



Program Information Package

The Ultimate SUP Adventure In Clayoquot Sound

Program Description

SKILS is super stoked to be offering this 3-day introduction to Stand Up Paddling in the heart of the spectacular wilderness that is Clayoquot Sound. You will be camping in an area perfect for developing SUP skills: a sheltered cove in a remote location with access to miles of sandy beaches. You will learn all the basics of getting onto and off of the water, controlling your SUP and recovery techniques. The surrounding area outside the sheltered cove also provides opportunities for day trips and SUP surfing! We'll even bring along some surf and boogie boards for playing in the surf for some added fun! We will take full advantage of any opportunities presented to us during our stay in the spectacular setting of Clayoquot Sound. All participants will be given an opportunity to develop skills and challenge abilities, within a relaxed and supportive environment.



The following document contains information to help you prepare for the trip. Please take the time to read this material carefully. If you have any questions, contact us. We look forward to paddling with you.

Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- SUP Ultimate Adventure in Clayoquot Sound – please review
- SKILS Waiver – please review, you must sign it with your instructor present
- SKILS Medical Form – please bring a completed copy to your program

Program Logistics

Our Classroom

Clayoquot Sound is famous for its long, secluded and spectacular sandy beaches and old growth forests. This temperate coastal rainforest provides important refuge and habitat for a significant number of animals. Bald eagles, wolves, ospreys, humpback whales and gray whales are common in the area. Besides the thrill of paddling crystal waters in the midst of nature's playground, there will be plenty of time for quiet or active fun. Hike in old growth forest, explore stunning white sand beaches, and take your SUP board out to play in the surf.

Water Temperature

The water temperature in August will be between 16-20 degree Celcius. Wetsuits will be provided for each participant and we will require that you wear them when touring and surfing in order to avoid hypothermia. For SUP'ing in our sheltered cove, wearing your wetsuit will be optional.



Start and Finish Details

We will depart from Tofino via water taxi which will provide transportation to and from our campsite location. Our adventure will be supported by a motorboat at all times.

- The trip starts on August 15 (Day 1): Rendez-vous at 8:30am in Tofino (location TBA) at which point we will take a water taxi to our beach campsite. Note: please arrange to arrive in Tofino the night before our departure.
- The trip ends on August 17 (Day 3): Your trip will conclude at approximately 4pm with a return water taxi back to Tofino.

Transportation

You are responsible for all transportation to and from the course. If you are coming from the mainland, BC Ferries provides several links to Vancouver Island. Schedules and fare information are available on line at www.bcferrys.com, or you can call 250-386-3431 or 1-888-BCFERRY (1-888-223-3779). If you are heading up island and need transportation, the Tofino Bus is a public transportation option. Contact them at 1-866-986-3466 or on the web at www.tofinobus.com. If you will be driving from Nanaimo to Tofino, budget 2.5 hours travel time, and from Victoria to Tofino, plan for 4.5 hours. If possible, avoid driving between Port Alberni and Tofino in the dark.



What SKILLS Will Provide

SKILLS will provide the following:

- Permits and camping fees
- Group First Aid Kit
- Great Gear including
 - kitchen kit,
 - tarps
 - tents
 - sleeping bags
 - sleeping pads
 - dry bags
 - stand up paddleboards
 - wetsuits
 - surf boards
 - boogie boards
- Fabulous Food: You will enjoy scrumptious gourmet food throughout the weekend starting from lunch on Day 1 to lunch on Day 3.
- Water
- Excellent Instruction

Packing List

Outlined below is a detailed packing list. To ensure your comfort during the course and to maximize your ability to participate in all aspects of the program please follow this list as closely as possible. Please do not bring cotton clothing. * Indicates optional items.

Log Book - We strongly recommend you bring a **Rite in the Rain notebook** (available at many outdoor retailers like MEC – bound and numbered is best) as an excellent water resistant central location to keep track of information. Pencils write well in these notebooks even when wet. Please bring a couple of pencils.

