

Student Clothing & Equipment List

ADVENTURE GUIDING PROGRAM

Quality gear is important to your success in the program and in your new career. You rely on your equipment to keep you warm and dry in remote and challenging conditions. Your gear could mean the difference between spending an enjoyable day in the field or becoming hypothermic. Also, as a professional guide you are a model to your guests about what is appropriate dress across a variety of conditions.

During field sections of the program, we will be doing a mix of land- and water-based activities, sometimes on multi-day expeditions. During the program, we will likely be exposed to a range of challenging and often adverse weather conditions. Obtaining quality gear (fit, function, and durability) will help set you up for success during the field sections and for your work as a guide.

You should try to organize most of this clothing & equipment early in the program, so you aren't scrambling to do this before a specific course/activity. During the first 2 weeks we will talk about gear and there will be time to purchase some items. We will also be able to give you access to industry deals on PFDs, drysuits, drytops, wetsuits, neoprene booties, gloves, skull caps, dry bags and more. This is done through a "prodeal" with a manufacturer and will require credit card payment and a physical address for delivery.

Some sources of quality equipment are given below:

Name	Phone		Notes
Comox Valley Kayaks	(250) 334-2628	Courtenay	15% discount to AG students on new gear used clothing & equipment on consignment
Blue Toque Sports Swap	(250) 871-0302	Courtenay	
River Sportsman	(250) 286-1017	Campbell River	
Mountain Equipment Coop	(800) 474-7704	www.mec.ca	\$5 membership fee have an online "gear swap" at www.mec.ca

For student discounts you will need a **NIC Student ID Card** or other proof verifying your enrollment in the program.

For equipment-related questions, please contact either michael.neville@nic.bc.ca or david.pinel@nic.bc.ca

FOOTWEAR

Socks: 4-5 pairs. Socks must be heavy synthetic or wool designed for light trekking or hiking – mainly for the warmth. 1 pair of neoprene socks (for use when kayaking, canoeing or rafting).

Camp Shoes: 1 pair. To wear around camp – e.g., old running or lightweight hiking shoes.

Rubber Boots: 1 pair. A tall all-rubber boot with a tread or “deck” sole. Only **non-marking** (not black) soles are permitted on the keel boats when sailing. Recommend purchasing extra felt insoles or thermal liners/booties (e.g., Bama socks – available at work clothing supply shops, e.g., Workwear World, Ono’s, Marks Work Wearhouse, etc.). Make sure you size up accordingly if you have cold feet and will likely be wearing an extra pair of socks.

Neoprene Booties: 1 pair with thick rubber sole (for foot protection on rocky shores – imagine carrying the extra weight of gear and a kayak over sharp rocks). Can substitute with a combo of neoprene socks worn inside wet shoes (i.e., old runners). Booties used for surfing often have a very thin sole and **do not** offer enough protection and will likely get destroyed.

MISCELLANEOUS STORAGE BAGS

Dry Bag: a minimum of two **20-25 L** size for clothing. Note: dry bags larger than 30 L are difficult to stow in kayak. **Big dry bags won’t work for kayaking.**

Lap Bag: 2 small 10-15 L dry bag for storing smaller personal items to have handy while paddling (e.g., extra shirt, warm hat, sunscreen, snacks, binoculars, logbook, etc.); smaller duffel bag style drybags are great for this (e.g., Watershed).

Nylon day pack: approx. 15-20 L compressible and light for easy storage – used for day hikes on kayak trips.

Plastic Bags: 10 each. Large, extra heavy-duty garbage bags for additional waterproofing inside nylon stuff sacs.

Ditty Bags: 3 or more. Nylon or mesh stuff sacs or bags used to organize small items in your pack or kayak.

