



Packing list: 6 Day JDF Overnight

What you should pack:

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

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 may need to pickup your child or pay an increased rental fee.

Item	Quantity	Helpful information
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack. In addition, consider bringing a pack liner or ultralight dry sack.
Backpack	1	A proper hiking backpack that has a rigid internal frame, padded hip-straps, rated to carry at least 30 lbs and has a 50L (for small children) - 80L capacity. Please ensure this backpack fits before the program begins.
Hiking boots	1 pair	Need to be above the ankle bone, also known as high-top hiking boots. If you are buying hiking boots for this program, please make sure to wear them hiking for a few days before the program as they will need to be broken in.
Sleeping bag	1	Down or synthetic sleeping bags are best but other options will work. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C. Needs to be compact.
Sleeping pad	1	If inflatable, please check that your mat has no leaks before packing it. Participants can also use foam camping mats. Needs to be smaller than 10L in size when packed.
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	1	Any old pillow will do but a camp pillow would be nice for the campout.
Water bottle	1	A 1L hard water bottle such as a Nalgene is essential.
Hydration system (optional)	1	Hydration systems are nice to have but a water bottle is more than adequate.
Headlamp	1	Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp.

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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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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.
Watch	1	Waterproof recommended
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
30L Dry sack	1	
3L Dry sack	1	
Water purification tablets	50L worth	We recommend Pristine tablets
Gaiters	1 Pair	Gaiters need to be approximately knee high. Their purpose is to stop debris (mud, sands, pine needles, burs etc.) from falling into hiking boots.

****Please contact us if you have any questions! ****

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

1. Trip Clothing ****Absolutely no cotton****

Item	Quantity	Helpful information
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.

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Hat	1	A full brim sunhat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
Running shoes	1 pair	
Water Shoes	1 pair	Sandals, Crocks, etc.
Long underwear	1	A pair of wool or fleece long underwear.
Shorts	2	2 pairs of quick drying shorts. Nylon recommended
Swimsuit	1	
Long pants	1 pair	Quick drying, nylon pants recommended.
Underwear	4 pairs	Synthetic (boxer briefs for males) is best as it reduces chaffing.
Socks	3 pairs	Wool hiking socks.
Insulating tops	2	Fleece, wool or puffy jackets.
T-shirt long	1	Wool or synthetic recommended but cotton will do
T-shirt short	2	
Long sleeve sun shirt	1	BARE, Body Glove brand or similar.
Warm Jacket	1	
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too

2. In-Camp Clothing

Item	Quantity	Helpful information
Shorts	1	
Swimsuit	1	
Long pants	1 pair	Sweatpants or jeans
Underwear	2 pairs	
Socks	2 pairs	
Insulating tops	1	Hoody, fleece, wool or puffy jackets.
T-shirt long	1	
T-shirt short	1	

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3. Toiletries and medications

Toiletry Bag	1	Anything will do.
Toothbrush	1	
Toothpaste	1	
Soap	1	
Hand Soap	1	200ml or more bottle
Hand Sanitizer	2	100ml bottles
Shampoo	1	
Towel	2	
Sunscreen	1	Must be waterproof
Bug spray (optional)	1	
Feminine products	n/a	
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 roll	In larger ziploc bag

****Please contact us if you have any questions!****

4. 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)
- Cotton

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

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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.

5. Where to buy gear

We recommend buying gear from the following stores:

- a. [Robinson's Outdoor Store](#) in downtown Victoria.
- b. [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.
- c. Valhalla Pure in Downtown Victoria.



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Juan de Fuca Coastal Hiking Add-Ons

Shirley BC

Please contact us if you have any questions

Gear Rental Add-Ons

Overview: It is essential for safety and participant enjoyment that participants show up with the correct gear. We understand that certain items can be very expensive, therefore we offer some of these key items for rent. If you need additional gear that is not on the packing list, please contact us. We may be able to sell it to you or point you to a local business that can assist you. We recommend Valhalla Pure or Robinson's Outdoor Store, both located in downtown Victoria. **Please note, if a participant shows up without the gear listed on the packing list, the gear rental fee may be increased by up to 100% for each item, if we still have stock to provide.**

****Prices do not include taxes****

6-Day Program

Item	Price	Price after camp starts
Backpack	\$140	\$280
Sleeping Bag	\$140	\$280
Sleeping Pad	\$90	\$120

Transportation Add-Ons

Overview: Most families pick-up & drop-off directly at camp, we do offer transportation for those who cannot. **If you would like transportation, you must contact us in advance to arrange it. Transportation may or may not be available.**

Fees: Hyacinth & YMCA \$40 + GST each way, Ferries \$60 + GST each way. Airport pricing TBD.

Pick-Up & Drop-Off Locations: Pick-up locations are Hyacinth Park (on Marigold Rd. near Spectrum in Saanich), West Hills YMCA Parking Lot (near Goldstream in Langford), Victoria Airport, Swartz Bay Ferry Terminal. Please allow a 15-minute grace period for traffic, etc. **Please note, due to the multiple stops the bus/van will not be waiting past the scheduled departure time.**

	DROP-OFF (Leaves at)	PICK-UP (Arrives at)	Details
Swartz Bay	12:45	18:30	WEA will leave camper at the terminal.
Victoria Airport	TBD	TBD	Time will depend on flight.
Hyacinth Park	14:00	17:40	Marigold Rd @ Interurban Rd.
West Hills	14:20	17:20	West Hills Dr. @ Langford Lake Rd.



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West Hills Pick-Up



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Summer Overnight Camp Programs

Greater Victoria & Sooke BC

Please contact us if you have any questions

JDF Hiking Expedition Camp Participant Requirements

About the Program

Are you a returning family or new family looking for something more challenging or different than WEA's Classic Summer Day Camp or other summer camps? Our 6-Day Coastal Hiking Camp program takes outdoor adventure in Victoria BC to the next level. Children participate in a fun-filled 6-day backpacking trip on the Juan de Fuca trail. This program is intended for kids with lots of energy who are physically fit and able to push themselves (within reason).

Physical Fitness

Physical fitness is key for WEA's Hiking Camp program. If your child is not very active, this program will not be a good fit. Our 6-Day Overnight Camp, Classic Day Camp or Wild Paws Day Camp are great programs for almost all children and a good introduction to fitness and the outdoors.

Please note this program is not a good fit for families hoping to get their children more active. It is for kids who are already extremely active.

In order for your child and the other children in our Hiking Camp to have a good experience, your child should be able to:

- Be physically active for at least 7 hours a week doing moderate to intense physical activities like soccer, hockey, running, track, swimming, hiking, biking, etc.
- Run at least 1km or hike more than 12km in a day with at least 400m elevation gain.
- Hike Mount Finlayson in under 45 min with a 10lb backpack.

For safety reasons, children not meeting these criteria should not be registered for 13-Day Overnight Camp. Children who do not meet these criteria and are registered anyway may have to miss certain days of the program without refund.

A Note on Gear

As we operate our programs 100% outside and often in wilderness environments, it is essential that all families pack all items on our packing list. Failing to do so may compromise your child's safety and experience. In addition to the other items on our packing list, your child must have hiking boots (or possibly runners) and a proper backpack like the Osprey ACE series. We do have these backpacks available for rent.