



# WILDERNESS COMMITTEE

## MEARES ISLAND EXPEDITION (July 26-29) ITINERARY & GEAR LIST

### ITINERARY:

#### Friday

- You will be taking the 9:05am ferry from Horseshoe Bay to Departure Bay
- Travel to Port Alberni and meet the group around 12-12:15pm at the [Starbucks](#) just off the highway (we will have about 45 min here to eat a packed lunch or eat out)
- From there we'll depart for Tofino (around 1pm)
- Stops on the way (gas, check out beach)
- Arrive in Tofino between 4:30-5pm
- Check-in to [Tofino hostel](#) at 5pm (we are staying all together in 3 mixed dorm rooms - 4 people per room)
- Free time to cook, eat dinner, chill at hostel, walk around

#### Saturday

- Wake up around 7:00am: prep lunch/snacks, eat breakfast at the hostel
- Catch the water taxi to Meares Island at 9am
- Work on the trail all day (with breaks & lunch)
- Catch the water taxi back to Tofino at 4:30pm
- Free time to cook, eat dinner, chill at hostel, walk around

#### Sunday

- Wake up around 7:00am: pack up, prep lunch/snacks, eat breakfast at the hostel
- Catch the water taxi to Meares Island at 9am
- Work on the trail all day (with breaks & lunch)
- Catch the water taxi back to Tofino at 4:30pm
- Free time to cook, eat dinner, chill at hostel, walk around

## Monday

- Pack up & have breakfast
- Check out of the hostel at 10am
- Go for coffee in Tofino (debrief & goodbyes)
- Drive from Tofino to the ferry terminal around 11:30-12pm
- Arrive at Departure Bay ferry around 3pm and take the 4pm ferry to Horseshoe Bay

## **GEAR LIST:**

### Basics

- **Backpack, bag or suitcase:** please try and pack light because we will be carpooling
- **Water bottle:** 1 litre minimum
- **Daypack:** we'll leave the hostel between 8-9am and return between 4-5pm on Saturday and same thing on Sunday, so bring something to carry water, lunch, extra clothes, etc.

### Food (volunteers are responsible to bring ALL of their own food)

- Bagged lunches - for Friday (on the road), Saturday (on the trail), Sunday (on the trail)
- Breakfasts – for Saturday, Sunday and Monday (at the hostel)
- Dinners – for Friday, Saturday and Sunday (cook at the hostel or go out to eat in Tofino (optional))
- Optional: alcoholic/non-alcoholic beverages of your choice (for after a hard day's work)
- We will make our own breakfast and dinners at the hostel (they have full cooking facilities), but we will eat lunch & snacks on the trail, so bring bagged lunches that you don't need to heat (i.e. sandwiches and wraps, hummus, nuts, granola bars, fruit, etc.)
- We will be working/hiking, so make sure you bring plenty of food for yourself

### Clothing

- **Hiking boots:** they must fit properly, bring moleskin bandages if prone to blisters – we'll be hiking/working on the trail all day Saturday and Sunday, so bring shoes you can hike and work in
- **Socks:** wool or wool blend (ideally)
- **Clothing:** whatever you're comfortable in – for hiking & working, lounging at the hostel, walking around Tofino and sleepwear
- **Rain gear:** you'll need it! Jacket and pants – even if it's not raining, often it is wet in the bush
- **Underwear**
- **Indoor clothes:** highly recommend separate clothes to change into once we get back to the hostel
- **Hat/head wear:** to keep the chill and mosquitoes off

## Personal

- **Hygiene stuff:** hand sanitizer, toothbrush, toothpaste, medications (for prescription meds, please bring double the amount you will need), sunscreen, toilet paper (in a ziplock bag), menstrual products (if needed)
- **Glasses/contacts lenses (if needed) & sunglasses**
- **Bug repellent:** biodegradable (let's not harm this pristine ecosystem)

## Optional

- Camera
- Slippers
- Swimsuit & towel – for swimming (the hostel provides towels)
- Book/cards/games

### **Please note:**

- We are staying at the Tofino hostel all together in three mixed dorm rooms (4 people per room) – the hostel provides us with pillows, bedding, blankets and towels
- The hostel has showers and full cooking facilities (oven, stove, microwave, fridge, etc)
- **Tetanus shots:** We ask that all volunteers on our multi-day trail trips have an up to date Tetanus shot. If you happen to get a cut of any kind during the trip and don't have one, we are required to do an immediate evacuation to the nearest hospital because of the deadly risk associated with Tetanus - which we really want to avoid (it uses a lot of resources, it affects everyone else's trip and the work that we are trying to do). You can get Tetanus shots at your primary care provider, walk-in clinic or pharmacy for free.
- **IMPORTANT:** If you have ANY cold or flu symptoms please don't come on the trip (and inform us as soon as possible).