



PACIFIC RIM NATIONAL PARK RESERVE WEST COAST TRAIL 2018 HIKER PREPARATION GUIDE



Backed by the Insular Mountain Range of Vancouver Island and facing the open Pacific Ocean, Pacific Rim National Park Reserve (PRNPR) represents and protects both the near shore waters and the coastal lowland forests of Canada's west coast. PRNPR is composed of three distinct areas; Long Beach, the Broken Group Islands, and the West Coast Trail (WCT).

The 75 kilometre (47 mile) WCT is part of the ancient paths and paddling routes used for trade and travel by first nations. Huu-ay-aht, Ditidaht, and Pacheedaht villages and camps were well established before the foreign sailing ships started to arrive off this coast over 200 years ago.

As the years passed and the number of ships sailing the Juan de Fuca Strait increased, so too did the number of shipwrecks and drownings along the coast. In time, the coastline became known as "the Graveyard of the Pacific".

To aid sailors navigating the shoals, currents, thick fogs, and winter storms of the west coast, the government of Canada established the Cape Beale Lighthouse in 1873 and the Carmanah Lighthouse in 1891. By the time the Carmanah Lighthouse was operational, a telegraph line had been strung through the trails and traditional territories of the Huu-ay-aht, Ditidaht, and Pacheedaht First Nations to establish communications between the lighthouses and Victoria.

While the lights and lines helped, they were not enough to stop the number of shipwrecks from growing. In 1906, when the steamship Valencia went down with the horrific loss of more than 125 lives, the public outcry prompted the Canadian government into further action: Pachena Lighthouse was constructed in 1907; lifesaving stations were established at Cloo-ose and Bamfield; the telegraph route was upgraded to become the Dominion Life Saving Trail, complete



with six shelters stocked with provisions for both shipwreck victims and their rescuers.

As navigation technology improved, many of these measures became obsolete and were abandoned. In 1970, PRNPR was established and in 1973, the lifesaving trail was included in the national park reserve as a recreational hiking trail, beginning a new chapter in its history.

Today, over 7,000 backpackers hike the WCT every year. They come to see the beauty, experience the challenges, and walk the path of those that came before them.



THIS HIKE IS NOT FOR EVERYONE

The West Coast Trail is for hikers who are:

- experienced in overnight backpacking. Experienced group leaders cannot compensate for inexperienced hikers.
- able to hike long distances through rough terrain with a full backpack prepared to have a wilderness experience.
- able to wait if conditions warrant delays.

All hikers in your group must be prepared for:

- 6-8 days in the back country. This may vary depending if you enter/exit at Nitinaht Village.
- rugged, uneven ground: it takes approximately 2 days to travel the southern 22km of the trail between Gordon River and Walbran Creek.
- slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines.
- wading rivers, climbing ladders, using cable cars, following an irregular trail, negotiating steep slopes and earth slumps.
- damaged structures: trail maintenance is ongoing.
- a temperate rainforest climate. Rainfall averages 330 cm (130 in.) per year with heavy rainfall possible at any time, and frequent in May and June. Floodwaters can delay hikers for days. Fog is common, especially in July and August. The average summer temperature is 14° Celsius (57° F.). Incidents of hypothermia and physical injury increase significantly during prolonged wet periods.
- accidents and injuries: it may take more than 24 hours for help to arrive.

The West Coast Trail should not be considered if:

- you experience heart or breathing difficulties.
- you experience re-occurring knee, back, or ankle injuries.
- you are under 12 years of age. The West Coast Trail is not recommended for children under 12. All party members **must** be at least 6 years of age; Parks Canada will not issue a West Coast Trail overnight permit to children under 6 years old.

PLANNING YOUR TRIP

The WCT is open from May 1st to September 30th.

Prolonged periods of heavy rain, strong winds, high tides, large waves and short days necessitate closing the trail from October 1st to April 30th.

Maximum group size is 10. The only exceptions are school groups starting the trail between May 1 and June 14, and September 20 and 26. Up to 18 hikers may be in these school groups.

Entry and exit points: Pachena Bay (north), Nitinaht Village (mid-point), and Gordon River (south).

Entry or exit at any other point is not permitted unless an evacuation is required.

Hikers should plan for a minimum of 2-3 nights between Nitinaht Narrows and Pachena Bay.

Hikers should plan for a minimum of 4-5 nights between Nitinaht Narrows and Gordon River.

