

# **KAYAK VANCOUVER ISLAND**

with Grey Wolf Expeditions

Sea Kayaking, Hiking and Wilderness Camping

## **Information Package and Packing List**

Please call or contact us if you have any questions or comments.

[www.kayakvancouverisland.com](http://www.kayakvancouverisland.com)



email: [info@kayakvancouverisland.com](mailto:info@kayakvancouverisland.com) or call

+1.250.337.5717

[www.kayakvancouverisland.com](http://www.kayakvancouverisland.com)

Thank you for choosing Grey Wolf Expeditions. This information package contains detailed information designed to make you prepared for your trip. Please call or email us if you have any concerns or questions.

### **Booking details, Payments & Cancellation Policy**

#### **Terms and Conditions**

We accept Visa, Master card and money orders.

A deposit of 25% in Can.\$ of the trip fee is required in order to confirm your reservation.

#### **Cancellation Policy**

Deposit refunded on notice of cancellation minimum of 30 days before reserved dates. All bookings will be confirmed by us.

#### **Medical Forms & Liability Release**

Each participant is required to fully fill out medical form and liability release form. Forms must be received by Grey Wolf prior the trip.

#### **Travel Requirements for entering Canada**

Please check with Department of State for the latest travel requirements for entering Canada. Go to their website here.

#### **Meeting Location & Time**

**When:** 5:00 p.m. (Pacific Time)

**Where:** At your booked hotel/motel/resort in Campbell River or Courtenay.

**Grey Wolf office:** 1 (250) 337 5717

**Grey Wolf cell phone:** 1 (250) 204-2292

#### **Transportation Information**

##### **Vehicle Security**

Your vehicle can be parked at the motel/hotel/resort you are staying.

##### **Getting here**

Grey Wolf Expeditions will meet you at the hotel/motel/resort in Campbell River or Courtenay you are staying.

If you are driving from Seattle, allow the full day to get to our area. Vancouver and it's two ferry terminals are approximately 3 hours drive from Seattle.

Getting to Vancouver Island/Quadra Island:

From Vancouver, ferries go to Victoria or Nanaimo. If you are traveling from south of Vancouver take the Tsawwassen - Nanaimo route. If you are coming through Vancouver take the Horseshoe Bay - Nanaimo route. Travelers from the USA can also take ferries from Anacortes, Port Angeles and the Seattle area to Victoria on the south end of the island. Campbell River is 166 miles (265km) North of Victoria on Hwy 19. Campbell River is approximately a 3 hour drive from Victoria, and 2 hrs from Nanaimo. Take the BC Ferry from Campbell River to Quadra Island (about 10min ferry ride). The hostel is just up the hill to your right.

For all driving directions and estimated driving times we recommend using Mapquest.com or by calling us in the office.

**Arrival by air:**

Campbell River's airport is serviced several times a day by Pacific Coastal Airlines from Vancouver and Victoria. Telephone toll free North America 1-800 663 2872 Flight time 25 minutes. One way car rentals to Campbell River are available from Budget and National. If you need a pick up, please let us know.

**Arrival by car:**

With B.C. Ferries, <http://www.bcferrries.com>

from Vancouver (Tsawassen or Horseshoe Bay Ferry terminals) to Nanaimo, then drive north 1.5 hours to Campbell River on the Island Highway.

From Port Angeles (Washington State) on the Olympic Peninsula to Victoria (South Vancouver Island) by Ferry M.V. Coho, telephone 360 457 4491, then north on the Island Highway to Campbell River (approx. 3 hours scenic driving)

You can also reach Vancouver Island (Campbell River) by B.C. Ferry from Powell River and Prince Rupert.

**Arrival by Bus and Train:**

Bus service is available from Victoria and Nanaimo. Contact Island Link [www.islandlink.com](http://www.islandlink.com) or Greyhound 250 334 2475. Train service is only available from South Vancouver Island to Courtenay. From Courtenay to Campbell River take the bus.

**Camping Trips with Grey Wolf Expeditions**

On a typical multi-day trip / expedition we launch on the first day carrying with us all of the equipment and food needed for the entire trip. We do this because there is no food store access on these trips and everything we need has to be unloaded and reloaded each day. The following itinerary lays out the most common scenario for our trips, but campsite selection and ocean conditions may require us to adjust the itinerary. The exact itinerary for your particular trip will be clearly presented by the head guide at the orientation the day before your trip.

