

BACKCOUNTRY ETIQUETTE

- Respect other hikers and protect the quality of their experience.
- Use outhouses when possible: human wastes outside outhouses must be buried in a 20 cm (7 inch) hole a minimum of 30 m (100 feet) from waterways and trails. Deposit toilet paper in the next outhouse or burn it. Pack out hygiene products.
- Use a stove: minimize fires.
- Small driftwood fires are permitted below the high tide-line on beaches: fires are not permitted in the forest.
- Camp on the beach at designated campsites: the forest environment is sensitive to damage.
- Wash dishes and bathe in the ocean: never contaminate fresh water sources.
- Pack it in: pack it out (orange peels, food packaging, tarp ropes, wet clothes etc).
- Indian Reserves and private property: stay on the main trail and obey signs.

Under the Canada National Park Act, it is illegal to collect, remove, or damage, any natural and cultural resource within the national park (e.g. marine life, shells, fossils, artifacts, and plants).

SAFETY

The West Coast Trail is for hikers who are:

- able to walk long distances through rough terrain with a heavy pack;
- prepared to have an isolated wilderness experience and adhere to low impact back country camping policies.

The West Coast Trail should not be considered by:

- children under twelve.
- backpackers with little experience in multi-day backpacking trips.
- those with little stamina or recurring knee, back or ankle injuries.

More than 100 hikers are evacuated every season due to injuries. Prolonged wet periods increase the incidents of hypothermia and injury. Hypothermia lowers the core body temperature and, if not stopped, can lead to death. Symptoms include slurred speech, lack of coordination, uncontrolled shivering, loss of consciousness and heart failure. Ensure your party is warm, dry, and well fed.

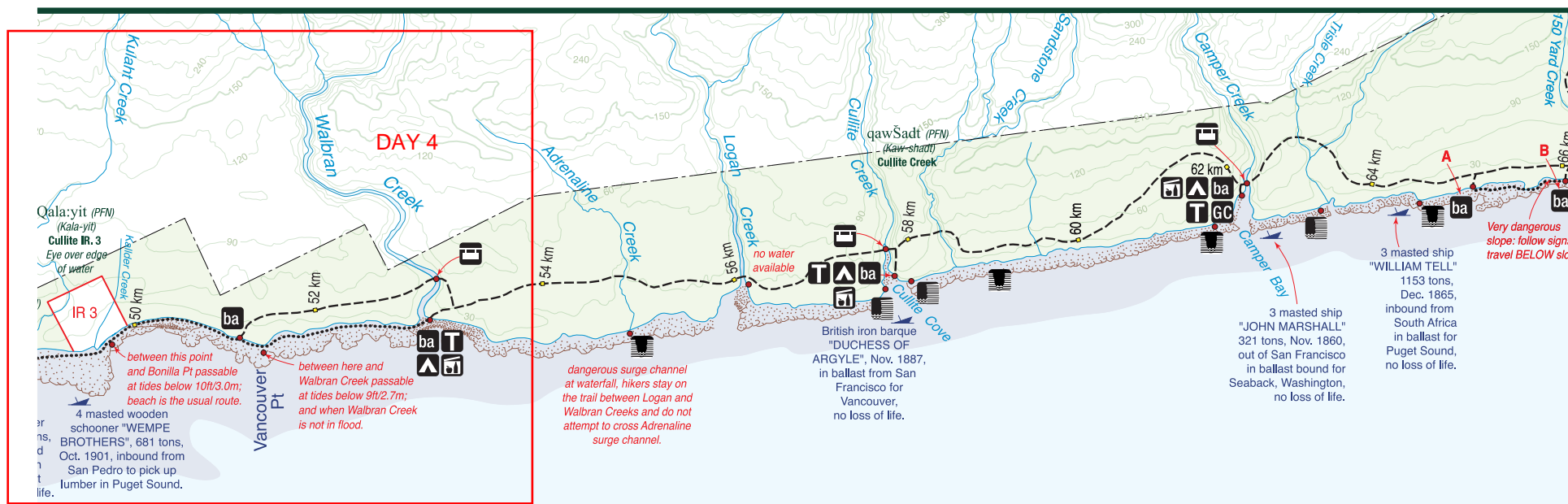
Many sprains, fractures, and dislocations happen because of a slip or trip. Progressive ankle and knee injuries are also common and, over a period of days, may become so sore that hikers cannot carry their pack. Factors that contribute to injuries: inadequate gear or footwear, excessively heavy packs, poor physical condition, inexperience, poor judgement, and bad weather.

