



The Spirit Bear Quest



Program Description

The Great Bear Rainforest is a protected wilderness area that's really rich in wildlife. The waters teem with whales, otters, seals and sea lions. This beautifully raw, rugged coast with stunning waterfalls offers jaw dropping scenery and a rich First Nations Culture. Our trip there coincides with the salmon spawn, which is the best time to view bears as they gather at salmon streams to gorge on the annual feast. Our 2 week circular route takes us to the best spots where we might see the Kermode (Spirit) Bear, a subspecies of black bear with white fur. There are only 200 of these bears in the world and while there are no guarantees of seeing one, we believe we give kayakers a good chance. The only access along our route is by float plane or boat so you'll experience solitude and truly get off the beaten track. We plan to visit 2 different natural hot springs and some historic remains including the oldest pulp mill in BC.



This is an expedition style program that is designed for the intermediate to advanced paddler who wishes to explore very remote wild locations with the opportunity to receive quality instruction and feedback along the way. We will circumnavigate Princess Royal island, with some detours to other beautiful, cultural or wildlife sites.

Kayakers rarely go to this wild and remote area. Campsite selection is limited and your guides have intimate knowledge of where to find the best campsites. Some of our campsites may require some basic clearing as this area is rarely visited.

On day 1 of the expedition, we will start from Port Hardy where we will take the ferry to Klemtu. From Klemtu you will be paddling around Princess Royal Island and the surrounding islands over the next 20 days. Our final destination will be Klemtu.

With our committed instructors you will take full advantage of this wild place while also having the opportunity to hone your skills. We will delve into topics from expedition management to technical paddling skills that will help to make an already confident paddler a more competent mariner.

Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Spirit Bear Quest Information Package – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program

Program Overview

Prerequisites

Interested candidates should have extensive (over 30 days) previous sea kayaking experience and have some basic experience in dynamic waters. Some expedition experience is required. You must be able to paddle at a speed of 3 knots for up to 6 hours per day (with breaks). If you can not maintain this speed for up to 6 hours this program is not for you. If you do not meet these prerequisites, and are still interested in this challenging program, we may be able to provide you with some training beforehand. We will be camping for an extended period of time which means this program is intense as well as mentally and physically demanding.

Program Outline

Following is a general outline for the Spirit Bear Quest Expedition.

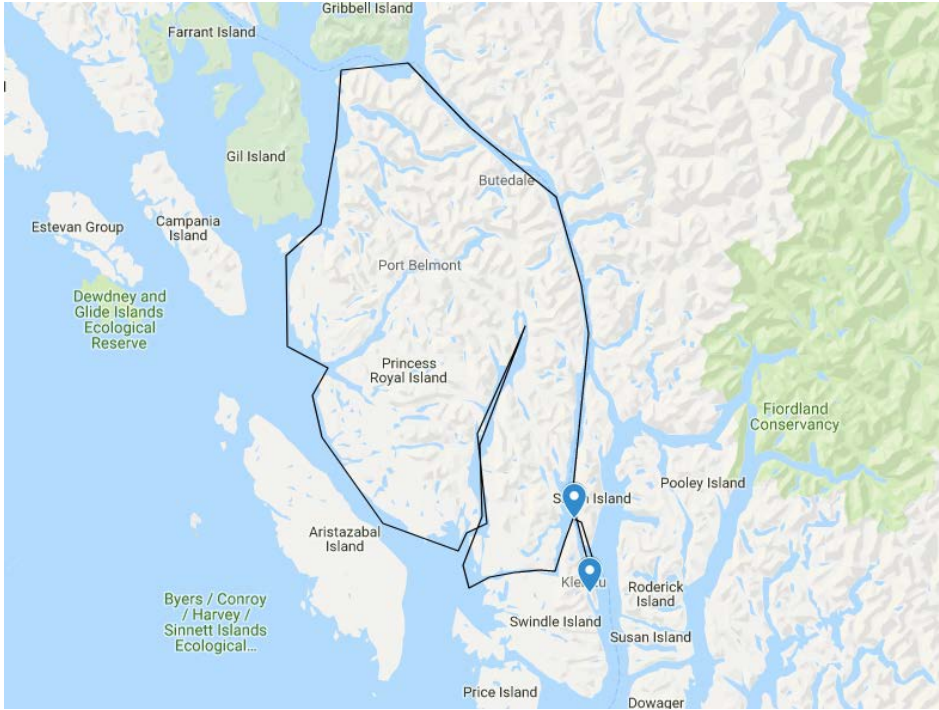
Depending on weather, group needs, and conditions, the schedule will change. This advanced expedition has an open itinerary to ensure flexibility.

