



Coastal Current Adventures

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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

- Sun hat and toque; Buff (for covid), light gloves
- (Buff is worn around the neck and if one finds himself too close to another camper it is put on quickly)
- Mask for wearing in Van (two in case one is lost)
- 5 pair underwear
- 3-4 pair wool/synthetic socks
- Bathing suit/shorts and TWO towels
- 1 pair long underwear, top & bottoms (synthetic or wool)
- 3 T-shirts
- 1 long-sleeved synthetic shirts
- 1 warm sweater/ fleece jacket (synthetic or wool)
- 1 set of good rain gear: **waterproof** rain jacket and pants (rubber is great)
- 2 pairs of shorts
- 1-2 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 or runners

Other gear

- High quality Zinc stick for face (this is the only thing that will stay on in the ocean)
- 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).
- “Mess kit” – unbreakable bowl/plate, cutlery and mug
- 2 dish drying towels
- 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 reusable water bottle
- A small duffle bag, or back pack to pack all the gear in.
- 1-2 large green garbage bags, several large zip locks.

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 send you all the photos)
- 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/sticks** are necessary.
- **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 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.
- If you have your own wetsuit or neoprene booties please let us know and bring them along, otherwise we will provide them. (Ensure we get your weight and foot size)

If you have any questions or concerns please call us. Please ensure if your camper is sick, has a fever or cold/flu symptoms to let camp know and keep them at home.