SLEEPING GEAR

Sleeping Bag: We recommend synthetic-filled bags (Qualofil, Hollofil, Polarguard, fiberfill, etc.) for the variety of wet winter coastal conditions we encounter on courses. Down or feather-filled bags are not acceptable unless with waterproof shells (= more expensive!!). Please ensure you have a sleeping bag that will keep you warm in the often wet and cold marine environment that we will experience on multi-day field trips – though it’s hard to rely on “temperature ratings”, a bag rated to -7°C to -15°C (depending on elective choice) is generally appropriate. When looking at the options remind yourself that this will need to fit into the small hatch opening of a sea kayak.

Compression Stuff Sac: We recommend lining the compression sac with 2 plastic bags for waterproofing, or simply using the compression sac as is, then putting into a dry bag for storage in the kayak. You can also buy compression dry bags that work well, but are sometimes more difficult to use when stuffing the sleeping bag in – best if it has a purge valve.

Inflatable or foam sleeping pad: Three quarter or full length; for padding and insulation between sleeping bag and ground. Recommend inflatable style pad for compact storage and maximum comfort and insulation. Some very compact synthetic-filled ones are now available...though they cost a little more, they’re worth it for quality of sleep.

CLOTHING

UPPER BODY GARMENTS should consist of 3 insulation layers that will fit comfortably over each other, plus a windproof layer and a rainproof layer. **Please note that cotton garments of any kind are not acceptable for the field trip and outdoor components of the course – do not plan to bring any cotton.**



Combinations of the following garments are advised and acceptable:

Under Layer: Lightweight or medium-weight polypropylene/synthetic or wool (Merino) long-sleeve top.

Secondary Layer: Expedition-weight shirt or jacket of polyester/synthetic or wool (Merino) fabric.

Top Layer: Heavier weight shirt or jacket of polyester/synthetic or wool (Merino) fabric (e.g., pile or fleece jacket)

Wind Shell: A nylon wind shell (not necessarily waterproof). Roomy enough to fit comfortably over your upper body layers. Breathable fabric rain parkas are acceptable.

Fleece Vest (Optional): This is optional but recommended for our early season field trips particularly if you chill easily. A vest is sometimes considered as an extra half layer.

Foul Weather Suit / Rain gear: Heavy duty non-breathable waterproof jacket with hood and preferably bib length pants. Helly Hansen or Grunden are two examples of quality brands. Please ensure you have high quality, durable, full rain gear – if you look like someone on a fish boat you’ve bought the right gear. Try to avoid raingear that also has a nylon liner – while it’s more comfortable when dry it’s harder to dry out when wet.

LOWER BODY GARMENTS should consist of 3 insulation layers plus a durable wind layer for everyday wear.

Primary Layer: 2 pairs mid-weight polypropylene/synthetic or wool (Merino) long-john bottoms.

Secondary Layer: Expedition weight polyester/synthetic long-johns or wool/pile pants.

Nylon/synthetic Wind Pants: Durable nylon wind pants (quick drying nylon or synthetic fabric, but not waterproof). Should be roomy enough to fit comfortably over lower body layers. Zippered or partially zippered legs are useful for putting on over boots. Breathable fabric rain pants are acceptable. There are many options...!

Shorts: 1 pair. Lined, nylon athletic or running shorts.

Underwear: Synthetic/silk underwear is generally recommended over cotton underwear. Women should bring enough underwear to meet their needs and may be better to opt for cotton for hygiene reasons. Some consider underwear as an optional creature comfort on outdoor trips.

MISCELLANEOUS

Swimsuit: for wearing under a wetsuit.

Gloves or mittens: 1-2 pair, wool or polypropylene.

Warm Hat/Toque: A ski hat or balaclava of wool or polypropylene/fleece.

Sun Hat: Baseball cap or wide brim hat (e.g., Tilley or Outdoor Research style).

Rain Hat: We suggest a wider brimmed OR-style or sou’wester type rainhat if your foul weather jacket doesn’t have a hood with visor/peak.

SEA KAYAKING SPECIFIC

Personal Flotation Device (PFD): A Canadian D.O.T. approved life vest suitable for kayaking (shorter cut torso length). Please note that we have college PFD's available, but encourage students to buy their own to ensure a good fit, features, and familiarity that will be useful when later working as a guide.

