

Clothing

Foot & Hand Wear

- 1 pair trail shoes or light-weight fabric/leather boots - for wearing onshore
(please do not bring heavy-weight leather hiking boots or rubber boots - see information on page 4)
- 1 pair neoprene reef booties with thick soles and/or 1 pair sturdy sandals - for wearing in kayak
(please do not bring rubber boots or hip-waders - see information on page 4)
- 2 pairs warm socks, wool or synthetic
- 1 pair light-weight socks, wool or synthetic (please do not bring cotton socks)
- 1 pair light-weight wool or synthetic gloves
- 1 pair neoprene "grip-palm" gloves with curved fingers, or 1 pair kayaking pogies

Lower Body

- 1 pair warm long pants, wool or synthetic
- 1 pair lightweight long pants, fast drying synthetic
- 1 pair rain pants, waterproof coated nylon or Gore-Tex, etc.
- 2 or 3 pairs underwear, synthetic (not cotton)
- 1 pair long johns, synthetic or wool (not cotton)

Upper Body

- 1 light-weight long-sleeved synthetic undershirt
- 1 medium-weight long-sleeved synthetic shirt
- 1 warm heavy-weight wool or synthetic shirt
- 1 sweater or jacket - synthetic or wool
- 1 vest - synthetic or wool
- 1 rain jacket, waterproof coated nylon or Gore-Tex, etc. - sleeves should be capable of closing tightly and/or 1 waterproof paddling jacket
- 1 wool or synthetic neck gaiter or scarf

Head Gear

- 1 sun hat with firm, windproof brim - adjustable for snug fit and/or with chin-strap
- 1 warm hat - synthetic or wool
- 1 light-weight synthetic balaclava or cowl (ski mask with an open face)
- 1 sou'wester rain hat (to fit over warm hat) or a hood on your rain jacket
- 1 kayak helmet or bicycle helmet (for surf landings)
- 1 cotton bandana or handkerchief

Suggested Equipment Suppliers

Ecomarine Ocean Kayak Centre
Granville Island - Vancouver, BC
Phone 1 888 425-2925 or 604 689-7575
ecomarine.com

Mountain Equipment Co-op
mec.ca

Recreational Equipment Inc.
rei.com

Down and cotton insulate extremely poorly when wet and dry very slowly

Wool insulates quite well when wet, but dries slowly

Synthetics insulate very well when wet and dry quickly!

Required Equipment

- ⌚ 1 medium-weight synthetic fill sleeping bag (please do **not** bring a down filled sleeping bag)
- ⌚ 1 compression stuffsac for sleeping bag - plus 1 stuffsac to fit over compression sac for waterproofing
- ⌚ 1 sleeping pad (Thermarest, or closed-cell foam)
- ⌚ 1 sturdy frame-less day pack, capable of compressing very small when empty
- ⌚ 2 wide-mouthed 1 litre water bottles with lids that remain attached when opened
- ⌚ personal eating gear: spoon, fork, cup and bowl (plate is optional)
(non-insulated metal cups and bowls may burn your fingers - plastic or insulated metal is better)
- ⌚ 1 headlamp, or small flashlight, with extra bulbs and batteries
- ⌚ waterproofed matches and/or lighter
- ⌚ 1 pocket knife
- ⌚ 15 meters (50 feet) light utility cord (this is string, not thick rope - it's for general use; clothes-lines etc.)
- ⌚ repair kit: needles & thread, nylon, wire, safety pins, Thermarest patch kit, etc.
- ⌚ first aid kit: personal medication, band-aids, antiseptic cream, moleskin, adhesive tape, gauze etc.
- ⌚ enough small stuffsacs and garbage bags to waterproof all your gear (please see information on page 3)
- ⌚ 6 spare empty garbage bags and 3 spare empty small nylon stuffsacs - for reorganizing your gear
we recommend using large Glad garbage bags (the strong ones!), many other brands are less tear-resistant (the garden-size bags are too large and the kitchen bags are too small).
- ⌚ several medium and large size ziplock freezer bags (these can be very useful)
- ⌚ small quick-drying towel, soap, toothbrush, toothpaste, etc.
- ⌚ sun block lotion, SPF 15 or more (waterproof)
- ⌚ insect repellent - check out Cactus Juice: www.cactusjuicetm.com
- ⌚ sunglasses - 95 to 100% UVA & UVB protection (all eyeglasses should be secured with a strap)
- ⌚ whistle with lanyard
- ⌚ waterproof watch with alarm
- ⌚ 1 large zipped duffel bag to carry all of your gear - must be easily rolled or folded when empty to fit through the front hatch of your kayak (mesh duffel bags are smallest when empty)
- ⌚ Contact lens wearers: bring lens cleaning & storage facilities plus a spare pair of eyeglasses with strap
- ⌚ Women: please bring extra tampons and/or sanitary napkins
(increased physical activity may cause irregular menses)
- ⌚ Queen Charlotte Islands course participants are required to bring a laminated Canadian Hydrographic Service chart (#3881 Skidegate Channel). It's important to laminate your chart with plastic for waterproofing. For laminated charts, phone Ecomarine: 1 888 425-2825 (It may be necessary to order your chart well in advance of the course.)
- ⌚ 1 mirrored, declination adjusting orienteering compass (we have compasses available for purchase during the course - please see the online resource for details)

