

OCEAN SOUND KAYAKING GEAR LIST

The following covers in detail our: itemized personal gear list, clothing ideas, suggestions on how to pack, purchasing a fishing license, and charts for you to review.

“The climate of the Queen Charlotte Islands is mild. The annual temperature is a Balmy 8C (46 F). The summer temperatures are similar to those in northern and central BC. The islands have a reputation for rain. The east side has an average of 125cm while the west side has an average of 450 cm, some of the highest rainfalls records in Canada!” States the Queen Charlotte Visitor Center.

DRESSING FOR THE COASTAL ENVIRONMENT

Dressing for the diversity of weather conditions on the West Coast, is to simply expect the unexpected. The sport of sea kayaking is an aerobic activity. By dressing in layers allows perspiration to be wicked through synthetic fabrics, in turn keeping you dry and happy.

The variety of Marino Wool products that consumers are exposed today is ideal, they keep you warm when wet, they do not retain odors (like Polypro), and they are quick drying. Cotton on the other hand is NOT an ideal fabric, as it holds unwanted moisture creating a cool environment your body, and is not quick drying. Wool is an acceptable fabric, keeping you warm when wet; however taking more time to dry in a coastal environment.

WEATHER PROOF YOURSELF

Whether it is wind, rain, or cool temperatures, an adequate paddling jacket is a *MUST*. This is your first line of defense against the weather. There are a number of great manufacturers with a range in prices, but most important make sure your seams are sealed.

Gore Tex is an adequate material; however it is a breathable fabric and salt water will eventually destroy the membrane over extended use. The use of a product called NiKWix restores Gore-Tex and gives that old material new life. If you are planning on using that old Gore Tex Jacket, guests should invest on this treatment.

This will be the only time I wish to mention RAIN. Apart from your paddling jacket, one should think of waterproofing themselves around camp. The only true waterproof material is *rubber*, and your guides most likely will be wearing Helly Hansen Rain Gear around the camp on those rainy days.

PERSONAL GEAR LIST

This is a list of items that we recommend to bring on our kayaking tours to ensure your comfort. This list has been tried and tested over many years. I personally do not believe in expensive name brands but most importantly I do believe in quality and functional gear.

How well you are prepared will reflect on the overall comfort of the group and yourself!

- _ paddling jacket
- _ rain jacket
- _ rain pants
- _ paddling shoes/sandals
- _ hat with brim
- _ toque, winter hat for those south of US.
- _ thermarest/closed foam mattress
- _ synthetic sleeping bag
- _ **2 -10Litre 1- 20 liter dry bags**
- _ **1- 5 liter dry bag**
- _ 1 liter wide mouth water bottle
- _ flashlight/ headlamp
- _ personal toiletry kit
- _ 4-6 large zip lock bags
- _ 2 lighters
- _ 1 roll of TP
- _ lip balm
- _ sunglasses
- _ sunscreen
- _ extra contacts/glasses
- _ **small towel, not that big Beach towel**
- _ 2 fast drying pants (MEC rad pants)
- _ 2 fast drying shorts (MEC rad shorts)
- _ 2-3 pairs of wool socks
- _ fleece pants Optional if you're a cold person.
- _ fleece/wool sweater
- _ fleece vest
- _ short sleeve shirt
- _ long sleeve neck top
- _ synthetic long underwear & top
- _ bathing suit (or Haida Style)
- _ bandana to keep sun off your neck
- _ camp footwear
- _ **personal snack food while in camp and paddling**
- _ **Ikea Shopping bag to carry gear up/down beach**
- _ **personal mug for hot drinks**

_ Personal prescription drugs should be duplicated and one set given to the guide.

OPTIONAL ITEMS

- _ Knife
- _ binoculars
- _ writing paper
- _ fishing equipment
- _ fishing license
- _ camera/film
- _ book
- _ Spirits (wine, beer, etc.)

- Remember more does not mean you're better off, it simply means you have more items to manage, and pack into a limited space.
- Neoprene Farmer Johns/Jane's or Dry Suites are not required for any of my Gwaii Haanas tours. Unless you are a particularly cold person, this is a personal item of use.
- Break down items so they are quantified to the tours use, as you do not need a liter of sun screen, and bath suds, while your camp towel does not need to be full length.
- A camp chair is a great item to have around the fire. I personally use a FLAT CAMP CHAIR, as they are very compact and easy to store in the kayaks. They also do not require to be strapped on the outside of the kayak, they do not rust, and are very durable.

