

Pro-D Day Hike & Geocaching

Mount Manual Quimper, Sooke BC Please contact us if you have any questions

Program Details – Version 2.0 Apr 5, 2024

The program: Officially runs 09:15 - 16:15 at the Harbourview Rd parking lot in Sooke. Any changes will be communicated via email. Please note that as we are in a wilderness environment, the hike may be delayed longer than stated. If any delays are expected, you will be contacted via email by 16:00 day of with the updated arrival times. Please let us know if this causes any issues or concerns.

What to bring: Backpack with hip straps, at least a 1L Water bottle, lunch, extra snacks, waterproof sunscreen, hand sanitizer, wide brimmed sun hat (May to Sept only, regular hat other times), long sleeve sun shirt (May to Sept only), rain jacket, rain pants (optional), fleece or wool sweater, t-shirt, shorts, long pants, running shoes, hiking boots (optional but highly recommended), water shoes (optional), swimsuit, towel, black garbage bag and a full change of clothes.

Sun shirt: https://www.mec.ca/en/product/5054-596/Shadow-Long-Sleeve-Sun-Shirt Sun hat: https://www.mec.ca/en/product/5054-596/Shadow-Long-Sleeve-Sun-Shirt Sun hat: https://www.mec.ca/en/product/5054-596/Shadow-Long-Sleeve-Sun-Shirt Sun hat: https://www.outdoorresearch.com/ca/helios-sun-hat-243458?cat=62,14,4

Please Consider:

- The program will run rain or shine so please avoid cotton as much as possible!
- Please do not pack any nuts or peanuts with your child.
- All equipment on the packing list must be sent with your child every day. A \$50 fee may be charged to families each day they are missing items on the list. Improper equipment in the wilderness is a serious issue.
- Any changes will be communicated via email.
- No electronics other than cameras and watches.

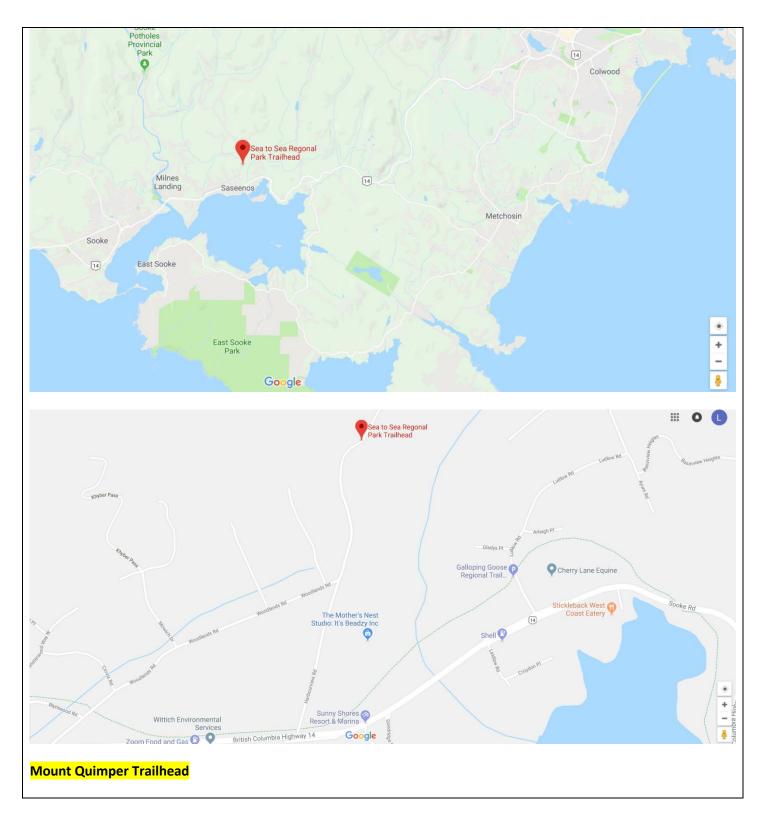
Pick-Up & Drop-Off: Pick-up locations are at Hyacinth Park (on Marigold Rd. near Spectrum), and Westshore Pkwy @ Constellation Ave. (near Goldstream in Langford). Please allow a 15-minute grace period for traffic, etc. **Please note, due to the multiple stops the bus/van will not be waiting past the scheduled departure time.**

Location	AM	PM	Details
Hyacinth Park (Saanich)	08:15	17:10	Marigold Rd @ Interurban Rd.
West Hills (Langford)	08:35	16:50	Westshore Pkwy @ Constellation Ave.
Harbourview Rd. (Sooke)	09:05	16:25	Parking Lot @ end of Harbourview Rd.



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