



Coastal Current Adventures

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TWO WEEK KAYAK & SURF CAMP

Pack List - (please label ALL gear with camper 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
- 8 pair underwear
- 6 pair wool/synthetic socks plus 4 pair of cotton socks
- Neck tube/light gloves
- 2 Bathing suits/shorts and TWO towels
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 1 Turtleneck
- 6 T-shirts
- 2 long-sleeved synthetic shirts
- 1 warm sweater/ fleece jacket (synthetic or wool)
- 1 light jacket
- 1 set of good raingear: **waterproof** rain jacket and pants (rubber is great)
- 4 pairs of shorts
- 3-4 pairs of long pants (not full cotton, if possible fleece/synthetic)
- 1 pair of water friendly sandals or water socks
- 1 pair of light hiking boots that can be waterproofed ie. leather
- 1 pair of runners

Other gear

- High quality Zinc stick for face, Sunscreen and sunglasses with straps. Zinc sticks are the only way to stop from burning on the ocean. Regular blocks wash off even if they are waterproof.
- 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
- 2 dish drying towel for personal drying of their own dishes
- A mesh bag for hanging utensils and plate overnight
- 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 small duffle bag, and 2 nylon stuff sacs or dry bags (mid size)
- 3-4 large green garbage bags, several large zip locks.
- 2-3 Safety masks that can be washed
- 2 Long Buffs that can be used for face masks as well.
- Personal bottle of Hand Sanitizer

Optional/Notes

- Please DO NOT bring electronic equipment (eg iPhones, Cell phones, 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. We have a camp camera and will put photos up on drop box for everyone.
- 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 depending on Covid Safety issues.

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.