Packing list: 10-Day Kayak Program

****We recommend these items are packed in one duffle bag****

Great info on what to bring, about different gear items, etc. can be found here:
https://www.mec.ca/en/explore/learn

If you do not have any of these items on this list, please contact us and we may be able to lend or rent the items. If your child shows up with improper equipment and you have not made prior arrangements with us, you will need to pick up your child.

1. On-trip List (what the participant needs while on the actual expedition):

Item	Quantity	Helpful information
Water shoes	1 pair	Neoprene booties, sandals, amphibious shoes or water shoes. We recommend a pair of neoprene socks be worn if wearing sandals or amphibious shoes to prevent foot chafing.
Neoprene socks (optional)	1 pair	
Paddling Jacket (Optional)	1	A paddling jacket with rubber-sealed wrists
Paddling Gloves	1 pair	Neoprene paddling gloves
Sleeping bag	1	Down or synthetic sleeping bags are both good options. The packed volume should not exceed 6L and weigh not more than 4 lbs. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C.
Sleeping bag compression sack	1	We highly recommend storing your sleeping bag in a fully waterproof, seam sealed compression sack.
Sleeping pad	1	An inflatable sleeping pad that packs down smaller than 2L and weighs less than 1.5 lbs. Please check if your mat has no leaks before bringing it on trip. Participants can also use foam camping mats (not recommended).
Sleeping pad stuff sack	1	All inflatable sleeping pads must be stored in stuff sacks and cannot be loose. This makes them easier to pack and protects them from being punctured.
Pillow (optional)	1	A camping pillow can be a nice comfort item to bring, however it must be packable and lightweight
Water bottle	2	A 1L hard water bottle such as a Nalgene is essential.
Hydration system (optional)	1	Hydration systems are definitely nice to have but a water bottle is more than adequate.

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If you do not have any or all the items on this list, Western Educational Adventures can provide this equipment either for rent or for purchase at a competitive price.

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Headlamp	1	Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp.
Extra batteries for headlamp	1 set	1 complete set of extra batteries for the headlamp. We recommend using energizer lithium batteries as they last far longer, work better in colder temperatures and have significantly less mass. We also recommend storing them in a small waterproof drybag or Ziploc.
Camera (optional)	1	It is recommended to have an extra battery.
Waterproof camera case (optional)	1	We recommend a Pelican case.
Camping bowl	1	
Camping spoon	1	
Camping fork	1	
Camping knife	1	
Camping plate	1	
Camping cup	1	
Mesh bag	1	To fit all camping dishes
Watch	1	Waterproof recommended
Log Book	1	
Pen & pencil	1	
Compass	1	
Food	1	Youth are responsible for group food for this trip.
Dry bag – 5L	1	Can be purchased at MEC. I recommend a MEC Brooks Dry Bag or Seal Line Baja
Dry bag – 10L	1 or 2	
Dry bag – 20L	1	
Chart of area	1 of each	Optional but highly recommended. Contact us for which charts in specific you need.
Chart case - Large	1	Only required if bringing charts.
Garbage bags	3	Large, thick, black garbage bags
Notebook	1	
Carabiners (optional)	4	For attaching water bottles and other, non-hatch items to the kayak.

Please contact us if you have any questions!

We highly recommend that all gear is tested before the program begins.

2. Clothing ****Absolutely no cotton****

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Rain jacket	1	We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please.
Rain pants	1 pair	We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work.
Hat	1	A full brim sun hat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
In-camp shoes	1 pair	A pair of runners, sandals, crocks, etc. used for crossing creeks and wearing at the campsite. Must have a backstrap.
Long underwear	2	A pair of wool or fleece long underwear.
Shorts	2	2 pairs of quick drying shorts. Nylon recommended
Swimsuit	1	
Long pants	1 pair	1 pair of quick drying pants. Nylon recommended
Underwear	4 pairs	Synthetic (boxer briefs for males) is best as it reduces chafing.
Socks	3 pairs	Wool hiking socks.
Insulating tops	2	Fleece, wool or puffy jackets.
T-shirt long	1	Wool or synthetic
T-shirt short	2	
Long sleeved sun shirt	1	BARE brand or similar
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too

Please contact us if you have any questions!

We highly recommend that all clothing is checked and tested before the program begins.

3. Toiletries, medications and other

3L dry sack (optional)	1	We recommend bringing a 3L dry sack to store toiletries in (in case they leak and to keep them together).
Toothbrush	1	
Toothpaste	1	Travel sized
Hand Soap	1	200ml or more bottle
Hand Sanitizer	2	100ml bottles
Sunscreen	1	Must be waterproof

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Bug spray (optional)	1	
Feminine Products	n/a	
Feminine product storage	n/a	Brown bags and Ziploc bags for used feminine product storage. We need to pack everything out.
Personal medications	2X	If there are certain medications the participant is required to take please pack enough for twice the length of the program.
Toilet Paper	1-2 rolls	In a Ziploc or dry bag
Pristine Tablets	1	Needs to be able to provide 3L per day for the entire trip. We recommend Pristine tablets from one of the outdoor stores or Canadian Tire. No life straws. Other options may be acceptable if approved in advance.

Please contact us if you have any questions!

4. Trip Preparation Clothing – Before and after the actual kayaking portion. ****Cotton is OK for this portion but not ideal***

Underwear	4 pairs	
Socks	4 pairs	
Shorts	1 pair	
T-shirt	2	
Sweater	1	

5. Other Information

Please do not bring:

- Nuts
- Money
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Jewelry and other valuables including electronics (camera and watch are ok). Absolutely no cell phones.
- Cotton

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A note on cotton

Cotton is not ideal for any backcountry environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it actually draws heat away from the body. Other fibers such as wool and synthetics don't get as heavy and still have some insulating ability when wet. We don't have the ability to dry clothing in the backcountry. It can become a safety hazard.

No cotton or garments containing a percentage of cotton is allowed on this trip.

6. Where to shop

We recommend Valhalla Pure Downtown. If you can't find what you are looking for there, we suggest Robinson's Outdoor Store. MEC can be a good value option but be warry, their return policy and quality isn't what it used to be. They were recently sold to a private American company and have changed how they do things.

Do not buy gear from Amazon unless you have checked with WEA about the particular items in question.

We recommend buying gear from the following stores as they make great gear and provide discounts:

1. Grove Outdoors in downtown Victoria offers great used gear for sale on consignment. I would check here first!

2. Robinson's Outdoor Store in downtown Victoria. Families who bring in their WEA receipt to Robinson's will receive **10% off** their purchases.

3. All Out Kids Online. All Out Kids is an online store based in Alberta. It only sells outdoor adventure clothing for kids, we highly recommend ordering from them. WEA families can save 10% at All Out Kids by using the **discount code: "western10".**

4. Valhalla Pure used to do this for us as well and likely still will. We just haven't heard from them in a while.

5. Mountain Warehouse would like to show our support by offering a **10% discount to be used online only. Use this code at the promo code box by the checkout:**

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"CUST10".

6. Best Coast Outfitters in downtown Victoria. They primarily sell paddling and watersports equipment. Use the **discount code: "WEA5PERCENT" for 5% off** of anything but boats and paddleboards.

7. TK Clothing is a local merino wool brand made in North Saanich! Get **10% off** with discount code: “WEA_GOEXPLORE”

We recommend these 3 stores because we trust they will sell your child the right gear where other stores may not. It's also always good to buy local! Please note, this deal is only for your kids attending programs and no one else. **Please do not disclose this deal to anyone else.**