

PREPARING FOR YOUR TOUR

KAYAKING TOURS



WHAT'S INSIDE

01

WHAT TO PACK

02

HOW TO DRESS

03

OTHER CONSIDERATIONS

04

TRAINING

WHAT TO PACK

CLOTHING & EQUIPMENT PACKING LIST

Principles:

1. Travelling as light and compact as possible with necessities.
2. Having as many things as possible be dual use.
3. Sharing use as much as possible.
4. Staying warm in a marine environment.

Unlike backpacking trips, where weight is a major consideration, it is less vital for kayaking. However, in some locations, the weight returns as a factor. For active and fairly fit people, **typical final gear weights are between 20 and 25 pounds**. You will be packing your gear to bring without food, group gear, and tent. Your kayak will get some of the weight.

Some weight will be able to be carried in canoes on trips with portage routes that can handle carts, but if the portage routes are rugged, weights become as critical as for backpacking.

Even though weight might not be an issue so much for a kayak trip, space can still be a problem, but generally, only if bags are quite large. Large suitcases full of stuff is a no-go.

For kayaking, clothing and gear needs to be packed into smaller packages to fill in dead spaces in the hatches of the kayak.

WHAT TO BRING CHECKLIST

ITEMS	QTY	Details	✓
NECESSITIES			
FULL RAIN GEAR (warm layer #2)	set	Lightweight, but good quality. This is for keeping you dry and for wind break.	
SLEEPING BAG	pair	0° should be fine for coastal trips, but mountain trips may need -5°, and Yukon trips may need -10°, but if you are cold-natured, go lower. It should also be lightweight and synthetic. <i>Avoid down sleeping bags</i> unless you know how to keep down dry in a wet environment!	
SLEEPING PAD	1	Closed cell foam is adequate, Thermarest products or their competitors add comfort, but also add \$\$.	
HYDRATION SYSTEM	1/2	Two 1 Litre Nalgene bottles work well enough. A dromedary bag is workable, but not as convenient for staying hydrated in a canoe/kayak.	
Canadian Cash		There might be stops with some purchase items possible.	
CLOTHING-GENERAL		This is what you should be bringing for clothing.	
Water shoes	pair	Flipflops are not recommended. Sandals that wrap your ankles are good, as are Crocs that still have the heel strap. We can also supply neoprene booties, if you want them. For kayaking, neoprene booties are preferable, but good sandals with grippy soles can work well.	
Sandals or light running shoes	pair	For in-camp frolicking!	
Toque/wool or fleece hat	1	Lightweight, but warm. This is for warmth.	
Kayaking Pants/shorts (trousers)	2/2	You really only need one pair of pants. You can wear them every day. Long pants are better than shorts. Pants with zip off legs are a good compromise (CAREFUL-sunburn!) On paddling trips, two pair of pants are reasonable.	
Shirts	2	You can get by with one shirt, but two are generally okay on paddling trips.	

Jacket/Fleece (warm layer #1)	1	Thinsulate or Thermaloft are excellent jackets, lighter and warmer than fleece, but fleece will do.	
Socks	2-3 pair	Wool socks are still the best for hiking, but you might consider some of the new technical materials. Wool socks are great for warmth in camp on canoeing and kayaking trips.	
Underwear	1-2 pair	Ladies: more, Gents: less, typically. How many do you really need? 1 pair of long underwear are helpful for warmth	
Swim wear		<u>Optional.</u> You can always swim in undergarments.	
Brimmed hat	1	Full around brim or cap. This is more for sun.	
CLOTHING-SPARE, DRY		Sacred dry clothes are packed in a dry place (Ziploc, garbage bag, dry bag), and only taken out and worn in the tent or when there is no rain/mist.	
Pant/warm pants	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
Shirt	1	Sacred dry!! Keep tightly wrapped in a dry bag.	
Underwear	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
Socks	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
FOOD GEAR			
Lightweight bowl/plate	1	Plastic keeps food hot better than metal, and it is usually lighter.	
Spoon/spork	1		
Insulated mug	1	Lightweight mug is helpful, not absolutely essential it be insulated, but an insulated mug can be more comforting on paddling trips, especially if stuck somewhere for a day.	
OTHER NECESSITIES			
Toilet paper	1-2	Gents: usually less than one roll; Ladies: usually more than one roll (take 2) Women: consider a pee rag. https://thetrek.co/pee-rag/ You will still need toilet paper (for the other wiping duties). A pee rag helps minimize the awful TP flowers often left around camps.	

