

KIC – Anticosti Trip

Clothing List

Item	Use/Type
Peaked ball cap/Sun hat	To provide shade from sun
Toque	For warmth- NO cotton
Rain Hat	I.e. Yellow Fisherperson's
Buff and/or bandana	For sun protection
Swim suit	We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.
2 Pairs of quick-dry shorts	Can be used as swim suits
3 T-shirts/tank top	One t-shirt must have short sleeves for sun protection
Long pants (RAD- rapid-air dry)	NO jeans or jogging pants (not needed if you have wind pants to go over long underwear)
Fleece pants	Not necessary but a nice luxury ☺
2 Long underwear tops & bottoms	Wool or polypropylene- No cotton
2 Long sleeve fleeces or wool sweaters	Must be large enough to fit over long underwear top
Fleece vest or down vest (optional)	Not essential, but is nice to have
Bug Jacket	This comes in handy
Rain Jacket & Pants	Must be reliable, good quality & large enough to fit over layers
1 pair "trip" shoes (aka "wet" shoes)	Must be sturdy, closed toed footwear that have good ankle support. These shoes will be worn during the day (when travelling); these will get wet. (i.e. running shoes or hiking shoes/boots) <u>Water shoes and sandals are not acceptable "trip" shoes.</u>
1 pair "In-camp" shoes (aka "dry" shoes)	These will be worn in & around camp. Breathable shoes or sandals <u>with secure top & heel straps</u> are acceptable. Absolutely NO flip-flops
1 pair neoprene booties	Optional
6-8 pairs of wool socks	No cotton
6-8 pairs of underwear	Avoid cotton if possible.
1 pair of mitts or gloves & 1 pair of paddling gloves	Paddling Gloves- neoprene or dishwashing gloves
Wet suit/ dry pants	At least a "farmer john" (full legs, no arms). Ideally dry pants
1 paddling jacket	Or any other nylon jacket

KIC Packing Notes

We will discuss how all of this gear will be packed into our kayaks during barn days at the beginning of the course. It is best to have several small bags, rather than one larger one. Generally, you will have a lap bag (provided by GL) for gear that needs to be readily accessible during the day, a bag of upper body clothes and a bag of lower body clothes. A good way to pack is to use sleeping bag covers and several heavy-duty garbage bags. Sealine dry bags are also okay; just remember to keep them small (20L or less)

DO NOT BRING

Any alcohol, cigarettes or any other non-prescribed drugs - you will be evacuated from the course at YOUR OWN expense. This is very costly, since it will require a last minute flight from Port Menier as well as staff time to accompany you, Yikes!

Gear List

Item	Use/Type
PFD (Personal Flotation Device)	Canadian approved PFDs must have an Underwriters Laboratories of Canada (ULC) maple leaf label on the inside of the jacket. Shorter PFDs are preferable as they do not interfere with a spray skirt when kayaking.
Sleeping Bag	Preferably smallish when packed. Good to minus 10C is a must!
4' x 8' ground sheet	Tarp-like material or heavy duty plastic is best
Thermarest or insulate pad	Insulate pads may be borrowed from GL. Please try to avoid thermarests or pads that do not roll up into a small cylinder
3-4 Small dry bags	5L/10L bags are great, 20L bags are satisfactory, 30L bags not allowed
Big Bag	I.e. hockey bags, mesh bags, IKEA shopping bags, etc. These are used to carry all your smaller bags in
Small day pack	One that can fold up small. Used for hiking trips on the island
Extra Ziploc bags & sturdy garbage bags	At least 5 of each
2 (1 Litre) water bottle(s) with Carabiners	A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free).
Cup, bowl, spoon	Sturdy Tupperware bowl with lid (i.e. "short" Nalgene containers with screw-top lid) *high quality*
Unbreakable Thermos	If you have one, please bring it. The group needs ~8 for trip
Pocket knife or multi-tool	No blades greater than 4" will be permitted. Must have locking blade
2 lighters and/or box of matches	Make sure they are in a waterproof bag (i.e. Ziploc)
1 Whistle	Attached to your pack
A big sponge	For removing small amounts of water from the kayaks
Headlamp (GREAT) or flashlight (OK)	With extra batteries
Insect repellent	Spray-on or rub-on (NO aerosols)
Toothpaste, toothbrush, hand sanitizer, and comb and/or brush	Small travel-size; in a small nylon bag or Ziploc
Baby powder and/or Gold Bond	To help your skin stay dry
Sunscreen, lip block, sunglasses	20-30 UVB/UVA (broad spectrum) Sunglasses with UV protection
Nylon Cord	~3m in length & diameter of a shoelace. Used for making clothes line(s)
Tampons or pads (feminine)	Please bring even if you're not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bag, and an air-tight container). Bring extra!!!
Camera, watch (with alarm), book(s), playing cards, games	Watch is very useful to have on trip! Cameras help us create slide shows, but ensure that your camera is in a waterproof bag/container.
Glasses and/or contacts	Bring extra pair of glasses/contacts in case of damage
Prescription Drugs, inhalers, epi-pens	Please bring 2 sets of required medications. Students will keep 1 set & staff will keep other set safe in case 1 is lost or spoiled. Please bring an extra week of prescribed medication (just in case)
First Aid supplies	For personal reoccurring injuries/conditions (i.e. athletic tape, Tylenol, yeast infection medication, eye care, etc.)
Your KIC Manual & writing utensils	Make sure manual is kept in a waterproofed bag
Props for lessons	Whatever you need to teach your lesson and make it interesting
Something Silly to wear	This will impress & surprise everyone 😊
Energy/Granola Bars/GORP	This is your snack for trip. This could be a reasonable quantity of GORP (~100g per day) or energy/granola bars (1-2 bars per day). Please buy only once the session has started (in case there are students with allergies).
Juice Crystals (optional)	A reasonable amount (no more than ~1L per day)
Change of clothes	For the bus ride home
Music	For the bus rides
Soap & shampoo	For the end of trip. A bottle of camp suds works well
Money	For meals on the bus ride to & from the ferry