**Orientation & Trip Itinerary**

**Orientation**

Our day begins at 5:00 p.m. at the place you are staying prior the trip. You will meet your guide the day before your adventure. On a typical trip we will launch from Quadra Island on the first day, but some trips launch from Campbell River or Cortes Island. Your head guide will provide an orientation that covers the itinerary for the whole trip and how to prepare for the first day. We ask your patience if the itinerary is different from what follows. You'll have time to change clothes and get ready for your adventure. Vehicles should be locked and all valuables hidden or given to the owners. To date we have not had any guest vehicles broken into or vandalized, but it has happened to others on occasion.

**Day 1-5**

Once everyone is properly attired we'll discuss safety, divide into paddle crews and begin our adventure. All meals are included from day 1 lunch until last day lunch. Once the day is complete, we will set up camp. Once at camp, the guides will prepare dinner and assist you with all of your camping equipment, making sure you are settled in and comfortable. They will prepare appetizers followed by a delicious dinner. An evening campfire provides an opportunity to tell tales from the day's adventures.

In the mornings, coffee will be on by 8:00 a.m. and a hot breakfast will be served at 9:00 a.m. We'll start packing up at 9:00 a.m. By 10:00 a.m., all of your personal belongings should be back in your kayak and you should be dressed and ready for the sea by 11:00 a.m. We'll typically arrive at our new camping spot before 5:00 p.m. Lunch is usual between 1:00 and 2:00 p.m. After a quick change of clothes and nap if needed, you're ready to head towards a delicious outdoor dinner.

### **Weather Conditions**

On Vancouver Island, the 'dry season' is considered from May until September. This is generally the best time to visit the country, as the weather is most consistent during these months. The later summer, fall and spring are considered part of the stormy season in British Columbia, which can be rainy and humid. Please keep in mind that you can get great weather at any time of year, but the outdoor nature of our guided programs, and sea kayaking in general, means that weather can play a major factor in your enjoyment of the region. So, when planning an adventure with us, we recommend planning it anytime from May until September. For further information on the weather in British Columbia, please visit the following link: Marine Weather [http://www.weatheroffice.gc.ca/marine/weatherConditions\\_e.html?mapID=02&siteID=15300](http://www.weatheroffice.gc.ca/marine/weatherConditions_e.html?mapID=02&siteID=15300)

### **Packing List**

#### **What to Pack for Wearing on the Water**

##### **On Warm Days**

Cap, or Sun Hat  
Sunglasses (w/strap) & Sunscreen (Lip Balm w/spf)  
T-Shirt & shorts or paddle jacket  
Water Shoes: Sandals w/heel strap or sneakers  
Water Bottle  
Sunscreen

If you are sensitive to the sun, you might consider wearing pants and a long-sleeve shirt made from a lightweight, quick-drying material.

##### **On Cooler Days Add a Second Layer**

Polypropylene long johns (no cotton) —tops and bottoms (light to mid-weight)  
Good quality wind/rainproof shell (tops & bottoms)  
Neoprene booties or neoprene socks (available at most sporting goods stores).  
Warm hat

We recommend that you have good quality rain gear for inclement conditions. Dressing in layers allows easy adjustment to changing conditions.

#### **What to Pack for Camping**

- o T-Shirt and Shorts
- o Long sleeve shirt
- o Long pants
- o Sweatshirt or fleece top
- o Warm jacket (your wind/rain shell works when include with warm liners/garments)
- o Warm socks
- o Warm hat & gloves
- o Long Underwear
- o Sneakers or light hikers (light hiking boots are fine for hiking)
- o Small Towel & Toiletries
- o Insect Repellent
- o Flashlight or headlamp
- o boots for after kayaking
- o water shoes

It is wise to assume that every article of clothing you wear on the water might be wet by the time you reach camp in the afternoon. You should be prepared to change into a completely dry set of clothes when we reach camp (including socks & shoes).

## **Cold Weather Clothing Suggestions**

### **Check the weather before your trip!**

- o Footwear. On colder trips we recommend having sandals or booties. Booties have built in sole.
- o Warm hat (wool or fleece)
- o Good quality rain top and pants. Fabrics that are waterproof and breathable work best.
- o Extra polypropylene or fleece tops and bottoms (non-cotton). Wear these in layers under your rain gear or our splash gear.