Ditidaht First Nation's Comfort Tenting:

The Ditidaht First Nation is offering a unique tenting opportunity at Tsuquadra Point, on their traditional lands. These 4 person tents are complete with a wood burning stove, wood floors, cots, and an outdoor deck. Please refer to the Contact Information section on page 14.

NATIONAL PARK ENTRY PASS

All visitors to Pacific Rim NPR are required to have a valid National Park Entry Pass at all times while they are visiting the national park reserve. The exception is youth (17 years of age and younger) who have free entry into all of Parks Canada's places. This means that in addition to requiring a valid WCT Overnight Use Permit, all visitors 18 years of age and older are also required to have a valid National Park Entry Pass.

The revenue from national park entry fees remains within the Coastal BC Field Unit to support the services and facilities that all visitors enjoy (including boardwalk, trail, ladders, cable cars, campgrounds, outhouses, visitor safety, programs, etc.). West Coast Trail Overnight Use Permits do not include the national park entry fees, so you need to have a valid WCT Overnight Use Permit and a valid National Park Entry Pass at all times.

Pacific Rim National Park daily entry passes can be purchased at any Pacific Rim NPR facility (including the WCT trailhead orientation centres) or from Secret Beach Campground and Kayak Launch, Alberni Valley Chamber of Commerce, Tourism Ucluelet, Tourism Tofino or the Wickanninish Inn.

Pacific Rim National Park annual entry passes can be purchased at any Pacific Rim NPR facility (including the WCT trailhead orientation centres), they can be purchased online at <http://www.commandesparcs-parksorders.ca/webapp/wcs/stores/servlet/en/parksb2c/single-location-pass> or from Alberni Valley Chamber of Commerce, Tourism Ucluelet, or Tourism Tofino.

Parks Canada annual discovery passes can be purchased at any Pacific Rim NPR facility (including the WCT trailhead orientation centres) or they can be purchased online at <http://www.commandesparcs-parksorders.ca/webapp/wcs/stores/servlet/en/parksb2c/discovery-pass>.

Commercial Groups/Tours must purchase their national park entry passes through the Parks Canada Commercial Sales Office (see your business licence application for more details).

WCT RESERVATION SERVICE & PERMITS

NEW FOR 2018:

All overnight WCT trail allocations are reservable. Overnight WCT allocations may become available if there are cancellations.

All hikers on the WCT require a WCT overnight user fee AND a valid National Park Entry Pass.

Day hikers require a WCT Day Use Permit AND a valid National Park Entry Pass. Day hikers are those hikers that enter and exit the trail on the same day at the same location.

Anyone interested in travelling the Nitinaht Triangle or Cape Beale Headlands is required to contact the WCT Information Centres for information and permits.

To avoid overcrowding and reduce environmental damage, Parks Canada limits the number of overnight hikers each day.

Standby List:

NEW FOR 2018:

Standby spaces are no longer available, all spaces are reservable.

Reservations for Gordon River, Nitinaht Village and Pachena Bay entries are available online and through the Parks Canada Call Centre up to 2 days prior to departure.

Reservation Service	Online	Call Centre
Reservation Service is available January 8th - September 30th, 2018 - 7 days a week.	24 hours a day at reservation.parkscanada.gc.ca	8 a.m. - 6 p.m., PST 1-877-737-3783 (Canada & USA) 1-519-826-5391 (International)

When making a reservation, have the following ready:

- preferred start dates - first choice and alternate dates;
- the access point you plan to start from - Pachena Bay, Nitinaht Village or Gordon River;
- the number of hikers in your group;
- hiker names and emergency contacts;
- means of payment: Visa, MasterCard or American Express;
- an email address to send confirmation and orientation information.

FEES

A WCT Overnight Use Permit is required of all overnight users of the WCT. These fees help support the cost of operating the WCT (e.g. rescue services, information services, construction of ladders, cable cars, boardwalks and bridges).

Ferry fees pay for passage across Gordon River and Nitinaht Narrows, a service provided by the Ditidaht and Pacheedaht First Nations throughout the hiking season. If entering or exiting the trail from Nitinaht Narrows the Nitinaht Village Water

Taxi fee is \$62.50 per person one way for travel up the lake. Hikers planning to enter or exit the trail at Nitinaht Village can pay this fee directly to the water taxi operator or at the Nitinaht Visitor Centre

A reservation fee of \$24.50 per person is applicable when making a reservation through the Parks Canada Reservation Service.

