

# MARCH BREAK ENROLLMENT PACKAGE 2025



THE NOVA SCOTIA

# SeaSchool

## Welcome!

A great adventure awaits you; one that will take you on a journey of action, reflection, & discovery. We hope your course will prove to be one of the truly memorable experiences of your life. We encourage you to read ALL the information in this Enrollment Package and begin to prepare today. Included is information on what to expect and what you must bring. The details included in this package are designed to guarantee you an awesome and satisfying wilderness adventure.



Please be sure to read this package thoroughly and ask any questions you have.

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### CHECKLIST: WHAT DO YOU NEED TO DO BEFORE YOUR COURSE?

**Take the time to thoroughly review your Enrollment Package.** The information enclosed will help ensure that you are kept safe and warm throughout your winter adventure!

If you have questions, call us at (902) 423-7284 or email [registration@seaschool.org](mailto:registration@seaschool.org)

**Make your travel plans!** Check your course start and end times. If transportation is an issue for you, be certain to let us know at least TWO weeks ahead of time; we can try to help arrange carpools.

**Collect required clothing and supplies.** Notify the Sea School of any clothing items you may need to borrow at least TWO weeks in advanced of your course start date.

### IMPORTANT INFORMATION

**Course Arrival and Departure: Please arrive on time. Courses start at 10:00am March 9th. Come dressed for your first day in the wilderness.** Sea School staff will help re-pack your gear for the trip. Luggage, unnecessary items, and valuables may be left in the Sea School's custody. Bring clean street clothes to wear at the end of the course. Showers are not available. **Pick-Up is at 3:00pm March 13th.** *Driving Instructions & Coordinates can be found on page 6 of this Enrollment Package.*

**Electronics** – Please leave cell phones and all other electronic devices at home. They are not allowed on Sea School trips.

**Physical Demands** – Anyone in good health can expect to complete a Sea School course enjoyably! Wilderness living requires mental stamina as much as physical. There are lots of different ways to prepare! Check out our TIPS & TRICKS page (p.6) where we share links that include tips on winter camping and the science of staying warm.

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Please bring all items on the list. Weather patterns are unpredictable, it is **ESSENTIAL** to be prepared for any type of weather. **FOR YOUR SAFETY**, we can't let you participate with inadequate warm clothing.

**CHECK THE LABELS FOR COTTON - NO COTTON ALLOWED!** Items are available to borrow!

**Please NOTIFY the Sea School by SUNDAY FEBRUARY 23rd of any clothing items you may need to borrow!**

- **Warm Winter Coat** - water resistant or at least water-wicking
- **Winter Boots**- Sturdy; will be used for hiking but most importantly need to be **WELL INSULATED** and keep your feet **DRY**. \*Please let us know if you have any questions or if you do not have appropriate foot wear.\*

- **2x Wool** or synthetic toque
  - **Scarf** or buff to keep your neck warm
  - **Medium weight wool** or fleece pants
  - **2x Medium weight wool** or fleece sweaters (can also be polartec, polarfleece, etc.)
  - **2-3x Wool** or synthetic base layer tops
  - **2-3x Wool** or synthetic base layer bottoms
  - **Light weight long sleeve synthetic shirt**
  - **4x Heavy weight wool socks**
  - **3x Synthetic socks**
  - **5x Underwear**
  - **Warm gloves** (water resistant)
  - **Warm mittens** (water resistant)
  - **Nylon/Gor-tex wind pants** \*
  - **Nylon/Gor-tex wind jacket** \*
- \*We have NSSS rain gear, please request if needed\*

- **Flashlight** (small) or **Headlamp** with extra batteries - no search lights
- **Sunglasses** (important to protect against vision damage in snow)
- **Toothbrush** & small toothpaste
- **Comb** or hairbrush
- **Chapstick** with SPF
- **Wet/baby wipes** for hygiene (small pkg)
- **Hand Sanitizer** (small bottle)
- **Journal/notebook** & pen (in a zip-lock bag)
- **Nalgene water bottle** (2L)
- **Day Backpack**; 20-30L capacity (school bag sized)

## BORROWING WARM CLOTHING

NSSS has some of the items from the packing list available to borrow, on a first-come first-served basis. These include long underwear (tops & bottoms), fleece pants and medium and heavy fleece/wool sweaters.

