



Coastal Current Adventures

Level 1 Guide Course Information Package

Salt Spring Island | 11 Pages

About L1 SKGABC Guide Course

This program is 5 full days and provides an amazing foundation to build your professional guiding career or to simply enhance your skills to safely experience the beauty of our coast by sea kayak. Successful candidates will receive SKGABC L1 Day Guide Certification that will allow you to lead Day Trips in Class 1 Waters + Class 2 Waters when in direct communication with on-site manager

Level 1 Waters

Gentle tours in non-challenging waters with limited wind effect, little or no current, easy landings and ready access to land based assistance

Level 2 Waters

Tours in lightly populated areas with short crossings, moderate potential wind effects, gentle to moderate non turbulent currents, easy to moderate landings and light surf beaches

Who should take this course?

- People wanting SKGABC professional guide certification
- People who aspire to take AOG upgrade course
- People who regularly kayak but would like to build more confidence in their skills to safely navigate west coast waters
- People who would like to safely lead their friends + family



Program Details

This Course will start at 8:30am and finish around 5:30pm daily. Days are action packed and full of information & concepts that you will need to learn. Please make sure you don't make other commitments outside of the course as you will be busy, tired and fired up on the awesome things we will experience!

Online Campus allows you to learn theoretical concepts at your own pace and prior to the course so that you are prepared to dive deeper and witness/execute the theories in real time. Participants who are seeking SKGABC Certification through this course must take the practical and written assessments on Day 5 and receive 75% or greater on both to pass.

How to prepare for this course

- CCA Waiver - Review, Complete + Submit (via email 2 weeks prior to course)
- CCA Medical Form - Complete + Submit (via email 2 weeks prior to course)
- CCA Online Campus - Prepare to spend 20-40 hours (depending on prior knowledge) to acquire a baseline understanding of concepts
- Make sure you have all your gear organized (refer to packing list)
- Plan your transportation & accommodations prior to the program
- Get out on the water in a sea kayak to practice if possible

Respect Expectations Safety Transparency

Respect

Admiration felt or shown for someone or something - show respect to all peoples and places while we learn together what it means to move through our environment in a good way. Listen, be kind, understanding, helpful and show up with an open heart and mind! We will not tolerate disrespectful behaviour! 3 strikes & you're out

Expectations

Level 1 Guides are expected to show competency in various skills and concepts throughout this program. You will be expected and encouraged to take on leadership roles on and off of the water. Listed below are the order of operations to follow when you are dealing with situations as a responsible leader.

- A. Safety to yourself - Take care of personal comfort, stay hydrated, well fed, organized, stay alert and aware of any hazards
- B. Safety to the Group - Make sure the group is comfortable, hydrated, well fed, organized and knows what they need to do. Be assertive in situations that call for it but also kind, understanding and patient at the same time
- C. Safety to the Victim(s) (People who might need your help) - Stay calm, open up your toolbox and get to work! Keep in mind that you still have your group and yourself to take care of as well. Don't get tunnel visioned, stay focused and aware

Safety

Our Guides take risk management seriously so that we make safe decisions throughout our courses. We often try to push candidates to the edge of their comfort zones during leadership scenarios but there is always a safety veto if anyone is not feeling safe and course leaders will take over. Our team at Coastal Current Adventures will provide a safe space for you to learn as much as possible while being patient and understanding of boundaries

Transparency

Our team will be transparent with you about expectations and safety protocols so that you can make the most of your learning experience with us

In turn we need all our candidates to be transparent with our instructors so that we can make safe decisions and follow protocols for certain situations that may arise during our programs.



Course Content

Throughout this program we will show you many skills, concepts and techniques that are not required for your assessment but will be valuable tools to have in your toolbox. Some of these skills are not listed below only because they are not required for L1 Evaluations.

Expectations for assessment

All successful candidates will clearly demonstrate effective communication, leadership, and judgment throughout all aspects of the examination and specifically during situations requiring instruction, scenarios, and other situations involving risk management. Candidates should take the scenarios seriously; they are evaluated on how thoroughly they follow through in these scenarios and look after all group members.

Level One Guides are expected to perform all skills with a high degree of proficiency while leading in class 1 waters and demonstrating personal comfort suitable for class 2 waters.

Paddling Techniques

Candidates must demonstrate effective and efficient strokes for guide level. Strokes will be evaluated throughout the entire course in varied sea state and weather conditions.