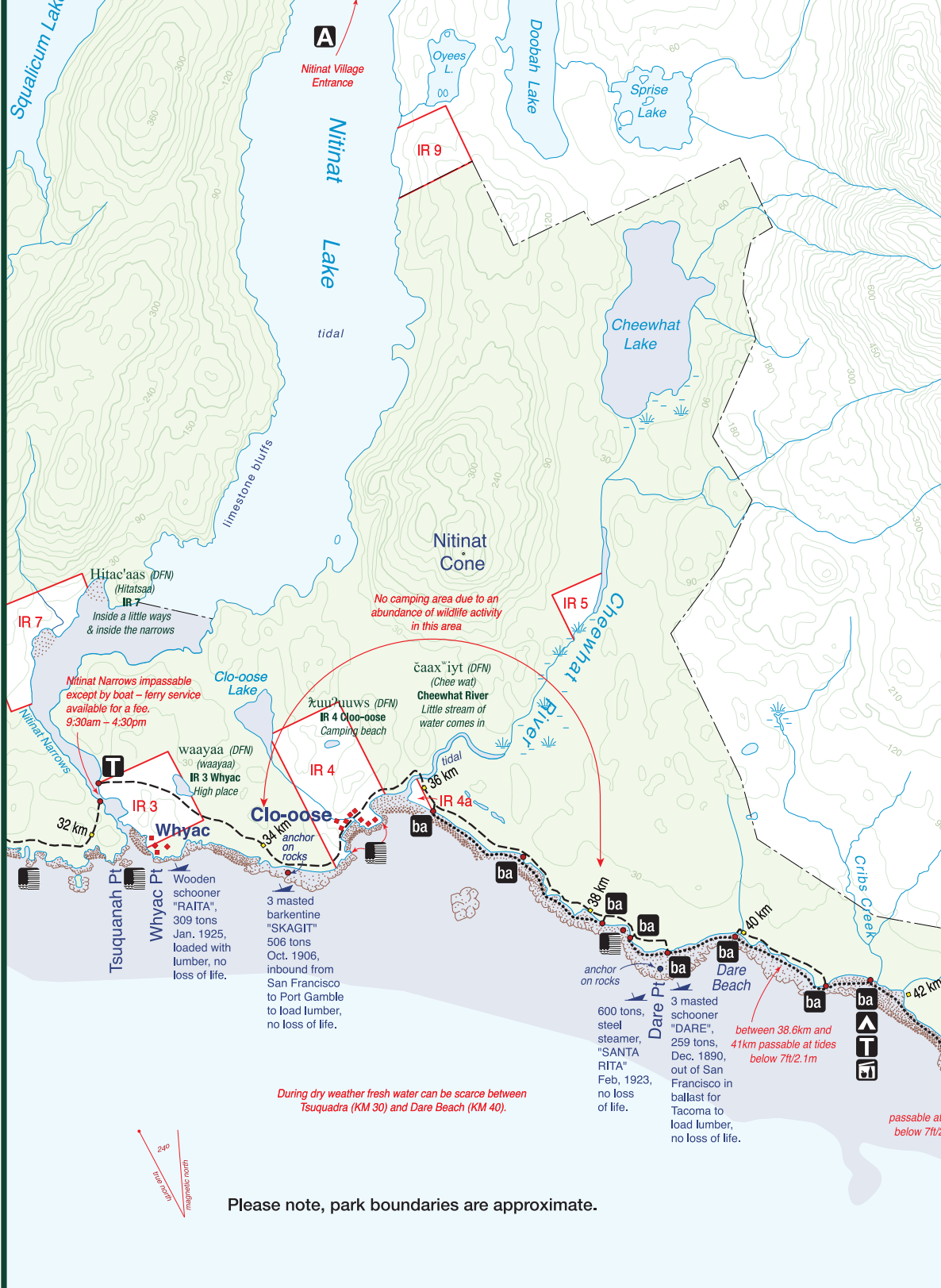
If an injury occurs, follow the Evacuation Information Form issued with the WCT Overnight Use Permit. Call 1-250-726-3604 (monitored 24 hours/day) or send written message for help. Detail location, name, age, date, time, number in evacuation party and specifics of accident and injury. Evacuation points are Thrasher Cove, Camper Bay, Cullite Cove, Walbran, Carmanah Light Station, Nitinat Narrows, Tsocowis Creek, or Pachena Light Station. Wait in a visible location. Parks Canada staff patrol the trail by boat. Be prepared to signal. Never leave an injured party member by themselves. It may take more than 24 hours for assistance to arrive. If injured and you choose to exit at Nitinat be aware that there are no medical facilities at Nitinat Village.