Borrowed clothing is the responsibility of the participant, they will be responsible for the replacement cost of these items if not returned in good condition.

**Please contact Ellie to enquire about available sizes before SUNDAY FEBRUARY 23rd. If you show up on the day of the program intending to borrow gear without having notified us we may not have appropriate gear to borrow. This can effect your ability to participate in the program.**

## IF YOU MENSTRUATE PLEASE ALSO BRING

- **Supply of sanitary napkins** or tampons (menstrual cycles may come unexpectedly)
- **Hygienic/baby wipes** for hygiene
- **2x Zip-lock bags** (large)

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## Packing Tips & Other Essentials!

### EXTRA OR UNSUITABLE GEAR

Please **DO NOT** add or subtract anything from the above list.

Years of experience have gone into creating this list. In order to have a fun and exciting adventure, you cannot be cold and wet the whole time. So **LEAVE BEHIND** your favorite pair of jeans and pack some fleece pants instead!

Luggage and anything deemed unnecessary or unsuitable will be held in NSSS storage.



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### OTHER THINGS TO BRING:

- **MEDICATIONS** – If you use over-the-counter or prescription medications, **please bring TWO supplies in separate waterproof containers** in case one is lost or damaged. Be sure to note medications on your Medical Form, and inform NSSS if there are any changes to medication or diagnosis.
- **PRESCRIPTION EYE WEAR** – Glasses and most types of contact lenses are acceptable on course. Sterile lens care on course is very difficult so their use is NOT recommended. Whether you wear contacts or glasses bring an extra pair of glasses, if you can, and a safety strap.
- **CAMERAS** – Cameras should be durable and compact and should be in a waterproof storage bag. NSSS cannot be responsible for damage or loss of your camera.
- ✗ **EQUIPMENT** – **Please do not bring your own outdoor equipment.** The Nova Scotia Sea School supplies all necessary equipment, such as sleeping bags, rain gear, and any other specialized equipment. All NSSS equipment issued to you must be returned in good condition. Its care is your responsibility. Normal wear and tear is expected; you be charged for any lost or damaged equipment.

### OUTDOOR EQUIPMENT & GROUP GEAR

**The Sea School provides all group gear including a -20 sleeping bag & mat to sleep on, large hiking pack for personal gear, group tarps, eating gear, etc.**

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## Clothing Material Tips!

### CLOTHING MATERIALS

All clothing will be subjected to rugged use. It must be durable and roomy for free movement and layering. Clothing will get wet. Be sure it is quick drying (wearing wet clothes for an extended period is a sure way to get hypothermia). Insects sometimes avoid orange, red, yellow and white. They are attracted to dark colors like dark blue, purple or green. When choosing fabrics, consider how bulky they are (all your clothing and issued gear must fit into a single Sea School duffel), and how well they insulate when wet.

### WOOL

A traditional outdoor fabric, it's often less expensive than newer outdoor synthetics. Wool retains insulating properties when wet. Once wet, it dries slowly. Wool tends to be heavier and bulkier than synthetics that offer comparable warmth.

### OUTDOOR SYNTHETICS

SYNTHETIC & NYLON fabrics: are textiles made from man-made fibers rather than natural fibers. Outdoor synthetics insulate well when wet and dry very quickly. They weigh less than wool and offer comparable warmth. Lightweight outdoor synthetics include Thermax, Capilene and polypropylene. Heavyweight warmer outdoor synthetics include pile fabrics such as Polartec, polar fleece, and Synchronia.

### COTTON AND COTTON BLENDS

**DO NOT BRING COTTON.**

Cotton absorbs moisture, provides no insulation when wet and dries slowly. This includes sweatshirts and jeans, and any clothing intended for warmth, even cotton blends. If your thermals say they have any cotton in them, leave them at home. When wet they pull away body heat, and once wet they stay wet. Read all labels carefully.