Specific Paddling Skills

- ❖ Forward
- ❖ Reverse
- ❖ Stopping
- ❖ Forward Sweep
- ❖ Reverse Sweep
- ❖ Pivot Turn
- ❖ Sculling Draw
- ❖ Underwater Recovery Draw
- ❖ Low Brace
- ❖ High Brace
- ❖ Brace Turns
- ❖ Edging/Leaning with Strokes
- ❖ Ferry Glides
- ❖ Eddy Turns in moving water (current)

Rescue Techniques

All rescue techniques will be assessed throughout the duration of the course and during leadership scenarios. Rescues will be practiced and assessed in varied sea state + weather conditions appropriate for Guide Level.

Self Rescues

Candidates must demonstrate 1 self rescue technique, secure skirt and begin pumping within 2 minutes

- ❖ Self Rescue with paddle float - use of stirrup optional
- ❖ Self Rescue without paddle float (scramble) - use of stirrup optional

Assisted Rescues

Candidates must demonstrate 3 assisted rescues techniques

- ❖ T Rescue
- ❖ Parallel Rescue
- ❖ Sling Rescue / Stirrup Re-entry



Towing & Travel Assist

Candidate will demonstrate one towing/travel assist techniques appropriate for different distances, conditions + situations

- ❖ Single Inline Tow
- ❖ Stabilizing Tow
- ❖ Contact Tow
- ❖ Bow Carry
- ❖ Stern Carry

Navigation

Candidates will use navigational tools, including nautical charts, compass, tide & current tables and chart 1 to make a route plan for a sea kayak trip

- Identify Chart Symbols, Scale and Projection
- Use Chart 1 as a reference tool
- Plot appropriate route plans with speed, distance and time estimates
- Follow Route plans & adapt to conditions
- Take bearings with compass on and off of chart
- Use Tide&Current tables to predict tides & currents
- Familiarity with Basic Collision Regulations (right of way)

Weather

Candidates will use a variety of weather aids to make reasonable 6 - 12 hour weather predictions to be used within the context of a sea kayak trip.

- Describe weather phenomena including Land & Sea Breezes, Gap Winds, Corner Winds, Fog Types
- Observe and describe current local weather trends (clouds, winds, precipitation) and relevance to trip & route planning
- Access marine weather forecast and interpret the relevance to trip & route planning

Emergency Signalling & Radio Use

Candidates will demonstrate proficiency with a variety of communication devices appropriate to the area of travel

- ★ Routine Communications for Logistics (using appropriate language, clarity, brevity and precision)
- ★ Proper Communication procedures for an emergency call to Coast Guard or Rescue Coordination Centre
- ★ Care + proper use of flares including types, limitations, sequencing and safe ignition
- ★ Alternate one way signalling options (for example: smoke, fire, signal mirror, strobe, EPIRB and PLB)

