with friend or family as well as outfitter used for the trip. Include intended route, in/out dates & locations and emergency contacts.

Communication - There is no cell service in Wabakimi or surrounding areas. You can rent or purchase a SPOT GPS unit or the Garmin InReach to send texts or pre-pared emails to those you put on a list for this. Sattelite phones are also an option to rent or purchase for use.

Staying Dry – Hypothermia is extremely dangerous. In case of unexpected weather or a boat overturn, be sure to bring extra dry clothes, food and sleeping bags and store them in waterproof packs or barrels.

Climate/Fires – Summer months are recommended for Wabakimi travel due to mild average temperatures. Before the end of May or after mid-September can have colder temperatures. For the most current forest fire information: <https://www.ontario.ca/page/forest-fires>.

Bears – Practice bear safety. Though they are generally shy, try not to surprise bears. Camp elsewhere if you see any in your area. Avoid meal leftovers and keep a clean camp. Avoid storing food in personal packs or tents. Learn to react appropriately if you encounter a bear.

What to Take – Below is a list of supplies to consider taking for your trip to Wabakimi.

CAMPING SUPPLIES & EQUIPMENT		
<input type="checkbox"/>	Equipment	
<input type="checkbox"/>	waterproof pack	
<input type="checkbox"/>	tent, poles & pegs	
<input type="checkbox"/>	groundsheet	
<input type="checkbox"/>	sleeping bag	
<input type="checkbox"/>	thermoest pad	
<input type="checkbox"/>	pillow	
<input type="checkbox"/>	canopy	with rope ties
<input type="checkbox"/>	folding saw	& spare blade
<input type="checkbox"/>	headlight	& spare batteries
<input type="checkbox"/>	tent light	
<input type="checkbox"/>	rope & cord	100' poly, 50' nylon
<input type="checkbox"/>	repair/emergency kit	& carabiners
<input type="checkbox"/>	folding seat	
<input type="checkbox"/>	shower bag	
<input type="checkbox"/>	Kitchen	
<input type="checkbox"/>	food barrel	
<input type="checkbox"/>	stove	
<input type="checkbox"/>	emergency stove	
<input type="checkbox"/>	lighters, matches	
<input type="checkbox"/>	white gas	
<input type="checkbox"/>	cook set	2hr, 1.4ltr, 1hr & lid (no frypan)
<input type="checkbox"/>	eating utensils	mug, plate, knife fork & spoon
<input type="checkbox"/>	2½ gal water bag	
<input type="checkbox"/>	collapsible bucket	
<input type="checkbox"/>	mixing bottle	
<input type="checkbox"/>	ziplock plastic bags	
<input type="checkbox"/>	cooking utensils	spoon, spatula, knife, foil, soap, scrubber, low el
<input type="checkbox"/>	Clothes (in a waterproof stuff sack)	
<input type="checkbox"/>	shirts/tops	short & long sleeve
<input type="checkbox"/>	shorts & long pants	
<input type="checkbox"/>	sweatshirt	
<input type="checkbox"/>	socks	
<input type="checkbox"/>	underwear	
<input type="checkbox"/>	pyjamas	
<input type="checkbox"/>	swim trunks	
<input type="checkbox"/>	moccasins/camp shoes	
<input type="checkbox"/>	bandanas	
<input type="checkbox"/>	towel & toiletries	soap, w ashcloth, toothbrush, toothpaste mf wash, floss, comb, mirror, scissors, shampoo
<input type="checkbox"/>	Canoe (knee pads)	
<input type="checkbox"/>	paddle	
<input type="checkbox"/>	spare paddle	
<input type="checkbox"/>	PFD	& whistle
<input type="checkbox"/>	fore & aft 25' tracking lines	
<input type="checkbox"/>	bailler & sponge	
<input type="checkbox"/>	throw line	
<input type="checkbox"/>	compass	
<input type="checkbox"/>	Day bag & whistle	
<input type="checkbox"/>	lunch	
<input type="checkbox"/>	maps & map case	
<input type="checkbox"/>	camera	
<input type="checkbox"/>	sunscreen	
<input type="checkbox"/>	bug spray	
<input type="checkbox"/>	bug shirt	
<input type="checkbox"/>	spare glasses & case	
<input type="checkbox"/>	rain jacket, pants & hat	
<input type="checkbox"/>	neoprene gloves	
<input type="checkbox"/>	SPOT GPS	
<input type="checkbox"/>	duct tape	
<input type="checkbox"/>	water bottle	
<input type="checkbox"/>	water filter	
<input type="checkbox"/>	whistle	
<input type="checkbox"/>	first aid kit	
<input type="checkbox"/>	toilet paper & trowel	
<input type="checkbox"/>	plastic bags	
<input type="checkbox"/>	small towel	
<input type="checkbox"/>	Personal effects	
<input type="checkbox"/>	medications	
<input type="checkbox"/>	book to read	
<input type="checkbox"/>	pencil & paper (journal)	
<input type="checkbox"/>	Wear	
<input type="checkbox"/>	pocket knife/tools	
<input type="checkbox"/>	waterproof watch	
<input type="checkbox"/>	waterproof wallet	
<input type="checkbox"/>	brimmed hat	
<input type="checkbox"/>	sneakers & neoprene socks	

