

OCEAN RIVER ADVENTURES



DISCOVERY ISLAND OVERNIGHT KAYAK CAMPING TOUR

(2 days, 1 night) Take in the West Coast and recharge your batteries!

Join us for our new, 2-day overnight kayak camping tour to Discovery Island, just off Victoria's shores. Explore the nooks and crannies of this scenic island archipelago and check out the marine life on nearby islets. With the Olympic Islands to the south and Gulf Islands and San Juan Islands to the east, there is always a vista that will take your breath away. Discovery Island features pristine kayaking on southern Vancouver Island. Our qualified guides will give you an experience to be remembered!

What You Will Experience

This trip is designed for kayakers of all levels and is appropriate for first-time paddlers. We provide boat transport out, guide(s), tent, premium kayaking equipment, and food. We use high quality single and double kayaks made by top manufacturers. Our safety-conscious guides are among the most highly-trained and versatile on the coast; they are enthusiastic instructors, creative cooks, and great companions.

Itinerary

Please meet your guide(s) and other guests at **10:30 am** at our launch site at Oak Bay Marina – 1327 Beach Drive in Oak Bay, just 15 minutes east of Victoria (see map at the end of this document).

If you are driving to Oak Bay Marina from downtown Victoria, follow Fort Street east to Oak Bay Avenue. Follow Oak Bay Avenue east to Newport Ave and continue southeast on Newport Avenue to Windsor Road. Turn east on Windsor Road, then turn south onto Beach Drive. Oak Bay Marina is located immediately on the east side of Beach Drive. There is free parking in the Oak Bay Marina parking lot. Our 'Oak Bay Kayak Shack' is located on the docks. Follow the signs through the marina entrance.

If you are parking a vehicle, we cannot be responsible for damage to or loss of your personal items, so please ensure valuables are stored securely. You can store your valuables in the watertight storage compartments (hatches) of your kayak. If you are doing this, place your valuables in a small bag, sack, or pack lined with a plastic bag to ensure dryness.

For your safety and enjoyment, we ensure that groups with more than 5 participants are led by two experienced guides. Our minimum group size is 3 participants and 1 guide; our maximum group size is 10 participants and 2 guides.

When all are ready, we will launch in our shore landing craft for our boat ride out to Discovery Island, where we will set up our campsite (itinerary may change due to weather conditions). Here, we'll have the opportunity to kayak, walk, and relaxing.

On the second day, we will pack up camp, then enjoy a wonderful paddle from our camp back to Oak Bay.

During the trip, we are happy to help you improve your kayaking and outdoor skills. The incredible environment of the area is also an ideal classroom; we will take the opportunity to introduce you to the local natural and cultural history. There will also be plenty of the time to take photos or just relax on the beach.

On the tour, it will be a group effort packing and unpacking the boats, carrying them to and from the beach, and setting up and breaking camp. The old adage ‘many hands make light work’ holds true as always, but there will also be lots of rest and relaxation time. If you’re handy around the kitchen, helping to chop a few vegetables in preparation for a meal is always appreciated. As well, pitching in to help out with cleanup after meals is greatly appreciated. We find that if everyone chips in a little with some of the chores, the tour is more enjoyable and eventful for all, as the guides have more time to do what they do best—guide! That means more time to explore and more time to take in the scenery.

Ocean kayaking and camping are not without risk. Certain rules of sea kayaking and camping techniques must be agreed to and observed by all members of the tour to maximize the safety and enjoyment of all participants and minimize our impact on the ecosystem. We will discuss these rules, why they are necessary, and what contingency plans we would use in the event of an emergency.

On the final day of your tour, expect to return to Oak Bay by approximately **3:30 pm**. However, we caution you that due to unsafe weather conditions or other reasons, our return may be delayed. As such, please do not make tight connections or other time-sensitive travel plans for the evening of your return or the following day; rather, enjoy a relaxing evening and following day in Victoria or a nearby area. Consider buying cancellation and trip interruption insurance for your air tickets. We have had trip delays in past, and we cannot compromise group safety.

Don't forget to share your memories and photographs with us—we'd love to hear from you.

Meals

Ocean River Sports will provide the meals each day, beginning with lunch on the first day of your trip and finishing with lunch on the final day. Our meals are specially designed to be delicious, nutritious, and able to be transported with us in kayaks with minimal refrigeration. We will gladly try to accommodate any dietary requirements or allergies; just let us know in advance of the tour.

Weather

Weather in southern Vancouver Island is classified as sub-Mediterranean, and this area boasts the mildest climate in Canada. This means our weather is warm, but not too warm, and surprisingly dry. In spring and fall, we often get a mix of sun and cloud—certainly reasonable weather for sea kayaking, as your spraydeck covers the bottom part of your body and can keep it dry even during some rain. Combine this with a light raincoat and hat and you should be comfortable. If you are concerned about being outdoors in cooler weather with the possibility of rain, consider registering in a program that takes place during the summer, rather than the spring or fall. Summer is comfortable paddling weather, with temperatures from 18° to 32°C (65° to 90°F). The average monthly rainfall in summer is less than 2.5 cm (1"). Actually, this particular region is in a rain shadow. However, while this re-

gion is in a rain shadow, we're very close to the rainforest, which dominates the northern pacific coast. This means that neighbouring areas experience plenty of rain. As such, you must be prepared for the possibility of rain by bringing adequate clothing. Usually, rain doesn't last very long. We take this all in stride in the great outdoors! Programs run rain or shine.

