

## **Packing List - AOG Upgrade Course (5 Days)**

### CCA Rentals Available - Price subject to gst

- ❖ \$175 - Kayak + Safety Gear (Paddles, Spray Skirt, Hatch Covers, Tow Line, Stirrup, Paddle Float, Manual Pump, PFD, Helmet)
- ❖ \$75 - Wetsuit + Neoprene Booties
- ❖ \$20 - Synthetic Sleeping Bag
- ❖ \$15 - Sleeping Pad
- ❖ \$15 - Chart Case + Chart

### Navigation Equipment

- Chart #3673 - Clayoquot Sound
- Waterproof Chart Case
- Compass
- Log Book - Bound and numbered is ideal - Rite in the Rain notebooks are strongly recommended + pencils
- Watch - Time is important for navigation

### Cold Water Immersion Gear - Wetsuit **or** Drysuit

- Wetsuit - 5/4mm, Neoprene Booties 5-8mm, Gloves 3mm
- Drysuit - That does not leak!!
- Paddling Jacket (for wearing over wetsuit when not in water)

\*You will be wearing immersion gear daily and will be exposed to rain, wind, waves & current.

### Optional Items

- |   |   |
|---|---|
| <input type="checkbox"/> Neck tube/buff | <input type="checkbox"/> Binoculars                           |
| <input type="checkbox"/> Thermos        | <input type="checkbox"/> Camp Pillow                          |
| <input type="checkbox"/> Deck Compass   | <input type="checkbox"/> Camp Towel                           |
| <input type="checkbox"/> VHF Radio      | <input type="checkbox"/> Head Net (if black flies bother you) |
| <input type="checkbox"/> Poggies        |   |

### Kayak Equipment

- Sea Kayak with waterproof bow & stern bulkheads + space for 5 days of food & gear
- Paddle + Spare Paddle
- Spray Skirt
- Foam PFD - Approved by CCG or ULC
- Manual Hand Bilge Pump
- Whistle
- Paddle Float - Foam or Inflatable
- Sea Kayak Tow Line - 15 metres of buoyant Line (quick release on both ends)
- Throw Bag
- Helmet - Whitewater/Surf Style
- Stirrup - 4.5 metre loop of buoyant rope or webbing

### Camping Gear

- Shelter - Tent, Tarp, Rope
- Sleeping Bag - Synthetic is ideal
- Sleeping Mat

### Bathroom/Toiletries

- Pee, Poop, Period Kit (Toilet paper, Soap, More TP, Pads/Tampons/Cup, Bag to Pack it out etc)
- Toothbrush + Toothpaste
- Sunscreen and/or zinc - Reef Safe is ideal
- Small personal First Aid Kit
- Medications - Please duplicate & separate any critical medications to give one set to your guide trainer in case other medication gets wet or lost.

### Personal Clothing

- Rain Jacket + Rain Pants(rubber works good)
- 2 x Wool or Synthetic Sweaters/Jackets
- 2 x Wool or Synthetic Baselayer Tops
- 2 x Wool or Synthetic Long Underwear Bottoms
- 2 x Wool or Synthetic T-Shirts
- 2 x Nylon/Quick Dry Pants
- 1 x Wool or Fleece Pants
- 1 x Quick Dry Shorts/Bathing Suit
- 5+ Pairs of Wool/Synthetic Socks
- 1 x Rubber Boots
- 1 x Pair of other footwear (lightweight)
- 2 x Wool or Synthetic Toques
- 1 x Brimmed Hat

### Other Gear

- Headlamps with extra batteries
- Dry Bags or Stuff Sacks (with garbage bag liner)
- Polarized Sunglasses
- Large mesh/nylon/lightweight duffle bag
- Pocket knife
- Lighter/Matches
- Spare Garbage bags & zip loc bags

### Food & Cooking

- Personal Snacks for 5 Big Days
  - Group food for assigned meals
  - Water bottle
  - Mess kit (bowl, spoon, cup, etc)
  - Coffee, Tea (hot drink of choice)
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## How to Pack your Gear + Food

You will need to make sure your gear & food is organized and waterproof so that you do not end up with a wet sleeping bag or soggy bread!

Sea Kayak Hatches "should" be fairly watertight but there is sometimes human error in closing hatches properly and we do a lot of wet work/scenarios.

You will need to make sure you have some room left in your kayak for group gear (shared kitchen, tarps, stoves, fuel, etc)

We suggest a large [mesh duffle bag](#) or a large [tote bag](#) for transporting your smaller bags up the beach

## Waterproofing with [Dry Bags](#)

Dry Bags are a great option for waterproofing gear - Here are some tips & considerations:

- ❖ Do not pack any dry bags larger than 20L (5L, 10L, 15L + 20L dry bags fit in kayak best)
- ❖ More small bags is often easier to fit into your boat
- ❖ If your dry bags can hold air, then they should keep water out!
- ❖ Test your bags before the trip
- ❖ Most dry bags need to be folded at least 3 times, then latched to be waterproof

## [Waterproofing with Stuff Sack + Garbage Bags Video](#)

Using stuff sacks (not waterproof) and lining with a garbage bag is another option instead of dry bags. We find that this method takes up slightly less room in your kayak while also sliding in easily. Here are a few tips and considerations:

- Take your 5-25L stuff sack and line it with a garbage bag, fold the excess garbage bag down, pack your clothes/gear/food into the bag evenly, grab the excess garbage bag and press down to get air out, spin bag (do not tie), then shove the spun portion down the side. Pull the drawstring tight - stoked!
- Get decent garbage bags (medium thickness) and pack a few extras (tuck tape works for repairs)
- Compression straps on stuff sacks are great for making bulky items more compact
- Links below for reference
  - [Sea to Summit Compression Sack](#)
  - [Sea to Summit Stuff Sack](#)