



Go with the Flow
Kayak Adventures



What to Bring – Sea Kayaking Base camp

The following is a list of suggested items recommended for your safety and comfort while on your kayak tour.

Temperatures: Note that our summer temperatures from July until mid September are generally quite comfortable with temperatures ranging from 18 - 30 degrees Celsius / 70- 85 degrees Fahrenheit with warmest temperatures from mid July to mid August. June and September have the coolest temperatures, occasionally as low as 10 C / 50 F at night. Note at any time of year rain and wind can occur. It is best to come prepared for any type of weather.

Go With the Flow Adventures and Solstua West wilderness base camp facilities include hot showers, towels and composting toilet. Go With The Flow has a seaside hot tub and cabins with Queen size or single beds and the tents at Solstua West have Queen size beds. Pillows, linens and duvets are included

If you have any concerns or questions about this list, please don't hesitate to contact us. 1-888-GF-KAYAK or e-mail <mailto:brody@gowiththeflow.ca>

- Wet shoes** – A pair that can get wet such as sturdy full strapped sandals, neoprene booties, or rubber boots.
- Camp footwear** – A pair of runners or other comfortable walking shoes.
- Hat** – A sun hat such as a baseball hat is a must. A brimmed rain/sun hat and a wool or fleece hat for evenings or cooler days are also a good idea.
- Sunglasses & sunscreen** – A must for protection from sun and glare off of the water. Safety cords are also a good idea.
- Towel and bathing suit (optional)**- Be ready for a relaxing soak in the hot tub or a swim in one of the local lakes.
- Medication** – If you are bringing medication please ensure that...1) The name and expiry date of the drug is on the container; 2) You have the detailed instructions of your dosage and frequency; 3) You pack it in a water and sun-proof container; 4) You bring a full extra dosage of your medication in a separate container and leave with head guide, in case you misplace or lose yours.
- Personal items** – Toothbrush, toothpaste, washcloth, feminine hygiene products, hairbrush, etc. we provide biodegradable soap, shampoo & conditioner
- Small flashlight or headlamp** – With spare batteries
- Water bottle** – 1 or 2 filled water bottles. Bike bottles or Nalgene bottles work best.
- Camera & film** – In waterproof bag or case. You may also use our dry bags.
- Gloves** (optional) – Wool or fleece gloves with grip are adequate. Biking gloves work well to protect your hands from blisters. If you are really concerned about cold hands, and are paddling in the spring/fall seasons, you may want to invest in neoprene gloves, or pogies (a bit of a luxury).
- Beverages** – We supply a wide range of teas and coffee as well as juices. You are welcome to bring along soda pops or alcoholic beverages if you choose to.
- Fishing gear** (optional) – Make sure you have a valid B.C. fishing license. Pick one up the day before your trip or obtain one online. www.pac.dfo-mpo.gc.ca click on "fishing licenses".
- Book or journal**
- Binoculars** (optional)
- Clothing** – Clothing should be suitable for the time of year, bearing in mind that it could become cold and wet at anytime. Layering is the best way to regulate body temperature and maintain warmth. We suggest avoiding cotton (except for those hot days). Cotton has no insulation value when wet. An inner material that

wicks moisture from the body and gives a comfortable dry feeling even while wet is the best first layer (Polypropylene, Marino wool, Lycra, Nylon, Polyester). A synthetic material such as fleece or pile makes the best second layer to provide warmth. Wool is also suitable.

- Rain jacket & rain pants** – For the unexpected nasty weather. To test your waterproofness jump in the shower and see if you stay dry!
- Light windproof jacket** (optional)
- Long pants** – 1 pair of fleece or warm comfortable pants. 2 lighter pairs made of a quick drying fabric. Jeans are not recommended.
- Lightweight long underwear** – Helps to keep you warm at night or as a base layer during the day.
- Sweater** – 1 heavy and 1 light wool or fleece.
- Long-sleeved non cotton shirt** - 2
- T-shirts** – 2-3 depending on long your tour is.
- Shorts** – 2 quick dry nylon.
- Warm socks** – 4 pairs.
- Undergarments**
- Gratuities for your guide** – At your discretion.

Robinson's Outdoor Store in Victoria can assist you in finding you any of these items!
Contact them at www.robinsonsoutdoors.com

Take only photos leave only footprints:

The kayak cuts no grooves and leaves no scars, as it travels freely through the waters. However on land, with the increasing number of kayakers venturing into new territory and seeking the untraveled path, we must respect our surroundings and be aware of our impact on these environmentally sensitive areas. Go With The Flow Adventures and Solstua West make every effort to ensure we leave our area as we found it or better.