



# Coastal Current Adventures

118 Natalie Lane, Salt Spring Island, B.C. V8K 2C6  
250 731 2000 - Office | 250 221 2257 - Jasper | 250 538 7241 - Carissa



## AOG Upgrade Course Pack List

(1 week)

please label all gear with name

It is expected that you come with some essential equipment. If you do not have these items, please ensure that you obtain them before the start date.

We have rentals available for kayaks, (which includes accessories) and for wetsuits.

Please let us know well ahead of time if you will require any of these rentals.

### Items Needed:

- Kayak with front and stern bulkheads
- Two kayak paddles
- Float rescue pad
- Chart 3673
- Tow line
- Stirrup
- Handheld Compass
- Wetsuit or Drysuit
- Change of clothing & a drybag for it
- Paddling clothes
- Manual handheld bilge pump
- "Rite in the Rain"/dry erase booklet & pen

\*\*\*Camping gear is considered safety gear for day guides on trips, in case of an emergency or unplanned overnight. This includes a stove, sleeping bags, tarp & string. It is **not** necessary to bring this daily as your instructors will carry it. If during scenarios you need something from this Camping/Safety Gear bag, you will be welcome to borrow it.

### Optional but recommended if you already have them:

- handheld Marine Radio. We listen to the radio every day so having one will help you get better at writing weather and understanding the forecasts.
- Flares

**Note:** Cotton gear gets wet quickly and becomes heavy, very 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 program

Wearing layers including wool and synthetic is best for our climate.

## Clothing

- A good sunhat with a brim, and a toque
- 3-4 pair underwear (you can always wash some)
- 3-4 pair wool/synthetic socks
- Bathing suit/shorts and 1 small towel (Pack towel is best)
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 2-3 T-shirts synthetic is best unless you run hot then cotton is okay
- 1-2 long-sleeved synthetic shirts (fleece style is best)
- 1 set of good, **waterproof** rain gear: jacket and pants
- 1 warm synthetic puffy jacket/insulation jacket that packs down nicely
- 2- pairs of shorts
- 2 pairs of long pants (not cotton)
- 1 pair of water friendly sandals, water socks or booties (flip flops are not appropriate water shoes)
- 1 pair of light hiking boots or runners

## Other gear

- Synthetic sleeping bag - not down filled or cotton/flannel lined, which absorb moisture and don't insulate well in a coastal environment (we have extras, they have a \$20 + GST cleaning fee)
- Theramarest/inflatable sleeping pad or insulated pad (we have extras, they have a \$15 + GST cleaning/maintenance fee)
- Sunscreen and sunglasses with straps, Zinc sticks for face – Please ensure all sunscreen is reef friendly.
- Toiletries - toothbrush, toothpaste, brush/comb, face cloth, contacts/glasses, etc. as well as any medications (please refer to medical form)
- Flashlight or headlamp (with an extra set of batteries)
- Medication – It is mandatory to bring an extra set of medication for instructor to pack if you have a severe allergy; anaphylactic or have any critical medications you cannot be without; just in case they get spoiled, wet, or need to be administered by instructor.

- 1L water bottle
- 2 -dry bags (mid-size, not over 15L, 10 litres is best for packing)
- Write in the rain book for note taking. These should be small 5" X 2.5 "is perfect for packing in a pocket.
- Paddling Gloves, poggies (neoprene over-mit) or neoprene gloves if your hands get cold.

## Optional/Notes

- Please limit electronic equipment (eg. laptops, Handheld gaming devices). iPhone's do make good cameras and usually are waterproof.
- 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 an Expedition Camera and send photos upon request.
- **Bug spray** can be helpful at camp; however, some people are sensitive to them and many brands - particularly those containing DEET - are highly toxic. Please use bug spray with care or consider a natural brand or bug net.

**\*If you take medication or have any allergies**

**You must duplicate (two sets) and separate into two weatherproof case/bag with labels**  
**so the instructor has their own set of medication for your safety**

If you have any questions, please call us at:

250 731 2000 - Office | 250 221 2257 - Jasper cell | 250 538 7241 - Carissa cell