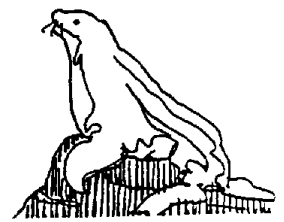




# Coastal Current Adventures



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## ONE WEEK SURF CAMP

### Pack List - (please label all gear with name)

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

### Clothing

- sunhat and toque; neck tube, light gloves
- 6-7 pair underwear
- 4 pair wool/synthetic socks
- bathing suit/shorts and small towel
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 3 T-shirts
- 2 long-sleeved synthetic shirts
- 1 warm sweater/ fleece jacket (synthetic or wool)
- 1 light jacket or good vest
- 1 set of good, **waterproof** rain gear (rubber is great)
- 2-3 pairs of shorts
- 2 pairs of long pants (not full cotton if possible)
- 1 pair of water friendly sandals or water socks
- 1 pair of light hiking boots or runners

### Other gear

- sunscreen and sunglasses with straps
- toiletries - toothbrush, toothpaste, brush/comb, face cloth, contacts/glasses, etc. as well as any medications (please refer to medical form). Ladies, check out menstrual cups for a great camp-friendly feminine hygiene option.

- “mess kit” – unbreakable bowl/plate, cutlery and mug
- thermarest or ensolite sleeping pad
- flashlight or headlamp (with an extra set of batteries)
- synthetic sleeping bag (no down or cotton/flannel bags)
- 1L water bottle
- a backpack, and 2 nylon stuff sacs or dry bags (mid size)
- 3-4 large green garbage bags, several large zip locks.

## Optional/Notes

- Please DO NOT bring electronic equipment (eg iPhones, iPods, handheld gaming devices).
- 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.
- For most people, even those who “don’t usually burn”, sunscreen is not enough for our long days out in the sun with all the reflection off the water. **Zinc cream** is very useful.
- **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 bugspray with care, or consider a natural brand or bugnet.
- Synthetic sleeping bags are available for campers to rent for a \$20 drycleaning fee. Campers can rent inflatable sleeping pads for \$15. Foam pads can be provided at no cost.
- If you have your own wetsuit or neoprene booties bring them along, otherwise we will provide them.
- For two-week camps, \$10 should be brought for doing laundry halfway through camp. Campers may also be able to visit a store to purchase their own snacks on that day if they wish.

IE t-shirts are provided to all campers at the end of the week.

If you have any questions or concerns please call us for suggestions. It is essential that students come with garbage bags for waterproofing their gear. We do have a small store on Salt Spring that carries outdoor gear items if you are not able to find them in your home area.