FULFORD HARBOUR PST-HNP (UTC-8) 2026 TIDE TABLES - TABLE DES MAREES

April-Avril						May-Mai						June-Juin					
Day	Time	Phase	Hour	Minutes	Phase	Day	Time	Phase	Hour	Minutes	Phase	Day	Time	Phase	Hour	Minutes	Phase
1	04:28	1.1	10.2			1	03:26	3.0	9.8			1	00:24	2.9	4.8		
WED	10:47	1.4	4.6			FRI	10:38	0.7	2.3			MON	03:05	2.9	9.5		
MER	17:14	2.8	9.2			VEN	18:33	3.1	10.2			LUN	11:12	0.3	1.0		
	22:31	1.7	5.6			SAM	23:09	2.8	8.2			MAR	22:22	2.8	9.2		
2	04:45	3.1	10.2			2	03:44	3.0	9.8			2	01:17	2.9	9.5		
THU	11:17	1.1	3.6			SAT	11:07	0.5	1.6			SUN	10:50	-0.1	-0.3		
FRI	18:11	2.9	9.5			SUN	19:20	3.2	10.5			MON	19:17	3.4	11.2		
JEU	23:12	2.0	6.6			1	03:44	3.0	9.8			2	23:22	2.9	9.5		
3	05:01	3.1	10.2			3	00:03	2.7	8.9			3	02:14	2.8	9.2		
FRI	11:47	0.9	3.0			MON	04:00	2.9	9.5			TUE	03:33	2.9	9.5		
VEN	19:06	3.0	9.8			DM	11:39	0.5	1.6			MAR	12:10	-0.1	-0.3		
	23:55	2.3	7.5			DM	20:56	3.3	10.8			MER	20:35	3.5	11.5		
4	05:17	3.0	9.8			4	01:01	2.8	9.2			4	03:20	2.8	9.2		
SAT	12:18	0.8	2.6			MON	04:23	2.9	9.5			THU	04:25	2.8	9.2		
SAM	20:01	3.0	9.8			TUE	12:12	0.5	1.6			FRI	3:00	0.5	1.6		
						DM	20:53	3.3	10.8			JEU	21:41	3.3	10.8		
5	00:42	2.5	8.2			5	02:08	2.8	9.2			5	13:38	0.6	2.0		
SUN	00:33	3.0	9.8			TUE	04:40	2.9	9.5			VEN	22:10	3.3	10.8		
DM	12:51	0.7	2.3			MAR	12:49	0.5	1.6			SAM	14:28	0.9	3.0		
	21:09	3.1	10.2			DM	21:40	3.3	10.8			JEU	22:17	3.4	11.2		
6	01:36	2.6	8.5			6	13:27	0.6	2.0			6	14:17	0.8	2.6		
MON	05:48	2.9	9.5			WED	22:24	3.3	10.8			SAT	22:37	3.3	10.8		
LUN	12:28	0.7	2.3			DM	22:38	3.5	11.5			SAM	23:29	3.2	10.5		
	22:03	3.1	10.2			DM	22:38	3.5	11.5			SAT	22:44	3.3	10.8		
7	02:43	2.8	9.2			7	14:09	0.7	2.3			7	05:51	2.2	7.2		
TUE	05:58	2.9	9.5			FRI	07:12	2.6	8.5			SUN	07:28	2.3	7.5		
MAR	14:08	0.7	2.3			JEU	15:00	2.5	8.2			LUN	14:59	1.1	3.6		
	23:08	3.1	10.2			DM	23:19	3.4	11.2			DM	23:02	3.2	10.5		
8	04:53	0.8	2.6			8	14:55	0.8	2.6			8	06:04	2.0	6.6		
WED	10:58	0.8	2.6			SAT	08:57	2.3	7.5			MON	09:43	2.1	6.9		
MER	18:43	0.8	2.6			SUN	15:58	1.8	5.9			LUN	15:45	1.1	4.6		
						DM	23:55	3.4	11.2			MAR	17:43	2.2	7.2		
9	00:08	3.1	10.2			9	15:45	1.0	3.3			9	06:40	1.6	5.2		
THU	15:45	0.9	3.0			SUN	11:22	2.1	6.9			TUE	12:05	2.1	6.9		
JEU						DM	16:56	1.4	4.6			MAR	16:39	1.8	5.9		
						SUN	00:17	3.2	10.5			DM	07:09	1.2	3.9		
10	00:59	3.2	10.5			10	00:17	3.2	10.5			10	07:59	0.7	2.3		
FRI	01:40	3.1	10.2			DM	17:59	1.8	5.9			THU	14:10	2.4	7.9		
VEN						DM	17:59	1.8	5.9			JEU	20:00	2.8	9.8		
						DM	17:59	1.8	5.9			JEU	20:00	2.8	9.8		
11	01:40	3.1	10.2			11	00:46	3.2	10.5			11	00:07	3.2	10.5		
SAT	11:50	1.1	3.6			MON	07:30	2.0	6.6			TUE	07:42	0.8	2.6		
SAM						LUN	11:42	2.2	7.2			FRI	17:22	3.1	10.2		
						LUN	17:45	1.5	4.9			VEN	21:33	2.9	9.5		
12	02:12	3.1	10.2			12	00:11	3.1	10.2			12	00:29	3.2	10.5		
TUE	05:58	2.9	9.5			TUE	08:05	1.6	5.2			DM	09:10	0.4	1.2		
DM	11:26	2.4	7.9			MAR	16:24	2.8	9.2			VEN	16:45	3.0	9.8		
	18:51	1.2	3.9			DM	20:12	2.5	8.2			SAM	18:00	3.2	10.5		
13	02:38	3.1	10.2			13	01:32	3.1	10.2			13	00:57	3.3	10.8		
MON	09:00	2.1	6.9			WED	08:27	1.3	4.3			SAT	09:40	0.1	0.3		
LUN	11:17	2.4	7.9			DM	15:10	2.5	8.2			SUN	18:35	3.3	10.8		
	19:45	1.3	4.3			DM	19:41	2.0	6.6			DM	23:32	2.9	9.5		
14	03:00	3.1	10.2			14	01:51	3.1	10.2			14	01:34	3.4	11.2		
TUE	09:15	1.8	5.9			THU	08:56	0.8	2.6			SUN	07:45	-0.2	-0.7		
MAR	14:42	2.5	8.2			FRI	16:21	2.8	9.2			FRI	18:27	3.4	11.2		
MER	18:42	1.4	4.6			SAM	18:42	3.2	10.5			SUN	19:08	3.3	10.8		
						DM	22:24	2.8	9.2			DM	23:20	3.1	10.2		
15	03:18	3.1	10.2			15	02:10	3.2	10.5			15	00:21	3.4	11.2		
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	21:16	1.7	5.6			DM	21:27	2.6	8.5			MAR	19:38	3.3	10.8		
						DM	19:21	3.3	10.8								
						DM	19:21	3.3	10.8								