Garbage/Ziplock bags	5+	5 large garbage bags for waterproofing purposes. Several large and small freezer ziplock bags are helpful for keeping smaller items in to keep them dry.	
Headlamp/flashlight	1	BRING EXTRA BATTERIES! Many things are rechargeable now, so the extra batteries may be a battery bank with a usb cord.	
Sunglasses	1	Important for on water!!	
FIRST AID			
Bandages/plasters	10	You know, Band-aids—a variety of sizes	
Blister bandages/plasters	10+	We recommend Johnson & Johnson's Band-Aid Blister Relief [also referred to as Compeed]. Obtain different size cushions. We have found these to be the most effective in treating and preventing blisters.	
Tensor bandage	1	Should be big enough to fully wrap a knee.	
Sunscreen	1	(SPF as needed) SMALL TUBE!! Or share with someone.	
Duct Tape		DON'T bring a roll! Wrap some (2-3 mm layer) around your Nalgene bottle, or (6-7 mm layer) around something else.	
Feminine pads/tampons	enough	Ladies, typically, but Gents can bring extra for a partner.	
Medications	As needed	Ibuprofen, acetaminophen, etc., prescription meds. If your meds are life-sustaining, please bring an <u>extra set</u> for the number of days of the trip +1 to give to the guide as a backup! Very important!	
TOILETRIES			
Toothbrush	1	You don't actually <u>need</u> toothpaste! (Mindblower!) If your toothbrush has never seen toothpaste, it does not necessarily need to go into the food cache, either.	
Tooth paste	1	Small tube (but you really don't need it).	
Towel	1	Small towel. Specialized camp towel or "Sham wow" type towel.	
Brush/comb	1	If NECESSARY!	

OPTIONAL ITEMS			
Shaving gear	0	<u>Really?</u>	
Camera	1	Camera? Phone? GoPro? This is a worthwhile thing to have for memories. Necessary? No, but it's one of those things that people really want to have. The trade off is all of those things in this list that ask " <u>Really?</u> " If you bring it, don't forget the extra batteries or battery bank!	
Binoculars	1	<u>Optional.</u> Can be great for sighting birds or other wildlife.	
Soap/shampoo	½	A small amount, less than 3oz. Must be biodegradable. <u>Really?</u>	
Pen/Paper	½	A small notebook, maybe. You can take notes about the trip. A pen might be useful (ball point, not gel). This is mostly done on phones nowadays.	
Knife	0	What are you going to cut? Do you really need a knife? <u>Really?</u>	
Gloves	0	You might bring some because your hands get exceptionally cold, but entirely not necessary. <u>Really?</u>	
Book	0	Read from the book of nature! But, a book can be helpful if caught in camp because of wind and weather.	
Bug spray	0	Recommended for canoe trips and some hiking trips.	
<u>NOT</u> NECESSARY AT ALL		You really should not bring these items. They are not necessary.	
Bear spray	xx	Guides have this.	
Water purification	xx	Guides have this.	
Hatchet	xx	Just not necessary and heavy.	
Bum pad	xx	We supply them.	
If you are travelling with a partner or group, you will want to talk together to share things, not each of you bringing the same things. E.g., sunscreen-one tube per group of three to four is usually enough.			

Fishing Gear

A Licence is required if you intend to fish. Fresh water licences can be purchased online: <https://www2.gov.bc.ca>
Let your guide know you intend to fish.

Every trip, our guides get someone that just “knows better than the guides,” despite their knowledge and experience. “Oh, I don’t need gaiters because my friend did this without them!” or “I’m just taking short-sleeved cotton shirts because the forecast calls for sun the whole time!” Are you going to be that person? Our guides are professional, trained and experienced. If you want to do something differently, call before you leave and discuss it with guides in the office.

A change of clothes may be left in the van for our return to our departure point. It must be cautioned, however, that by leaving items in the van, you agree to assume full responsibility for your choice.

- Organize all equipment and clothing in many, small waterproofed bags. Stuff sacks (nylon bags with drawstring closures) in various sizes (available at outdoor stores), lined with plastic ziplock or plastic garbage bags are ideal for this purpose.
- Gear should be organized into categories; i.e. toiletries, extra clothing, camp wear, first aid, etc.

DRY BAGS

As a general guideline, your clothing will need to fit into a 20 and 10 litre dry bags, your rain gear into a 5 litre dry bag, and your remaining personal items into a 10 litre dry bag.

We will provide you with dry bags for use during the trip.

Dry bags are tough, waterproof storage sacks made of coated nylon or PVC (a durable, rubberized fabric). They come in a number of different styles and sizes, from large backpack- sized models with built-in shoulder straps, used for canoeing and portaging, to simple, clear- plastic sacks designed to keep small items dry.

Most dry bags are sealed by rolling the collar of the bag down upon itself (as many times as possible), then buckling it closed to seal out water.

- Keeping your sleeping bag dry is extremely important. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproofed. Insert 2 plastic garbage bags in your stuff sack and then twist the top securely, and tuck into nylon stuff sack. Consider using a dry bag.
- Cameras should be given special attention. Water can seriously affect internal mechanism if unprotected. Cameras should be insured and stored in a commercially produced, i.e. Pelican, waterproofed hard shell case. You may want to consider a 35 mm one time use waterproof camera for the trip. Also consider the panoramic disposable cameras for wide angle shots.

Although our canoes are able to accommodate a fair amount of equipment, there is a limit. One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist, it's probably not necessary. If

travelling with a partner, see what items can be shared in order to avoid duplication. If there is any doubt, please contact us.

Organizational Options

Nylon Stuff Sacks and Mesh Bags

Basic nylon stuff sacks keep gear and clothing safe from occasional splashes and drips. The items in them may be water-proofed if the items are placed in sealed plastic bags or garbage bags inside the stuff sack. Stuff sacks help to organize small items such as clothing, food and camping gear inside larger packs or dry bags.

