



# Overnight Kayak Camp Pack List

## What We Provide

- Kayaks: doubles and singles
- Neoprene skirts for kayaks
- Life Jackets (PFDs)
- Float pads, throw bags and bilge pumps
- Tents
- Food, snacks, cooking utensils/stoves, all cleaning supplies
- Covid safety- hand washing stations at all stops and prior to all meals.

Please do not bring your own items from the list above, without first talking to our staff; packing for a multi-day kayak trip is an art and it is all about travelling light!

## Clothing

- A good sun hat with a brim and a toque
- 5-6 pairs underwear
- 4 pairs wool/synthetic socks
- 2 swimsuits/swim shorts
- 2-3 pairs of shorts
- 1 pair long underwear, top & bottom (synthetic or wool)
- 3-4 t-shirts
- 1-2 long-sleeved synthetic shirts
- 1 fleece, wool or synthetic pullover
- 1 fleece/puffy lightweight jacket for warmth
- 1 set of quality waterproof rain gear: jacket and pants (rubber is great though not breathable)
- 2 pairs of long pants (not full cotton)

- 1 pair of sturdy, water friendly sandals or water shoes/beachwalkers (flip flops are NOT appropriate water shoes)
- 1 pair of light hiking boots or sneakers

### **Other Gear**

- Sunscreen that is "reef friendly" & zinc sticks for face
- Sunglasses with retainers
- Toiletries - toothbrush, toothpaste, brush/comb, face cloth, contacts/glasses, etc. as well as any medications (please refer to medical form). Ladies, check out menstrual cups for a great camp-friendly feminine hygiene option or bring whatever you use and will need.
- 1 lightweight beach towel and 1 smaller towel for personal use at camp
- "Mess kit" – unbreakable bowl, plate, cutlery and mug
- 2 dish cloths for washing and 2 dish towels for drying your own dishes
- A mesh bag for hanging utensils, plate & cup overnight
- Thermarest/inflatable or ensolite sleeping pad
- Flashlight or headlamp (with an extra set of batteries)
- Synthetic sleeping bag (no down-filled or cotton/flannel lined bags; they absorb moisture and do not insulate well in our coastal environment).
- 1 litre water bottle
- 2-3 nylon stuff sacs or dry bags (mid size, not over 15L)
- 4-5 large heavy duty garbage bags & several large ziplocs for waterproofing
- 2-3 washable face masks and 1-2 "Buffs" that can be washed and used as masks as well as neck warmers
- Personal hand sanitizer.

## Important Info

- Please label all cherished gear with name.
- Note: Cotton gear gets wet quickly, becomes heavy, cold and dries very slowly. Wool or synthetic gear acts like a wick and moisture is drawn to the outer layers. Jeans are not appropriate pants for camp. Wearing layers including wool and synthetic is best for our climate.
- Please DO NOT bring electronic equipment (eg iPhones, iPads, iPods, handheld gaming devices), to camp. If mobile phones are needed to communicate with parents to and from camp, they may be brought and then left in our office while on expedition
- A camera that is NOT part of your phone is optional. Cameras should be waterproof, as even the humid saltwater ocean conditions can negatively affect them. We have a camp camera and will put photos up on Dropbox for everyone to get copies.
- Bug spray can be helpful at camp, however some people are sensitive to it and many brands - particularly those containing DEET - are highly toxic. Please use bug spray with care, or consider a natural brand or bug net.
- Synthetic sleeping bags are available for campers to rent for a \$25 + GST.
- Campers may rent inflatable sleeping pads for \$15 + GST. Foam pads can be provided at no cost.
- T-shirts are provided to all campers at the end of the week.
- Please be sure to send adequate funds for ferry/transportation costs to and from camp.
- It is essential that students come with garbage bags or drybags for waterproofing gear.
- If you have any questions or concerns please call us for suggestions.
- If you have any questions please call us at **(250) 537-2571 or (250) 537 7727.**