### DOWN

**DO NOT BRING DOWN.** It insulates well when dry but absorbs moisture easily, provides no insulation when wet, and dries slowly.

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## NO NEWS IS GOOD NEWS :)

Our goal is to work with parents/guardians to assist in any way we can to help provide a successful, enjoyable experience for your youth. However, we do not allow participants and parents/ guardians to communicate during expeditions on the phone *except during an emergency*.

**We are constantly observing the weather leading up to and during expeditions. When weather conditions are questionable, we will update parents/guardians via email and phone (if necessary).**

**Always assume the expedition is taking place, unless informed otherwise.**

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## The Nova Scotia Sea School March Break Camp Policies

### MEDICAL APPROVAL POLICY

Admission into Sea School programs is contingent on approval of the Participant Information & Medical Form. Your medical form must be completed in full and will be screened before approving your spot on the trip. This ensures the safety of individuals and the entire crew. We may contact you with questions before approving your form. If your medical form is late and there is not sufficient time to approve it before the program, we will not allow you to attend.

### TOBACCO/ALCOHOL/DRUGS POLICY

The Nova Scotia Sea School (NSSS) will permit tobacco/nicotine use on trips, when parental consent is given. Use of tobacco/nicotine is strictly limited to manage/avoid serious withdrawal symptoms. All tobacco products must be handed into the instructor at the start of the program, noncompliance with this can result in being immediately dismissed from the program and sent home at your expense.

Alcohol and non-medically prescribed drugs are not allowed during the program. Violation of this rule can result in being immediately dismissed from the program and sent home at your expense.

### MARCH BREAK CANCELLATION/REFUND POLICY

Before each program, we invest in staff training, program planning, food, and equipment. NSSS can not recover its expenses if you cancel, even if due to illness or injury.

Cancellations received within 21 days of the start of March Break Camp will receive a 50% refund. Cancellations received within 14 days of the start of March Break Camp will receive a 25% refund. Cancellations received with less than 14 days notice will zero (0) refund.

If you will be unable to attend this day program please inform our team at [registration@seaschool.org](mailto:registration@seaschool.org), or call/text (902) 423-7284 immediately.

### PAYMENT POLICY

Payment is due in full immediately upon receipt of a confirmation of acceptance.

If you have requested a payment plan or bursary support you will be contacted by staff to make arrangements, and the terms of that agreement with The Nova Scotia Sea School will apply.



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## STARTING LOCATION: BLACK RIVER LAKE COMMUNITY HALL

989 Deep Hollow Rd, Wolfville, NS B4P 2R2

GPS 45.009880, -64.416705

[Click Here for Google Map](#)

### DRIVING INSTRUCTIONS FROM HALIFAX

Take NS- Hwy 101 to Wolfville

Take exit 11 toward NS-1/NS- 358 to Greenwich / Wolfville

Turn right / left onto Greenwich Rd S - heading uphill and away from Wolfville.

At T intersection turn right onto Ridge Rd - follow through to another T intersection

Turn right onto White Rock Rd.

Turn left at the 1st cross street onto Deep Hollow Rd (there is a flashing yellow light here)

Stay on Deep Hollow Rd for approx. 8km and follow to the end - Black River Community Hall should be in front of you.

There is patchy cell reception once you pass over south mountain - we suggest using google maps and planning routes ahead of time.

Participants will be prepping for their trip at Black River Lake Community Hall & hiking to their base camp location in Black River Lake Community Wilderness Area.

*We know it's exciting to watch the preparations but it can be distracting to the participants so we ask that you say your goodbyes after drop-off and let the participants get to know each other and prep for their adventures together.*

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## WINTER CAMPING: TIPS & TRICKS!



### HOW TO STAY WARM

How to stay warm in the winter cold.



### WINTER LAYERING

Some good tips, but remember, no down!