Optional Equipment

- ⌚ Thermo-lounger (converts a Thermarest into a chair) this is a fine piece of optional gear!
- ⌚ Gore-Tex socks (expensive, but very comfortable in wet weather)
- ⌚ 1 pair knee pads and/or neoprene elbow braces (for warmth, padding and joint support)
- ⌚ camera with spare battery & film and/or binoculars - in waterproof cases and possibly insured
- ⌚ wetsuit or drysuit - very highly recommended (and/or swimsuit)
- ⌚ 1 roll of toilet paper (See the online resource for a brief description of the "global technique")
- ⌚ cell phone in waterproof case (Clayoquot Sound course only - QCI course has no cell reception)
- ⌚ waterproof marker for labeling bags
- ⌚ small roll-top dry bags (to substitute for stuffsacs and garbage bags) - please see information on page 3

Packing for a Kayak Trip

An important aspect of packing for a kayak trip is to have all equipment in small waterproof bags. The smaller your bags are, the easier you will find it to pack your boat.

The front hatches of the kayaks provided measure approximately 30cm x 20cm (12" x 8"). All of your gear (except your sleeping bag and pad) should be in waterproof bags small enough to fit through this hatch. There is also a rear hatch that is slightly larger, yet most of your personal gear will be stowed in the front hatch. This will save space in the rear compartment for larger items such as your sleeping bag, as well as the tent, which is provided by Evolution Guide School.

Stuffsacs that are the size of a football will be easiest to pack into your kayak. (Yes, really this small.) Differently coloured stuffsacs make it easier to find and sort your gear. You may wish to bring a waterproof marker to label your bags (it is best to wait until you have arrived before labeling bags, since you may be reorganizing your gear upon loading your kayak).

To conserve space inside the kayak, please pack your sleeping bag in a compression stuffsac. If the compression sac is not completely waterproof, then after compressing place it inside another stuffsac that is lined with two garbage bags for waterproofing. Please see the online resource for a picture of a compression drybag and links to suppliers.

To waterproof a nylon stuffsac, line it with two plastic garbage bags, place your gear inside, squeeze all the air out of the garbage bags, tightly twist the top of each garbage bag and tuck it inside the nylon stuffsac. Packing your gear into garbage bags alone is not adequate - the nylon stuffsac over the garbage bags will help prevent the plastic from tearing.

Small roll-top dry bags may be used as substitutes for the nylon stuffsac and garbage bag combination. If you plan on using dry bags, it is important to bring small ones. The 5-litre sized dry bags are appropriate. The long and thin, nylon 10-litre sized dry bags also work well. Nylon dry bags are easiest to pack into the kayak because they slide in without sticking to each other like the vinyl ones do. (However, the smallest transparent vinyl dry bags are very convenient, since you can see their contents.)

Please do not bring the larger 15 to 25-litre dry bags. These larger bags make packing your kayak a very difficult experience. Unfortunately, large bags are inconvenient for the entire group, simply because they take up so much space in a kayak. Arriving with large dry bags can make it necessary for all other participants to overload their kayaks because the kayak with large bags will not be able to carry it's share of food and communal gear.

Footwear

You have some choices for appropriate footwear. We recommend neoprene reef booties with sturdy soles for use while kayaking and light-weight fabric/leather trail shoes for wearing onshore. Waterproofing your trail shoes with silicone or wax is a good idea. You may also bring a pair of sturdy sandals (Texas, etc.) but on cool days you will probably appreciate the insulating value of neoprene booties while paddling (sandals also tend to pick up stones while getting into the kayak, which can be quite uncomfortable while paddling).