



SPIRIT
OF THE WEST
ADVENTURES

PACKING LIST – EXPEDITIONS

PACKING LIST FOR:

Orca Lite

Johnstone Strait Expedition

Desolation Sound Expedition

Nuchtlitz Expedition

On our expedition tours (nomadic-style) we will be packing everything into our kayaks each day in order to travel to our next campsite. While space is limited, please ensure you bring enough to stay warm and dry. Shoes can generally be packed loose in the kayak. All participants will also pack some of the group gear and food in their kayak. Don't worry, it always looks like an impossible mountain of stuff to fit in the kayaks, but with some perseverance and coaching from your guides we always manage to fit everything.

On the following page you will find a packing list of suggested items that should keep you a happy camper!

TEMPERATURES

Our summer temperatures from July until September are generally comfortable with temperatures from 18-30 degrees Celsius / 70-85 degrees Fahrenheit. It's not uncommon to find mid day summers hot enough to want to cool off in the ocean! June and later September will have cooler temperatures, and at ANY TIME OF YEAR we can have rain & wind, with temperatures occasionally as low as 13 C / 55 F. So, we say it is best to come prepared for any type of weather.

PLEASE NOTE WHAT WE PROVIDE:

- ◇ All meals and snacks while on tour with us
- ◇ All kayaks, paddling and safety gear
- ◇ Tent and sleeping pads
- ◇ Small camp pillow with case
- ◇ Deck chart (map)
- ◇ Travel tea/coffee mug
- ◇ Waterproof dry bags

If you prefer to bring your own dry bags, please note the largest bag should not be larger than a sleeping bag or 20 litres; several small bags are best. We will provide one 5 litre, two 10 litre and one 20 litre dry bags for you to pack into. The 5 litre bag is good for storing small items such as cameras, sunscreen, glasses, etc. The larger ones will be used for storing the rest of your clothing. Please see our suggestions for waterproofing your sleeping bag.

Want to bring your own gear?

If you have your own gear and would prefer to use it on your tour, please contact our office beforehand so that we can make sure it is suitable and meets safety requirements.

If you have any questions about the list, please don't hesitate to contact us.

ITEMS FOR YOU TO BRING ALONG:

- Your own face mask(s) and hand sanitizer** – for travelling and for the water taxi ride to camp.
- Sleeping bag** – A 3-season synthetic bag is recommended. Down bags will work but please take extra care to waterproof. If you are uncertain about whether or not you have the appropriate bag just give us a call or check

Call us:
1.800.307.3982 Toll Free
1.250.285.2121 Overseas

Send us an email:
info@kayakingtours.com

Visit our website:
kayakingtours.com

with your local outdoor store. If you do not have a sleeping bag or would prefer not to travel with one, these may be rented for \$25 plus tax. Please reserve in advance. To waterproof your sleeping bag line a compression sack with a heavy duty garbage bag. Press the air out of the bag with your knee and then keep compact with the compression sac which can be purchased at any outdoor shop. This also helps keep your bag small for travel.

- ❑ **Wetshoes** – A pair that can get wet such as sturdy full strapped sandals (such as Keens, Texas or Chacos), neoprene booties, crocs, or rubber boots. Closed-toe shoes are recommended due to the prevalence of oysters. Please avoid flip-flops/thongs. We have a wide range of rubber boot sizes available to borrow free of charge if you don't have your own wet shoes or have limited space in your luggage.
- ❑ **Camp footwear** – An additional pair of footwear that you plan to keep dry for around camp. Runners, trainers or light hikers are great.
- ❑ **Hats** – A sun hat such as a baseball hat or full-brimmed hat as well as a wool or fleece warm hat for evenings or cooler days.
- ❑ **Sunglasses & sunscreen** (stored in a Ziploc bag) – A must for protection from sun and glare off of the water. Safety cords on your glasses are highly recommended.
- ❑ **Personal items** – Toothbrush, toothpaste, biodegradable soap/shampoo, washcloth, feminine hygiene products, hairbrush, etc.
- ❑ **Medication** – If you are bringing medication please ensure that... 1) The name and expiry date of drug is on the container; 2) You have the detailed instructions of your dosage and frequency; 3) It is packed in a water and sunproof container; 4) You bring a full extra dosage of your medication in a separate container to leave with your guide, in case you misplace or lose yours, or are weathered in. If you are flying, please pack all necessary medication in your carry-on luggage.
- ❑ **Mosquito repellent** – Insects are not a significant concern in our coastal ecosystem but for those with sensitivities repellent may come in handy.
- ❑ **Bathing suit**
- ❑ **Ziploc bags & several large garbage bags** – We will provide you with dry bags, but these come in handy for transporting laundry or wet clothing.
- ❑ **Small flashlight or headlamp** – With spare batteries. Headlamps are preferable as they allow for hands free operation
- ❑ **Water bottle** – Bike bottles or Nalgene-style bottles
- ❑ **Camera** – In a waterproof bag or case, or you may use our dry bags.
- ❑ **Gloves** (optional) – Biking gloves work well to protect your hands from blisters. If you are really concerned about having cold hands, and are paddling in the spring or fall seasons, you may want to invest in neoprene gloves or pogies.

- ❑ **Beverages** – We supply a wide range of teas and coffee as well as juices. You are welcome to bring along soda pops or alcoholic beverages. Please note however that we do expect our guests to consume alcoholic beverages responsibly and strictly enforce a no alcohol on the water policy.
- ❑ **Fishing gear** (optional) – Make sure you have a valid B.C. fishing license. These can be purchased on-line at <https://www.pac.dfo-mpo.gc.ca/index-eng.html>
- ❑ **Book or journal**
- ❑ **Binoculars** (optional)
- ❑ **Gratuity for your guides** – at your own discretion

CLOTHING

Clothing should be suitable for the time of year, bearing in mind that it could become cold and wet at any time of year. Layering is the best way to regulate body temperature and maintain warmth. We suggest avoiding cotton (except for those hot days). Cotton has no insulation value when wet. An inner material that wicks moisture from the body and gives a comfortable dry feeling even while wet is the best first layer (Polypropylene, Lycra, Nylon, Polyester). A synthetic material such as fleece or pile makes the best second layer to provide warmth. Wool is also suitable.

- ❑ **Rain jacket & rain pants** – For the unexpected nasty weather. To test your waterproofness – jump in the shower and see if you stay dry! (we're serious!) (If you would like to rent/hire raingear from us, please reserve in advance of the tour. Tops and bottoms can be rented for \$25 plus tax for the set).
- ❑ **Light windproof jacket** (optional)
- ❑ **Long-sleeved non-cotton shirt** - (synthetic/wool) – 2
- ❑ **Long pants** – 2 pairs of a quick drying, synthetic fabric pants (1 for paddling, 1 warmer for camp). Athletic style pants (running or yoga) are generally appropriate. Jeans are NOT recommended for paddling.
- ❑ **Lightweight long underwear** – 2 pairs, helps to keep you warm at night or as a base layer during the day. We recommend one set for kayaking and one set which is reserved for sleeping and always stays dry.
- ❑ **Sweater** – A warm wool or fleece sweater
- ❑ **T-shirts** – 2-3
- ❑ **Shorts** – 1 quick dry nylon
- ❑ **Warm socks** – 4 to 6 pairs (1-2 warmer pair for around camp)
- ❑ **Undergarments**

ADD-ONS FOR COOLER WETTER FORECASTS:

- ❑ A second warm wool or fleece sweater
- ❑ An extra t-shirt
- ❑ An extra pair of warm pants
- ❑ 1-2 additional pairs of socks