



reasonable price, and since it stretches, it lasts junior over several years.

We soon concluded that if we were going to take Jamie with us on outings in cooler weather he would need a wet suit. His small body mass would cause him to lose body heat and become hypothermic much easier than us. Fortunately, the sail-boarding boom had led to the production of kiddies' wet suits, and these could be bought at surprisingly low prices at season-end clearances in the windsurfing shops.

While good equipment can help reduce the discomforts we may face in our outdoor adventures, Jamie, like his mom and dad, has had to learn that the wilderness traveller must be a bit of a stoic. Since he is strongly influenced by our attitudes and behavior, we found that, while it doesn't work all the time, if we displayed a cheerful, positive attitude in adverse circumstances, his level of anxiety or unhappiness about the situation was made more manageable.

Cultivating a stoic's attitude has been most important in Jamie's relationships with the tiny winged creatures of our wildlands. We were reluctant to smear his body with "deet," which has been implicated in a number of serious reactions in small children, including anaphylaxis, toxic encephalopathy, and seizures. Instead, we chose to rely on good protective clothing as the first line of defense and limited the use of repellents to hands and face (when a headnet could not be worn). Initially, we exposed him to very small doses to test his response. However, he quickly learned that, no matter what precautions you take, a number of them will still dine on you, and that you have to learn to live with it.

In addition to all the regular outdoor gear that we normally carried on trips, we now had to tote along items to keep junior amused. We chose toys that were small, light, durable, and cheap. As

well, they preferably should be designed to encourage play in and discovery of the natural world. Some of his favorites have been a dip net and margarine tub for collecting aquatic life, plastic bags for collecting rocks and other treasures, plastic sand shaver, water gun, inflatable beach ball, and frisbee. As well, we always had a book for a bedtime story and a small stuffed friend to sleep with.

When Jamie got bored, if a toy didn't remedy the complaint, a snack did. Kids are great snackers and a readily accessible supply of goodies is a necessity on a canoe trip. While many adults are satisfied with some gorp and a bottle of water, most kids like to have a variety to choose from. Beside the useful assortment from the bulk good store, we have found foods such as fruit roll-ups and granola bars make conveniently prepackaged tasty treats. In addition, the advent of the Tetra pack has made it possible to take along a wide selection of fruit and milk drinks in single serving containers. (Assistant Editor's note: Tetra packs produce a lot of garbage for a little drink. Alternate ways of making small quantities of drink might be looked into.)

We quickly found that carrying all these additional supplies for a third person was a challenge to our packing and portaging skills. It was imperative that bulk and weight be kept to a minimum. We were determined to keep the number of packs low, even on longer trips. It was enough of a chore chasing the little guy down the portage trail without having to worry about transporting a mound of packs. Consequently, we decided three was the maximum on any trip. This could be accomplished by using a jumbo canoe pack that would accommodate all our light, bulky equipment. At least one of the packs had to have huge outside pockets for quick access to snack, toys, and extra clothes while in the canoe.

Sometimes, when we're chasing after him down the trail before he can get lost or we catch him using the axe to split rocks, we wonder if bringing him along is worth all the aggravations. But when he comes to us proudly presenting the frog he's found or when we catch a glimpse of him sitting staring into the evening campfire, we know he belongs there with us.