Nylon mesh bags are great for storing wet gear

Ziplock Bags

They're watertight, come in a variety of sizes, and are easy to open and close.

Keeping your sleeping bag dry is of extreme importance. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproof. Insert a plastic garbage bag in the stuff sack and then stuff the sleeping bag in. As additional protection, use two garbage bags inside the stuff sac.

One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist that we provide, it's probably not necessary.

For canoeing, we provide you with a large portage dry pack, with carrying straps and hip belt for portaging. You may wish to pack your personal items in smaller bags, which then go into this big portage bag.

HOW TO DRESS

CLOTHES, GUMBOOTS, DUFFEL BAGS & OTHER FASHION ACCESSORIES

Poor equipment, improper clothing, and lack of conditioning will not only limit your ability to enjoy your experience and compromise your safety, but will also impact others in your group. Much of the enjoyment and success of your trip will depend on packing the appropriate clothing and equipment. It isn't necessary to purchase expensive or trendy items. Remember that function is more important than style. It is also very important for you to be committed to the outdoors as a recreational past time before you invest significant sums to clothing and equipment.

If you do decide to shop for clothing and equipment, do so at outlets that specialize in these wares. Ask questions. Anything you need to know about the proper equipment is an important question. Take your time to decide. All reputable outdoors stores are more than willing to take the time to ensure that you are outfitted properly.

There is a direct correlation between the functionality/comfort of your equipment and price. It is not necessary to buy the top of the line (unless you can easily afford it) but you can be assured that if you buy the cheapest piece of equipment you'll end up regretting it.

IT MATTERS LITTLE HOW
MUCH EQUIPMENT WE USE;
IT MATTERS MUCH THAT WE
BE MASTERS OF ALL WE DO
USE.

- SAM ABELL

CLOTHING

There are three categories of clothing; outerwear, insulation and under layers. In each of the categories there are a number of materials available.

Outerwear

This layer should be loose fitting to accommodate the insulation layer. It is advisable not to buy insulated outerwear. The idea is to add warmth with the insulation layer as it becomes colder and vice versa when it becomes hotter.

Freedom of movement is essential, especially in the neck and arms. Make sure there is a hood and that it is roomy enough to allow for a hat to be worn at the same time. The hood protects the neck and head from the worst weather conditions. Ideally the hood will be brimmed but, if not, a brimmed cap should be included in your gear. A brimmed hat will keep the rain from interfering with your vision, especially if you wear glasses.

The jacket should be longer than waist length to offer greater protection to the thighs and the rear in the rain and cold.

A jacket made from Goretex is a sound buy. Ideally it is desirable to have rain pants that are also made from Goretex. But, be prepared, it can be expensive, depending on how Goretex is incorporated into the coat, number of pockets, and other bells and whistles. You should determine, with trained assistance, what's best for you. The advantage of Goretex is that it "breathes". It allows body moisture to escape while retaining warmth and waterproofness. We discourage the use raincoats or waterproof products. These do not allow body moisture to escape. After a short period of hiking or hard paddling, you will be wet from your own perspiration and may become uncomfortably cold.

Nylon is wind resistant, quick drying and comfortable against the skin. Shorts, pants or shirts made of lightweight nylon are suitable for paddling in warm to moderate conditions. Nylon pants that convert into shorts are especially useful for hiking environments where temperatures change frequently.

Insulation

The best all-around materials are pile, fleece or bunting. They trap body heat while absorbing little water. The warmth to weight ratio easily surpasses wool.

Underlayer

Polypropylene and treated polyester (Capilene, Thermax) are good bets. They transport perspiration away from the skin while providing some insulation. Wicking fabrics are available in both tops and bottoms, with different thicknesses for varying temperatures and levels of activity. Merino wool has really become the underlayer of choice over the last decade. One added benefit of wool is that perspiration smell is much less than with the artificial materials. The underlayer should be snug, not baggy or skin-tight.

Cotton is breathable, making it ideal for warm-weather activities. But it's also very absorbent and slow to dry. When wet, cotton holds the moisture next to your body, cooling you as it evaporates. This can be comfortable on a hot, sunny day but becomes dangerous in colder conditions. For all but very warm environments it's best to leave the

cotton at home. It is difficult to recommend how many articles of an item of clothing to bring, as individual preferences vary. Some people are content with wearing the same outfit during the entire trip, while others change daily. If there are opportunities to wash clothes in streams or lakes, using one set is perfectly reasonable.

	Cotton	Wool	Merino wool	Polyester	Polypropylene	Nylon
Water Retention	High	High	Medium	Low	Lowest	Medium
Drying Time	Long	Long	Medium	Short	Shortest	Short
Heat Conduction	High	Low	Low	Low	Low	Medium
Comfort Level (Dry)	High	Medium	High	High	Medium	Medium
Shrinkage	High	High	Medium	Low	High	Low
Durability	Medium	Medium	Medium	High	Medium	Low
Colour Choice	High	High	High	High	Low	High
Packing Suitability	Low	Low	High	High	Medium	Medium
Hiking Suitability	High	High	High	High	Medium	Medium

SLEEPING BAGS

The insulation or "fill" inside a sleeping bag largely determines a sleeping bag's weight (and thus its "warmth-for-weight" ratio), compressibility, and durability.