Leadership and Judgement

Candidates will demonstrate strong leadership skills in a variety of situations, including rescue scenarios and during daily paddling routines + group travel

Candidates will demonstrate good judgement and preventative risk management for group safety both on and off of the water. Candidates will combine a variety of problem solving, rescue and group management techniques to successfully resolve staged scenarios.

Specifically Candidates will:

- ❖ Communicate to individuals and group
- ❖ Detect and correct errors in clients forward strokes to prevent injury and improve efficiency
- ❖ Assert effective group control on land and water
- ❖ Awareness of individual & group needs
- ❖ Leadership through clear communication & decision making
- ❖ Ongoing risk management & assessment
- ❖ Follow general safety practices and procedures for landing, launching & on water travel
- ❖ Follow general safety practices and procedures for land based group management (site orientation, setting parameters)
- ❖ Demonstrate problem solving skills for minor issues (equipment + clients)
- ❖ Demonstrate scenario management and resolution skills (including potential capsizes, illness & injury, missing client, equipment loss or damages)

Trip Preparation

Candidates will demonstrate an understanding of the stages and importance of trip preparation

- Equipment check

Environmental Impact Awareness

Candidates will demonstrate an awareness of and explain the positive & negative impacts of commercial sea kayaking in Coastal BC communities and environments.

Candidates will demonstrate an awareness of and explain the potential negative impacts of sea kayakers on coastal and marine ecosystems

- ★ Guidelines & Strategies for minimizing group impact while traveling on water (marine life) and in camp (erosion, waste, vegetation, fresh water, visual, fire, wildlife)
- ★ Proper human waste disposal (guidelines, strategies, concerns)



Course Logistics

Travel - Coastal Current Adventures does not provide transportation for this program



Ferries to Salt Spring Island include:

- Tsawwassen to Long Harbour (SSI)
- Swartz Bay to Fulford Harbour (SSI)
- Crofton to Vesuvius (SSI)

Public transport on Salt Spring is minimal and will not get you exactly where you need to be for this course. You will need to have your own vehicle for carpool with someone else on the course. If you plan to hike or bike.....start early! (Salt Spring has lots of hills)

- We will provide transport for any gear & kayaks that have been rented from us
- If you would like us to transport your own kayak on our trailer during the course that's no problem, we will not be held liable for any loss or damages

Accommodation - We do not provide accommodation for this course

Listed below are some suggestions for campgrounds to stay at. There are many other accommodation options on Salt Spring such as hotels, vacation rentals and BnB's.

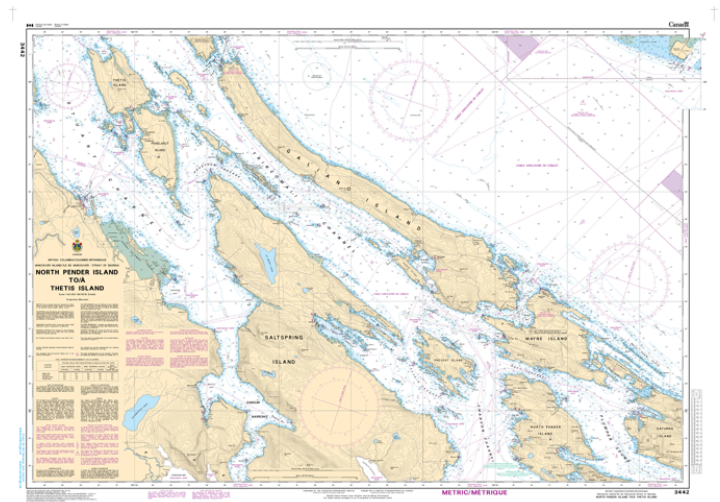
- ❖ [Ruckle Park](#)
- ❖ [Mowhinna Creek Campground](#)
- ❖ [Garden Faire Campground](#)