CANCELLATION POLICY

- **Reservation Fee:** non-refundable.
- When cancelling a reservation 21 days or more prior to the departure date, the WCT Overnight Use Permit and the ferry fees are fully refundable. The reservation fee of \$24.50 per hiker is non-refundable and an \$11.00 on-line (or \$13.50 through the call centre) cancellation fee will apply per booking.
- Only ferry fees are eligible for a refund if cancellations are made within 20 days of the departure date (the non-refundable cancellation fee applies).

Example of a Hiker Fee

	A hiker travelling from Pachena Bay to Gordon River (or vice versa)	A hiker travelling from Nitinaht Village to Gordon River (or vice versa)	A hiker travelling from Nitinaht Village to Pachena Bay (or vice versa)
Reservation Fee	\$24.50	\$24.50	\$24.50
WCT Overnight Use Permit	\$127.50	\$127.50	\$127.50
Ferry Fee Gordon River	\$20.00	\$20.00	N/A
Ferry Fee Nitinaht Narrows	\$20.00	N/A	N/A
Water Taxi Fee Nitinaht Village - Nitinaht Narrows (one way)	N/A	\$62.50	\$62.50
National Park Entry Fee	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group per/per day or a Pacific Rim Annual Pass or a National Discovery Pass	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group per/per day or a Pacific Rim Annual Pass or a National Discovery Pass	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group per/per day or a Pacific Rim Annual Pass or a National Discovery Pass

- All fees are per person, include all taxes, and are listed in Canadian funds.
- Hikers making a reservation through the Parks Canada Reservation System pay the applicable fees at the time of their reservation, except for any Nitinaht Water Taxi fees.

Visit our website or contact the national park reserve for an up-to-date fee schedule prior to your departure. Fees may change at any time.

TRANSPORTATION TO AND FROM THE WEST COAST TRAIL

Parks Canada provides this listing for the convenience of hikers. It is not intended as a testimonial for the services. Hikers make their own arrangements for transportation services. Refer to the map and telephone numbers provided on pages 14 - 16. Reservations are recommended.

Vehicles can be left at a number of locations near the access points. Ask for details once you arrive at the WCT Information Centres or the Nitinaht Visitor Centre.

To Pachena Bay WCT Information Centre, 5 km south of Bamfield:

- Drive on gravel logging roads from Port Alberni (2 hrs) or Duncan (3 hrs).
- Bus from Victoria (5.5 hrs), Nanaimo (3.5 hrs), with the West Coast Trail Express.
- Ferry from Port Alberni (passengers only no vehicles)(4.5 hrs) with Lady Rose Marine Services.

To Ditidaht First Nation Visitor Centre in Nitinaht Village, 80 kms southeast of Port Alberni:

- Drive on gravel logging roads from Port Alberni (2 hrs) or Duncan (2.5 hrs).
- See the Ditidaht First Nation website for detailed directions to Nitinaht Village (refer to the contact information section on page 14).

Between Nitinaht Village and Nitinaht Narrows:

The Nitinaht Water Taxi makes scheduled trips between Nitinaht Village, at the head of Nitinaht Lake, and Nitinaht Narrows on the WCT:

- 9 am departure from the Nitinaht Village Dock to Nitinaht Narrows on the West Coast Trail.
- 5:30 pm departure from Nitinaht Narrows on the West Coast Trail to Nitinaht Village Dock.

Nitinaht Village is a small, remote community; an overnight stay may be required. There are overnight accommodation options at the Nitinaht Motel or campground.

To Gordon River WCT Information Centre, 5 km north of Port Renfrew:

- Drive from Victoria via Highway 14 (2 hrs).
- Bus from Victoria (2 hrs) with West Coast Trail Express.

Between Port Renfrew, Nitinaht Village and Bamfield by road:

- Bus (3 hrs) with West Coast Trail Express.

When travelling by West Coast Trail Express to Nitinaht Village, the West Coast Trail Express will stop at the Junction (7 kms from Nitinaht Village).

MAKE A TRIP PLAN

Before you leave for the trail, write a trip plan: leave it with a responsible person (e.g. friend or family member). Detail where you are going, with whom, when you plan to return, and what to do if you do not return as planned. A WCT Overnight Use Permit does not fulfil this role.