Down

Down is the wispy, fluffy undercoating found just beneath the outer feathers of geese and ducks. This natural fiber is an extraordinary insulator.

Plus side:

- It offers tremendous warmth for surprisingly little weight
- It can be compacted into very small sizes.
- Its effectiveness outperforms synthetic insulation by years—decades, even.

Downside:

- If it gets wet, it is of no value until it dries—and in the field, that can take a long time.
- It is expensive but in the long term more economical.

Synthetic

Synthetic materials are basically plastic threads. The threads are most commonly a continuous filament (a long, single strand). The most popular synthetic material in use is Polarguard®.

Plus side:

- It's less expensive than down.
- It's non-allergenic.
- It still provides some insulation when wet; plus it dries fairly quickly.

Downside:

- It's bulkier than down (so it takes up more space when you're carrying it).

- It's heavier (it takes more weight to get the same warmth down provides).
- The filaments gradually degrade over time.
- Does not drape over the contours of your body as effectively.

It is extremely difficult to recommend a bag as there are so many considerations. Where will you be using the bag? During which seasons?

Do you like to move around a lot inside the bag or do you like a snug fit? How much money are you prepared to spend? Do you get cold easily? You should consider the following if you are going to purchase a bag:

- Down works well for just about everyone except people who frequently find themselves in rainy conditions.
- Women often value down's warmth, softness and minimal weight. (Note: Some bags are cut to accommodate a woman's body shape and preference for extra insulation.
- There is no correlation between weight and warmth. One bag may be double the weight of another yet have the same temperature rating. (It is important to note that the temperature rating designated on a bag is not set by any independent standard. The rating assigned to a bag is the manufacturer's.)
- An important consideration when selecting a sleeping bag is how claustrophobic you are. Bags are either rectangular, mummy, or tapered (comprise between rectangular and mummy). The rectangular bag allows the sleeper to move and turn inside while the mummy bag restricts movement. Mummy bags are very popular and have many advantages. However, if you hate to be confined, it's not the bag for you. When the salesperson is discussing the merits of the different bags ask if you can try out the sleeping bag.
- Mummy bags are narrow, close-fitting bags are designed to save weight and maximize heat retention. They start narrow at the feet, get wider toward the shoulder, then taper to an insulated, fitted hood. Nearly all backpacking bags are mummy-shaped. Positives: The slim cut increases efficiency and saves space and weight. Hoods retain a lot of warmth. Negatives: The narrow shape can feel restrictive to some people and inhibit sleep.
- Rectangular bags are warm-weather sleeping bags built to be roomy. As a result, they let a lot of body heat escape. Many rectangular bags can be unzipped and used as comforters. Few have hoods. Positives: Lots of interior wiggle room. Negatives: They're inefficient insulators, too heavy/bulky for most weight-conscious backpackers.
- Tapered models are narrow at the feet, broad at the hips and shoulders. You get more space than a mummy supplies, but also more weight and bulk. Some offer hoods. Positives: Good heat retention and a little more room to maneuver. Negatives: More room means your body has more space to keep warm; some thrashers still find them restrictive.
- Loft in combination with shape and size have a great bearing on warmth. A reasonable loft for our trips is 11 to 14 cm. (3 season bag). Remember, however, some people sleep warmer than others. You may require a greater loft.

- Make sure the sleeping bag is long enough to accommodate your body. Here's the general rule: If you are no taller than 6 feet, choose a regular length bag. If you are up to 6-feet-6, you want a long bag. If you are right on the border, maybe right at 6 feet or maybe half an inch taller, it's a judgement call on your part. If you choose a bag that's too short, you might tend to stretch a bag to make it cover you. Doing so flattens the bag (and its insulation) in spots, reducing its effectiveness. Sleeping in a bag that's too long means it takes up more space in your backpack, kayak or canoe.

OTHER CONSIDERATIONS

INFORMATION TO HELP YOU

This information should be reviewed just before you leave for your rendezvous with us. Our guides will discuss guidelines during a pre-trip meeting and will touch on these points, or, as necessary during your trip.

We are here to make your trip the safest and most enjoyable it can be. Our guides are trained and expected to ensure that safety measures are observed. They will make suggestions that will offer you their experience in avoiding dangerous and hazardous situations. They cannot force you to accept their advice, but we highly recommend that you take advantage of their experience and training.

BEING HELPFUL AND ASKING FOR HELP

This is your holiday. You are welcome to participate more fully, if you want. If you want to help the guides, just offer; however, there are some tasks that are fully embedded into guiding systems, so you might need extra instruction in how to do the task to maintain the system.

We do expect you to do your own dishes, put up and take down your tent, get your water from our group filtration systems, and pack your gear. We also expect you to be fully and completely responsible for yourself on the tour.

While we expect you to be self-responsible and self-reliant, we also expect you to ask for help when needed. Everyone needs help at times.

