



# Surf Camp Pack List

## What We Provide

- Surfboards- Long and short boards available
- Wetsuits
- Booties
- Gloves when needed
- Tents
- Food, snacks, cooking utensils/stoves, all cleaning supplies
- Covid safety- hand washing stations at all stops and prior to all meals.
- Transportation to and from Pacific Rim

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

- Sun hat and toque;
- Buff/neck tube; (Buff is worn around the neck and if one finds oneself too close to another camper, it is quick to put on)
- Mask for wearing in the van; (two in case one is lost)
- A pair of light gloves
- 5 pairs underwear
- 3-4 pair wool/synthetic socks
- Swimsuit/shorts and two light beach towels
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 3 t-shirts
- 1 long-sleeved synthetic shirts
- 1 warm sweater/ fleece jacket (synthetic or wool)

- 1 set of good rain gear: waterproof rain jacket and pants (rubber is great for a West Coast downpour)
- 2 pairs of shorts
- 1-2 pairs of long pants (not full cotton; fleece/synthetic)
- 1 pair of water friendly sandals or water shoes/beachwalkers
- 1 pair of light hiking boots or runners

### **Other Gear**

- High quality Zinc stick for face (this is the only thing that will stay on in the ocean)
- Sunscreen that is “reef friendly”
- Sunglasses with straps/retainers
- Toiletries toothbrush, toothpaste, brush/comb, face cloth, hand towel, contacts/glasses, medication. Ladies, check out menstrual cups for a great camp-friendly feminine hygiene option or bring whatever you use/need.
- “Mess kit” – unbreakable bowl/plate, cutlery and mug
- 2 dish cloths and 2 drying towels for ones own dishes
- A mesh bag for hanging utensils and plate 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 bags)
- 1L reusable water bottle
- A duffle bag or backpack to pack all the gear in.
- 2 large green garbage bags & several large zip locks.

## Important Info

- Please label all cherished gear with name.
- Note: Cotton clothing gets wet quickly and becomes heavy, cold and dries very slowly. Wool or synthetic apparel 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 (i.e. iPhones, iPods, tablets, handheld gaming devices). *Campers may bring mobile phones to communicate with parents to and from camp but they will be left in our office during expedition.*
- A camera that is NOT part of your phone is optional. Cameras should be waterproof, as even the humid salt water ocean conditions can negatively affect them. We have a camp camera and will share photos on Dropbox.
- For most people, even those who “don’t usually burn”, sunscreen is not enough for our long days out in the sun with all the reflection off the water. Zinc cream/sticks are necessary.
- 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 can rent inflatable sleeping pads for \$15 + GST. Foam pads can be provided at no cost.
- If you have your own wetsuit or neoprene booties please let us know and bring them along, otherwise we will provide them. (Ensure we get your height, weight and foot size)
- Please be sure to send adequate funds for ferry/transportation costs to and from camp. En route to Pacific Rim, campers may be able to purchase their own snacks at the service stations if \$10-15 wants to be included in funds provided.
- If you have any questions please call us at (250) 537-2571 or (250) 537 7727.