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

TIPS FOR A SAFE AND ENJOYABLE HIKE

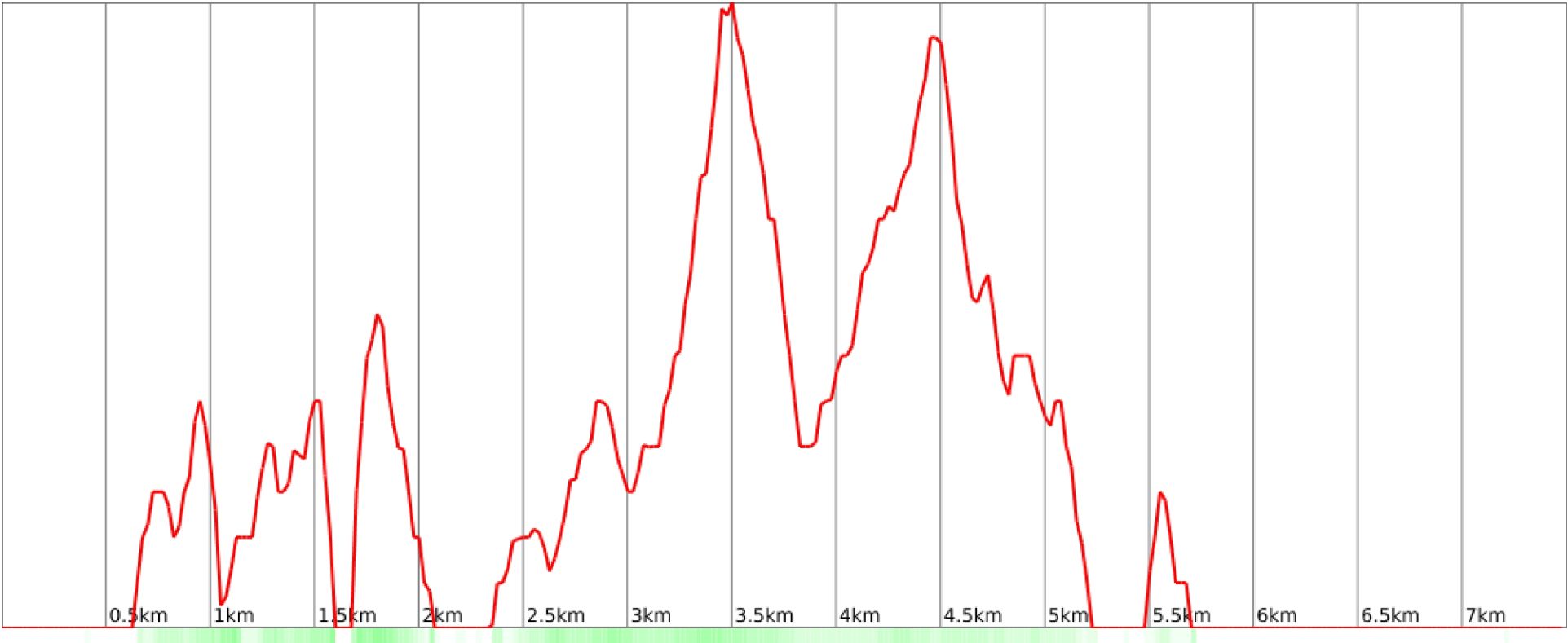
- Leave a written trip plan with a responsible person (e.g. family or friend). Detail who you are going with, where, and your expected date of return. A WCT Overnight Use Permit does not fulfill this role.
- Use good quality, lightweight equipment and be familiar with it before your hike.
- Take your time: 6-7 days is the average duration on the trail.
- Hike at the speed of your slowest hiker.
- Do not hike when you are tired, it is late, or dark.
- Hike with a partner: avoid hiking alone.
- Assume all surfaces are slippery.
- Maximum two people on a bridge, ladder, or cable car at one time.
- When crossing creeks, always undo pack hip-belt: wait for swollen rivers to diminish.
- Study the map, tides, waves and weather before choosing a route.
- In a wildlife encounter, stay calm: follow guidelines outlined during park orientation.
- Use bear caches or hang your food according to orientation protocols. Keep garbage and toiletries away from tents: never cook or eat food in or near your tent.
- Keep, and leave, your campsite and the trail clean: bears, cougars, wolves, and other wildlife are attracted to food scraps and packaging.
- Collect drinking water upstream then purify, boil, or filter it.
- Consider exiting the trail if forecast calls for prolonged periods of rain.
- Tsunamis: rare but dangerous. If you feel the ground shake immediately move to higher ground. Follow marked tsunami evacuation routes.





WCT Day 4 to Carmanah Creek Jul 22, 2018 at 08:19

range 0m to 13m gain 49m loss 49m exaggeration 217.9x



Slope Angle (top), Land Cover (middle), Tree Cover (bottom)