The course will incorporate workshops, food harvesting sessions, travel and exploration as the location and conditions dictate.

	Morning	Afternoon	Evening
Day 0			
Day 1	0730am Ferry Departure from Port Hardy to Klemtu. Be at the Ferry Terminal at 0445am	Arrival in Klemtu at 1400 Group Safety & Packing Paddle to campsite	Late arrival and camp setup
Day 2-Day 20	Travel around Princess Royal and surrounding islands.		
Day 20	Travel to Klemtu		Board the Ferry in Klemtu. Arriving in Port Hardy just before midnight.

Our Location

The coastline stretching from Klemtu to Hartley Bay will be our classroom. This stretch of coastline is very remote. There are endless places to explore as we build our skills to become more competent mariners. Not to be overlooked is the opportunity to see terrestrial and aquatic wildlife on a grand scale as we paddle in a very rich environment.



Map illustrating the proposed route for the Spirit Bear Quest. The route may vary depending on weather conditions or human factors. We intentionally did not share some of our secrets spots on this map.

Participation

Packing and unpacking the boats, carrying them to and from the beach, and setting up and breaking camp will be a group effort. The old adage ‘many hands make light work’ holds true as always. There will also be lots of rest and relaxation time. If you’re handy around the kitchen, if you want to catch fish, harvest berries or plants to eat, or would like to learn about cooking on trip, help chopping vegetables and preparing for our

meals will always be welcome. As well, pitching in to help with cleanup after meals is greatly appreciated. We find that if everyone chips in a little with some of the chores, the tour is more enjoyable and eventful for all, as the guides have more time to do what they do best—guide. That means more time to explore and more time to take in the scenery.



Program Safety

Ocean kayaking and camping are not without risk. Certain sea kayaking rules and camping techniques must be agreed to and observed by all members of the tour to maximize the safety and enjoyment of all participants and minimize our impact on the ecosystem. We will discuss these rules, why they are necessary, and what contingency plans we will use in the event of an emergency, at the beginning of our time together.

The Elements

The weather is variable at all times on the West coast; during the expedition we can expect sun, rain and wind in varying amounts. Please come prepared. The water temperature varies from 9 degrees to 17 degrees Celsius. Bring warm clothing and immersion gear. Rubber boots and a good rain jacket and pants are highly recommended. Please test any new equipment before the trip and make sure that wrist gaskets are not too tight.

Your Instructors

SKILS staff members are industry leaders and professionals with extensive guiding and instructional experience and certification. For profiles on each of our staff members, please visit our website at www.skills.ca.

Ratios and Group Size

Our minimum group size is 3 participants and 1 guide; our maximum group size is 8 participants and 2 guides. For your safety and enjoyment, we ensure that 2 experienced guides lead any group with more than 4 participants.

Program Logistics

Accommodation

You will need to make your own accommodation arrangements in Port Hardy for the night before the program starts and optionally after the program finishes. Port Hardy is a popular tourist destination, so make certain you reserve your accommodation well in advance. There is camping south of Port Hardy at Quatse River Regional Park and Campground (<http://www.quatsecampground.com>), as well as a number of marina resorts and motels in Port Hardy.

Transportation

You are responsible for transportation to and from Port Hardy, which is the starting location of the tour. Once in Port Hardy, we will carry the kayaks and the equipment on to the ferry. SKILS will pay for the ferry. **You will need an official Government issued piece of photo ID identify to board the ferry.** Prior to the program we will help to organize carpooling among participants. Participants are responsible for the cost of parking their vehicle in Port Hardy. BC Ferry and some private companies provide affordable long term parking rental options. You can either park your car at the ferry terminal or if you want to leave your vehicle in town there is a shuttle bus from the town of Port Hardy to the ferry terminal around 0500am every morning. The fare is \$8 at the moment of the writing. Ask your accommodation provider to arrange a pick up. There is also a bus pick up when the ferry returns.

SKILS is also responsible for the cost of the ferry from Klemtu to Port Hardy. We will pay on your behalf for their delicious luxurious buffet on the last dinner.

Vancouver Island is easily accessed by air, ferry, and bus. Air Canada WestJet, Pacific Coastal and other local airlines offer regularly scheduled flights, including to Port Hardy. BC Ferries offers ferry service from mainland Canada, while Washington State Ferries and the M.V. Coho offer ferry services from the USA. Once on Vancouver Island, Port Hardy can be accessed by car or the Tofino Bus. Port Hardy has an airport that is only served by Pacific Coastal airlines. Be aware that this airport can be fogbound often during the summer so you should make contingency plans against being affected negatively.

Following is a list of links to help you plan your transportation.