On a group tour, you are in a group dynamic. You have chosen to be a part of that group dynamic. Our mantra on our tours is that, "You are responsible **TO** the others in the group, and **FOR** the others in the group."

SAFETY AND HYGIENE CONSIDERATIONS

Please pack out **ALL** of the garbage you generate. On canoe trips, we keep a group garbage that is kept in animal proof containers. Please clean empty packaging. Keeping a clean camp and controlled garbage is something everyone can and must participate in. Once we leave our campsite, we want to have it appear as if we never camped there. If you have space, you may consider packing out some garbage left behind by others.

In the mountains, or at lakes and rivers, and other sensitive areas, wash at least 30 m/100' from water sources.

For bowel movements, please use outhouses where provided. On the coast, leave the camping area to a safe and private area on the beach, below the high tide line, dig a hole, do your business and then cover it, and mark it with a stick so someone does not dig it up. Some locations may require you to pack out your poo. If we are in an area like this, we will provide the equipment to make this possible. Leave No Trace ethics say to pack out your toilet paper. We advise you on each trip how to handle your TP. Realistically, we will advise differently, depending on the environment, the overall human use, the availability of toilet facilities, and the regulatory requirements.

NEVER have food, toiletries, or anything which may be scented, in your tent.

Do not leave food exposed and unattended, even for a short time. Ravens, gulls, and crows will scavenge the food. Also, do not leave watches, rings, etc. unattended. Ravens and crows have been known to fly off with them.

Do not attempt to swim in a river, or in relatively fast current. There are potential snags underwater, and it is difficult to swim against current.

TETANUS: Tetanus is one of those risks that is low on likelihood, but extremely high on consequence, particularly in wilderness settings which may take one to three days to effect an evacuation. The incubation period can be slow, with little to no signs of tetanus infection while the bacteria population is growing exponentially. When the bacteria grow, they begin secreting the toxin and the amount of toxin can go from minimal to a very high concentration very quickly with the exponential growth. With treatment, the anti-toxin takes some time to be effective, as well, further complicating the potential consequences of delayed evacuation. The first aid protocol for a cut or puncture wound for **ANYONE WITH NO CURRENT TETANUS VACCINATION** is **immediate evacuation**. Having to evacuate for a small cut severely affects everyone else on a trip because the trip completely stops to deal with the evacuation. The responsible action when going into a wilderness location with others is to have a current tetanus vaccination. You can find out more about tetanus [here](#) and [here](#).

HAND CARE

It is imperative to **STOP** paddling when you feel any burning sensation (hot spot) or irritation. Hot spots can easily result in a blister. Action at this stage will avoid a very painful blister and the need to affect group pace.

Don't suffer in silence. Let the guides know of any hot spots or blisters that need attending.

Try to keep hands as clean as possible. Consider wearing paddling gloves.

PACKING

It will be necessary to transport your personal gear in a duffel bag or backpack to and from the kayak to camps and vehicles. Because of space, a duffel bag is best, but a duffel bag that completely collapses and folds down as small as possible. Compartmentalize everything. Use ziplock or garbage bags to protect against things getting wet. Twist tie and double bag anything you don't want to get wet.

One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist that we provide, it's probably not necessary.

KEEP DRY: Pack items in sealed plastic bags [ie Ziplock bags], or waterproof stuff sacks. Even if the day appears to be beautiful, the weather can change dramatically. **Be cautious, waterproof.** Don't rely on the manufacturer's guarantee that your sleeping bag stuff sack is waterproof. Be sure to waterproof it further by placing a plastic bag in your stuff sack and then stuff in your sleeping bag. Ask guides for assistance if unsure of how to do this.

Pack snacks, rain gear, camera/film, medication, where you can easily get to them.

BEFORE LEAVING

Clip all fingernails and toenails. You will be grabbing and clutching along the way. A bent or broken fingernail can be very painful.

Leave rings, bracelets, and necklaces at home.

Carry a cheap watch or none at all. You may enjoy the freedom of not being tied to a watch.

Leave behind any unnecessary credit cards. Bank cards and Visa/Mastercard are usually a good thing to carry. The means to access extra cash for unexpected needs may be welcomed.

Post our equipment/clothing list on the front door. As you are about to leave your home, make a final check.

Remember to pack personal medication. If any medication is necessary for life and function, make up and bring additional backup medication to be given to the guides in the event yours is lost.

Let someone know when you are due home. Leave a copy of the itinerary, with corresponding dates, with this person.

If you are from out of town, let someone know where you will be staying when you get to your destination/origin.

If you are entering Canada, remember to bring all pertinent documents. Stricter border enforcement will require that U.S. citizens carry picture ID and either passport or birth certificate. Chilkoot Trail participants will definitely need these because the trip crosses the border twice.

For foreign and out-of-province/territory visitors, we recommend that some form of travel or health insurance be purchased for the length of stay in Canada. It is a good idea that it cover medical evacuation, especially by air.

For foreign visitors, it is best to convert currency to Canadian before entry. You will probably receive a better value from financial institutions than from individual merchants.

KAYAKING

It is extremely important to do some stretching exercises before starting your day's paddle-use dynamic stretching before our activity. Many of the tendon, muscle, and ligament problems are caused when hikers and paddlers exert themselves when still "cold" or do not cool down properly afterward.