Equipment List

What Ocean River Sports Provides for Your Program

Ocean River Sports provides the following equipment and supplies for your program:

Kayak and Paddling Gear

Ocean River Sports will provide you with the following items as one complete package:

- Sea kayak.
- Paddle.
- Sprayskirt.
- PFD (Personal Flotation Device): Canadian Coast Guard approved.
- Whistle.
- Hand pump.
- Throw-line (buoyant heaving line at least 15 meters in length).
- Paddle float.
- *Spare paddle (optional)
- *Sponge (optional): for drying out hatches

*If you would like to provide your own kayak and paddling gear for your program, your sea kayak must meet the following requirements: (1) is suitable for open sea conditions; (2) has positive buoyancy when capsized; (3) is able to adequately carry gear as required for the program; and (4) has perimeter lines. Please note: recreational kayaks that do not meet the above requirements are not suitable for our programs. If you have questions about the suitability of your kayak, please contact us.

Camping Gear

- Tents

Safety Gear

- First aid equipment.
- VHF Marine Radio.
- Signaling flares.

Cooking Gear

- Large, group tarp.
- Stove(s).
- Fuel.
- Lighter.

- Pots and pans.
- Cooking utensils.
- Cutting boards
- Cups.
- Bowls.
- Plates.
- Cutlery.
- Washing basins.
- Pot scrubbers.
- Dishwashing soap.

Food and Water

- Drinking water in portable containers.
- Nutritious meals and snacks.

What You Provide for Your Program

Overview

Please read the following equipment list carefully, as it indicates what you will need to bring with you on the program. Please avoid wearing cotton clothing as it keeps you cold when it's wet, and takes a long time to dry. Please wear clothing designed for outdoor wear and made from Merino (wool), silk, or synthetic materials, such as Capilene™, polyester, polypropylene, or nylon.

Ocean River Sports stocks many of the items listed below. If you need advice or would like to buy gear, check out our website at www.oceanriver.com or call us! Our contact information is located at the end of this document.

*indicates optional item.

Camping Gear

- Sleeping bag: 3 season bag with synthetic insulation.
- Sleeping pad, such as a Thermarest™, Exped™, or insulating foam. If you are bringing an inflatable sleeping pad, make sure you have a means to repair a puncture, such as appropriate glue and patches.
- Small flashlight or headlamp with extra batteries and an extra bulb.
- Small pillow case (you can fill this with soft clothing to make a comfortable pillow) or small camp pillow (one that can pack up quite small).
- Good book.
- Small day pack or fanny pack for carrying camera, water bottle, etc., on short hikes.
- Spare garbage bags and Ziploc bags to keep things dry and carry personal waste.
- *Earplugs for light sleepers.
- *Folding camp chair.

- *Games, such as Frisbee or cards.

If you need to rent gear such as sleeping bags, or sleeping pads, we can help you make arrangements with a rental company, such as Sports Rent. There is a Sports Rent store conveniently located one block from Ocean River Sports. Their contact information is as follows:

- Sports Rent
#3 1950 Government Street
Victoria, BC, Canada V8T 4N8
(250) 385-7368
www.sportsrentbc.com

Personal Gear

- Eyeglass retainer strap if you wear glasses.
- If you wear glasses or contacts, please bring an extra set in case of loss; also, don't forget contact lens solution and a carrying case for your contacts or glasses.
- Sunglasses. Include a strap to secure them.
- Sunscreen: waterproof, sweat-proof, SPF 30 or higher.
- Lip sunblock.
- Small personal first-aid kit; including items such as Band-Aids, blister protection, antiseptic towelettes, aspirin, and any personal medications you require (if you require any special medications, please refer to the section in this document entitled *Medications*).
- *Waterproof or disposable camera.
- *Binoculars.
- *Moist towelettes for a quick, waterless cleanup.
- *Insect repellent.
- *Extra car keys in case you lose yours.

Clothing

- Comfortable outdoor pants and/or shorts (depending on time of year), such as what you would wear for a light hike.
- Long-sleeved, non-cotton shirt or long underwear top to protect from the sun.
- Warm fleece pullover or Merino (wool) sweater to keep you warm in cooler weather.
- Hat for sun, rain, or warmth, depending on the weather. A broad-brimmed hat works best.
- For your hands, you may wish to wear cycling-type gloves to help prevent blistering. These should be snug-fitting, as loose-fitting gloves may actually cause blistering. To keep your hands warm in cooler weather, you may wish to wear wool gloves inside dishwashing gloves, or buy neoprene gloves or pogies (a special paddling mitt).
- Extra gloves (wool or fleece) to wear at lunch or after paddling.
- Windbreaker (e.g., nylon jacket that can shed the wind).
- Rain jacket (with a hood, if you don't have a broad-brimmed rain hat). Gore-tex™ or other breathable material works well.

