



BLUE DOG KAYAKING

AN INSTRUCTIONAL EXPEDITION

NUCHATLITZ

SEAMANSHIP & LEADERSHIP IN MULTI-DAY TOURING

PRE EXPEDITION PACKAGE
EXPECTATIONS & SCHEDULE

BLUE DOG KAYAKING

AN INTRODUCTION TO THE NUCHATLITZ

Unspoiled sandy beaches, an abundance of marine, bird & intertidal life. Paddle around sea stacks & sea caves, discover the cultural heritage sites, camp on secluded beach surrounded by old growth forest & amazing sunsets. Nuchatlitz Provincial Park encompasses the very northwest tip of Nootka Island and a large number of small island groups. The shoreline is an area of importance for its herring spawning values, which makes it significant for migrating Gray whales & is home to the largest sea otter population on the west coast of North America as well as Marbled Murrelet & rare marine algae.

We start the expedition by water taxi transportation from Zebellos to the Islands on the Rosa Island. From here we will paddle amongst the maze of islets and reefs, explore the inter tidal life in the many tide pools. These remote islands offer both exposed coast and protected waters for paddling so provides an excellent location for this instructional expedition.



EXPECTATIONS

This is not a recreational, guided tour - this program is empowering, challenging and above all fun; a personalized opportunity to focus on improving your strokes, navigation, weather & tide interpretation, leadership skills, rescues and camp life.

High on discovery learning, whether taking certification or not, the focus is on team work and developing good expedition behaviour. You can expect some long days so arrive with the fitness and energy to go full out for five days with fun and vigour

Your leaders are highly skilled kayakers and incredibly committed instructors. They will observe your baseline abilities, provide feedback and make easily understandable suggestions for improvement. They give 120% and will inspire you to make the most of their expertise and this opportunity.

Prior to arrival, please identify to the leaders and/or group members any current severe allergies/medical conditions that may affect your participation or that might compromise or endanger the group by being unaware - please don't rely on a medical form - communicate. Manage your time and try to be organized and punctual. Show enthusiasm for learning and try to accurately assess your personal skill set as a sea kayaker.

Blue Dog Kayaking provides breakfast and an evening meal participants are responsible for their own lunches, preparation, cooking and clean up are the group's responsibility. You may find it helpful to work in pairs or write a rota.

KAYAKS AND PACKING

This is a **non supported** expedition which means we carry all our own food, water and equipment. You will require a seaworthy sea kayak with perimeter lines and fixed bulkheads. Your kayak will need to be a minimum of 16' long in order to pack your fair share of gear and handle the sea conditions expected on the trip. We do not accept "recreational kayaks" on this trip for safety reasons. If you do not have such a kayak you can rent one from us. You should pack your kayak with your own personal gear before the trip to make sure it all fits into the front hatch as the back hatch will be required for expedition gear and food. **We suggest using smaller dry bags nothing larger than 13ltrs 5 and 10 litre bags are best you will not need a dry bag for your tent.**

CERTIFICATION

Blue Dog Kayaking offers Paddle Canada Level 2 skills certification on these programs; this is an optional extra at no additional cost. Participants taking certification will have specific skills and outcomes to demonstrate while on the program. It is helpful if participants can communicate their desire to take certification prior to the program starting although this is not essential. Many of the outcomes for certification are covered by just being on the program. Participants seeking certification should refer to the Paddle Canada Course syllabus document.

CAMPING

This program includes 6 nights camping; please note that participants are responsible for **ALL** camping, parking and launching fees, these fees are **NOT** included in the Expedition fee. The night before we will be staying at the Cavellos Campground (first come first served but never fills) located in Zeballos. There is monitored parking available at \$5 a day at the marina.

THIS EXPEDITION WILL BE CONDUCTED IN THE FIELD USING SINGLE OR MULTIPLE CAMPSITES.

The program the evening before with an introductory session which will prepare you for the morning water taxi.

Zebellos and kayak launch is approximately 7.5 hours' drive from Victoria so participants need travel the day before so we can make sure we are ready for the water taxi pick up at 8am. We launch from Zebellos Marina and water taxi to Rosa Island. Participants will need to provide their own meal on the evening before the trip starts & a breakfast for the first morning.

Our instructors deliver presentations on:

- Risk Management for the Recreational Paddler
- Kayak Navigation for dummies
- Weather forecasting & interpretation
- Tides & Currents

PRE - EXPEDITION ASSIGNMENTS

The following pre expedition assignments can be completed before or after the expedition. If you try to complete them prior to the expedition there will be an opportunity to 'fine tune' them together.

1. Weather - in a log book provide in writing, 3 days of prior weather information and a forecast for our departure date. Identify areas on the chart where land/wind interaction might take place such as gap winds and clapotis
2. Develop a Camp Kitchen Plan - to include;
 - components of a safe, effective camp kitchen area
 - recipe for one evening meal including: nutritional values; quantities; ingredients; cooking method; fuel consumption; presentation; packing plan; waste disposal; dishwashing method
3. Navigation & Trip Planning Exercise
 - complete the navigation and trip planning exercise provided
4. Heritage - Describe at least one renowned kayak expedition in the last 50 years

OR

Submit a list of 5 essential readings and resources for sea kayakers

OR

Use a variety of resources to identify 1-3 natural objects (flora, fauna, rocks, stars, etc.)

OR

Describe the seven Leave No Trace Principles and practices given as outlined in the Blue Dog Sea Kayaking Manual and work to integrate these principles and practices while on the expedition.

STUDY QUESTIONS

Take a look at the study questions online and fill in what you can.