



CLAYOQUOT SOUND

ITINERARY & GEAR LIST

ITINERARY

FRIDAY

- Leave Victoria, Vancouver and other locations by 9 a.m.
- Arrive in Tofino between 2 and 3 p.m., depending on road and traffic conditions
- Head to the campground, set up camp and have free time

SATURDAY

- Wake up around 7 a.m. Pack up, prep lunch/snacks, eat breakfast. Catch the water taxi to Flores Island at 9 a.m.
- Hike and trim/ clear undergrowth from the trail, with frequent breaks and a lunch break
- Work on the trail all day (with breaks & lunch)
- Catch the water taxi back to Tofino at 4:30 p.m.
- Free time to cook, eat dinner, hang out, walk around

SUNDAY

- Have breakfast, drive to the dock and take the water taxi to Meares Island at 9 a.m.
- Hike and trim/ clear undergrowth from the trail (and possibly carry wood and repair boardwalks) with frequent breaks and a lunch break
- Catch the water taxi back at 4:30 p.m. Return to our campsite before dinner time
- Free time to cook, eat dinner, hang out, walk around

MONDAY

- Pack up & have breakfast. Debrief and depart from Tofino at 11 a.m.
- Return to Nanaimo for a ferry to Vancouver around 3 p.m.
- Return to Nanaimo for a ferry to Victoria around 4:40 p.m.

GEAR LIST

BASICS

- **Backpack:** 60 to 70 liters (we won't be walking far with our big packs, but your gear will still need to be compact)
- **Sleeping bag**
- **Water bottles:** 2 liters minimum (bring 2 bottles or a bladder)
- **Water treatment:** pump, tabs, UV (your choice!)
- **Flashlight or headlamp**
- **Food bag:** to keep your food in
- **Portable chair:** to sit on (important!)

FOOD

Note: volunteers are responsible for bringing ALL of their own food

- **Bagged lunches:** for Friday (on the road), Saturday & Sunday (on the trail), Monday (on the road)
- **Breakfasts:** for Saturday, Sunday and Monday
- **Dinners:** for Friday, Saturday and Sunday
- We have dinners and breakfasts at our campsite, so you can cook hot items. Lunches are done on the trail – bring bagged lunches that you don't need to heat (i.e. sandwiches, wraps, hummus, bars, nuts, etc.)
- **Optional: alcoholic/non-alcoholic beverages** of your choice (for after a hard day's work)
- Aim to maximize calories (let us know if you need some meal suggestions)
- We will be working hard/hiking long days, so make sure you have plenty of food

CLOTHING

- **Hiking boots:** they must fit properly. Bring moleskin bandages if you're prone to blisters – we'll be hiking/working on the trail all day Saturday and Sunday
- **Shoes:** other shoes you can change into at camp
- **Socks:** wool or wool blend (ideally)
- **Trail clothing:** whatever you're comfortable in – for hiking and then working and hanging out at camp
- **Long underwear:** it can get cold overnight
- **Campsite clothes:** we highly recommend separate base and mid-layers for hanging at the campsite after the work day
- **Gloves & toque:** for cold nights
- **Rain gear:** jacket and pants – even if it's not raining, it's often wet in the bush

CLOTHING (Continued)

- Underwear
- Hat/head wear: to keep the chill and mosquitoes off!
- Swimsuit: to take a dip in the river
- Towel: for swimming

PERSONAL

- Hygiene stuff: hand sanitizer, toothbrush, toothpaste, medications (for prescription meds, please bring double the amount you will need), sunscreen, toilet paper (in a ziplock bag), menstrual products (if needed)
- Glasses/contacts lenses (if needed) & sunglasses
- Bug repellent: biodegradable (let's not harm this pristine ecosystem)

OPTIONAL

- Camera: we highly encourage you to take photos and share them with us!
- Battery pack & charging cord: to charge phone & camera
- Book/cards/games
- Pocketknife or Leatherman
- Earplugs & sleeping mask
- Bear spray – we've seen bears on trips before, but we've never had any close encounters

PLEASE NOTE

- Plan for all weather; we discourage cotton clothing
- Tetanus shots: We ask that all volunteers on our multi-day trail trips have an up-to-date Tetanus shot. If you happen to get a cut of any kind during the trip and don't have one, we are required to do an immediate evacuation to the nearest hospital because of the deadly risk associated with Tetanus - which we really want to avoid
- **IMPORTANT:** If you have ANY cold or flu symptoms please don't come on the trip (and inform us as soon as possible)