- Footwear for wearing while paddling (that can get wet); e.g., sport sandals (with heel strap), running shoes, wetsuit booties, or reef shoes with good soles.
- A change of footwear for wearing before and after paddling, such as a trail running shoe, light hiking shoe, or rubber boots. Waterproof footwear is preferable.
- Wool or fleece or cap (in the spring or fall; significant body heat is lost through the head and neck).
- Additional warm fleece pullover or Merino (wool) sweater to keep you warm in cooler weather.
- 2 pairs of warm, wool socks.
- Rain pants.
- 1 pair of wind-resistant pants.
- 1 pair of shorts.
- 1 long underwear top (of varying warmth ratings)
- 1 pairs of long underwear bottoms (of varying warmth ratings)
- *Baseball cap.
- *Bathing suit (the ocean is quite cold, but on a hot day, there may be the opportunity for a quick dip).

Food and Water

- Water bottle (filled): large enough to hold about 1 liter or 1 quart of water so you can keep yourself well-hydrated.
- *Personal snacks you just can't do without. Please do not store these in your tent; rather, keep them stored in the hatch of your kayak overnight. Also, don't share personal snacks with other participants, as some people may be dangerously allergic to ingredients in your snacks.

Toiletries

- Toothbrush.
- Toothpaste.
- Small towel; a Packtowl™ is a good brand, packs very small, and dries quickly.
- Tampons/sanitary napkins for females.
- Additional toiletries of your choice, such as deodorant, dental floss, and hand lotion.
- Biodegradable soap to wash.
- *Hand sanitizer
- Toilet paper in a waterproof plastic bag. Our campsites will be near outhouses equipped with toilet paper; however, it's worthwhile to bring some extra toilet paper just in case!

Packing your gear

- You will need to waterproof at least your clothing and sleeping bag. Depending on how watertight your kayak is, you can pack the rest of your gear loose or in Ziplock bags inside nylon stuff sacks. Here are two packing methods that work well. In fact, we usually use a combination of the two when we pack.

Dry Bag Method

- Dry Bags are especially designed for paddle sports and are available at most sporting goods stores.

Stuff Sack with Garbage Bag Liner Method

- This is the tried and true method of years gone by. Line a stuff sack with a garbage bag. Pack as normal. Squeeze the air out before twisting the garbage bag top. Don't tie the garbage bag or use twist ties. Simply tuck the twisted end down into the stuff sack before drawing the top closed. This technique is reliable but not durable, so make sure you bring extra bags with you. You can improve the durability of this system by adding a second stuff sack into the garbage bag creating a plastic sandwich. This method takes up less room than dry bags and makes the kayak easier to pack.

Some suggestions for packing

- Lots of smaller bags are better than a few larger ones
- A large duffel bag is useful for transporting all your small bags to and from the water
- A large Tupperware is good for storing wet gear in your car

Preparing for Your Program

Kayaking requires some upper body strength and endurance. If you are lacking this, it is rarely a problem as we don't paddle huge distances, and usually folks get by quite well with only occasional minor muscle aches. However, if you feel you could use some upper body conditioning before your trip, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.

Medications

Please fill out and return the attached medical form and waiver no later than 14 days prior to the program start date. We will need this information to help us plan for the program.

Please note that you will require a **current tetanus shot** (less than 10 years old). This is very important, as tetanus is a naturally occurring bacteria that lives in the soil. If you do not have up-to-date tetanus inoculation, you may contract tetanus through a scratch or cut, and require immediate evacuation. A simple tetanus shot, easily accessible at most medical facilities, removes the risk of contracting tetanus. **You will not be permitted to participate in the program without a current tetanus shot.**

Please be sure to let us know of any limitations of which we should be aware. Please duplicate and separate the quantities of any medications you will need during your program, and give your duplicated medications to your instructor, who will carry them. This will provide an additional source of medications should the primary set become wet, damaged, or lost. If you are prone to any health disturbances, e.g., easily infected cuts or severe migraines, please remember to bring any preventive medications. If you have any questions about medications, contact your doctor.

Swell or wind waves can be encountered on the ocean. If seasickness is of concern to you, your doctor or pharmacist may be able to recommend medication to help. Also, anti-nausea (drug-free) wristbands work well for many people if put on at the beginning of a paddling day. Please note that seasickness occurs only rarely in sea kayaking. Be sure to let us know if you anticipate that seasickness will be a problem for you.

Transportation

You are responsible for transportation to and from the starting location of the tour.

Tipping

If you are happy with the quality of the tour and wish to offer your guides a gratuity, it is always appreciated.

Contact Us

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