### **Optional Items to Pack for your Trip**

- o Sun screen
- o Quality warm clothes including jacket
- o fleece sweaters are the best
- o Quality rain gear
- o Swim suits and towels
- o Camera or video
- o Insect repellent
- o Water bottle
- o Extra Flash light or headlamp
- o Environmentally friendly shampoos and soaps
- o extra changes of non-cotton clothes
- o Your Medication plus spare

### **What Grey Wolf Expeditions will Provide**

- o All meals from lunch the first day to lunch on the last
- o Healthy snacks are always available
- o All group camp gear including tarps, cook ware, utensils
- o Sleeping bags and pads
- o Quality tents
- o Transport to launching site (ferry cost)
- o Professional naturalist guides
- o High quality sea kayaks, doubles and singles
- o All kayak and safety equipment
- o Dry bags for personal gear protection

## **Our general Clothing advise**

### **Cotton = Cold and uncomfortable Outdoor Traveler!**

**Wear synthetic cloth. They don't need to be washed as often, and will dry in minutes not hours. Polyester is great, it feels like cotton, is breathable and easy to find. Nylon is great for pants instead of jeans, won't wrinkle and aren't bulky. Fleece is great for warmer outer layers or long/short underwear . It's best to wear multiple layers. It's easy to take off a layer to stay cool and add layers to stay warm.**

**Remember traveling light isn't just about weight, its about space saved, convenience and freeing yourself from frustration.**

### **Recommendations for Kids**

A pair of water shoes or water sandals (designed for water sports) that wrap around the toes and provide extra protection for the feet. Avoid slip-on water socks and crocs. Hydrosilk or rashguard tops. These fabrics are warm and comfortable when wet, help avoid chaffing from the life jacket and are "cool".

Hat & sunglasses with a strap. Kids can tire easily in the sun and protecting the eyes and face helps avoid over-exposure. Since kids often lose or break sunglasses, two inexpensive pairs are recommended.

Games. While there are plenty of activities for kids on our trips, we recommend bringing diversions that your kids or family can enjoy. Card games, compact board games, books, paints and other activities can provide occasional evening entertainment. Our game bags usually include cards, paints and other games. We highly discourage electronic games and gadgets as they can be easily damaged and run counter to the wilderness experience. Bring plenty of sunscreen for kids and encourage them to drink lots of water. On colder trips make sure that the kids have neoprene footwear, a warm and waterproof hat and plenty of polyester/fleece tops and bottoms for layering.

### **Where to Purchase Items on the Packing List**

Items listed in the packing list and other useful “kayaking gear” such as fleece and polypropylene tops and bottoms can be purchased at most local sporting goods stores. Neoprene socks and gloves are also available at sporting good stores and dive shops. Don’t hesitate to call us if you have any questions.

### **Camping Equipment**

**Tents:** Our tents are Mountain Equipment Coop brand outfitter expedition tents designed for durability and comfort. They are spacious for two (7ft x 8ft on average) and can accommodate more in a pinch.

**Sleeping Bags:** Our sleeping bags are 3 or 4 pound square bags with a flannel or polypro lining. Sleeping bags are professionally cleaned by a commercial launderer after each and every trip. Our bags are of standard length (75” to 80”) and will sleep a 6’0 person comfortably. If you feel that you need a larger bag it may be advisable to bring your own. Please call us for options. If you wish to bring your own sleeping bag, please indicate this on the Guest Information Form.

**Pads:** The pads we use are called “thermorests” pads. These pads are used by kayakers and guides all over the world for their comfort and durability. If you feel you need additional padding you are welcome to bring an additional pad to use along with the our pad that we provide.

**Setting up Tents:** The campsites we select most often have a variety of options for tent sites. We find that most guests enjoy selecting their own personal site and setting up our easy-to- set-up tents on their own. Our guides will be happy to assist you in setting up your tent and are always available for “troubleshooting”. If you find that setting up your tent is difficult just ask one of the guides and they’ll take care of it for you.

### **Meals & Dietary Restrictions**

Our menus are designed to be flexible in order to accommodate vegetarians and those with dietary restrictions. Since our meals are largely made from scratch, it is easy for us to prepare portions on the side without garlic, meat or other ingredients you may be allergic to. While we will know your preferences and allergies in advance, it is ESSENTIAL that you remind the guides of your preferences or restrictions PRIOR to meal preparation. When appropriate, dishes and utensils are not used to prepare or serve more than one dish. Utensils used to prepare dishes with meat are not used to prepare vegetarian options. Here is a breakdown of what we are able to provide:

**Vegetarians/Vegans** – Plenty of fresh fruits and vegetables (including avocado and bell peppers) will be supplemented with Hummus, Tofu, Bocca Burgers, Pates and other protein sources. Meals that have ingredients containing animal products and/or dairy products will have portions that can be prepared on the side without these ingredients.

