



EQUIPMENT LIST RENTAL CABIN

The following information will help you pack for a stay in our self-contained rental cabin during summer or fall. Please read on to find out what's essential and what can stay at home.

Kitchen equipment: Complete cookware and kitchen utensils, 2-burner propane stove, small fridge (85 litres) with freezing compartment (11 litres), dish washing utensils and towels are provided. If needed, consider bringing the following items:

- water bottle and/or thermos (for trips)

Food: Some basic food is provided (oil, vinegar, salt, pepper, curry powder, mixed herbs, BBQ seasoning).

- Apart from that bring your own groceries for the entire stay. Remember that our fridge is small and try to avoid bringing excess food packaging/wrapping.

Water supply: There is running cold water (activated by a foot lever pump) for cooking and washing. For drinking water, lake water is purified with a Katadyn ceramic filter system.

Solar camping shower: There is a simple outdoor shower. Fill the water bag in the morning with cold water, hang it in a sunny place during the day and enjoy a warm shower in the evening.

Fire pit: There is an outdoor fire pit and grill.

Wood Stove: Firewood, axe and saw are provided.

Light: There are 4 propane lamps on the ground floor and 1 battery powered bedside lamp on the upper floor (bedroom).

Linen: The rental cabin is equipped with bed linens and towels.

Toiletry items, First Aid: Toilet paper is provided. There is a basic First Aid kit. However, please think of:

- personal medications
- shower gel and shampoo (preferably biodegradable and odourless)

Sun protection: On the lake, solar radiation can be very strong. In addition to that, we are in high northern latitude with long sunshine hours in midsummer. Please consider:

- waterproof sunscreen lotion and lipstick with high sun protection factor
- sun hat and sunglasses

Mosquitoes: Especially in June and July, mosquitoes can be annoying. Insect repellent containing at least 25% of the ingredient DEET (N-diethyl-metatoluamide), a cap or hat, and long-sleeved, tightly woven clothing provide effective protection. Think of bringing:

- insect repellent
- possibly an overhead bug net (in the cabin we provide mosquito nets for over your bed)

Clothing: On day trips by canoe or on foot, you will move in pure wilderness and experience the weather firsthand (sun, wind, rain, cool temperatures). Besides usual travel clothing we recommend the following:

- warm sweater & jacket
- toque/wool hat & gloves (especially in August/September)
- warm underwear (especially in August/September)
- rain jacket & pants
- swimsuit (lake water temperature 16 – 20°C)
- sturdy footwear, e.g. hiking boots
- slippers or indoor shoes (on the upper floor, NO outdoor shoes are allowed)

If required we provide rubber boots.

Miscellaneous:

- small day pack for excursions
- torch (August/September)
- binoculars for animal observations

Electronic equipment: Please bring your electronic devices, such as razors or digital cameras fully charged. There is no electrical power in the rental cabin. Think of:

- Spare batteries and memory cards

Angling gear: Simple equipment is available free of charge. For ambitious fishermen we recommend bringing your own gear.

Canoe: An open double canoe including paddles and life vests is provided free of charge. A small waterproof bag (e.g. for camera) is also available.

Amusement: The rental cabin contains a small collection of *books and journals*, as well as a selection of *games* for every age.

Bear safety: At Frances Lake, bears roam around freely, however, the bear population is low. Please inform yourself in advance about the correct behaviour in areas with bears and consider bringing a bear spray (it is also available for rent from the lodge).

Please limit the weight and the volume of your luggage to the essential minimum. Both for boat transfer and especially for fly-in by floatplane there is limited space available. If traveling by floatplane, backpacks and travel bags are preferred over hard-shell cases.