
Orca Base Camp

Clothing & Equipment

The following is a list of the clothing and equipment you will need on your expedition. It is of utmost importance that you follow this list accurately for your own comfort and well-being. Proper preparation is a vital ingredient in your enjoyment of the program. When selecting your clothing, keep in mind the following principles about staying warm and dry:

Layering

It is very effective to wear layers of clothing to stay warm, as the air trapped between the layers acts as an insulator. Layering also allows you to regulate your body heat by adjusting the number of layers, depending on the temperature and your activity level. There are 3 main layers: 'Transfer' which is the layer next to your skin; 'Insulating' which is the main warmth layer(s); and, 'Protective' which is the outer layer to protect you from wind, rain, and other elements.

Keeping Dry

Wetness increases the loss of body heat and is uncomfortable, so it's important to stay as dry as possible. Some clothing is hydrophobic, and therefore, stays dry (i.e., synthetics such as polypropylene, polyester, capilene, and natural fibres such as wool and silk). Clothes made of these materials make great expedition clothing. Be careful of other materials (e.g., cotton and down), because they are absorbent and stay wet. Also, avoid overdressing as it can cause excess perspiration and therefore wetness.

Please avoid Cotton clothing (including jeans) if possible. Once it is wet, cotton takes a very long time to dry in this Coastal environment.

Clothing List

Footwear:

- 1 pair shoes to be worn during the day while kayaking. We recommend a pair of Teva's (sandals with Velcro straps) or a pair of wind surfing shoes such as Nike Aqua Socks or neoprene wet suit boots.
- 3 pairs of wool or thermal socks
- 1 pair quick drying, sturdy walking shoes for wearing around camp and on short walks

***Please do not bring rubber boots for in the kayak although they can be great around camp.*

Headwear:

- wool/fleece hat
- sun hat or visor (ballcap)
- rain hat (sou'wester), not needed if you have a hood on your raincoat

Handwear:

- Pair of wool or synthetic gloves.

Upper Body:

- synthetic fabric shirts (1 lightweight, 1 medium-weight) for paddling
- 2-3 t - shirts
- long-sleeved shirt with collar for wearing around the campfire
- fleece zip-front jacket or pullover (for cool evenings and mornings)
- waterproof raincoat with sleeves that close tightly (make sure that it's durable)
- lightweight windbreaker or paddling jacket

Lower Body:

- 2 pairs shorts (light/fast drying nylon is best)
- 2 pairs medium weight pants (synthetic is fast-drying)
- pair of heavier pants (for cool evenings around the campfire)
- pair waterproof rain pants (Note: A full length coated nylon cagoule can be substituted for rain coat/pants)

Duffel Bag / Pack:

- duffel bag for carrying gear to the Base camp location
- small sturdy nylon daypack for in kayak & on hikes

Additional Gear:

- sunglasses with neck cord
- extra prescription glasses/ Contacts
- Neck cord for prescription glasses while in kayak
- water bottle w/strap to fasten to kayak – min 1 litre/1 quart(litre / quart size)
- toiletry kit - biodegradable soap, (bar soap does not work well in salt water, we suggest clear hand dishwashing soap, or“seasuds”), toothbrush and small tube toothpaste, toilet paper, small container moisturizing cream etc
- waterproof sunscreen (SPF 15+)
- lip salve (with PABA recommended)
- mosquito repellent
- small towel & washcloth
- flashlight or headlight (with extra batteries and bulb)
- large garbage bags (for waterproofing gear)

First Aid:

Your guides will carry an extensive wilderness first aid kit, however, you should bring the following items for your own personal use: Band-Aids (elastoplast or fabric type are best); 1 roll gauze; blister kit (moleskin or ‘second skin’); tensor bandage; adhesive tape, small gauze or telfa pads; topical antibiotic ointment (e.g., polysporin); antacid; mild analgesic (e.g., aspirin, Tylenol); mild anti-inflammatory (e.g., Ibuprofen), motion sickness medication (e.g., Gravol, Transderm patches); any personal medication (bring extra).

Optional Items:

- camera (insured for loss, theft, and damage recommended) with film, extra camera battery
- waterproof box or bag for storing camera (see ‘Packing for a Kayak Trip’)
- small binoculars (also insured for loss, theft, and damage recommended)
- lightweight reading material
- fishing gear (see below)
- journal and pencil / pen
- Sketch Pad for drawing
- small musical instrument
- a candle lantern
- compass and chart of the area (see ‘Maps & Charts’ in Further Information package), laminate your charts or cover them with waterproof vinyl (e.g., Mactac)
- favourite ‘goodies’ or spirits to enjoy around the campfire

Equipment:

Group equipment such as tents, paddles, sprayskirts, PFDs (lifejackets) are all provided. We pride ourselves in the quality of the equipment we have selected for your use. However, If you would prefer to bring your own equipment please clear its performance with the office and then confirm that you will bring it.

Fishing Gear: Handline or telescoping rod for Salt Water fishing. A fishing License is required. See ‘Further Information’ for more details.

LURES: 3½ - 4 inch ‘buzzbombs’ can be used for jigging Rockfish and Lingcod or trolling for salmon. Also ‘Stingzeldas’ or Norwegian-style cod jigs or a trolling rig can be baited with a few ounces of lead weight on swivels followed by a salmon spoon (Tom Mack, Crocodile, Deadly Dick, or Krippled K). Favourite colours for summer salmon (coho, chinook, and pinks) are silver, white, green, or pink.

Packing for your Base Camp experience!

Your Orca Base Camp trip is unlike any of our other expedition style trips as you have the convenience of having a home base to make yourself comfortable in for the duration of your trip. The extreme waterproofing which is necessary for our expedition trips is not necessary with our Base Camp programs. However we do suggest you take precautions just the same.

We suggest using a duffel bag to pack your gear in. ***Lining the duffel with a garbage bag is always a safer bet as we do get transferred out to our base camp by water taxi.*** Also we would suggest lining your sleeping bag stuff sack with a garbage bag as well in order to ensure it stays dry during the transfer.

Equipment Suppliers (mail order)

Ecomarine Ocean Kayak Centre: Vancouver, B.C. Phone: (604)689-7575 Toll Free: 1-888-4-C-KAYAK(1-888-425-2925) Fax: (604)689-5926 sales@ecomarine.com www.ecomarine.com (for a detailed magazine please visit their web site) 10% discount on all gear to Registered Ecosummer Clients

REI Recreational Equipment Inc: Washington USA Tel.: 1-800-426-4840 (USA and Canada) or 1-206-575-3287 (from outside US and Canada).