AT THE ACCESS POINTS

There are some basic tourism services at, or near, all access points. These include accommodations, campgrounds, phones, fuel, some groceries, and food services. There are no banking services in the villages of Bamfield, Port Renfrew, or Nitinaht.

ORIENTATION SESSION

All overnight users of the West Coast Trail MUST participate in a WCT orientation session.

The purpose of the orientation process is to:

- provide information about safety issues in order to reduce the number of hiker injuries.
- reduce environmental impacts by providing back country etiquette information.
- provide information about current issues and trail conditions.
- issue WCT Overnight Use permits, WCT Day Use permits, National Park Entry Fees and collect any additional fees.

Please bring your reservation confirmation information to the orientation.

Hikers will be issued a waterproof Pacific Rim National Park Reserve West Coast Trail map when they register at the Orientation Session.

Orientations at Gordon River and Pachena Bay:

- WCT orientations are offered at 10:00 am and 2:00 pm daily between May 1st and September 30th.
- Reservations are not necessary for the WCT orientation process.

- The WCT orientation process can take up to one hour.
- Hikers may register and participate in an orientation session as early as 2:00 pm the day before their hike starts.
- We strongly recommend hikers start the trail a minimum of 5 hours before sunset to ensure a camping area is reached before nightfall.
- **Hiking from Gordon River to Camper Bay in one day is not advisable.** Plan to camp at Thrasher Cove. Statistics show that most accidents occur later in the day in this area.

Orientations at Nitinaht Village:

- Hikers accessing the trail at Nitinaht Village will go through the orientation process at the Nitinaht Visitor Centre in Nitinaht Village.
- Orientation sessions are offered at the Nitinaht Visitor Centre at 8:00 am and 3:30 pm (subject to change).
- An overnight stay at Nitinaht Village may be necessary prior to departing on the 9am water taxi. A water taxi fee of \$62.50 will be collected at the Nitinaht Visitor Centre.

FERRY CROSSINGS

The Gordon River Ferry operates daily from May 1st to September 30th. The first crossing is at 8:30 am and then 11:30 am, 12:30 pm, 1:30 pm, 2:30 pm and 3:30 pm

The Nitinaht Narrows Ferry operates daily from May 1st to September 30th between the hours of 9:30 am and 4:30 pm

PROTECTING, PRESENTING AND PRESERVING

Parks Canada is responsible for ensuring the sustainability and integrity of the natural and cultural resources in its care. Everyone can help to protect the ecological integrity and cultural heritage of the West Coast Trail. Working with others, we strive to provide Canadians and international visitors with the opportunity to learn about Canada's heritage.

The entire national park reserve falls within the traditional territory of the Nuu-chah-nulth, people who have inhabited Vancouver Island's west coast for countless generations. The West Coast Trail lies within the traditional territory of the Huu-ay-aht, Ditidaht and Pacheedaht First Nations.

Parks Canada, the Huu-ay-aht, Ditidaht and Pacheedaht First Nations work collaboratively to ensure protection, preservation and presentation of these lands. Respectful behaviour from all hikers will lead to a safe and rewarding experience and contribute to a healthy, functioning ecosystem.



BACK COUNTRY ETIQUETTE: LOW IMPACT CAMPING

It is an offence under the Canada National Parks Act to collect, remove, destroy or deface any natural or cultural heritage resource within national park reserve boundaries. This includes defacing artifacts, cutting trees for firewood or makeshift shelters and collecting or removing marine life, shellfish, fossils, artifacts, plants, etc. Leave Pacific Rim National Park Reserve in as good or better condition than you found it.

Use a stove and minimize fires. Do not rely on fires for cooking, staying warm or drying out. Small driftwood fires are permitted below the high tide line on beaches: fires are not permitted in the forest. Use only driftwood (no thicker than your wrist): do not cut vegetation, trees or other plants, and keep fires away from beach logs. Make sure fires have burned out, or are extinguished with water, and dismantled. No trace of the fire should be left.

Support safe water: use outhouses. Outhouses are available at all designated camping areas. If you are stuck between outhouses, dig a hole 20 centimetres (7 inch) deep, at least 30 metres (100 feet or three bus lengths) away from water sources and well off the trail. Bury the human waste. Dispose of toilet paper in outhouses or pack it out. Pack out all feminine hygiene products.

Camp on the beach above the high-tide line to reduce the impact and soil compaction in vegetated areas.