Drysuit (or wetsuit): For the time of year that we're paddling and practicing strokes and rescues a **drysuit is highly recommended**, especially if you know that you are susceptible to getting cold; we recommend buying a new or used drysuit, ideally made with a waterproof/breathable fabric, and built in 'socks' or booties for comfort and function. We will discuss pro-deal options for ordering a suitable drysuit through the program. If opting for a wetsuit, it should be a 3-5 mm sleeveless farmer John/Jane style cut for kayaking. (Wetsuit rentals available through the program).

Paddling Jacket: if using a wetsuit, it's important to also have a waterproof nylon or Goretex (waterproof/breathable) jacket with neoprene or latex seals on cuffs and collar to stay dryer while kayaking. This can also be used as an extra wind proofing and heat retention layer when worn over a drysuit.

"Fuzzy Rubber" or thin neo or Lycra top: Some students like to wear an additional thin insulating layer on top of or under their neoprene wetsuit. Make sure that this doesn't restrict circulation to your arms or pinch and chafe in the shoulder and armpit areas. Not necessary if using a drysuit.

Wind Gloves/Pogies: Made to fit over a kayak paddle, either insulated or non-insulated – Pogies seem to be the preference for warm fingers and positive paddle control.

Nose plugs and ear plugs: These are very highly recommended for when we are practicing kayak wet exits and rescues – some people are very prone to getting water trapped in their sinuses or ears, and this can lead to an infection...which can lead to getting sick, feeling rotten, getting others sick, and missing classes ☹.

ELECTIVE SPECIFIC GEAR

You will have some time to prepare for your elective courses and will get a more detailed list. However, if you have already made your selection and are looking around for some gear during the summer here are a few items.

TGA 102 – No specific gear required. However, a pair of binoculars would be helpful.

TGA 104 – Most of the same gear as sea kayaking. Drysuit is mandatory for TGA 104/114 and a PFD with a built-in releasable rescue belt

TGA 105 – Most of the same gear as for sea kayaking.

TGA 107 – Ensure non-marking non-skidding footwear suited to the deck of a sailboat.

TGA 108 – Sleeping bag should be good to -15°C, ¾ or full shank hiking boots & 80 +15L backpack

TGA 109 – Sleeping bag should be good to -15°C, mountaineering boots with snowshoes, alpine touring ski gear, or split-snowboard, avalanche beacon, probe, shovel (many of these items can be rented)

TGA 112 – Rock climbing shoes & 30L backpack

TGA 114 – Most of the same gear as kayaking, 3 M of 1' tubular webbing with 1 aluminum locking carabineer

TGA 131, 132, 133 & 134 – Equipment based on the training pursued in consultation with AG Faculty and course providers.

MISCELLANEOUS PERSONAL GEAR

Compass: hand-held is the preferred style for orienteering with a hinged mirror cover; used for navigation exercises and practice

Insulated non-breakable mug and/or individual thermos

Sunglasses: 1 pair & 1 backup pair

Glasses: If you need corrective lenses, have an extra pair.

Eyeglass retainer(s): necessary item on the water (e.g. Chums). Have enough for sunglasses and prescription eyewear.

Pocketknife: A Swiss Army type knife with can opener.

Lighter: 2 each. Butane BIC type lighter.

Water Bottle: Wide-mouth quart or liter size Nalgene brand are recommended (BPA free plastic or stainless steel). Could also simply re-use the container from any commercially bottled water.

Pencils: 2 each – mechanical style work well when in the field

Waterproof Notebook/writing paper: “Wetnotes” or “Rite in the Rain” are required for all field components – generally can be found or ordered at stationary, marine or safety supply shops. Size of approx. 7” X 4.5” is useful.

Watch: Water resistant. An alarm is required for early morning starts. Not optional!!!

