



# 2022 TRIP PLANNER



YOUR TRIP TO NESTOR FALLS FLY-IN FISHING OUTPOSTS IS RIGHT AROUND THE CORNER. HERE'S A COUPLE LISTS TO HELP YOU PACK CLOTHES, FOOD, AND TACKLE. SEE YOU ON THE LAKE!

## WHAT CAN I BRING?

Transport Canada has strict guidelines for aircraft weight and balance with which Nestor Falls Fly-In must comply. It's important to note that each person is **only allowed to bring 100 pounds of gear**, including clothes and food! Not to worry – it can be done.

If you happen to be overweight on your gear, you may charter an additional plane. Contact us for pricing. To help you pack within our 100 pound limit, Dave and Michelle compiled a Packing List for you. Read on!

# YOUR GEAR

Nestor Falls Fly-In's outposts have cooking utensils, comfy sofas and chairs, propane stoves, showers, solar electric refrigerators and freezers, and a propane BBQ grill. In each bedroom, you'll find two single box spring mattresses. Our 14' and 16' boats are powered by reliable Yamaha 4 stroke outboards, and are equipped with swivel boat seats, cushions, minnow buckets, and gasoline. You bring everything else!

☐ FIRST AID KIT

☐ LIFE JACKETS

*Mandatory in Ontario!*

☐ LANDING NET

☐ TWO RODS & REEL PER PERSON

☐ SMALL TACKLE BOX

☐ RAIN GEAR

☐ FLASHLIGHT

☐ INSECT REPELLENT & COILS

☐ SUNSCREEN

☐ SLEEPING BAG, PILLOW CASES  
& BATH TOWELS

☐ CPAP MACHINE

*Optional*

☐ TEA TOWELS, DISH CLOTHS  
& POT HOLDERS

☐ TOILET PAPER

☐ SOAP, SHAVING KIT & TOILETRIES  
ONE SMALL COOLER

*Optional*

☐ PORTABLE DEPTH FINDER

*Optional*

☐ CAMERA & EXTRA BATTERIES

*Optional*

☐ MEDICATIONS

*Pack extra, in case you're weathered in!*

## Hints & Tips for PACKING LIGHT

- Pack smaller duffle bags rather than a large bag. Suitcases can weigh 5-10 pounds each!
- Pack groceries in boxes or in coolers, not bags, to conserve space
- Share insect repellent, sunscreen, flashlights, etc. among your group
- Combine tackle, depth finders, and extra rods & reels with your fishing partner

# CLOTHES

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You don't need to bring everything, just the basics! Here's what you might pack in a duffel bag for a 4-5 day trip:

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- |  |   |
|--|---|
| <input type="checkbox"/> 2 PAIRS OF PANTS                  | <input type="checkbox"/> GOOD QUALITY RAIN SUIT |
| <input type="checkbox"/> 2 PAIRS OF SHORTS                 | <input type="checkbox"/> JACKET, GLOVES         |
| <input type="checkbox"/> 2 SHORT-SLEEVE SHIRTS             | <i>Depending on time of year</i>                |
| <input type="checkbox"/> 1 LONG-SLEEVE SHIRT OR SWEATSHIRT |   |
| <input type="checkbox"/> SOCKS, UNDERWEAR                  |   |
| <input type="checkbox"/> SNEAKERS                          |   |
| <input type="checkbox"/> BOOTS                             |   |

## STAY IN TOUCH

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You may have cell service at the Nestor Falls Fly-In's base, depending on your phone and carrier.

Nestor Falls Fly-In Outposts has Wi-Fi/Satellite phones at each of our outposts.

The rate for the Wi-Fi is  
\$4.00 US/PER GB.





## FOOD & DRINK

To plan your grocery list, it's helpful to create a menu first. We find that most of our guests plan for two meals a day, plus snacks. When you're at the grocery store, whether it's here or at home, pick up food with weight in mind: frozen vegetables weigh less than canned vegetables, juice powder packets over cans or bottles, etc. If you plan on shopping at Dalseg's Food Town in Nestor Falls, please note that they do not accept credit cards. Adult beverages are not available for purchase until after 9 a.m.

Note: A case of 24 cans of pop or beer weighs 20 lbs.! If you'd prefer, Nestor Falls Fly-In can fly in your beverages ahead of time – we charge by the case for pop or beer. Please give us 3 TO 4 WEEKS' NOTICE to accommodate your request.

## Sample Shopping List

<i>Matches</i>	<i>Cookies or Snack Bars</i>
<i>Dish Soap</i>	<i>Li'l Smokies</i>
<i>Toilet Paper</i>	<i>Jam &amp; Peanut Butter</i>
<i>Ziploc Bags</i>	<i>Frozen Juice</i>
<i>Paper Towel</i>	<i>2 bags Hash Browns</i>
<i>Paper Plates</i>	<i>2 boxes Crackers</i>
<i>Aluminum Foil</i>	<i>4 Steaks</i>
<i>Saran Wrap</i>	<i>4 Pork Chops</i>
<i>1 lb. Ground Coffee</i>	<i>4 Chicken Breasts</i>
<i>3 Pre-Made Salads</i>	<i>2 lbs. Sandwich Meat</i>
<i>4 cans Baked Beans</i>	<i>3 lbs. Bacon</i>
<i>Cooking Oil</i>	<i>2 lbs. Sausage</i>
<i>10 lbs. Potatoes</i>	<i>2 bags Frozen Vegetables</i>
<i>2 Onions</i>	<i>1 lb. Cheese</i>
<i>Salt &amp; Pepper</i>	<i>Bread</i>
<i>Sour Cream</i>	<i>Pancake Mix</i>
<i>4 dz. Eggs</i>	<i>Corn Flake Crumbs</i>
<i>Powdered Milk</i>	<i>Ketchup / Mustard</i>
<i>Sugar</i>	<i>Miracle Whip</i>
<i>Snacks</i>	
<i>1 lb. Butter</i>	

## MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>BREAKFAST</b>	Bacon & Eggs Hash Browns Toast Coffee & Juice	French Toast Sausages Coffee & Juice	Pancakes & Bacon Coffee & Juice	Sausages & Eggs Hash browns Toast Coffee & Juice	Pancakes & Bacon Coffee & Juice
<b>SNACK</b>	Cheese & Crackers	Sandwich Meat	Smokies & Chips	Chips, Pretzels Peanuts	Sandwich Meat
<b>DINNER</b>	Fish Fry Baked Beans Potatoes	Steak Baked Potato Salad	BBQ Pork Chops Potatoes Vegetable Salad	Fish Fry Baked Beans Potatoes	BBQ Chicken Breast Baked Potato Vegetable Salad

# FOOD RESTRICTIONS

The Canadian Food Inspection Agency (CFIA) has restrictions for food crossing the border.

You can buy food in Fort Frances (just across the border from International Falls) or at the Nestor Falls grocery store, Dalseg's Food Town. If you're not sure you'll be able to take something across the border, it's always best to pick it up in Canada.

Check out :

<https://www.nestorfalls.com/cfia>

for complete details about what can/can't cross the border.



# FISHING LICENSE & BAIT REGULATIONS

## WHAT LICENSE DO I PURCHASE?

All our lakes are Catch & Release so the Conservation license is what you'll need. Nestor Falls is home to numerous Local Bait Shops; stop by one to pick up a fishing license and your bait or purchase online at:  
<https://www.huntandfishontario.com>

## WHAT BAIT CAN I BRING?

In the attempts of not introducing new species into Canadian waters, regulations do not allow you to **bring any bait across the US/CANADIAN border of any kind** meaning: live frozen salted including leeches and nightcrawlers.

No live bait is permitted on **Malette, Herod and Malaher**. Plastics and nightcrawlers are only permitted.

## FEES

For current fishing license pricing, please visit the links below:

Non-Residents:

<https://www.nestorfalls.com/license>

Canadian Residents:

<https://www.nestorfalls.com/license-residents>

# LAKE REGULATIONS

## CATCH & RELEASE LAKES

Nestor Falls Fly-In is proud of our ten trophy lakes: Cairns, Clear, Herod, Kay, Keeper, Larus, Lount, Malaher, Malette, and Onepine. You may catch 2 per day of each species under the size limit for eating; all others must be released.



## TACKLE

Your usual fishing techniques and tackle are likely to work well at our outpost lakes. The most typical bait of choice here is a jig and a minnow or leech; seems like you can catch everything from walleye to northern pike and even smallmouth bass. We usually tip them with a live minnow, but on some of our lakes there's no live bait allowed. In these cases, we use PowerBait or Berkley Gulp, or if you prefer, salted minnows.

The fishing at our outpost cabins remains consistent throughout spring, summer, and fall; however, the techniques and fishable areas tend to change throughout the year. Prior to departure, Dave or one of our staff will provide you with a lake map and seasonal update of where the fish are biting.

### LIVE BAIT

### CATCH & RELEASE

CAIRNS	●	●
CLEAR	●	●
HEROD		●
KAY	●	●
KEEPER	●	●
LARUS	●	●
LOUNT	●	●
MALAHER		●
MALETTE		●
ONEPINE	●	●

### Tackle Box Supplies

- 2 Dozen lead head jigs (1/4 – 3/8 oz)
- 3-4 Shad raps, diving plugs, or crankbaits
- Spoons or bucktails
- Stringer
- Wire leaders
- Fillet knife
- Needle nose pliers
- Band aids



# MAPS

You can purchase maps from Canada Map Sales in Winnipeg, MB, by phone (1-877-627-7226), or online at <http://www.canadamapsales.com>. Here are the numbers you'll need to order maps for our lakes:

CAIRNS	52 M/10 & 52 M/9	ONEPINE	52 M/15	LARUS	52 M/7
HEROD	52 M/14 & 52 M/15	MALETTE	52 M/15	MALAHHER	52 M/14 & 52 M/15
CLEAR	52 m/16 & 52 M/9	LOUNT	52 L/1	KEEPER	52 M/10

# GPS COORDINATES

AIRPORT	49 08 25 N	93 55 01 W	CAIRNS	094 34 83 N	094 30 27 W
FLY-IN BASE	49 06 33 N	093 55 00 W	CLEAR	51 46 06 N	094 22 63 W
KAY	49 07 073 N	093 45 325 W	ONEPINE	51 47 10 N	094 37 72 W
LOUNT	50 09 58 N	094 16 69 W	MALETTE	51 49 25 N	094 48 58 W
LARUS	51 16 49 N	094 40 93 W	HEROD	51 48 16 N	094 57 81 W
KEEPER	51 34 19 N	094 34 83 W	MALAHHER	51 55 09 N	095 04 97 W

# RESERVATION INFO

## CLEANING DEPOSIT

There will be a refundable \$200 US Cleaning Deposit taken at the time of your group's departure. Our policy is that each group leaves a deposit; the pilot along with the head of your party will inspect the cabin upon arrival to see if it's acceptable and/or determine the refund. Should your deposit be forfeited, it will be passed on to the arriving party – NO EXCEPTIONS. After all, your group would not want to spend hours of valuable fishing time cleaning up somebody else's mess!

## Questions?

 (807) 484-2345  
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