



KAYAK EXPEDITION 2008

EQUIPMENT LIST

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What to bring on the trip? Keep in mind we are only going for two nights and three days, so you shouldn't need much in the way of a wardrobe. In fact, two outfits should do it: your paddling gear and your dry land gear. We anticipate good weather, but please be prepared for cool, rainy weather. Remember, layers work best, and quick-drying synthetics are better than cotton, especially while paddling. Note that while the grade six and seven students will not be paddling across to Anvil Island, they will have time in kayaks at Daybreak Point Bible Camp and they will be more comfortable if they have proper attire, too.

All Students

- o sun hat...no hat, no kayaking either to Anvil Island or at Daybreak Point Bible Camp. Hat must have a brim, ideally, one that goes all the way around the hat. A baseball cap is the minimum coverage.
- o sunscreen...SPF 15 or better.
- o warm sleeping bag that fits into a small stuff sack. For grade eight and nine students, sleeping bag must be double-bagged in two garbage bags then stuffed inside the stuff sack, i.e. the plastic bags are **not** on the outside.
- o proper footwear. Old runners that can get wet and mucky, water shoes or strap-on Teva-type sandals. The beaches we stop at can be very mucky and covered with barnacles at low tide. Flip-flops and bare feet are unsafe. Students are also not allowed to go barefoot at Daybreak Point Bible Camp. Hiking boots are impractical and unnecessary.
- o one **small** container of insect repellent
- o one **small** flashlight or headlamp
- o toothbrush & toothpaste
- o bathing suit and towel
- o personal toiletries
- o medications...these should be placed in waterproof, Ziploc bags. Students carrying medications should inform the trip leader. Students carrying vital medications such as insulin or Epipens should contact the trip leader before the June 16th departure. They should also provide a backup supply to the trip leader along with instructions for use.
- o lunch for Monday, June 16th.

Grade 8 & 9 Students

- o an unbreakable bowl, cup and spoon.
- o 4 garbage bags: 2 for your sleeping bag, 2 for your clothing and personal gear

Paddling Outfit

- o sun hat...remember: no hat, no kayaking
- o bathing suit
- o light shorts

- t-shirt with sleeves...the sun burns and life vests chafe bare skin
- light sweater or fleece
- old runners, water shoes or Teva-type sandals
- wool socks...these will get wet
- light rain jacket or paddling jacket
- bandana...this is good for cooling off
- toque...this is good for keeping you warm and preventing hypothermia
- wetsuit...if you have one

Wear your hat, swimsuit, shorts, t-shirt, Teva's and socks. Keep your fleece, rain jacket and toque in a garbage bag in a stuff sack in the cockpit of the kayak with you.

Stay away from cotton clothing if at all possible. In the outdoor industry there is a saying that "cotton kills." Cotton is absorbent and it takes forever to dry. When the wind and rain start up, cotton gives very little insulation. Wear quick-drying nylons and polyesters and fleece on the water. Save the cotton shirts, hoodies and trousers for on shore.

The grade six and seven students will have some time to paddle oomiaks at Daybreak Point Bible Camp. They will not have to pack their gear as the grade eights and nines do, but they will benefit from wearing a good kayaking outfit.

On Shore Outfit

- sun hat
- underwear
- t-shirt
- shorts
- long pants
- long-sleeved shirt
- sweater or fleece
- rain gear
- socks
- runners

Grade eight and nine kayakers should pack a complete change of clothes, including a second fleece or sweater, double-bagged in garbage bags then stuffed into a stuff sack, i.e. the plastic bags are **not** on the outside.

How To Pack

Grade 8 & 9 Students

All your gear—including clothing sleeping bag, bowl, cup, spoon and toiletries—must be double-bagged in garbage bags and packed into 2 small stuff sacks that will fit in your kayak's hold.

Keep a fleece or light sweater, toque and rain jacket double-bagged in garbage bags inside a stuff sack in the cockpit of the kayak with you. Keep your water bottle within easy reach clipped to the kayak deck with bungee cords.

Grade 6 & 7 Students

Grade six and seven students may pack all their gear in a backpack as they will be traveling to Daybreak Point Bible Camp by water taxi.

Other Gear: IPS and Bowen Island Sea Kayaking

IPS and/or Bowen Island Sea Kayaking will provide:

- kayak, spray skirt, wet suit (if you need it), pump and paddle
- sleeping pad
- tents
- water bottles
- First Aid kits
- charts, compasses etc
- all food except Monday breakfast and lunch and Wednesday lunch and dinner