- **Air Canada**
 - 1.888.247.2262 (in North America)
 - www.aircanada.com
- **WestJet**
 - 1.888.WESTJET (1.888.937.8538)
 - www.westjet.com
- **Pacific Coastal**
 - (604) 663-2872
 - www.pacificcoastal.com
- **Washington State Ferries**
 - 206.464.6400
 - www.wsdot.wa.gov/ferries
- **BC Ferries**
 - 1.888.BCFERRY (1.888.223.3779) from anywhere in North America
 - 1.250.386.3431 from outside North America
 - www.bcferrries.com
- **M.V. Coho Ferry**
 - 360.457.4491
 - www.cohoferry.com
- **Vancouver Island Connector**
 - 1.866.986.3466
 - www.viconnector.com

Meals

We are looking forward to surprise you with our gourmet food. SKILS will provide nutritious meals each day, beginning with breakfast on the first day of your trip and finishing with dinner on day 20. Our meals are specially designed to be delicious, nutritious, and transported with us in our kayaks with minimal refrigeration. We will frequently harvest fresh fish, berries and plants on our trip for some tasty meals.

What SKILS Will Provide

The cost of the program includes highly experienced and certified guides, return ferry transport from Port Hardy, and camping and park fees. You can rent kayaks from our fleet for a low fee. Please let us know if you need to rent a kayak from SKILS.

Cooking Gear

- Stoves
- Fuel
- Lighters
- Pots and pans
- Cooking utensils
- Cutting boards
- Cups
- Bowls
- Plates
- Cutlery
- Washing basins
- Pot scrubbers

- Dishwashing soap

Safety and Group Gear

- First aid equipment
- VHF Marine Radio
- Repair Kit
- Signaling flares
- Large group tarps
- Reference library of wildlife and cultural books

Food and Water

- Drinking water in portable containers
- Nutritious meals and snacks

Drybags

We will provide each participant with one 20 liter and one 5 liter drybag in order to protect your gear and clothing.

What You Need to Bring

Following is a list of gear that you will need on the course. Most items are required, however, an * indicates the item is optional.

Paddling Gear

- Sea kayak (at least 17 feet long)
- Paddle
- Sprayskirt
- ULC approved PFD (Personal Flotation Device)
- Whistle
- Hand pump
- Tow line or throw line (buoyant heaving line at least 15 meters in length)
- Paddle float
- *Spare paddle
- *Sponge for drying out hatches



If you are providing your own kayak and paddling gear for your program, your sea kayak must meet the following requirements: (1) it is suitable for open sea conditions; (2) it has positive buoyancy when capsized; (3) it is able to adequately carry gear as required for the program; (4) it has perimeter lines; (5) and it is at least 17 feet long. Please note: recreational kayaks that do not meet the above requirements are not suitable for our program. If you have questions about the suitability of your kayak, please contact us. We have many suitable kayaks in our fleet and will be happy to match you up with an appropriate kayak for this program if you are concerned about the suitability of your own craft.

Camping Gear --- If you are paddling with a friend, we encourage you to share a tent as some campsites have limited space.

- Tent
- Sleeping bag – 3 season bag with synthetic insulation
- Sleeping mat
- *Tarp with thin cord
- *Pillow case

Toiletries

- Toothbrush and toothpaste
- Sunscreen and lip balm with high SPF protection (30 +)
- Toilet paper
- *Biodegradable soap

- *Camp towel
- * Pads and/or Tampons

Immersion Clothing

- Wet suit and paddling jacket or dry suit. You will be paddling in this gear for extended periods of time, so make sure it fits well.
- Neoprene booties or other immersion footwear
- Paddling gloves or poggies

Personal Clothing

The following is a guideline to assist with your packing; feel free to bring more or less as you feel necessary. Please avoid cotton as it keeps you cold when it's wet. Please wear clothing designed for outdoor use and made from Merino wool, silk or synthetic materials such as Capilene, polyester, polypropylene, or nylon.

Torso

- Rain Jacket
- 1-2 fleece or wool sweaters/jackets
- 2 pair long jane/john tops
- 1-2 T-shirts
- 1 wind breaker

Legs

- Rain Pants
- 1-2 pair pants – At least one should be made of nylon
- 1 pair fleece or wool pants
- 1 pair long john/jane bottoms
- 1 pair shorts

Feet

- 2-3 pair warm sock made with synthetics and/or wool
- 1 pair camp shoes – Sneakers work well
- 1 pair rubber boots
- 1 pair sport sandals or shoes that can get wet
- *2 pair liner socks – Polypropylene or wool are common materials

Head

- 2 wool or fleece caps
- 1 Brimmed hat or baseball cap

Hands

- 1 pair of fleece or wool gloves
- *cycling gloves for paddling to prevent blisters

