

## **Clothing, Equipment and Resource List Pacific Northwest**

### **General trip information**

Pacific Catalyst trips are low impact, eco-friendly nature adventures carefully designed for our guests to enjoy quiet days away from the hectic pace of city life and to detox from technology. Our journey will take us into federally protected, remote areas, where we often find ourselves silently observing and photographing wildlife. Because we want to be good stewards of our environment, and because federal law prohibits drones in many of these areas, we ask our guests not to bring them on board. Additionally, we are asking that music and games on personal devices be enjoyed with headphones only, so as not to disturb the other guests.

**This list will help you prepare** for temperatures which may range from a low in the upper 30s at night to a possible high of 70 degrees on sunny days. Several things on the list will also prepare you for rain. While we would love to have sunshine the whole trip, you should be ready for a variety of conditions. If you're dressed appropriately, the weather is always perfect.

**Layered clothing** works best in the changing weather conditions typical of the Pacific Northwest Coast and SE Alaska. It's easier to pack and more versatile than a single heavy coat. No down or ski clothes (don't dry well).

**Good rain gear** is essential; it will enable you to remain comfortable in the wind or rain.

**You may bring your own high rubber boots** for wading/hiking and use in the skiff and kayaks (you will wear these everywhere we go), but most people use ours. We have a selection of common sizes on board. Bring insoles for comfort. Bring kayak or water booties/socks if you prefer those to rubber boots in the kayak, though we offer these as well.

We don't have room for large hard suit cases, so please pack in softer bags or soft cases (with wheels okay). We do not have laundry facilities for guests, but you can hand wash and dry items in the engine room if necessary.

Please don't hesitate to contact us, should you have any questions, special needs, or concerns. You can reach us at: 360.378.7123 or email: [info@pacificcatalyst.com](mailto:info@pacificcatalyst.com)

### **Clothing and Personal Gear**

- Long and short sleeved shirts
- Long underwear
- Long pants
- Undergarments
- Warm jacket (wool, thinsulate, polypropylene, fleece) no down, it doesn't dry well
- Wool/acrylic or fleece sweater
- Rain jacket with hat or hood
- Rain pants
- Warm socks
- Gloves or mittens (quick drying) and warm hat
- Athletic shoes with no-slip sole for on boat
- Light weight, comfortable shoes for hiking trails (optional), we generally wear rubber boots
- Rubber boots, if you prefer your own
- Kayak booties or water sandals/water shoes (optional)
- Personal toiletries including soap and shampoo
- Sun block and insect repellent

- Personal medication
- Sunglasses
- Swimsuit (for Westward hot springs visit)

#### **Other Suggested Items**

- Day pack
- Spare batteries
- Books and field guides (although we do have a library)
- Binoculars or spotting scope – we have binoculars for your use
- Camera (we will download pictures and put on a Zip Drive to share)
- Trip diary or note paper
- Nautical charts for noting route and other information - if so inclined. We have charts.
- Water bottle
- Personal kayak gear if you want, but not needed

#### **Cell Phones**

Cell phones work in some areas while in SE Alaska, as well as in the main towns, but don't count on them to work all the time. We do not have internet service. There is coverage in the San Juan Islands, but the signal may bounce off Canadian cell towers, watch out for international roaming.

#### **Electricity**

We have regular 110 electrical outlets on the boat and in each cabin, so you can plug in battery chargers, computers, CPAP Machines, etc. We suggest that you don't bring hair dryers, as you will be limited in your use of them. We don't run our generator at night to maintain silence. Electricity is still available at night, but we're on batteries at that time. If you use a CPAP Machine, do bring a battery back-up, just in case.

#### **Prohibited Items**

Weapons, illegal drugs and other items that could interfere with the safe operation of the ship or the safe and secure environment of our guests and crew are prohibited. **Note:** Marijuana is illegal under US Federal law and in Mexico and therefore is illegal on our boat.

#### **Drones**

Drones may be used on our Photo Tours only. Drones may be deployed in areas where their usage is permitted, in accordance with Federal law and at the discretion of the ship's crew. Drones may not interfere with the safe operation of the ship or any of the activities.

#### **Smoking**

Participants may not smoke below decks or within any enclosed area of the vessel. Smoking is allowed on the leeward rail only.

#### **Alcohol**

On both the MV *Catalyst* and MV *Westward* we provide wine and beer as well as other beverages. We do not provide hard alcohol. You may bring your own.

### **Travel and Medical Insurance**

We strongly recommend that you protect your vacation through the purchase of a short-term traveler's insurance, as well as evacuation insurance, should you need to cancel for some unforeseen reason or have a medical emergency. Pacific Catalyst II, Inc. cannot refund any of your cost within 90 days of your departure, unless we have to cancel the trip. You might also consider insuring your luggage, as Pacific Catalyst does not accept responsibility for lost, damaged or delayed property.

Pacific Catalyst has an unblemished safety record. Although every effort is made to ensure a safe trip, you should realize that in the event of illness or injury, evacuation can be expensive. Please check your medical coverage and be sure it is adequate. Everyone is required to sign an Acknowledgement of Risk and Liability Release before the trip, acknowledging their awareness that some risks are associated with ocean kayaking, boating and wilderness travel.

### **Medical and Health**

It is vital that trip members with any medical problems or disabilities make them known to Pacific Catalys by completely filling out our Personal Information sheet and returning it well before departure.