What We Provide

- SKGABC Guide Technical Manuals
- New Membership Fee for SKGABC
- Quality instruction and demonstrations of all content needed for L1 written & practical exams
- Safety Gear for the Group (Tarps, VHF Radios, Repair Kit, Flares, an extra sleeping bag)
- Tide & Current Booklets
- If rented from us - Kayak, Safety Gear, Wetsuit, Neoprene Booties
- Online Campus Access

What You Need to Bring

- ★ An open mind to learn new concepts and take constructive criticism
- ★ Fill out + Submit Waiver + Medical Form
- ★ Make sure you have your travel and accommodation organized prior to course
- ★ [Chart Case](#) + Chart 3442 (rentals available)----->
- ★ Water, Lunch, Snacks + Thermos of tea
- ★ Extra Change of Clothes in Waterproof bag



- ★ Rite in the Rain Notebook (or something similar)
- ★ Pencils, Calculator
- ★ [Compass](#) - You will need this for the course and future so you don't get lost!
- ★ Footwear - Neoprene Booties, Sturdy Watershoes
- ★ Hat, Sunglasses, Zinc
- ★ Drysuit or Wetsuit, Booties, Kayak + Safety Gear (unless you are renting from us)
- ★ Safety Gear = Paddle + Spare Paddle, Paddle Float, Throw Bag, Tow Line, Stirrup, Hand Bilge Pump
- ★ If you are bringing your own Kayak, please make sure bulkheads are water tight and hatch covers are in decent shape

Be prepared to - paddle all day perform leadership scenarios, be a victim during scenarios

Be prepared to - get wet every day

Be prepared to - take notes at any time & write knowledge test on day 5

Be prepared to - dream of weather, water, rescues & rad paddle strokes!

Be prepared to - bring food, water, warm clothes with you in your kayak every day

Be prepared to - help other people

Be prepared to - have your mind blown by the awesome things we will do during this course!

Our Leaders / Instructors

Coastal Current Adventures has a skilled team of Guide Trainers who are stoked to share their knowledge to give you the tools you need to be a safe, respectful, proficient & responsible Sea Kayak Guide!

If you have any further questions or concerns please call or email us at

250 221 2257

coastalcurrentadventures@gmail.com

See Schedule + Packing List Below



Course Schedule - Please arrive at our start location every day around 8am so that you are prepared, organized and ready to learn at 08:30!

**Schedule subject to change depending on group, conditions, etc...*

	Morning	Afternoon	Evening
Day 1 Cusheon Lake 118/116 Natalie lane	Admin, Intro, Paddle Talk, Sea Kayak Strokes & Techniques	Double Strokes, Bracing, Rescues, Carries + Boat Transfers	Write down Tides and Weather for next day
Day 2 Beddis Beach	Weather, Tides, Guide Gear, Piloting, Group Management, Leadership	Navigation, Towing, Environmental + Cultural Awareness, Leadership Scenarios	Weather, Tides & Currents for following day
Day 3 Xwaaqw'um (Burgoyne Bay)	Weather, Tides + Currents, Hydrology, Advanced Strokes, Leadership Scenarios	Paddling in Current, Leadership Scenarios	Rules of 12ths, Tides + Currents. Weather for following day
Day 4 Long Harbour (Quebec Drive boat Launch)	Tides + Rules of 12ths, Weather, Aids to Navigation + Collision Regulations, Leadership Scenarios	Leadership Scenarios, Tarps, Fire	Weather, Tides, Route Plans
Day 5 Cusheon Lake 118/116 Natalie lane, ocean for afternoon	Operating Standards, Written Exam	Practical Evaluation / Leadership Scenarios, Words of Wisdom, Individual Debriefs with Candidates	Sleep Well!



Packing List - Level 1 Course (5 Days) | Salt Spring Island

CCA Rentals Available - Price subject to gst

- ❖ \$125 - 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 #3442
- 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
- 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 (if you are camping)

- 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 and 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
- 4+ 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

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

Food & Water

- Personal Snacks for 5 Big Days
- Daily lunches to pack in your kayak
- Full Water bottle

How to Pack your Gear

You will need to make sure your gear is organized and waterproof. You will need to bring a full change of spare clothing with you daily so you have some dry clothes to wear if you get wet. 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

We suggest bringing a tote bin to cart your gear to and from the beach and keep your stinky wetsuit or drysuit contained! Tote bin lids also work great for getting changed on so you don't ruin your gear.

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](#)

If you have any further questions or concerns contact us at 250 221 2257 | coastalcurrentadventures@gmail.com