



Nootka Trail Hike - Pre Trip Information Package



Thank you for choosing us as your guides for your trip on the Nootka Trail. The following information is intended to help you prepare for your trip. We hope that it answers most of your questions. If you have others please do not hesitate to contact us on info@islandalpineguides.com or by phone on 250 400 2870.

Trip Overview

The Nootka Trail is a remote and beautiful coastal walk that takes in stunning long white sand beaches, rocky headlands, coastal rain forest and ancient first nations settlements. Abundant wildlife and a superlatively rich coastal ecosystem make this an unforgettable trip. We take six days to walk the trail to ensure a leisurely pace and lots of time to explore and relax. Exact camping locations are left flexible for the guide and the group to decide each day what conditions (weather and group) dictate are the best places to stop.

General itinerary:

Day 1 - Fly from Gold River to Louie Bay to start the hike. First nights camp is likely in the vicinity of "First Beach".

Days 2 to 6 - Complete the trail stopping where and when it suits the group and conditions finishing at Friendly Cove. On the final day take the MV Uchuck from Friendly Cove back the Gold River.

Our office will contact you a short time before the trip to arrange meeting times and places as well as tenting groups.



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Being Physically Prepared

The best training for hiking is to go hiking. Regular hikes with a load on will get you in shape for this trip. If you have places that have sand or pebble beach to walk on with a load this will simulate some of the rigours of this trek. Climbing over or crawling under logs or other obstacles as well as a little scrambling, all with a heavy pack on, are other rigours to prepare for.

Food Logistics

Island Alpine Guides will be catering this trip. Please let us know any dietary restriction that you have well in advance.

Group Gear Logistics

Island Alpine Guides is providing cooking equipment and emergency communications for this trip and can provide tents and mattresses if required. Please let us know if you require a tent or mattress. Guests must provide all of the remainder of their equipment as per the list below.

Equipment

A list of personal equipment is below.

Temperatures which you will encounter on this trip could range from five degrees Celcius at night to the low thirties by day. The list below should work for these conditions.

Clothing:

- Poly-pro, wool or silk under wear top and bottom, one set.
- Wool sweater or fleece or pile jacket.
- Wind and water proof jacket and pants.
- Wool, fleece or pile hat.
- T-shirt or long sleeved cotton shirt (white or other light colour to block the sun).
Two maximum.
- Light weight hiking trousers of nylon or similar.
- Shorts (if you prefer them to long trousers and for river crossings)

Footwear:

- Solid hiking boots which are sturdy enough to carry a heavy load with and are waterproof.
- Wool, fleece or pile socks, 2 pairs.



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- ❑ Poly-pro or silk liner socks, 2 pairs (optional).
- ❑ Gaiters which fit easily over your boots. (optional).

Camping:

- ❑ Sleeping bag that will keep you warm to 5 degrees Celsius.
- ❑ Thermarest or other sleeping pad.
- ❑ Tent.

Packs:

- ❑ A back pack big enough to carry all of the equipment on this list plus your share of the food and group gear.

Other:

- ❑ Sun hat.
- ❑ Sun glasses which block 100% UV.
- ❑ Sun screen. High factor for lips and skin.
- ❑ Water bottles.
- ❑ Eating vessel and utensils.
- ❑ Head-lamp. Much better than hand-held flashlight for early starts.
- ❑ Spare prescription glasses.
- ❑ Pocket knife.
- ❑ Reading material.
- ❑ Camera and film.
- ❑ Walking sticks.
- ❑ "Sport sandals" for river crossings and jumping off the float plane at Louie Bay at the start of the trip.
- ❑ Tooth brush and small container of tooth paste.
- ❑ Toilet Paper and lighter.
- ❑ Water Filter.

Packing tips:

Everything that must stay dry (particularly sleeping bag and clothing) should be packed in stuff sacks lined with plastic bags. Place the plastic bag inside the stuff sack, fill it with the contents and then use the plastic bag to squeeze all of the air out. Then twist shut

the plastic bag tucking the end inside the stuff sack and draw closed the stuff sack. This method will compress your gear, waterproof it effectively and the stuff sack being on the outside prevents you from putting holes into the plastic bags which would render them useless for waterproofing.



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Please be sure that all clothing and equipment is in good repair and functioning properly. This is important for both comfort and safety.

RISKS, DANGERS, HAZARDS AND WAIVER

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to info@islandalpineguides.com. Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.