



## **Coastal Current Adventures**

118 Natalie Lane, Salt Spring Island

B.C. V8K-2C6

250 537-2571, 1 888 KAYAK-67

### **Three Day Overnight**

#### **PLEASE PUT YOUR NAME ON ALL GEAR**

- Hat (baseball hat and warm hat for cold weather)
- 1 pair of gloves that can keep your hands warm & dry
- 3 pair underwear
- 3 pair wool/synthetic socks
- Neck tube or scarf
- Sunglasses with straps
- 2 towels, one beach & one small towel (light or quick dry is best)
- Bathing suit/swim shorts
- 1 or 2 pairs shorts (quick dry is best for our sweat lodge)
- 1 pair long underwear (synthetic is best)
- 1-2 pair of long pants (not full cotton if possible)
- 2 T-shirts (synthetic is best)
- 1 fleece top mid layer or pull over
- 1 light jacket (synthetic / fleece or wool)
- 1 set of rain gear (make sure it's waterproof and not just water-resistant). Rain hats are highly recommended.
- 1 pair of water friendly sandals/water shoes (they will get wet)
- 1 pair of light runners/high tops for at camp
- Personals toothbrush, toothpaste, brush/comb, face cloth... any medication (please refer to medical form)

## Accessories:

- Flashlight or headlamp with extra batteries
- Bug spray & Sunscreen
- Sleeping bag synthetic only no down or cotton/flannel bags. We can provide sleeping bags (please call to confirm that you need one at 537-2571 we have lots to lend for a \$20 fee)
- Thermarests/sleeping pads – we can provide them if needed. No charge for blue foam pads but thermarests are \$10 to rent.
- 2 stuff sacs (mid size) or water bags - we can provide if needed
- Water Bottle – 1L ideal
- Cameras should be water proof type or have waterproof casing for them – we will not be responsible for any damages to this equipment

\*\*Once you get to camp we expect you to put your electronic gear away.

## Note:

- When cotton clothing/ sleeping bags get wet they become very heavy and uncomfortable as they take forever to dry. Wool or synthetic gear acts like a wick and if your gear is wet the moisture is drawn to the outer layers.
- Wearing layers is ideal for our climate. We do carry a spare clothing bag in case of emergency.
- Be well prepared for any type of weather
- Please note that students and staff will be helping out with food preparations and cutting wood, cleaning up after meals etc. This is a co-operative venture and everyone must lend a helping hand.
- Please let us know ahead of time if you need to borrow equipment.
- If you have any questions or concerns please call 1 888 529-2567