Bathroom

- ❑ Toothbrush and toothpaste
- ❑ Sunscreen and lip balm with high SPF protection (30 +)
- ❑ Toilet paper (we will use outhouses)
- ❑ Small first aid kit
- ❑ *Camp towel
- ❑ *Pads and/or Tampons – bodily clocks can change with increased exercise, please be prepared for this.

Personal Clothing - Torso

- ❑ Rain Jacket (very important!)
- ❑ 2 fleece or wool sweaters/jackets
- ❑ 2 synthetic long underwear tops
- ❑ 2 synthetic t-shirts
- ❑ 1 wind breaker

Personal Clothing - Legs

- ❑ Rain Pants (very important!)
- ❑ 1 pairs of pants – At least one should be made of nylon
- ❑ 1 pair of fleece or wool pants
- ❑ 1 pair of synthetic long underwear bottoms
- ❑ 1 pair of synthetic shorts
- ❑ Bathing suit

Personal Clothing - Feet

- ❑ 2 pairs of warm synthetic and/or wool socks
- ❑ 2 pairs of liner socks – Polypropylene or wool are common materials
- ❑ 1 pair of rubber boots
- ❑ 1 pair of sport sandals

Personal Clothing - Head

- ❑ 2 wool or fleece caps
- ❑ 1 Brimmed hat or baseball cap

Personal Clothing - Hands

- ❑ 1 pair of fleece or wool gloves

Sleeping Gear

- ❑ *Pillow case/camp pillow

Miscellaneous Gear

- ❑ Headlamp or Flashlight with extra batteries
- ❑ Rite in the Rain Notebook
- ❑ 2 pencils and/or pens
- ❑ Water bottle
- ❑ Lots of snacks to last the program
- ❑ *GPS
- ❑ Personal medication, please bring double of our normal medication and give the extra medication to your instructor on day 1 in case it get lost or destroy during the trip
- ❑ Pocket Knife
- ❑ Sunglasses with good UV protection and a retainer strap
- ❑ Spare garbage bags and Ziploc bags
- ❑ *Binoculars
- ❑ *Thermos



Packing Your Gear

You will need to waterproof at least your clothing and sleeping bag. 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 specially designed for paddle sports and are available at most sporting goods stores. Depending on the design of the closure system, they do not always keep all the water out. You may want to test your bags in the shower before your course to know how well your gear will be protected. You will need two 20 litre bags for your sleeping bag and for your bulky clothing, as well as two or three 10 to 15 litre bags for the rest of your water sensitive clothing and gear.

Stuff Sack with Garbage Bag Liner Method - Stuff sacks lined with garbage bags have been used for years and were the packing vessel of choice prior to the invention of dry bags. Lined stuff sacks actually do take up less room than dry bags and can be easier to pack. When using this method, line a stuff sack with a garbage bag and pack as you would a dry bag. Squeeze the air out of your gear and the bag, then twist the garbage bag top up to close it. Do not tie the garbage bag or use twist ties; simply tuck the twisted end of the garbage bag 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 2nd stuff sack into the garbage bag creating a plastic sandwich.

Some suggestions for packing

- ❑ A large duffel bag is useful for transporting all your small bags to and from the water.
- ❑ A large Tupperware or Rubbermaid container is good for storing wet gear in your car.

Course Outline

Shown below is a generic outline for the SUP Ultimate Adventure but please be ready for change and uncertainty in how your program will unfold. We will do our very best to tailor this program based on the expectations of the participants. Factoring the skills and experience of the program participants, the requirements of the course, and the elements you will be playing in, your instructors will strive to take advantage of any and all learning opportunities as they arise. The program will be altered to provide participants with as rich, unique, and rewarding an experience as possible.

	Morning	Afternoon	Evening
Day 1:	Group introduction Team building exercises Participant expectations 0830 Departure from Tofino to Vargas Island 1000 Setting Up Camp 1130 Orientation	SUP Skills building	Optional Hike, Beach games and Camp Fire
Day 2:	SUP Skills building	SUP Surfing	Optional Hike, Beach Games and Camp Fire
Day 3:	SUP Surfing	Short SUP Trip Take down Camp Water Taxi back to Tofino	



Thank you for enrolling in our program. If you have additional questions or concerns, please contact us. We look forward to playing on the water with you!