Mills, L. (2021). *Wabakimi Canoe Routes: A Guide to wilderness canoeing at its very best*, p. 18

****If completing digitally, insert or attach map of route taken. Consider contributing a narrative trip report to the FOW Trip Report forum with more details and photos.**

Please include the following information in journal entries:

- Evidence of recent **human activity** on portages and campsites seen on trip:
- Location(s) of **portages or campsites in need of attention** due to blowdowns, washouts, trash, vegetative vandalism) Provide GPS location if possible.
- Location(s) of **sites other than portages or campsites in need of attention** (e.g., trash, &c.) Provide GPS location if possible.
- Location(s) of **cached boats (canoes/motorboats)**. Provide GPS location if possible as well as any boat identifiers.
- **Number and location of campsites** occupied during your trip. Provide GPS location if possible.
- Locations of **sites of natural, cultural, or historical interest** visited during your trip and their respective conditions. Provide GPS location is possible.
- Locations & details of **wildlife sightings** (e.g., large mammals, fur-bearing animals, birds of prey, stick nests, reptiles) Provide GPS location is possible.
- Locations & details of **human encounters** (e.g., lodge/outpost clients, paddlers, portage crews, forestry employees, prospectors, government agents including from MNRF & Ontario Parks, First Nation area residents, etc.)
- Location(s) of **campsite(s) not currently shown** on *Wabakimi Canoe Route Maps* that have a capacity to host two four-person tents. Provide GPS location if possible. (identified on map is helpful)
- **Errors/omissions** on current *Wabakimi Canoe Route Maps* that require correction in future editions (identified on map is helpful)

Trip Summary

Entry-Exit Lake/River		
Length Of Trip	(km, mi)	
Trip Dates/# Days	/ / / - / / / (date range)	# (days)
Trip Leader Name		
Number Of Paddlers		
Portages	#	
Portage Length Range	(m, yds, rods)	
Topo Maps Used Other Maps Used		
Access Points	By (Rail, Shuttle, or Car) to...	
Route followed (provide map if possible)		

Trip Arrangement Details

Route description (one way, circuit, paddle in/out)	
Average distance traveled each day	(km, mi)
Source of non-resident Crown land camping permit or provincial park interior (backcountry) camping permit	
Outfitter/provider used	
Outfitter services provided (lodging, canoe rental, outfitting, licenses, permits, shuttles, flight)	
Mode of shuttle to entry/from exit (road, rail, float planes)	
Location of vehicle left behind	
Primary road used, if any, to access Wabakimi Area (Hwy 527, Hwy 599, Graham Road)	
Secondary road(s) used, if any, for access/egress to/from your trip insertion/extraction locations	(Vista Road, Road 702, Caribou Lake Road, Airport/Pikitigushi Road, Obonga Road, Pishidgi Lake Road, &c.)

Please include the following information in journal entries:

- Evidence of recent human activity
- Location(s) of portages or campsites in need of attention
- Location(s) of sites (not portages or campsites) in need of attention
- Location(s) of cached boats
- Number and location of campsites
- Locations of sites of natural, cultural, or historical interest
- Locations & details of wildlife sightings
- Locations & details of human encounters
- Location(s) of campsite(s) not currently shown on *maps*
- Errors/omissions on current *Wabakimi Canoe Route maps*

Day ____

Narrative of daily travel/activities, overnight stays and exploration
(include highlights, hazards and gems):

Rate your day:    
Awesome! Good OK Not great!

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Thank you!