Ensure all washing (bodies, clothes, and dishes) is carried out in the ocean or at the mouth of rivers. Dispose of any dirty water at

least 30 metres from drinking water sources. Use only biodegradable soap.

Your actions can kill wildlife and endanger hikers. Use metal food lockers to store wildlife attractants if they are available, and if they are not available hang your food, garbage and toiletries out of reach of animals and away from tents. Items should be a minimum of 4 metres (10 feet) off the ground, 3 metres (12 feet) from the trunk of the tree and 3 metres down from the limb.

Pack it in, pack it out. There are no garbage cans on the WCT: everything you pack in you must pack out, including orange peels, feminine hygiene products, tarps, ropes, and wet clothes. Before arriving at the trail, minimize packaging to reduce garbage and weight. When you depart a campsite, do not leave any items in the metal food lockers.

First Nation reserves and treaty settlement lands located along the WCT are private property. The First Nations welcome you and ask that you stay on the main trail and obey all signs. Patrol cabins are not for hikers.

Respect other visitors and protect the quality of their experience.

A SAFE AND ENJOYABLE TRIP

Travel in the backcountry requires special attention to safety due to the numerous hazards one may encounter. Every season approximately 200 hikers per year sustain minor injuries but are able to safely make their way off the trail without assistance. Additionally 60-80 hikers suffer more serious injuries requiring evacuation by Parks Canada's Visitor Safety team. The most significant contributing factors leading to injuries are a combination of the weather, rough terrain and the level of physical preparation of hikers however unavoidable accidents do happen.

Based on these factors, we encourage hikers to:

- prepare themselves physically for the hike;
- keep packs as light as possible and be prepared to carry for 6-8 days;
- travel slowly and cautiously over slippery terrain (stay focused);
- stay hydrated;
- set reasonable travel expectations each day for your abilities; and
- use hiking pole(s).

Ensure that your party takes time to enjoy the experience. Many accidents and injuries occur when hikers are rushing, not paying attention to terrain, tired, or hiking too late in the day. **Respect the capabilities of the slowest group member.** Take adequate rest breaks, and **keep the group together. Never split up the group.**

During wet, rainy weather, occurrences of physical injury and hypothermia increase significantly. Hypothermia is the lowering of the core body temperature; if not stopped, symptoms can progress from slurred speech and lack of coordination to uncontrolled shivering to loss of consciousness and finally heart failure. **Ensure your party is warm, dry and well fed.**

Assume all walking surfaces are slippery at all times, especially during damp or rainy periods. Slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines are a major hazard. Hiking too fast, fatigue, poor light conditions, improperly balanced or heavy packs and inadequate footwear all contribute to injuries and accidents.

Bridges and Ladders: Special care should be taken on all built structures. No more than one person should be on a ladder at one time, and no

more than two people on a bridge at one time. Large groups should allow extra time to progress past ladder sections.

Cable Cars: Keep your fingers, hands and hair away from the pulleys. Only two people (and their gear) per cable car and platform. Platforms can be very slippery; use caution. To enter, use the rope to pull the car towards you. Hold the car steady while you load your gear, then carefully enter and stay seated. When crossing the river, let the rope go and gravity will move the car down the rope to the middle of the river. You must then pull the rope hand-over-hand to reach the platform on the other side. Hold the rope so that the car stays flush with the platform, and carefully unload. Do not bounce or sway the car. **Never bring it on, or tie it to, the platform.**

Hikers must wade across some creeks and rivers. Be prepared to wait for flood waters to subside; this may take one or more days. Wait for safe water levels and low tides, undo your pack hip-belt (if you fall, you can slip out of your pack more easily) and wear running shoes or sandals. Use caution when crossing surge channels.

High tides can make beach walking very difficult and sometimes impossible. Carefully follow both the tide tables (Tofino) and WCT map to avoid being trapped or cut off. Watch also for large ocean waves and swells. Consider the overnight high tide when pitching your tent on the beach.

Tsunamis: If the ground shakes under your feet, or you see the waterline quickly recede from the shore, a tsunami may be coming. **Move to higher ground.** Follow tsunami evacuation routes.

Drinking water is available from most rivers and creeks. Collect water upstream, then purify, boil or filter it.

From May to October, the WCT is closed to harvesting and consumption of all bivalve shellfish (clams, mussels, & oysters) due to regular occurrences of Paralytic Shellfish Poisoning (PSP). PSP can result in serious illness or death.