Headlamp & batteries: Petzl, Princeton Tec, and Black Diamond brands are recommended for their quality and durability. You will use these a lot. Combination LED/Halogen bulb styles are very versatile. Consider getting one that is also waterproof or at least “weather resistant”. In addition, some have a redlight feature that is a great option.

Lip balm: Sunburn protection is highly recommended – sun is one of our bigger risks as guides.

Sunscreen: Sunblock with SPF 30 minimum and preferably ‘waterproof’. Consider zinc for your nose.

Toilet Articles: Toothbrush, toothpaste, comb, female hygiene products and brown paper bags, hand sanitizer etc. Bring enough for your needs.

Towels: 1 chamois-style for expeditions (e.g., Pack Towel) and 1cotton bathing towel for pool sessions.

Personal ‘poop kit’: 1 roll of toilet paper, plastic bag(s) for used toilet paper, additional small bottle of hand sanitizer.

OPTIONAL ITEMS

Chart #3673 for Clayoqout Sound & Chart #3539 for Discovery Passage & Quadra Island: The program has some charts, however students often appreciate having their own for navigation practice and future reference/use when traveling or working in these areas. We will discuss suitable charts once paddling locations are confirmed.

Binoculars (encouraged): Students have commented on the dual use of binoculars: it aids your ability to assess sea conditions and is useful for observing wildlife. Compact 7 x 35 or 8 x 25 are good choices. You may want a waterproof container/bag.

Camera: If photography is your interest, you may be willing to risk having your camera around the salt air environment. Be selective about how much camera gear you bring. A waterproof bag or box for camera and spare batteries is necessary. Pelican and OtterBox brand dry boxes offer high quality, durable protection for your camera in a marine environment. Lifeproof cases are great for smartphones. And then there’s GoPro…!

Technical Sandals: Teva or Chaco brand sandals or equivalent are recommended. No thong or ‘flip-flop’ styles accepted.

Hand Cream: A small tube is enough (e.g., Vitamin E cream, aloe vera lotion, Lubriderm, etc.) – good if your skin tends to be dry and chafe from sun, wind, and salt, or from being wet all day.

Thermos: We recommend having your own thermos – especially if you are a tea or java junkie. A 500 mL stainless steel vacuum bottle is very handy to have on cold, rainy days. Be sure it is stainless steel and not glass.

White Water Helmet: If you have one, bring it for kayaking, SRT and rafting (we have some available for use through the program)

Personal 3-4 season tent: If you have one, we encourage using it (preferably 1-2 person size; full fly coverage to the ground); otherwise, some available for use through the program.

Personal tarp shelter: If you have one, bring it for additional tent coverage and changing shelter during heavy rain conditions; some available through the program.

Nylon duffel bag: If you have one, please bring it; used for packing your gear for field trip transportation and for managing your gear in the field (e.g., unloading your kayak at a campsite and carrying gear to your tent-site); some available on loan through the program.

GROUP EQUIPMENT

The following is a list of items shared by the group. NIC provides this equipment – though many students choose to use their own. Program fees cover in-program use of the following group gear items, with note, that ongoing changes to COVID-19 protocols might alter some of this:

- reference books
- whitewater helmets (for surf landings, SRT and rafting)
- safety equip. (VHF, flares, etc.)
- group tarps
- canoes and accessories
- repair kits
- sea kayaks and safety accessories
- maps & charts
- nylon duffel bags
- kayak & canoe paddles
- first aid kits
- group water containers

Note: Similar group gear will be included in elective courses e.g. rafts, canoes, tents, etc.

PERSONAL EQUIPMENT NOTES RE: COVID-19

With physical distancing in mind we will likely not be in large eating and sleeping groups while in the field and you will need to have the following items, ideally small/compact/light as suited to the activity:

- tent (1-2 person size) or bivy sack and tarp
- individual portable camp stove, fuel, and kitchen kit (for cooking and eating)
- non-medical mask(s)
- personal hand sanitizer