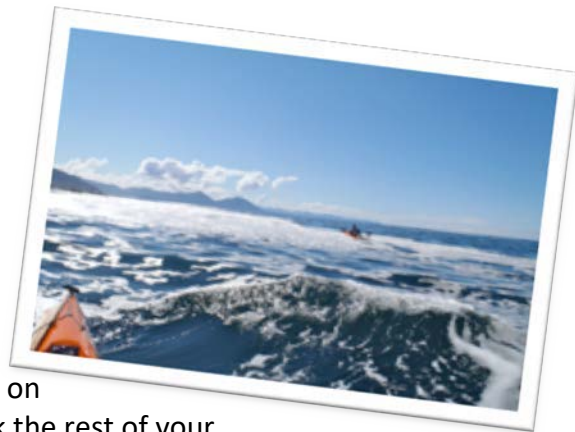
Miscellaneous Gear

- Headlamp or Flashlight with extra batteries
- Sunglasses with good UV protection with retriever strap
- Water bottle
- Insect repellent
- Small day pack or fanny pack for carrying camera, water bottle, etc. on short hikes.
- Spare garbage bags and zip locks
- Bathing suit
- *Notebook with pencils &/or pens
- *camera
- *Pocket Knife
- *Small personal first aid kit
- *Moist towelettes for a quick cleanup
- *Good Book
- *Binoculars
- *Earplugs for light sleepers
- *Games such as cards

If you need to rent gear such as kayaks, kayaking gear, tents, sleeping bags, or sleeping pads, you can make arrangements with SKILS; please contact our office at info@skills.ca.

Packing your gear

You will need to waterproof at least your clothing and sleeping bag. Depending on how watertight your kayak is, you can pack the rest of your gear loose or in zip locks inside nylon stuff sacks. Here are two packing methods that work well. In fact, we usually use a combination of the two when we pack. Remember to leave room for group gear.



Dry Bag Method

Dry Bags are especially designed for paddle sports and are available at most sporting goods stores. Depending on the closure system they do not always keep all the water out. Test them in the shower before the trip. You will need two 20 litre bags for your sleeping bag and bulky clothing and 2 or 3 10 to 15 litre bags for your other clothing and gear. We will provide you one 5 and one 20 litre drybag on the first morning of your trip. Let us know if you need more dry bags.

Stuff Sack with Garbage Bag Liner Method

This is the tried and true method of years gone by. Line a stuff sack with a garbage bag. Pack as normal. Squeeze the air out before twisting the garbage bag top. Don't tie the garbage bag or use twist ties. Simply tuck the twisted end down into the stuff sack before drawing the top closed. This technique is reliable but not durable, so make sure you bring extra bags with you. You can improve the durability of this system by adding a 2nd stuff sack into the garbage bag creating a plastic sandwich. This method takes up less room than dry bags and makes the kayak easier to pack.

A couple of final packing pointers....

- It is easier to pack your kayak with many smaller bags than a few larger ones,
- A large duffel bag or IKEA bag is useful for transporting all your small bags to and from your kayak,
- A large Tupperware/Rubbermaid is good for storing wet gear in your car.

Medication

Please note that you will require a current tetanus shot (a tetanus shot is valid for 10 years). This is very important, as tetanus is a naturally occurring bacterium that lives in the soil. If you do not have up to date tetanus inoculation, you may contract tetanus through a scratch or cut, and require immediate evacuation. A simple tetanus shot, easily accessible at most medical facilities, removes the risk of contracting tetanus.

Please be sure to let us know of any medical conditions of which we should be aware. Please duplicate and separate the quantities of any medications you will need during your program, and give your duplicated medications to your instructor, who will carry them. This will provide an additional source of medications should the primary set become wet, damaged, or lost. If you are prone to any health disturbances, e.g., easily infected cuts or severe migraines, please remember to bring any preventive medications. If you have any questions about medications, contact your doctor. Swell or wind waves can be encountered on the ocean. If seasickness is of concern to you, your doctor or pharmacist may be able to recommend medication to help. Also, anti-nausea (drug-free) Gravol Ginger, candied ginger as well as wristbands work well for many people. Please note that seasickness occurs only rarely in sea kayaking. Be sure to let us know if you anticipate that seasickness will be a problem for you.

Preparing for Your Program

Kayaking requires some upper body strength and endurance. We recommend that you get out kayaking several times prior to your program. If you feel you could use some upper body conditioning before your trip, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.



Thank you for enrolling in our Spirit Bear Quest. If you have additional questions or concerns, please contact us. We look forward to playing on the water with you!