

## 2013 April – Leadership Kayaking Trip – Pack List 4 days, 4 nights, spring conditions

Welcome to spring leadership expedition kayaking! If you have questions or are having trouble tracking down some gear, let me know. You should not have to buy much new gear for this trip – many things are rentable or borrowable; check the club gear list available at <http://sfuoutdoors.wikidot.com/club-gear> and ask fellow club members!

### **What’s provided with your \$245 (group/emergency gear & included services)**

- communication devices: VHF radio, cell phone
- kitchen kit including stove(s), fuel, pots, wash kit & utensils
- first aid kit, repair kit, flares, chart(s), group & kitchen tarps
- Fire kit (knife, cansaw, hatchet, lighters, matches, firestarter, gloves)
- kayaks & technical gear (excluding wetsuits) – paddles, PFDs, skirts, pumps, etc
- trailer fees, campsite fees, gas & transportation fees, miscellaneous expenses

### **What will be organized to share as a group (more on this in a future email)**

- meals will be divided up
- some group gear including tents, water jugs, etc.
- teaching subjects (part of your homework is to give a presentation to the group :))

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## **What to Pack**

### **Clothing Notes**

- ⇒ DO NOT BRING COTTON ON A LEADERSHIP KAYAKING TRIP. IT WILL KEEP YOU WET, COLD, AND DEAD. Really wet, really cold, and really dead. Really. Plus, you look like a newb.
- ⇒ Bring synthetics, polypro, fleece, merino wool, cheap regular wool, neoprene, etc.
- ⇒ Pack efficiently but keep warm. Kayaking expeditioners have two full outfits, one “dry” and one “wet”, so you always have something warm and dry for camp.
- ⇒ You can layer up and down; find a system that works for you. This is what works well for me. If in doubt, bring an extra layer.

### **Paddling clothing (potentially soaking wet for the entire trip).**

- Wetsuit – Farmer Jane/John or Shorty style is fine (options: 1) rent from Island Escapades, ~\$45. 2) Buy new from MEC, ~\$110. 3) Check thrift stores. 4) Ask around the club to borrow).
- Drytop or paddling jacket or extra rainjacket (If you go with the rainjacket option, tight wrist cuffs are great. It IS also nice to have this be your SECOND rainjacket, as it tends to get thoroughly soaked and is not so great to put on top of your dry camp clothes at the end of the day).
- Synthetic or wool long underwear top and bottom (adds extra warmth to your wetsuit and also prevents chafing).
- Synthetic shorts (board shorts are great)
- An light/midweight fleece/wool sweater (your “sacrificial sweater” for the water)
- neckwarmer/balaclava
- rainhat (cowboy, Tilley-style, or sou’wester) – doubles as sunhat
- Footwear: neoprene booties, or a combo of neoprene socks with sturdy sandals or an old pair of “sacrificial” runners is suggested (NOT flipflops for heaven’s sakes)

### **Camp clothing (to be kept dry(-ish) for the entire trip)**

- RAIN JACKET & PANTS (rubber or good Gore-Tex. In my opinion rubber's performance is superior for our wet, warm climate; it is also much cheaper. You should have no doubts about your raingear! Get into the full suit and have a friend stand there and spray you with a hose for 5 minutes. If this is more fun for your friend than it is for you, you might want better raingear. Seriously, this is the West Coast; it could rain for 4 days straight).
- synthetic pants and long johns
- Long-sleeved shirt
- Light fleece or vest
- heavy/warm jacket
- sports bras, enough underwear
- 1 pair shoes for around camp (gum boots are highly recommended as your camp footwear)
- 2 pair warm socks
- Warm toque/headwear
- Thin gloves

### **Gear etc:**

- sleeping bag (should be rated to 0°C) & sleeping mat (foam or Thermarest-style)
- headlamp and extra batteries
- sunglasses / small sunscreen
- a small notepad and something to write with, to maximize learning intake
- a navigational compass that can be adjusted for declination (The club has some to borrow, but this is a good piece of multisport gear to invest in if you don't have one already. At MEC, your cheapest options are the Suunto A-10 NH or the Silva Polaris, ~\$13. My personal favourite is the Silva Trekker 420 with the mirror, which is very useful for sighting. A clear baseplate is handy. Please do NOT bring anything like the Suunto Comet Compass-Thermometer or anything that looks like it's from a Philip Pullman novel, brilliant though he may be).
- Toiletries — toothbrush / contact solution / etc, as needed:
  - a small towel is great for drying off at the end of the day.
  - ladies, reusable menstrual cups like the DivaCup or Keeper are *awesome*, check 'em out. Otherwise, bring your usual pads/tampons and a bag (plastic inside of brown paper works well) to pack the used ones out.
- any prescription or non-prescription medications (please indicate this on your med form, bring twice as many meds as you will actually need, and give the spare set to me for the expedition)
- 1L water bottle
- personal mess kit (bowl, mug, spork ... etc)
- extra snacks for yourself for between mealtimes; + some extra to share

### **Also, don't forget (more on organizing these things soon as a group):**

- whatever group gear you have agreed to bring (tent, stove, H2O bottles?)
- whatever meals you have planned to bring to share
- this trip is a fundraiser for the [Eager Beavers Campership Fund](#); please don't forget your donation!
- your "HOMEWORK"! :)

### **Optional; great to have if you've got 'em:**

- fire kit (highly recommended):
  - fixed-blade knife or other ability to cut wood (Can-Saws: excellent. Swiss Army knives: not made for this, though some do have little wood saws).
  - extra lighters/waterproof matches
  - “firestarter”: pitch sticks, cotton balls + Vaseline, tealights, tinder, etc.
- camera & the ability to keep it dry
- nautical chart #3442 / chart case (available at Ecomarine on Granville Is. & other places)
- bivy sac (not needed if using a tent)
- fishing gear + license
- a first-aid kit, appropriate to your level of first-aid training
- swim or snorkel goggles, and/or a noseplug (for wet exit/rolling practice and possibly swimming in the phosphorescence)
- paddling gloves (neoprene gloves are fine. Thin fleece gloves + rubber dishwashing gloves are a solid and very cheap alternative to neoprene).
- Swiss Army knife (she who brings a can opener wins the eternal gratitude of her fellow trippers).
- Extra flashlight (there is always someone who loses/forgets their flashlight or has their batteries expire on trip, and you will be their friend).
- a bit of duct tape (wrap around a water bottle)
- small musical instrument (the number of ukuleles, harmonicas, ocarinas, violins, drums, and even a miniature air-powered piano keyboard over the years have made for some pretty awesome campfires!)

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### **How to Pack**

- Backpacks and large duffel bags will not fit into kayaks. All your gear needs to be in 5-20L “stuff sacks”. (Think “cat-sized”. Cats are all different sizes, but you could probably fit any cat into a kayak).
- Everything needs to be “waterproof” enough to immerse in a bathtub. If in doubt, try immersing it in a bathtub. *Now*, while you have a dryer handy.
  - Drybags are excellent. Buy or borrow.
  - Alternatively, use 2 garbage bags to line whatever small sac you're using; twist closed; stuff the end down the side. If you must tie a knot, make it a slipknot so you can untie it with cold fingers. Put important things in extra ziplocs.
- Do bring a change of casual, cotton clothing (jeans even!) to wear on the ferry and the first night at my place, if you like. You can leave your “civilized” clothes, as well as large empty backpacks, keys/wallets and anything else you don't want to take on expedition in the vehicle while we are paddling.