Please do not bring the standup style of chairs as they do not pack into the kayaks, rust away and break easily, and they become a safety issue as they must be strapped to the decks of the kayaks.

UNDERWEAR

Start from your skin out when thinking of the proper materials for your clothing. There is a variety of synthetic under wear on the market that is great for aerobic outings.

Over many years I have met a lot of people with the above items; and would still find themselves chilled when paddling or around camp. Human nature, we put on our trusty whitey tighties (cotton underwear) every day and never stop to think that this base layer provides you *ABSOLUTELY* no thermal insulation when damp or wet!

THERMAL LAYERS

Your thermal layers should be quick drying and provide you warmth when damp or wet. A variety of materials are available these days.

- Polypro is a great economical material; however it often keeps those bodily odors, but it can be washed and dried extremely easily.
- Marina Wool is getting more popular and much more affordable, and it does not keep those body odors after many days of use.

NOW YOU HAVE ALL THIS GEAR, HOW SHOULD YOU PACK IT?

Packing your 1-20 liter dry bag

Your synthetic sleeping bag along with a synthetic thermal top and bottom so you are ready for a night's sleep can be packed into the 20 L. If you choose to bring a down sleeping bag, please use extra care and keep it dry throughout the tour.

Packing your 2- 10 liter bags for your personal clothing

Here your personal clothing can be divided into the 2 - 10L bags. One bag can filled with items you may not wear for that particular day, while the other bag is packed with items you may want accessible.

Packing your 1-5 liter dry bag

This is an ideal size to pack your toiletries, small items, such as sunscreen, lip balm, books, etc., and they are easy to stow in the cockpit of the kayak with you. This bag should have your toiletries in it as well.

Toiletries

I do not provide toilet paper on the tours anymore, as it has been missed used on more than one occasion leaving myself and others short of inventory... Each person is responsible for his/her own toilet bag.

Packing the following into a LARGE ZIP LOCK BAG, one roll of TP, accommodated by 2 lighters, a small bottle of air dry hand sanitizer, and 3-6 small sandwich zip lock bags (Just in case that lighter isn't working on that rainy day, you can stow and burn your paper in the fire at the nights end).

TIP remove the inside tube of your toilet paper roll, this allows you to take the TP from the middle of the roll, which is great when it's raining because you don't need to remove it from your dry bag/large zip lock.

PLEASE NOTE:

The tents that I provide do not need to go into your dry bags. Also leave your sleeping pad and rain gear out of your dry bags as well. If you wish to keep your thermarest (SLEEPING PAD) dry, rap it in a thick garbage bag, but it usually stays dry in the rear hatch.

FOOT WEAR

There are all kinds of foot wear and we all have our own preference. While kayaking you want something that is functional both in the water and in the kayak, sandals, neoprene booties, etc.

A great all around sandal I use is called Chaco's. They have a firm sole and offer strapping for solid footing. If your sandals are Velcro make sure the Velcro still works, so those barnacles do not hurt your bare feet when your sandal is floating away.

Light weight non rigid rubber boots are what I wear in the rain forest and around camp, especially if it's rainy. But you need to keep the water out of them.

Guests seem to be using those ever so popular Crocs, they are great but have no rigidity to them, and I have had to mend a number of feet in camp due to a branch going through the sole, which is worth thinking about.

Hiking boots I really do not think you will need them. If you are bringing leather hiking boots waterproof them. The salt water will eat them. We don't do any serious hiking and often they are not used.

PADDLING JACKETS

This is one of the most frequent questions I get: "Should I buy a paddling jacket?" I don't believe people need to go and make a onetime purchase of a paddling jacket just for this trip; however if this is a pastime you wish to pursue it can be a solid DRY investment.

A paddling jacket should have the following: reinforced seams throughout the jacket, neoprene wrists, and a hood which is nice for wind and rain.

Often guests use their old GORE-TEX winter jacket which is fine but it has disadvantages. GORE-TEX is an adequate material; however it is a breathable fabric and salt water will eventually destroy the membrane over extended use. The use of a product called NiKWiX restores GORE-TEX and gives that old material new life. If you are planning on using that old GORE-TEX Jacket, guests should invest on this treatment before the tour to ensure it will function properly.