Our guides have C.P.R. and advanced first-aid training, and both boats have a well-equipped first-aid kit and an Automated External Defibrillator (AED) for emergencies. The conditions are those found on any long wilderness trip: inaccessibility to civilization and vulnerability to the elements. Immediate evacuation to the U.S. can be difficult, so medical emergencies must be handled in the field. Pacific Catalyst II, Inc. assumes no liability regarding provision of health care. Please review your medical insurance.

### **A Note about Tips**

Wishing to express their appreciation, passengers often inquire about tipping. *All tips are given at the total discretion of the guests, and are neither mandatory nor expected.* We are aware that in many countries tipping is not a standard policy. For those who wish to tip, the current standards suggest 5 to 15% of the cost of the trip. Tips are given discreetly to the captain in cash in the envelope provided, and are divided equally amongst all the crew. If you prefer to use a personal check, please write one to each crew member and give it to the captain to distribute. We cannot accept credit cards.

The crew normally consists of four: the captain, the engineer, the chef and the natural-ist/kayak guide.

### **Suggested Reading**

#### General Natural History Alaska

- *The Nature of Southeast Alaska* by O'Clair. Armstrong. & Carstensen (1992)
- *The Nature of Alaska* by Waterford Press
- *Geology of Southeast Alaska: Rock and Ice in Motion* by Harold H. Stowell
- *The Tlingit: An Introduction to Their Culture and History* by Wallace M. Olson
- *Alaska's History: The People, Land and Events of the North County* by Harry Ritter
- *Travels in Alaska* by John Muir
- *Alaska's Inside Passage Wildlife Viewing Guide* by the Alaska Dept. of Fish and Game



### Birding

- *Seabirds - An Identification Guide* by Harrison, P. (1983)
- *Guide to the Birds of Alaska* by Robert H. Armstrong
- *Sibley Field Guide to Birds of Western North America*

### Botany and Plant Life

- *Plants of the Pacific Northwest Coast* by Pojar and MacKinnon (1994)
- *Plants and Animals of the Pacific Northwest* by Eugene N. Kozloff
- *Discovering Wild Plants* by Janice J. Schofield

### Mammals

- *Mammals of the Northwest* by Larrison (1976)

### Marine life

- *Whelks to Whales: A field guide* by Rick M. Harbo
- *The Beachcombers Guide to Seashore Life in the Pacific Northwest* by J. Duane Sept
- *Beachwalker Sealife of the West Coast* by Stefani Hewlett Paine

### British Columbia

- *British Columbia, A Natural History* by Sydney Cannings
- *The Coastal Companion: A Guide for the Alaska Bound Traveler* by Joe Upton
- *Klee Wyck* by Emily Carr
- *Alaska/Canada's Inside Passage Cruise Tour Guide* (map)
- *The Great Bear Rainforest: Canada's Forgotten Coast* by Ian and Karen McAllister
- *The Rainforest Chronicles* (series of books)

### San Juan Islands

- *San Juan: the Powder-Keg Island* by Jo Bailey-Cummings and Al Cumings
- *Rainshadow World: A Naturalist's Year in the San Juan Islands* by Susan Vernon
- *Birds of the Puget Sound Region* by Bob Morse, et al
- *Wild Plants of the San Juan Islands* by Scott Atkinson and Fred Sharpe

### **Online Resources**

#### Alaska

- [www.alaskaair.com](http://www.alaskaair.com): Alaska Airlines
- [www.flypacificairways.com](http://www.flypacificairways.com): Charter plane for flights to Prince of Wales Island.
- [www.wardair.com](http://www.wardair.com) or [www.wingsofalaska.com](http://www.wingsofalaska.com): Flights to Elfin or Bartlett Cove, Glacier Bay/ Gustavus, other small towns
- [www.petersburg.org](http://www.petersburg.org): Lodging and activities in Petersburg, Alaska
- [www.traveljuneau.com](http://www.traveljuneau.com): Hotels, Hiking Trails and travel planning for Juneau, Alaska
- [www.travelalaska.com](http://www.travelalaska.com): Alaska Travel Planning
- [www.campdenali.com](http://www.campdenali.com): Camp Denali and North West Lodge
- [www.seacc.org](http://www.seacc.org): SE Alaska Conservation Council – Organization protecting fish and wildlife habitat and reduce clear cutting in the Tongass National Forest.
- [www.tongass.com](http://www.tongass.com): Tongass Clearinghouse - Dedicated to the Celebration and Preservation of the Tongass National Forest.
- [www.adfg.state.ak.us](http://www.adfg.state.ak.us): Alaska Department of Fish and Game
- [www.climate.gi.alaska.edu](http://www.climate.gi.alaska.edu): Alaska weather information
- [www.noriomatsumoto.com](http://www.noriomatsumoto.com): Alaskan Photographer Norio Matsumoto
- [www.dancingpelican.com](http://www.dancingpelican.com): Wendy Shattil & Bob Rozinski, Internationally recognized nature and wildlife photographers

San Juan Islands

- [www.whale-museum.org](http://www.whale-museum.org)
- [www.visitsanjuans.com](http://www.visitsanjuans.com)

Fishing Rules and Licenses

- In Alaska: <http://www.admin.adfg.state.ak.us.license/>
- In Washington: <http://fishhunt.dfw.wa>