Move slowly and deliberately when disembarking from your kayak and afterward. Sitting in a kayak means that some muscle groups are getting no movement for long periods of time. Take your time to avoid injury. The stretching principles listed below in "Hiking" apply equally to kayaking and the activities around paddling.

HIKING

Some of our paddling trips also have opportunities for short, day hikes. It is also important to have a little information about this as well.

It is extremely important to do some stretching exercises before starting your day's hike-use dynamic stretching before our activity. Many of the tendon, muscle, and ligament problems are caused when hikers and paddlers exert themselves when still "cold" or do not cool down properly afterward. Static stretching is best done after the activity you are doing. You can find more information about dynamic and static stretching [here](#).

We like to have our guide in the lead for safety and pacing reasons. Faster hikers may have to adjust their normal pace to accommodate slower members of the group. If the difference is dramatic, the guides will try to structure a solution that meets different needs, but safety and availability of safety resources will not be compromised.

Try not to overreach your steps or jump to your next spot. One leg should be securely anchored before the next footfall. Rocks or logs, which may appear stable, can be loose or slippery. Also be cautious with slanted surfaces. Most of the sprains and strains that we have dealt with are usually the result of this. Try to step only on flat, level areas.

Going downhill - keep knees slightly bent. Go slowly and maintain complete control over each step.

Going uphill - one of the most common injuries suffered by men in their 30s & 40s is a ruptured Achilles Tendon [just above the heel]. Avoid jerky moves, like pushing up too hard with your downhill leg when climbing onto a rock or ledge. Avoid hiking at the same pace as you would on flat stretches. Slow down and take shorter strides and never, never, try to keep up with other people. If you stop often to catch your breath, you're hiking too fast going uphill. And, finally, avoid climbing on your toes. You may damage tendons, hamstrings, and calves.

Don't crowd the person ahead of you. He/she may feel pressured to move on without being prepared or may need to retreat from the position. You also need space to see where you are going. Allow for approximately 2 m (6'). Being too close to the person in front of you is also often a major hazard from hiking poles. If you or the person in front of you slips and flails with a hiking pole, someone can get stabbed.

The route opted for by the person ahead of you to bypass an obstacle may not be the one that is best for you. Make your own judgment. If you are having trouble with where to step, just ask to be behind a guide so that you can follow the steps or get instruction. Help the person behind you by warning of impending hazard or danger. Help over/under obstacles.

Step over/around obstacles whenever possible. It takes less energy than stepping up.

If you must step up, you can apply some helpful leverage by placing your hand on your thigh and pushing down as you step up, or by making good use of poles.

Don't carry anything [such as a camera/binocular] around your neck. Over time your neck muscles will tire, and headaches may follow.

It is very important to concentrate on your next footfall. If there is something that you want to see or photograph, STOP.

PHYSICAL HEALTH AND PRECAUTIONS

EAT!!!! This is no time to go on a diet. Your body will require double its normal caloric intake. The average person will burn between 350 – 450 calories per hour while hiking. **Don't miss meals.** Breakfast is extremely important, as are the snacks that have been provided.

DRINK!!!! The body begins the process of dehydration before you are ever thirsty. Even if you do not feel thirsty, drink. Not drinking enough water can lead to serious complications. It affects energy levels and attentiveness and may be the reason you have one mean headache. Some hikers use water bladders to remain hydrated. The bladder has a tube connection which provides easy access. A less costly option is a specially designed Velcro pouch which houses a water bottle [available at most outdoor stores]. This easily mounts to the hip belt and makes water bottle access very simple for hiking. For paddling, a water bottle is usually convenient and dromedary bags are less convenient.

Use sunscreen and a hat. Protect shoulders, ears, neck, back, instep, under eyes and back of knees.

It is always a good idea to let someone know if you are wandering off to spend some time alone, write, take photos, explore, etc. Our guides will ask you to let someone in the group know. It is only a precaution, and is not intended at limiting your freedom of movement. If something does go amiss, then they may better locate you.

BEAR SAFETY

We will be traveling through bear country. All of our trips are in black bear country, some trips are in grizzly country. Chances of an encounter are remote, especially when traveling in a group. Wilderness bears are shy with humans and most often, if given the opportunity, will avoid contact. We will take measures to minimize the chances of any encounter by announcing our presence, looking for signs of bear activity, hanging food & toiletries, keeping a clean camp, etc. Our guides do carry bear spray and will instruct you in its use, just in case, but there is usually no need for each person to carry bear spray. The more people carrying it, the more likely to have a bear spray accident where people get sprayed.

OTHER ANIMAL SAFETY: Every trip we do is also in cougar country, and almost all are in wolf country. Encounters with bears are by far more likely than with wolves or cougars. We will give instruction in how to behave if any animal encounter occurs. By far your most likely close encounter will be with mice. The main issue with mice is disease, so good hygiene is the best practice for dealing with these encounters.