Fresh water fishing is not permitted on the WCT.

Salt water fishing is permitted on the WCT. Carry the appropriate licenses (Tidal Waters Sports Fishing License) and follow the regulations and closures.

HOW TO CONTACT HELP IN AN EMERGENCY

In an emergency, contact lighthouse keepers, First Nation Trail Guardians, ferry operators or other park staff; they will notify authorities and assist you until more help arrives.

Cell phone coverage on the WCT is extremely unreliable; do not expect cell phone signals on all sections of the WCT.

Devices such as “SPOT”, “InReach”, satellite phones, and VHF radios are often the only devices that will work on the WCT. Be familiar with your device and how it operates. Make sure to let your contact person know how to contact Parks Canada Emergency Response in case of an emergency.

Each hiking party is responsible for assisting injured members of their party. If you are injured,

- **but can hike and don’t need medical attention,** try to get off the trail at the nearest

exit with assistance of your party or other hikers; you should not continue hiking in the hope that your condition will improve.

- **and cannot hike** to the nearest exit or you need medical attention, follow the instructions in the West Coast Trail Safety Information sheet that is issued to all parties with their WCT Overnight Use Permit. Parks Canada staff are responsible for patrolling the WCT and assisting injured hikers. The majority of evacuations are done by national park reserve public safety specialists by boat, though a serious or complex evacuation may require assistance from other agencies.

Parks Canada staff will evacuate injured hikers to the nearest exit point, ambulance, or medical facility. This is not necessarily the most convenient location for the injured hiker.

Minor complaints such as blisters, sore feet, fatigue and lack of food do not warrant evacuation.

LIVING WITH WILDLIFE

Black bears, wolves and cougars use the beaches and trails. All wild animals are potentially dangerous. **To avoid a dangerous encounter with wildlife stay alert and keep these points in mind:**

- Keep food and garbage inaccessible to wildlife; they are attractants.
- Keep children close to you.
- If you encounter a predator, face the animal and retreat slowly, giving them an avenue of escape; do not run or play dead.
- In the unlikely event of an attack, try to appear big and aggressive: shout, wave a stick or throw rocks.
- Knowledge, alertness and a clean campsite can help avoid a dangerous encounter. Never approach a predator. Always give them an avenue of escape.
- If you encounter a predator, **do not run** - it may trigger an attack. Follow the recommendations in *You are in Black Bear Country and You are in Wolf and Cougar Country*.
- Read the West Coast Trail bulletin and talk to the Parks Canada staff at the WCT Information Centres if you have questions.

EQUIPMENT

To enjoy your WCT experience you must be comfortable; use quality, lightweight equipment. Your pack should weigh a maximum of 1/4 (women) to 1/3 (men) of your body weight. Reassess the content of your pack if it is heavier than this.

- **Sturdy boots:** High quality hiking boots with good ankle and arch support are required. Soft rubber soles provide better traction on slippery surfaces than hard soles. Do not break in new boots on this hike. Sandals or running shoes are good for wearing around camp and for river crossings.
- **Rainwear and warm clothing:** Bring a durable waterproof jacket and pants; under-layers that keep you warm when wet and are quick to dry, as well as a warm hat and gloves.
- **Lightweight backpacking stove and fuel.**
- **High energy, lightweight, quick-cooking food.**
- **Backpacks** require a padded hip belt and should be lined with plastic bags.
- **A tent with a waterproof fly is absolutely necessary.**
- **Sleeping bag:** Synthetic fills are preferable, as down bags lose warmth when wet. Pack sleeping bags in waterproof bags and carry them inside the backpack.
- **Closed-cell foam sleeping pad.**
- The latest edition of the **Pacific Rim National Park Reserve West Coast Trail Map**, tide tables (Tofino) and a watch for use with tide tables.
- **First aid kit** that includes treatments for blisters and insect stings.
- **15 meters (50 ft) of synthetic rope** per group to hang food, use as clothes-line, etc.
- **Cell phones**
- **Also consider:**
 - an emergency signalling device
 - cash for unexpected emergencies (up to \$100 per person is recommended)
 - water container, water purification equipment
 - toilet paper
 - zip-lock type plastic bags for keeping permits and other small items dry
 - lighter or waterproof matches
 - fire starter
 - garbage bags to pack out all your refuse
 - gaiters
 - sun screen
 - lip screen
 - sunglasses
 - hand sanitizer
 - toiletries
 - flashlight
 - weather radio
 - repair kits for equipment
 - lightweight shoes for camp and river crossings
 - cooking and eating utensils
 - hiking staff or collapsible poles

Do not bring an axe, firearms or pets!

