

**APPENDIX B : GPS Coordinates**

**\*\* NOTE: All GPS Coordinates are in WGS 1984 (Unprojected) \*\***

<b>OCCUPIED CAMPSITES</b>			
<b>Description</b>	<b>Day</b>	<b>Coord_X</b>	<b>Coord_Y</b>
Campsite Day 1/Day 20	1	-95.25370664100	50.99004464520
Campsite Day 2	2	-95.09963200100	50.97022857520
Campsite Day 3	3	-94.91451586420	50.87588764770
Campsite Day 4	4	-94.81979437100	50.82504512520
Campsite Day 5	5	-94.74443109100	50.83137790520
Campsite Day 6	6	-94.78620373100	50.87766017520
Campsite Day 7	7	-94.86010546100	50.90926447520
Campsite Day 8	8	-94.97003261100	50.94297531520
Campsite Day 9	9	-95.03220183420	51.03930901020
Campsite Day 10	10	-94.98199536580	51.11090511410
Campsite Day 11	11	-94.90413450280	51.13368183050
Campsite Day 12	12	-94.89497359100	51.18241577520
Campsite Day 13 (CS13)	13	-94.93005737270	51.21287186560
Campsite Day 14 (CS10)	14	-94.95105749100	51.20712722520
Campsite Day 15 (CS14)	14	-94.93846645690	51.21963446790
Campsite Day 16 (CS16)	16	-94.96905964100	51.22840929520
Campsite Day 17 (CS25)	17	-95.02951033700	51.19079307030
Campsite Day 18	18	-95.12383507880	51.11513806320
Campsite Day 19	19	-95.14391557690	51.09180595930

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<b>POTENTIAL CAMPSITES</b>			
<b>Description</b>	<b>Day</b>	<b>Coord_X</b>	<b>Coord_Y</b>
Potential Campsite CS	13	-94.92465181100	51.19548685520
Potential Campsite CS01	13	-94.92706396100	51.20082537520
Potential Campsite CS02	13	-94.92751570710	51.20142803720
Potential Campsite CS03	13	-94.92867977470	51.20156758500
Potential Campsite CS04	14	-94.93226183100	51.21171899520
Potential Campsite CS05	14	-94.92908183060	51.21247763970
Potential Campsite CS06	14	-94.92983687350	51.21356677240
Potential Campsite CS07	14	-94.93085136740	51.21329215680
Potential Campsite CS08	14	-94.93248483290	51.21141440350
Potential Campsite CS09	14	-94.93225555710	51.21119509610
Potential Campsite CS11	14	-94.94347346100	51.20786231520
Potential Campsite CS12	14	-94.93688616780	51.21384740780
Potential Campsite CS15	16	-94.96907791100	51.22774041520
Potential Campsite CS17	16	-94.97549094110	51.22798014590
Potential Campsite CS18	16	-94.97326130750	51.22684069780
Potential Campsite CS19	17	-94.97351781100	51.21548071520
Potential Campsite CS20	17	-94.97941950420	51.21606976310
Potential Campsite CS21	17	-94.98339995330	51.21464087510
Potential Campsite CS22	17	-94.99271685100	51.20817777010
Potential Campsite CS23	17	-95.00120994100	51.20727901520
Potential Campsite CS24	17	-95.02904758100	51.19090044520
Potential Campsite CS26	18	-95.05814915770	51.15921473650
Potential Campsite CS27	18	-95.05761822100	51.15102991520
Potential Campsite CS28	18	-95.05532199100	51.14482797520
Potential Campsite CS29	18	-95.05080485890	51.13786584750
Other campsite noted on Dunstan Lake (unmarked on park map)	13	-94.89852366100	51.18840230520

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<b>PORTAGE TRAILHEADS</b>			
<b>Description</b>	<b>Day</b>	<b>Coord_X</b>	<b>Coord_Y</b>
P1F	13	-94.90676219450	51.19606343200
P1S	13	-94.90171225220	51.19587657950
P2F	13	-94.91488053100	51.19502534520
P2S	13	-94.90998131740	51.19559467990
P3F	13	-94.92269673100	51.19583428520
P3S	13	-94.92163698100	51.19601391700
P4F	13	-94.93079511020	51.20356471220
P4S	13	-94.92884209110	51.20151217890
P5F	13	-94.93237794830	51.20644907840
P5S	13	-94.93211677020	51.20593487870
P6F	15	-94.93819647230	51.21548325060
P6S	15	-94.93650397300	51.21396768010
P7F	16	-94.95250194170	51.22530267690
P7S	16	-94.94210227850	51.22068333370
P8F	18	-95.05359407100	51.12704744520
P8S	18	-95.05286836100	51.12703738520
P9F	18	-95.06821331640	51.12856328210
P9S	18	-95.06806922160	51.12836130770
P10F	18	-95.06972158860	51.12832360090
P10S	18	-95.06913739920	51.12836550510
P11F	18	-95.07290388840	51.12732391400
P11S	18	-95.07274948100	51.12754096520