**Nut Allergies** - Since we don’t use a lot of pre-made and processed ingredients, it is not difficult for us to check for oils and extracts, avoiding them altogether or preparing portions on the side.

**Wheat/Gluten Allergies** – While we cannot guarantee your favorite brand we will have gluten free products such as breads, tortillas, snacks and pastas.

**Non-Dairy** – While we cannot guarantee your favorite brand, we can provide soy milk and will prepare dairy-free portions of meals where necessary.

**Guest Information Form** - Please record any dietary allergies or restrictions on the Guest Information Form. We purchase food for our trips the day before departure and do not have the ability to significantly adjust menus or add alternate dishes once the trip has begun. Please keep in mind that “preferences” are different than “restrictions”. We often find that “preferences” become less important as most guests find they are burning more calories than they’re used to during the course of a day. As an example, folks on low-carb diets often appreciate the “extra calories”. It is also common for kids to eat foods that they may not eat at home. Don’t hesitate to call or email if you have any questions.

### **Environmental Concerns**

Whether you are on the water for a day or five days, you will be exposed to the elements. Exposure to the sun is our most common concern, but cold days are also possible at any time of year. The water temperature is cool to cold during the kayaking season, so even on the warmest days having a light-weight synthetic top can make a lot of difference. Pay special attention to the clothing suggestions in your trip planner and CHECK THE WEATHER before you trip.

Yellow jackets (bees) will create an occasional annoyance at lunch. They like to hang out around the lunch table. If you’re sensitive to bee stings, have a friend or one of the guides prepare your lunch for you. Mosquitoes can sometimes be an annoyance on two-day trips when in camp – we recommend bringing insect repellent.

### **Toilet Facilities**

Toilet facilities are not common in most wilderness settings. Your guide will generally designate an area or system that works for ensuring your privacy.

### **Hygiene Information**

Safety on a water trip doesn’t just mean wearing your life jacket and never diving into the river, it also includes washing your hands! We are very careful when it comes to contaminants on a trip. Our food coolers are “triaged” and drained daily and ice is carefully managed. Our dish washing and kitchen cleaning systems include a sanitizing bleach solution and hand washing stations are always set up near the kitchen and toilet. Please help us keep everyone healthy by washing your hands prior to each meal and after using the toilet.

**For Women:** Our guides are fully aware of issues specific to women, they are comfortable addressing your concerns. Sometimes, however, they need to be reminded that you may need more “stops” than they might have anticipated. A helpful hint from past guests—having a comfy, casual skirt or wrap-around sarong handy makes urinating in the wet sand much more comfortable. You can wear it over your swimsuit during the day and/or rap it around you in the evening. Frequent stops for urination are common and locations are selected to maximize privacy. Don’t hesitate to ask your guide for a “potty stop”. If you are expecting your period during the trip, we suggest that you pack a small amount of toilet tissue, a few Ziploc bags (small and large sizes), a few small paper bags, a small bottle of hand sanitizer and your napkins/tampons into one large Ziploc bag. Each day, pack a day’s supply of tissue, pads/tampons, small Ziplocs and a paper bag in a large zip lock and put this in your day- bag or in one of the watertight boxes that is available during the trip. During the day when you change a napkin/tampon, place the used one in a small Ziploc bag and put that in the paper bag with everything going back into the large zip lock. You can dispose of used products in the garbage each afternoon. Do NOT throw used products in the ocean or forest. Feel free to ask any of your guides for assistance. We carry extra feminine supplies on each trip as well as zip locks and plenty of toilet paper to help restock your kit.

### **Assumption of Risk**

Although no previous kayaking or outdoor experience is required on our tours, as with any adventure, there is always an element of risk. We ask that you welcome adventure with an open mind and be able to laugh and have fun when encountering the unexpected. We are dedicated to providing safe, environmentally sensitive, well organized, fun-filled adventures. Note: A waiver need to be signed prior every trip.

### **Gratuities for Guides**

If you have enjoyed your trip and feel that your guides have done an outstanding job, it is

customary to thank them with a gratuity. The amount is up to you, but a gratuity of between 15% and 20% of your trip fare is typical for Grey Wolf guests. The guides share their gratuities and will appreciate any expression of thanks you care to offer.

We are looking forward to our adventure together. Please, do not hesitate to contact us if you have any concerns or further questions prior your trip. Please contact us anytime via phone, email or visit our FAQ on our website.

We are looking forward to adventure with you. See you soon on the best place on earth!

Yours sincerely,

*Jesse & Sandra*