WEST COAST TRAIL INFORMATION	
West Coast Trail Reservation Services	1-877-737-3783 (toll free Canada and the US) 519-826-5391 (outside the toll free area) reservation.parkscanada.gc.ca
West Coast Trail Information Centre Pachena Bay (Bamfield)	Phone: 250-728-3234 Open daily 9:00 a.m. to 4:00 p.m., (May 1 to Oct. 5)
West Coast Trail Information Centre Gordon River (Port Renfrew)	Phone: 250-647-5434 Open daily 9:00 a.m. to 4:00 p.m., (May 1 to Oct. 5)
Nitinaht Visitor Centre (Nitinaht Village)	Diti.store.cafe@gmail.com
Pacific Rim National Park Reserve Administration Office	2040 Pacific Rim Highway P.O. Box 280, Ucluelet, BC VoR 3A0 250-726-3500 (year-round)
Pacific Rim National Park Reserve Resource Conservation & Park Warden Office	(24 hours) 1-877-852-3100 (toll-free) or 250-726-3604
Park Information Centre - Ucluelet	2791 Pacific Rim Highway 250-726-4212 Open daily May – mid October
Email:	pacrim.info@pc.gc.ca
Website:	www.pc.gc.ca/pacificrim
OTHER HIKER SERVICES (subject to change)	
Alberni Valley Chamber of Commerce	2533 Port Alberni Hwy. Port Alberni, BC V9Y 8P2 250-724-6535 www.albernichamber.ca office@albernichamber.ca
Port Renfrew Chamber of Commerce	P.O. Box 39, Port Renfrew, BC VoS 1K0 250-858-7665 www.portrenfrew.com
Bamfield Chamber of Commerce	250-728-3006 info@bamfieldchamber.com www.bamfieldchamber.com

BC Ferries	1-888-223-3779 or 250-386-3431 (international) *BCF on cell www.bcferries.com (Vancouver, Victoria, Nanaimo)
Fisheries and Oceans Canada Pacific Region	Port Alberni Office - 250-720-4440 Fishing and Paralytic Shellfish Poisoning Information 24 hour line [sub area 23 (8)] 604-666-2828 or 1-866-431-3474 www.dfo-mpo.gc.ca
Lady Rose Marine Services (Passenger Ferry)	1-800-663-7192 or 250-723-8313 (April 1 - Sept 30) www.ladyrosemarine.com (Port Alberni to Bamfield passenger ferry)
Nitinaht Lake Water Taxi	250-745-3509 (across Nitinaht Narrows and to Nitinaht Village)
Nitinaht Village Motel or Campground	1-250-745-3844
Ditidaht First Nation Comfort Camping	250-710-HIKE (4453) info@westcoasttrail.com www.westcoasttrail.com
Tide Tables (Tofino)	www.waterlevels.gc.ca
Tofino Air	1-888-436-7776 or 604-740-8889 www.tofinoair.ca Between: Vancouver-Bamfield-Tofino
Pacific Seaplanes Inc.	250-616-5858 www.pacificseaplane.ca (Bamfield, Barclay Sound, Ucluelet, Tofino, Port Alberni, Port Renfrew, Nanaimo, Victoria, Vancouver)
Victoria Clipper (Passenger Ferry)	1-800-888-2535 or 250-382-8100 www.victoriaclipper.com (Seattle to Victoria)
Weather Forecasts	VHF Channel 21 B Continuous automated forecast: 250-726-3415 www.weather.gc.ca
West Coast Trail Express Bus	1-888-999-2288 or 250-477-8700 www.trailbus.com (Victoria, Nanaimo, Bamfield, Nitinaht Village, Port Renfrew)

SOUTHERN VANCOUVER ISLAND AND THE WEST COAST TRAIL UNIT OF PACIFIC RIM NATIONAL PARK RESERVE OF CANADA

(This map is not intended for hiking purposes)



REFERENCES

Available from the WCT Information Centre:

The Pacific Rim National Park Reserve West Coast Trail Map. Parks Canada 2017.