MEC makes economical jackets www.mec.ca
Level Six is a Canadian Company which I wear while paddling www.levelsixinc.com
Navarro www.navarrogear.com and NRS www.nrsweb.com make tour jackets as well.

There are many other manufactures that will do as well, this should get you started.

THINKING OF FISHING ON YOUR TOUR?

We do not rely on fish for our meals but it sure is great to eat fresh fish with your dinner. There is fishing closures throughout Gwaii Haanas; however your guides will be throwing out a line every chance they get outside these closures.

Fishing Licenses are required, and must be purchased thru the following link:

<http://www.pac.dfo-mpo.gc.ca/fm-gp/rec/licence-permis/index-eng.htm>

Contact me if you are thinking of dropping a line, I can help with tackle type. The more lines in the water, the greater chance of catching something! *Remember it's called fishing not catching!*

- The tour "Native Totems of Gwaii Haanas" has a large portion of it closed.

SNACKS AND MUG

Over years I have noticed that everyone's palette is different when it comes to snacks. We ask guests to bring their own snacks for their personal time in camp and while on the water kayaking to ensure you are getting the specific snack you desire.

Guests are also required to bring their own mug for hot drinks. This we have found to be a personal item that people have hiked, biked, skied... there mug to all corners of the globe.

OSK provides coffee, hot chocolate, and black and green teas. If there is personal preference of tea, please feel free to bring it.

SPIRITS

Alcohol can be purchased at the Supervalue in Sandspit to keep your luggage weight down if flying with Air Canada. The Supervalue closes daily at 6 pm.

CHARTS

Guests are not required to bring their own charts for our kayak trips; as your guides will be referring to theirs with the daily objectives of the trip. If you wish to bring your own for reference the following charts will cover our Haida Gwaii kayak trips.

You can purchase charts from Map Town www.maptown.com or from the CHS (Canadian Hydrographic Service) www.pac.chs-shc.gc.ca

This large scale chart covers the entire waters of Gwaii Haanas

- Chart # 3853 Cape St James/Cumshewa/Tasu Sound 1:150,000

Tour: Gwaii Haanas Kayak Expedition

- Chart # 3825 Houston Stewart Channel/Cape St James 1:40,000
- Chart # 3808 Juan Perez Sound 1:37,500
- Chart # 3809 Carpenter Bay - Burnaby Island 1:37,500

Tour: Native Totems of Gwaii Haanas

- Chart # 3855 Houston Stewart Channel 1:20,000
- Chart # 3825 Houston Stewart Channel/Cape St James 1:40,000

Tour: Fall Bears and Wild BC Salmon, Gwaii Haanas Legacy Traverse, Spring Fever- Whales and Birds

- Chart # 3808 Juan Perez Sound 1:37,500
- Chart # 3894 Selwyn Inlet - Lawn Point 1:73,026
- Chart # 3807 Atli Inlet - Selwyn Inlet 1:37,500

Emergency Contact Information

In case of an outside emergency while on your sea kayak tour with Ocean Sound Kayaking, relatives and friends can contact you by following these instructions.

Please this is for emergency purposes only as many people will be going out of their way to relay your friends/family members call out.

Contact Ocean Sound Kayaking Office 1 403 609 5576

My wife Lise can be of assistance. If she does not answer the phone, please leave a message, and then continue to proceed to call Moresby Explorers.

Moresby Explorers Office 1 250 637 2215

This is a company that I work closely with in Gwaii Haanas and they have an office person available almost 24/7. They have multiple guides daily in the park and will be able to get the message to me/you at our remote location.

The caller must identify that the message is for a participant of Ocean Sound Kayaking, as they deal with a lot of people and leave contact # with Moresby Explorers for us.

In the field, Ocean Sound Kayaking has 2 marine radio phones and a satellite phone for emergencies only, so we have the capability to call out to anywhere in the world.

ARE YOU FLYING TO SANDSPIT?

For those flying to Haida Gwaii, there is a baggage restriction at the moment, and you are allowed 1 checked bag and one carry on. I strongly suggest that guests maximize their carry-on luggage with the essentials nevertheless, sleeping bag, rain gear, medication you may require, and a change of clothing for the day, just in case your luggage is left behind or lost in transit.

This will ensure that you have the bare minimum to start your tour in case your luggage is lost.

Please don't hesitate to contact me with any questions you may have.