GRATUITIES FOR GUIDES

This is a good place to discuss gratuities. We pay at the upper range in the industry for our guides, but that does not mean it really meets their needs. Our trip costs would have to be higher to pay above the industry rate, but we would not be competitive then. Such is the nature

of a competitive market. The culture in some countries does not include tipping. In Canada, it is common and expected for a wide range of services.

Your guides spend a lot of time doing things you don't see that make your trip an awesome experience. The information you give us helps build in accommodations for your needs. The guides do that. Although the company plans a basic itinerary, your guides fill in the details and adjust the itinerary to give you a fuller, richer experience. Weather and tide considerations are planned in by the guides. The extra preparation and training that you get from the moment you are picked up, all along the trip-that's the guides. The meal preparation, and most often, the cleanup afterward, that's the guides. If you, or one of the other participants, are finding something challenging and some weight is taken from you or another guest to help with that challenge, that's the guides. Doing that helps you meet that day better, even if it is not you that had the challenge. Your guide is looking out for you and the entire group you are part of for nine days. Of course, you are free to give or not give, but please consider showing your appreciation for your experience during those nine days.

Common gratuity levels: \$12 to \$25 per day from each person, or around 10% of the trip cost are common gratuity levels.

How do you choose the amount? You are probably asked to give money to charities often. Charities look for giving from three levels, petty cash (what you spend daily), disposable income (monthly income that is used for buying bigger items), and wealth (assets). Gratuities are really at the petty cash level. Petty cash considers what is a comfortable level of spending on a daily basis. If you would go out and spend \$50 or \$100 at one meal on a bottle or two of wine, is a \$200 gratuity out of line for nine days of service? If you ate out three meals a day, would you tip a total of \$10 for all three meals, or would it be \$30 of tips for that day? More? This should give you some perspective on what is appropriate for tipping your guides.

TRAINING

PREPARING MIND AND BODY

Preparing your body is as important as preparing with the right equipment.

Proper conditioning can put an older person in better shape than someone half his/her age. You will feel better and perform better when you are in good shape.

Common sense needs to be your guide. Start with a trip to your doctor. We strongly recommend that you discuss our conditioning suggestions with your doctor to ascertain their suitability to your medical circumstances. There are no shortcuts. Getting into shape requires work. **At least two months before your scheduled trip, you should begin a regimen that focuses on building stamina, strength, and endurance.**

STRETCHING

Stretching 10 minutes before and after daily workouts will help you stay limber and avoid muscle soreness. Stretches should be slow and gentle, breathing consciously. Hold each stretch for 30 - 60 seconds:

- Lay flat on your back. Extend your arms as far as they'll go above your head and at the same time point your toes as far as they'll go away from your body. Inhale as you stretch.
- Sit up on the floor. Exhale as you reach for your toes.
- Sit up on the floor. Spread your legs as far as comfortable. Inhale and exhale as you reach forward along the floor, first along one leg, then the other.

HEART TRAINING

Walking, running, biking, swimming and aerobics are all good for this. Expect some sore muscles, but do not strain yourself. The fastest gains are made when you exercise at an intensity level of about 85 % of your maximum heart rate. You can find this rate by subtracting your age from 220 and multiplying by .85 [220 - 40 (person's age) = 180 x .85 = 153]. Periodically take your pulse for 15 seconds and multiply by 4 to get your heart rate.

When you begin, start at 65 % and slowly work up to 85 %. Limit yourself to a 30 minute workout. One intense workout combined with three days of lighter workouts is a good start. Add speed and effort (i.e. going uphill) as you feel more comfortable. When you can do a 40 minute workout without much effort, build to a second and so on.

KAYAK PADDLING TRAINING



The best training program simulates the paddling experience as much as possible. You will need to incorporate some simple machines, weights or resistance bands to simulate paddling. If you are active then you should begin at least a month before the trip. If not, then two months. Remember that pain is an indicator, and your doctor should be consulted if it persists or it is extreme.

The following program focuses on muscle groups and motions that are for 1) upper body for paddling, and 2) lower body for portaging. Use the weekends to do practice hikes or paddles, or cross-training activities such as swimming, skating, biking, etc.

You can be creative with weights and resistances. Instead of dumbbells, you can use full 1 L Nalgene or other bottles, milk cartons filled with sand, bricks, stones, etc. If you want to use resistive bands, old bicycle tubes work well. Many bike shops will have tubes with holes taken from repairs that are free.

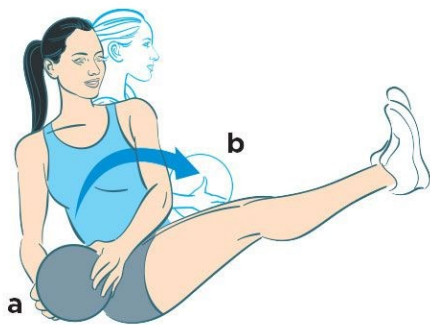
TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 - 2	Walk or jog a course with rolling hills. 30 min. Carry 2 kg/5lb to 4.5 kg/10 lb in pack.	Strength, Balance, Endurance Training	Rest	Strength, Balance, Endurance Training	Repeat Monday
3 - 4	Same. 45 min. Add 2kg/5lb..	Strength, Balance, Endurance Training	Rest or crosstrain. 30 min.	Strength, Balance, Endurance Training	Repeat Monday
5 - 6	Same. 60 min. Add 2kg/5lb..	Strength, Balance, Endurance Training	Rest or crosstrain. 30 min.	Strength, Balance, Endurance Training	Repeat Monday
7 - 8	Same. 60-90 min. Add 2kg/5lb..	Strength, Balance, Endurance Training	Rest or crosstrain. 30 min.	Strength, Balance, Endurance Training	Repeat Monday

MUSCLE/STRENGTH/BALANCE/ENDURANCE TRAINING

These exercises should be completed after a cardio session such as running, biking, swimming or walking.

