



# Coastal Current Adventures

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## ONE WEEK Kayak Expedition 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 appropriate pants for camp. Wearing layers including wool and synthetic is best for our climate.

### Clothing

- A good sunhat with a brim, and a toque
- 5-6 pair underwear
- 4 pair wool/synthetic socks
- Bathing suit/shorts and 2 small towel
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 3-4 T-shirts
- 1-2 long-sleeved synthetic shirts
- 1 set of good, **waterproof** rain gear: jacket and pants (rubber is great)
- 2-3 pairs of shorts
- 2 pairs of long pants (not full cotton if possible)
- 1 pair of sturdy, water friendly sandals or water socks (flipflops are NOT appropriate water shoes)
- 1 pair of light hiking boots or runners

### Other gear

- Sunscreen and sunglasses with straps, Zinc sticks for face
- 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
- A mesh bag for hanging utensils and plate overnight

- Thermarest or ensolite pad for sleeping on
- Flashlight or headlamp (with an extra set of batteries)
- Synthetic sleeping bag (no down or cotton/flannel bags, which absorb moisture and do not insulate well in our marine environment).
- 1L water bottle
- 2-3 nylon stuff sacs or dry bags (mid size, not over 15L)
- 4-5 large garbage bags & several large ziplocs for waterproofing.
- 2-3 washable mask, 1-2 Buffs that can be washed and used as masks
- Personal 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 put photo up on Dropbox for everyone to get copies.
- **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 bug spray with care, or consider a natural brand or bug net.
- Synthetic sleeping bags are available for campers to rent for a \$20 dry-cleaning fee.
- Campers can rent inflatable sleeping pads for \$15. Foam pads can be provided at no cost.
- 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 if Covid rules allow.

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 or drybags for waterproofing gear. We do have a some supplies we can hand out for those without, but our supplies are limited.