

GEAR & CLOTHING LIST

Optional gear:

Gear: You will need to provide the following equipment.

- stuff sacks** for personal clothing, etc. (8" diameter X 17" height when empty, or size 10 commercial dry bags; see above), garbage bags to line with.
- tent with full coverage rain fly:** make SURE both tent body and fly are seam-sealed. Test them before your trip. We cannot guarantee good weather, and a leaky tent can make you cold and very uncomfortable. A **ground sheet** (e.g. a painter's drop sheet or tarp) under your tent floor is optional, but protects it from abrasion and prevents seepage. **You may find it easier to pack your tent in the kayak if the poles and fly are packed separately in their own small stuff sacks.**
- sleeping bag:** compact, lightweight 3-4 season recommended. Synthetic is better than down on the west coast. Waterproof with garbage bags *inside* the stuff sack. A sheetliner is a comfy option, and a small pillowcase can hold a jacket or sweater to make a great pillow.
- sleeping pad:** 1/4" closed cell foam or *Thermarest*.
- small flashlight, spare batteries & bulb**
- small personal first-aid kit:** you might want to include cloth band-aids, blister protection, antiseptic towelettes, aspirin, any personal medications and insect repellent.
- sun protection: sunscreen, lip sunblock, sunglasses** (make sure these block UV light; *Chums* or other eyeglasses strap recommended).
- toilet paper:** enough for duration of trip, waterproofed in plastic bag; **lighter or matches to burn used toilet paper with.**
- liter or quart sized waterbottle**
- personal toiletries:** in cool weather, *Handi-Wipes* or other towelettes improve personal cleanliness; moisturizing lotion; sea shampoo (*Ocean* or *Sea Suds* are good brands; available from REI, Ocean River & Ecomarine, see below).
- a good book**
- binoculars, camera, film or memory card, spare camera batteries:** make sure all are waterproofed and insured before you leave home.
- small day-pack or fanny pack** for day hikes
- lightweight nylon or mesh dufflebag** to carry gear to & from beach
- swimsuit, small towel:** optional (*Packtowl* or *Sensi-Sport Sponge* types are among the good brands and pack very small)
- an extra pair of sunglasses** in case of breakage or loss
- camp chair

Clothing: The following clothing list is suggested. On any trip in British Columbia, we must plan for less than optimal conditions. Being able to stay warm and dry on a trip can mean the difference between enjoying yourself regardless of the conditions and being miserable. We don't want you to have to buy a new wardrobe for your tour, but the addition of a few inexpensive items may make a major difference to how you remember your trip.

- rain jacket & pants:** coated nylon is cheapest and works well. Raingear **MUST BE SEAM-SEALED** before your trip. Check it in the shower before leaving home. *Gore-tex*, while great for camp wear, tends to become plugged by salt crystals; don't buy it just for this trip. For greatest comfort we take two raincoats, one for on the water and one for in camp.
- footwear:** we recommend **three sets of footgear** for your trip.

1. It is impossible to get into or out of a kayak without stepping into the water. **Kneehigh rubber boots** keep your feet dry while getting in and out of your boat, and *are irreplaceable if it should rain*. Imagine several days of wet feet...Rubber insoles such as *Spenco™* brand add comfort, as do wool socks. Do not bring short rubber boots and expect to avoid topping out.

2. **Runners** (tennis shoes) are great for camp wear.

3. **Thongs or sport sandals** (e.g. Tevas) are nice in hot weather, but we've found that they trap beach pebbles and therefore can be quite uncomfortable when worn while kayaking. Some folks wear socks or wetsuit booties inside Tevas or old running shoes or seasocks or beach slippers. Beware of chafing; consider bringing several extra pairs of socks to wear inside sandals or wet shoes.

polypropylene or polyester long underwear: trade-names may include *Capilene*, *Odlo*, or *Thermax*; this is the best outdoor innerwear we know of. In cool weather we paddle in tops and bottoms, with shorts or windpants. Nice to sleep in, compact and light. When damp, they stay warm, and dry quickly. Several sets recommended.

socks: wool or polypropylene blend. Several pairs advised (see footwear section).

shorts: preferably fast-drying nylon.

T-shirts: perhaps one each long- and short-sleeved.

long pants: nylon windpants are recommended because they pack small, are warm over polypropylene bottoms, light wool or synthetic pile inner pants for cool evenings. They also prevent bugbites on the legs!

warm sweater/jacket: wool or synthetic pile. If you have a **wind-jacket**, bring it too: it adds several degrees of warmth in cool weather.

headgear: something for sun, for cold, and for rain.

kerchief, mitts or gloves. For those who blister easily, tight-fitting sailing or biking gloves may provide protection; if these aren't snug, they will actually cause blistering, as they will stretch when wet.

bathing suit for the trips visiting Hotspring Island.