

Coastal Current Adventures

118 Natalie Lane, Salt Spring Island, B.C. V8K 2C6
Phone (250) 537-2571

Leadership Camp

Pack List - (please label all cherished gear)

Note: Cotton gear gets wet quickly and 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.

Clothing

- A good sunhat with a brim and a toque
- 6 pairs underwear (we will do some washing on Expedition)
- 6 pair wool/synthetic socks
- Swimsuit/shorts and one pack towel
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 5-6 t-shirts
- 1-2 long-sleeved synthetic shirts that can be used as sun block for arms
- 1 set of good, **waterproof** rain gear, jacket and pants (rubber is great for downpours but not breathable)
- 3-4 pairs of shorts
- 2 pairs of long pants (not cotton, synthetic is best)
- 1 pair of sturdy, water friendly sandals, neoprene booties or water socks (flip flops are NOT appropriate water shoes, but chaco or Texas are good)
- 1 pair of light hiking boots or runners for on shore and doing some hiking

Other gear

- Sunscreen & Zinc sticks for face. Reef friendly sunscreen is important for the environment.
- Toiletries - toothbrush, toothpaste, brush/comb, face cloth, hand pack towel, 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 what you use/need.
- "Mess kit" – unbreakable bowl/plate, mug and cutlery.

- 2 dish cloths & 2 drying towels for personal washing/drying
- A mesh bag for hanging utensils and plate overnight
- Thermarest/inflatable or ensolite pad for sleeping on
- Flashlight or headlamp (with an extra set of batteries)
- Synthetic sleeping bag (no down or cotton/flannel bags, which absorb moisture and do not insulate well in our marine environment). Rentals are available.
- 1L water bottle or 1.5 litre.
- 2-3 nylon stuff sacs or dry bags (We recommend one 10 litres dry bag plus 2 X 5 litre dry bags for organizing cosmetics and other gear, separate colours helps for finding gear)
- 4-5 large garbage bags & several large ziplocs for waterproofing.
- 2-3 washable masks, 1-2 Buffs/neck tubes that can be washed and used as masks as well as neck warmers
- Personal hand sanitizer.
- “rite in the rain” or waterproof notepad. Small so it can fit in the neoprene skirt pocket. (We write down the tides, currents and weather daily.)

Optional/Notes

- Please DO NOT bring electronic equipment (i.e. iPhones, Cell phones iPods, tablets, handheld gaming devices).
- A **camera** that is NOT part of your phone is optional. Cameras should be waterproof, as 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 to rent for \$25 + GST.
- Campers can 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.

If you have any questions or concerns please call us for suggestions. It is **important** that students come with stuff sacs or dry bags for waterproofing gear. WE can lend out nylon stuff sacs which can be waterproofed with garbage bags—best for sleeping bags.