

# 7-Day Sea Kayak

## ENROLLMENT PACKAGE 2024

### Welcome!

We are delighted that you have decided to attend a Nova Scotia Sea School program. 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, a few policy reminders, and what to bring on this 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 this Information Package.** The information enclosed will help ensure that you are prepared for your Sea School program!

**Collect required clothing and supplies.** See the packing list (page 2&3) provided. You must bring ALL required items listed. Notify the Sea School of any clothing items you may need to borrow at least ONE week in advance of your course start date.

**Make your travel plans.** Check your course start and end times, map your route. If you require assistance arranging transportation please let us know a minimum of TWO weeks in advance of your program. We will help arrange a carpool if we can, but we need as much notice as possible.

### IMPORTANT INFORMATION

**Courses are generally gender inclusive.** – We will notify you if you are the only member of your gender enrolled. We strive whenever possible to have one female and one male instructor on your course.

**Course Arrival and Departure: Please arrive on time. Courses start at 10:00am July 29th. 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 6:00pm August 4th.** Location & 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 navigation, knots, and more!

# 7 Day Sea Kayak PACKING LIST

Please bring **ALL** items on the list. Weather patterns are unpredictable, it is **ESSENTIAL** to be prepared for any type of weather. If an item is on the **NO COTTON/COTTON BLENDS** list, we mean it and it is for your safety. Items on this list can often be found at discount & thrift stores (i.e. Frenchy's, Value Village, Salvation Army, as well as sporting goods stores).

**\*\*Please NOTIFY the Sea School by Monday JULY 22nd of any clothing items you may need to borrow!**

## NO COTTON OR COTTON BLENDS:

**This list of clothing is intended to keep participants warm. It MUST NOT have ANY cotton.** Cotton wicks warmth away from the wearer's body when wet and is dangerous.

- 1 Wool/synthetic warm toque/beanie
- 1 Medium-weight wool or fleece pants
- 1 Medium-weight wool sweater
- 2 Synthetic long john tops
- 2 Synthetic long john bottoms
- 1 Pair lightweight synthetic gloves – \*optional\*
- 4 Pairs wool/synthetic warm socks
- 1 Large/Med quick-drying camping towel

In the section below items may contain cotton.

## COTTON OR COTTON BLENDS OK:

- 1 - 2 Shorts – quick drying is best, NO jean shorts
- 1 - 2 Light-weight, quick drying pants- synthetic or lightweight linen - NO jeans
- 2-3 Light-weight long sleeve shirts – (non-cotton)
- 7 Pairs underwear
- 2 T-shirts
- 3-4 Sports bras – if desired/applicable
- 1-2 Swimming suit – we will be swimming daily
- 1 waterproof rain jacket & waterproof rain pants

## FOOTWEAR:

- 1 pair of paddling footwear i.e., CLOSED TOE sandals, water shoes, or neoprene kayak booties – for wearing in kayaks & walking in the water; no bare feet allowed on course. NO FLIP FLOPS.
- 1 pair of camp shoes- runners or rubber boots- to be stored and kept dry for wearing with socks while at camp.

## Additional Required Gear

- 1 Sunglasses, polarized recommended \*eye protection is a must on the water\*
- 1 Heavy-duty water bottle - 32 oz wide-mouth Nalgene-type preferred
- 1 Headlamp/small flashlight with 1 set of extra batteries (no search lights)
- Sunscreen min 24 SPF \*Lotion -no spray
- Bug Repellent \*Lotion - no spray
- Sunhat – needs to have a brim all the way around, not a baseball cap
- 1 Journal/Notebook and Pen – in a ziploc bag

## Toiletries:

- Chapstick w/SPF
- Toothbrush
- Tooth paste (small)
- Hairbrush/comb
- Bathing cap (if required for your hair-type)
- Wet/baby wipes for hygiene (small pkg)
- Hand Sanitizer (small bottle)
- 1 small skin lotion

## MENSTRUATION CARE :

**Menstrual cycles may get disrupted or come unexpectedly! Your instructors will explain how to safely and hygienically manage your flow while on trip, please let them know if you are, or will be starting your cycle so they can support you.**

### IF YOU MENSTRUATE PLEASE ALSO BRING

- Supply of sanitary napkins or tampons
- Hygienic/baby wipes for hygiene
- 2x Zip-lock bags (large)

## 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.





## 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, tents, paddling jackets 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 will be charged for any lost or damaged equipment.



## BORROWING 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.

Please do your best to source these items first. 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.

**You must contact Ellie to inquire about available sizes ONE WEEK BEFORE your trip start date - if you show up on the day of your course intending to borrow gear without having notified us prior we cannot guarantee we will have appropriate gear to borrow**

## ABOUT THE NOVA SCOTIA SEA SCHOOL

The Nova Scotia Sea School's mission is to create transformational learning experiences guided by the spirit of the sea. Each participant takes command of their own personal journey to be the best version of themselves and to help create the best version of society. The experience will be fun, challenging and beyond the ordinary. At Sea School, you become part of a devoted and diverse crew of participants, instructors, volunteers and friends providing meaningful connections that last far beyond the voyage itself.





# 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 artificial (human 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.



# Additional Important Information

## 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. Please advise NSSS immediately if there are any changes to your medical information, we reserve the right to remove participants from programs for undisclosed medical conditions or changes to medical information.

## 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.



## 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 90 days of the start of a program will receive a 100% refund.**
- **Cancellations received within 60 days of the start of a program will receive a 50% refund.**
- **Cancellations received within 45 days of the start of a program will receive a 25% refund.**
- **Cancellations received with less than 45 days notice will zero (0) refund.**

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



## 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.**

### STARTING LOCATION: Cape LaHave Adventures

**Google Maps:**

[14 Bells Cove Road, Dublin Shore, NS 44.26529629936439, -64.36973494142727](https://www.google.com/maps/place/14+Bells+Cove+Road,+Dublin+Shore,+NS+44.26529629936439,-64.36973494142727)

**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 at drop-off and let the participants get to know each other and prep for their adventures together!**