Upper Body Exercises

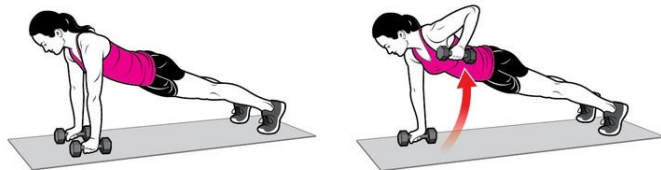


KAGAN MCLEOD

Develops: Core, shoulders, forearms

Action: 30 reps on each side.

Using a medicine ball or other weight, such as a stone, full water bottle, etc. sit on the floor, lift your legs, straight and together. Rotate your shoulders to lower the weight to one side of your body, then return to the centre. That is one rep on one side.(Bend your knees to make it easier.)

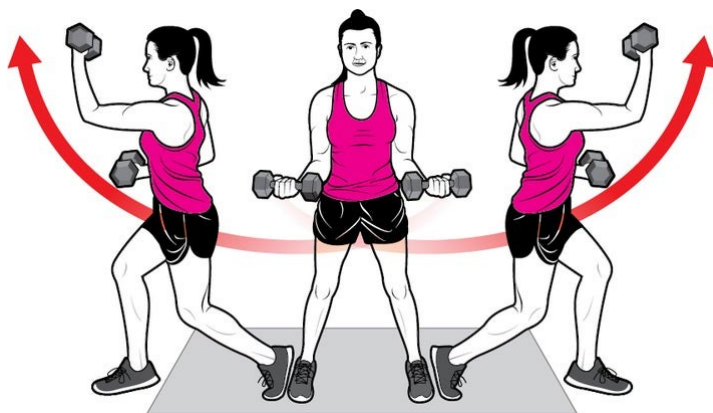


Peter Sucheski

Develops: core, back, and shoulders

Action: 10 reps on each side

Start on your hands and knees with dumbbells or similar weights in each hand. Lift yourself to the plank position. Shift your weight to one arm, lift the dumbbell in the other hand toward its shoulder. Move slowly and in control.



Peter Sucheski

Develops: balance, shoulders

Action: 12 reps on each side

Standing with your feet hip-width apart, hold a pair of dumbbells or similar weights. You're your arms up to a 90 position. From this position, step forward with one foot, moving your same-side hand up so that its elbow is at shoulder height. Return to the even stance. This is one repetition on one side. (The motion is like a boxing upper cut.)

Lower Body Exercises



Develops: Quads, hamstrings, calves, glutes, hips, core and balance.

Action: 12 – 15 reps each leg

Use table, chair for support if needed. Stand straight up on selected leg and grab other leg as depicted in drawing. Slowly bend upright leg to about 90 degrees while holding other leg in position as depicted. Complete all reps before switching to other leg.



Develops: Quads, hamstrings, calves, glutes, hips, and climbing/descent strength.

Action: 8 – 10 reps each leg. Do with a pack. Add weight over time.

Use a platform such as a step or stool that will allow for your raised leg to be parallel to the ground before stepping up. Step up with the selected leg completely before raising the other leg. When returning, ensure that your heel touches first.



Develops: Quads, hamstrings, calves, glutes, hips, and descent strength.

Action: 12 – 15 reps each leg. Do without a pack.

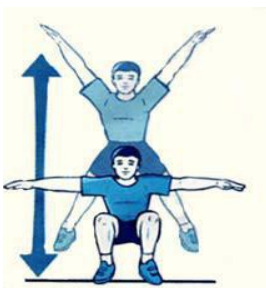
Using a stair, stand erect with both legs. Lunge forward with selected leg until other leg is in the position depicted. Keep head and chin looking forward. Step off with back leg. Return to starting position and repeat. Change lunge leg and repeat exercise.



Develops: Leg and core strength, ankle stability, balance.

Action: 12 – 15 reps.

Place feet shoulder length apart. Maintain arms with elbows tucked as depicted. Jump to a selected side as far as you can and hold for count of two with both feet planted. Repeated back to other side.



Develops: Quads, balance, and power.

Action: 3 sets of 10.

Extend your arms as depicted, with legs about shoulder length apart. Jump and simultaneously spread legs apart. Land in a squat position as depicted. Begin again.

All this preparation will pay dividends when you finally begin paddling and portaging on your trip, but be careful not to overdo it. Getting an injury before your trip that prevents you from your adventure is disappointing and can be very expensive. Make sure your movements are slow and deliberate, particularly if you have not done much warm up.