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<b>VARIOUS</b>			
<b>Description</b>	<b>Day</b>	<b>Coord_X</b>	<b>Coord_Y</b>
Gorgeous cliffs near opening to Crystal (Wanipigow River)	2	-95.13777545470	50.97922052060
Sand beach near portage from Broken Arrow to Haggart	3	-95.06085326860	50.89570746580
Shore lunch site (scenic narrows on Haggart Lake)	3	-95.03681167420	50.88648459170
Cliff near portage into Broken Arrow Lake	3	-95.09270632670	50.95960774890
Unmarked boat on Adventure Lake	7	-94.86033177100	50.90918115520
Unmarked boat on Dunstan Lake	12	-94.89858007100	51.17346658520
Possible petroform on Lake B	13	-94.91668481100	51.19535576520
Possible rock cairn on Dinosaur Rock Lake	14	-94.93072429740	51.21324890680
Possible petroform on Walking Stick Lake	16	-94.96864951100	51.22766280520
Old firepit at rock's edge on Walking Stick Lake	16	-94.96909871340	51.22848027700
Sand beach in handle of Walking Stick Lake	16	-94.97566861230	51.22782827710
Skull-faced rock on Walking Stick River	18	-95.04294285100	51.17744505520
Junction in Walking Stick River	18	-95.04369755100	51.17574688520

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<b>WILDLIFE</b>			
<b>Description</b>	<b>Day</b>	<b>Coord_X</b>	<b>Coord_Y</b>
Bald eagle on Siderock Lake	2	-95.22959735990	50.99140829300
Bald eagle nest on Siderock Lake	2	-95.22667450050	50.99129799640
Cow moose on lake east of Siderock along Wanipigow River	2	-95.16620806880	50.98094880870
Canada goose with 2 young along Wanipigow River	2	-95.14637858820	50.97944111380
2 mergansers on Broken Arrow Lake	3	-95.10685282890	50.92327063450
Bald eagle on Broken Arrow Lake	3	-95.06694686000	50.90269344670
Cow moose and calf at junction of Terry Lake	11	-94.92423603610	51.11646901950
1st sighting of black bear	14	-94.93604161210	51.20882363460
Caribou pellet groups (2) along shore of North Carroll Lake	18	-95.05074514640	51.13789626310
Dead caribou carcass on Carroll Lake	18	-95.12379748950	51.11088635540
Diving turtle on North Carroll Lake	18	-95.05430963100	51.15548673520

## APPENDIX C : Equipment List

### LIST OF EQUIPMENT BY CATEGORY

#### FOR TWO PERSONS (UNLESS OTHERWISE INDICATED)

<b>CANOEING</b>	<b>Quantity</b>
Canoe	1
Paddles	3
Life jackets (with whistles)	2
Floating rope	1
Dry bags (1 x 115 litres with harness, 2 x large seal-liners for back packs; 1 small)	4
Back packs (1 x 80 litres, 1 x 60 litres)	2
Bungee cords (to tie fishing rods onto canoe)	4
Bailing device	1
<b>FISHING</b>	
Fishing rods	2
Fishing gear (lure, bait, jigs, pliers, stringer, filet knife)	1 kit
Fishing permits	2
<b>CAMPING</b>	
Tent	1
Sleeping bags	2
Sleeping mats	2
Ground sheet (for tent)	1
Guide tarp	1
Cooking stoves	2
Fuel tanks & 2.81 litres of white gas (530 ml + 530 ml + 750 ml + 1000 ml)	4
Fuel (white gas)	2.81 L
Water filter	1
Cooking gear (2 pots, 2 cups, 1 spork, 1 fork, 2 spoons, 1 wooden spoon for stirring, scrubby pad)	1 kit
Lighters and bundle of matches in waterproof containers	2
Stuff sacs (for food)	2
Biodegradable soap	50 ml
Knives	2
Candle lantern	1
Candles	6
Headlamps	2
AA batteries (for cameras, headlamps and GPS)	12
Gourds	2
Ropes (multi-purpose, small)	2
<b>SAFETY</b>	
First-Aid kit	1
SPOT Satellite Messenger ( <a href="http://www.findmespot.com">www.findmespot.com</a> )	1
Lithium batteries (for SPOT)	4
Bear banger (with two extra cartridges)	1

