

LOGISTICS DETAILS BRING THIS WITH YOU!

COURSE NAME

LEAD 100: Day Guide's Course

COURSE DATES

May 30 – June 2, 2008.

SIGN INTO HOSTEL

On Thursday, May 29, after 4 pm (you are booked for the nights of May 29, 30, 31 and June 1). Hostel is located at 81 West St (Drive into town on highway, turn right at 1st St, left on Main St, drive up over hill and down to bottom—left side of street. Phone number is 250-725-3443).

MEETING TIME

Thursday, May 29 at 5:30 pm 1.5 hr pizza & intros (beverages not included), then 2 hr session—bring notebook.

MEETING PLACE

Common Loaf Bakery, 180 First St.
Their phone number is 250-725-3195.

COURSE ENDS

Monday June 2 at 3 pm.

CERTIFICATION

You must be a member of the SKGABC to take the exam during the course. Please bring a cheque or \$35 cash the first evening.

ITINERARY

Instructional sessions in Tofino will run approximately 9am-4pm and 7-9pm.

MEALS PROVIDED

You are responsible for all meals in town—there is a kitchen at the hostel, food stores and many restaurants in town.

PARKING

There is free parking at the hostel while we are staying there.

SUGGESTED GEAR LIST

PADDLING CLOTHES

Worn on body / extras carried in 10 litre bag (provided)

- Synthetic or light wool long-johns if you are susceptible to cold, or:
- Nylon shorts or swim suit under wetsuit
- Light wool or fleece paddling sweaters
- Paddling jacket or dry-top
- Sou'wester or other rainhat
- Rainpants
- Wide-brimmed sunhat
- Sunglasses with sports-strap
- Fingerless paddling gloves (optional)
- Neoprene booties, old sneakers, or water sandals
- Sunscreen, lip balm
- Skullcap or neoprene hood (if you have one—they are cheap and useful)

We will provide farmer john/jane wetsuits, which will be worn paddling at all times. Please bring your own wetsuit or drysuit if you wish to!

NAVIGATION AND RESCUE EQUIPMENT

- Notebook and pen
- Chart case (41 by 56 cm is ideal)
- Hand-held orienteering compass (if you have one)

We will provide tide tables and some charts to share. Some people like to bring their own nautical chart—if so, get #3685. Coat it with Map Seal if possible.

This course is a great opportunity to try out your gear—bring VHF radio or rescue equipment if you want to.

LUNCH & SNACKS

Pack a picnic lunch daily. Please bring your own snacks for mid-morning and mid-afternoon (energy bars, etc). The weather can be cool, and we will be burning a lot of calories!

TOWN STUFF

You will be preparing your own meals. You can bring food, or shop in town. You'll want your basic around-town clothing, which in Tofino often includes gumboots, raingear and fleece!