



# THE FLOW

## WILDERNESS RETREAT

### WHAT TO EXPECT

#### Weather

Summer temperatures from July until mid September are generally comfortable, with temperatures from 18–30°C (70–85 °F), with warmest temperatures from mid-July to mid-August. June and September have the coolest temperatures, occasionally as low as 10°C (50°F) at night.

It can be cold and wet here, even in Summer, so come prepared for any type of weather. Sometimes it gets rainy, and it often gets windy too, especially in the evenings.

#### Our Base Camp:

The Flow Wilderness Retreat's Base Camp facilities include:

##### Bathrooms:

Equipped with hot showers, fresh towels and composting toilets.

##### Hot Tub

Go With The Flow has a seaside hot tub, perfect for unwinding in at the end of the day.

##### Cabins

Our cabins have either a Queen size or single beds. Pillows, linens, duvets and blankets are included.

Take only  
photos,  
leave only  
footprints

The kayak cuts no grooves & leaves no scars, as it travels freely through the waters.

However, on land, with the increasing number of kayakers venturing into new territory and seeking the untraveled path, we must be aware of our impact on these environmentally sensitive areas and respect our natural surroundings.

Go With The Flow Adventures make every effort to ensure we leave our area as we found it or better.



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### PACKING LIST

#### Clothing:

- Hats**  
A **sun hat** such as a brimmed hat or a baseball cap is a must. Bring a **warm hat**, like a wool toque or fleece beanie for the evenings or cooler days.
- Camp shoes**  
A pair of runners or comfortable walking shoes.
- Rain Gear: Jacket & Pants**  
Just in case of heavy rain.
  - Long pants**
- 1 pair of fleece or warm, comfortable pants.
- 2 x lighter pairs made of a quick drying fabric.  
*Jeans are not recommended.*
- Lightweight long underwear**  
Warmth at night, and a base layer during the day.
  - Sweaters**
- 1 light wool or fleece sweater.
- 1 heavy sweater for warmth, just in case.
- Shirts**
- 2 x Long-sleeved non cotton shirts
- 2-3 x T-shirts depending on your tour length.
- Shorts**
- 2 x quick dry nylon pairs of shorts.
- Socks**
- 4 x pairs of warm socks
- Undergarments**  
You know what you need, but bring a spare pair or two in case you get soaked
- Sunglasses**  
Bring a safety cord for them to prevent them falling into the deep water.

#### What is Layering?

Layering is the best way to regulate body temperature and maintain warmth while out kayaking.

##### **First layer (next to your skin):**

For the base or first layer, we suggest choosing a material that wicks moisture from the body. Polypropylene, Merino wool, Lycra, Nylon or Polyester are all good choices that can be comfortable to wear even when wet. However, wet cotton is quite unpleasant to wear when wet.

##### **Second layer (warmth):**

A synthetic material such as fleece or pile makes the best second layer to provide warmth. Wool is also suitable.

*Avoid cotton, except on very hot days.*

#### Footwear:

- Water shoes**  
Your feet will get wet sometimes on your trip, and you'll need some shoes that are okay with that. We recommend a pair of sturdy sandals with full straps, neoprene booties or rubber boots.
- Camp shoes**  
A pair of comfortable walking shoes, like runners.

## Recommended:

- Small flashlight or headlamp**  
With spare batteries.
- Camera**  
In waterproof bag or case. You may also use our dry bags.
- Sunscreen**  
Sunburn risk is higher due to sunlight reflecting on the water
- Binoculars**  
Optional, but great for viewing the abundant wildlife
- Water bottle**  
1 or 2 refillable water bottles.
- Personal items**  
Toothbrush & toothpaste, washcloth, feminine hygiene products, hairbrush, etc.

*We provide guests with biodegradable soap, shampoo & conditioner.*

Test your gear's waterproofness by jumping into the shower & seeing if you stay dry!

## Important Note: Medication

If you require medication please note the following instructions:

1. The name of the drug and expiry date must be clearly labelled on the container.
2. Your name and pharmacy label with instructions are marked, including the dosage and frequency.
3. Pack your medication in a water and sun-proof container.
4. Bring a full, extra medication in a separate container, as a backup in case of loss or misplacement. Leave the spare with the head guide. It will be returned at the conclusion of your trip.

## Optional:

- Bathing suit / swimsuit**  
Be ready for a relaxing soak in the hot tub or a swim in one of the local lakes.
- Gloves**  
Wool or fleece gloves with grip are adequate, biking gloves are a good choice to protect your hands from blisters. For spring or fall trips, you may want to consider neoprene gloves, or pogies.
- Light windproof jacket**  
Sometimes all you need is a light jacket to keep the wind off you.



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### THINGS TO KNOW

#### Gratuities

Tips for your guide are at your own discretion, but appreciated.

#### Can I bring my own drinks?

We supply a wide range of teas, coffee and juices. You are welcome to bring along soda pops or alcoholic beverages of your choice if you would like to.

#### Fishing?

If you'd like to fish, bring your gear and make sure you have a valid B.C. fishing license.

Pick one up in-person the day before your trip, or get it online:

<https://www.pac.dfo-mpo.gc.ca>

#### Need gear?

Please note that there is no outdoor gear store on Quadra Island so get equipped before your trip.

*Robinson's Outdoor Store in Victoria* can assist you in finding you any of the items we have listed. Contact them at [www.robinsonsoutdoors.com](http://www.robinsonsoutdoors.com)

#### Questions or concerns?

Contact us on **1-888-GF-KAYAK**  
or e-mail [brody@gowiththeflow.ca](mailto:brody@gowiththeflow.ca)