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<b>NAVIGATION</b>	
Compasses	2
Topographic maps (NTS series 52M2, 52M3, 52M6, 52M7, 52L14, 52L15)	6
WCPP canoe routes map	1
See-through waterproof map case	1
GPS unit	1
<b>MISCELLANEOUS</b>	
Sunscreen	240 ml
Bug repellent (citronella, Watkins)	200 ml
Head nets	2
Axe	1
Saw	1
Duct tape	1
Binoculars	1
Entertainment kit (cards, books, diary, pens, sky map)	1 kit
Cameras	2
Tie-wraps	10
<b>CLOTHING &amp; PERSONAL ITEMS (for one person)</b>	
	Quantity
Rain jacket	1
Rain pants	1
Sandals	1
Running shoes	1
Sun hat	1
Toque	1
Socks	3
Shorts	1
Quick-dry pants	1
T-shirt/tank top/collared shirt	2
Warm pants	1
Warm sweater	1
Shades	1
Towel	1
Multi-purpose scarf / bandana	1
Personal hygiene items	n/a
Gloves	1

## APPENDIX D : Meal Plan

**Note:** The following meal plan represents the amount of food that was consumed during the trip. It does not include the extra food that was packed but not eaten (i.e., snacks, three dinners, two lunches, several soup packages and couscous).

(x = portion for two persons)

### Beverages

- Tea : Green Yogi tea (12 bags); Irish Breakfast tea (18 bags); Brown sugar cubes (75)
- Herbal tea: Mint tea (10 bags); Orange-ginger (4 bags)
- Mocha (mixture of coffee & chocolate) (12x)
- Coffee (6x)
- Powdered juice (3 large Ziploc bags)  
Ice tea; Pink lemonade; Orange
- Instant powdered milk (1 small Ziploc bag)

### Breakfast

- Breakfast burritos (5x)  
Cheese & mushroom omelet (2x); Instant mashed potatoes (1x); Bacon (1x)
- Cheese & mushroom omelet (3x)  
Instant mashed potatoes (3x)
- Home-made granola (6x)
- Instant oatmeal (2x)
- Bannock (3x)  
Jam; Dried fruit<sup>1</sup>; Oil
- Pancakes (2x)  
Jam; Dried fruit; Oil

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<sup>1</sup> Strawberries, apples, raspberries and blueberries.



## APPENDIX D : Meal Plan

### Lunch

- Cheese buns (2x)  
Fresh cheese, mustard, dried hummus, red bell-pepper spread, dried tomatoes (2x)
- Tortillas (9x)  
Fresh cheese, mustard, hummus, dried tomatoes (9x)  
Beer sausages (5x); Home-made beef jerky (2x); Beef jerky (2x)
- Indian cottage cheese meal (pre-made in pouch) with couscous (1x)
- Instant soup (3x)  
Dried fondue beef (1x)
- Organic Macaroni & Cheese with dried tomatoes and tuna (in a pouch) (2x)

### Dinner

- Fondue beef in onion soup broth (4x)  
Instant mashed potatoes  
Dried onions, broccoli, carrots, mushrooms
- Ham with rice and dried asparagus, zucchinis, carrots and onions (1x)
- Veggie burgers in cheese buns (1x)
- Fresh fish (3x)  
Oil (1x); Batter (2x); Rice (2x)
- Chicken noodle soup with dried carrots and couscous (1x)
- Soya mushroom soup with onion soup broth (1x)
- Beef stroganoff (pre-made freeze dried meal) with instant mashed potatoes (1x)
- Mulligan stew (pre-made freeze dried meal) (1x)
- Mediterranean pasta (pre-made freeze dried meal) (1x)
- Spaghettini with sauce and dried tomatoes (2x)
- Teriyaki rice (Sidekick) with dried tofu (1x)
- No-bake chocolate/coconut cookies (1x)

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### Snacks

- GORP (3 large Ziploc bags)  
Pretzels, almonds, pumpkin seeds, sunflower seeds, pecans, chocolate chips, dried peas, dried mangoes, pecans.
- Dried mangoes (1 large Ziploc bag)
- Chocolate bars (6x)
- Fruit bars (35x)

### Spices

- Salt & pepper
- Mixed herbs