



## Overnight Expedition - Equipment List

These items are essential for staying comfortable and healthy (and therefore safe) on our sea kayaking sessions through the school year. Please assemble your gear as soon as possible.

These items can be purchased/rented from Mountain Equipment Coop ([www.mec.ca](http://www.mec.ca)), Coast Outdoor Sports, Robinsons or Capital Iron in Victoria.

### Clothing:

- Rain gear - WATERPROOF - test it in the shower! (pants and coat)
- "Wet shoes": rubber boots, running shoes, aqua socks, or sturdy sandals (no flip-flops)
- "Dry shoes" - for around camp (e.g. running shoes)
- Pants: (2 pair quick-dry material) - NO COTTON, NO JEANS)
- 1 long sleeve shirt or quick-dry material
- Polypropylene (synthetic) long underwear (1-2 pair)
- 1 T-shirt
- Fleece (pile) jacket or wool sweater
- Wind breaker
- thin nylon Underwear
- Wool or poly socks (3-4 pair)
- Sun hat
- Shorts/bathing suit (1-2 pair)
- Warm gloves and toque

### Personal Gear:

- **Sleeping bag** - no cotton lining, avoid down (-5 Celsius rating)
- Sleeping pad - eg. foam, or self-inflating mattress (NO air mattress)
- 2 stuff sacks - (one for sleeping bag and one for clothes) . **NO PILLOWS** - put clothing inside a stuff sac for your pillow
- Garbage bags: min. 2 for waterproofing (to be used inside of stuff sacks)
- Toilet paper (1/2 a roll in double waterproof baggies)
- Quick-dry towel - work s when wet and dries quickly
- Toiletries - including medication - if you need it
- Biodegradable shampoo/soap - buy ocean soap between four people
- Sunglasses with retainer strap
- Sunscreen- unscented: eg. Ombrelle or Photoplex, Min.SPF 25 rating
- Water bottle - 1 litre for mixing your water and crystals
- Book/journal/sketch book
- Flashlight/spare batteries

### Group Gear:

**Tents** - we will plan 3 to 4 students in tent groups and will need 8 tents for our class.

### Optional Items:

- Camera and film or digital (if you can waterproof it)
- Books/Magazines/Journal
- Insect repellent

**No hand held electronic games, knives, cell phones or candy/food on kayak trips please.**