



BLUE DOG KAYAKING

AN INSTRUCTIONAL EXPEDITION

CLAYOQUOT SOUND

SEAMANSHIP & LEADERSHIP IN MULTI-DAY TOURING
PADDLE CANADA LEVEL 3 SKILLS

PRE EXPEDITION PACKAGE
EXPECTATIONS & SCHEDULE



AN INTRODUCTION TO CLAYOQUOT SOUND

Launching from Tofino our plan is to explore the channels and outer coast which make this area a kayaker's paradise

Clayoquot Sound is unique as it offers protected inner waterways that meander through interesting, scenic inlets or the more exposed outer shorelines; although our exact route will be determined by weather and sea conditions, our goal will be to visit both Vargas and Flores Islands where you can expect deserted white beaches, wave battered headlands and old growth forests with dramatic mountainous backdrops.

On our instructional expedition will visit many of the islands, explore the narrow waterways and find hidden treasures. The area is steeped in First Nation tradition and home to a vast array of wildlife. You can expect several campsite changes to maximise our opportunities to explore.



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 all the main meals for the expedition; food packing, preparation, cooking and clean up are the group's responsibility. You may find it helpful to work in pairs or write a rota.

CERTIFICATION

Blue Dog Kayaking offers Paddle Canada Level 2 and level 3 skills certification on this program; 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 and Blue Dog Kayaking Sea Kayak Manual for outcomes and course expectations.

CAMPING

This program includes multiple nights camping; please note that participants are responsible for any camping and parking fees; these are **NOT** included in the Expedition fee.

MORE INFO

THIS EXPEDITION WILL BE CONDUCTED IN THE FIELD USING MULTIPLE CAMPSITES IN CLAYOQUOT SOUND

We will launch from the public ramp in Tofino which is approximately 5 hours' drive from Victoria so we recommend that participants travel the day before. This will allow us to make an early start on the first day. Secure parking is available in Tofino for approx. \$35 per week. We like to meet participants the evening before the trip launches; we ask that you provide your own meal on the evening as well as breakfast the first morning (as it's unlikely we will be staying at the same campsites). Suggest camping the night before at Bella Pacifica or finding alternative accommodation. The instructor will touch base the evening before the trip about where to meet and all details.

Our instructors deliver presentations on:

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

We will deliver a presentation on Risk Management for the Recreational Paddler the evening before launching.



PRE-EXPEDITION WORK

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 question - we will complete them during the expedition.