

Frequently Asked Questions

Great Bear Rainforest

Trip Preparation

What is the nature of expedition travel?

No two expeditions are alike. Wildlife, weather, sea conditions, and changes in policy are beyond our control and affect the day-to-day schedule of each trip; your itinerary is therefore flexible and subject to change without notice. This is, however, not a setback—it is an advantage. Expedition travel is characterized by its dynamic, fluid nature and we pride ourselves on our unparalleled adaptability. Necessary detours can provide unique opportunities and unexpected highlights—and we encourage you to see them as such.

Each day you will wake to the promise of new experiences, such as bird colonies, whale-viewing opportunities, community visits, Zodiac cruises, and wonderful walking and hiking. We hope that those travelling to this exciting area of the world take with them our company's desire to explore and enjoy these regions respectfully and sustainably. We are sure this voyage will prove to be the journey of a lifetime. Thank you for joining us!

Will my itinerary change from what was advertised?

In a word? Probably. Adventure Canada expeditions take place in some of the world's wildest and most remote destinations. While this means we have access to unparalleled beauty and isolation, it comes with a price. We are very often at the mercy of weather. Because safety is, and always will be, our primary concern, we are often forced to adjust our itineraries in order to ensure the safe operation of our vessels. Our Captain reserves the right to alter the itinerary at any time. Our highly knowledgeable team is experienced in planning alternative routes and excursions that provide the best possible option for our guests, crew, vessel, and host communities.

Do I need boating or sailing experience?

You don't need any boating or sailing experience to enjoy travelling. If you are interested in learning about boat operation our crew would be happy to involve you in navigation or helping on deck.

What will the weather be like?

Usually on the Pacific Coast we have a good variety of constantly changing weather. Expect a mixture of sunshine, rain, and wind on most trips.

How rough will the water be?

We travel in protected areas most of the time. On many days of the summer this coast is like sailing on a lake - flat and calm. Sometimes we cross into open water for short periods of time where we may experience greater motion.

What are the luggage and carry-on regulations and restrictions for this expedition?

Be sure to pack only what you truly need, as stowage space aboard the ship is limited and weight restrictions may apply to flights. We recommend using soft-sided, compressible bags that can be easily stowed under the bed in your cabin. Hard-sided suitcases will not fit under your bed but can be stored upright in the corner of your cabin if needed. Ensure all luggage is clearly labeled with your full details. Airline luggage rules vary, so be sure to check with your airline for the latest carry-on and checked baggage allowances. We also recommend weighing your luggage before departure to avoid surprises at the airport. Be aware of FAA restrictions on hazardous or prohibited items, and consult your connecting carriers for their specific policies.

How much storage is there in the cabins?

Cabins have limited but practical storage space for the essentials you'll need during the expedition. We strongly recommend using soft-sided, compressible bags, which can be conveniently stowed under the bed. Hard-sided suitcases do not fit underneath but can be stored upright in the corner of your cabin if needed.

Do I need waterproof clothing and rubber boots for this expedition?

Yes—both are essential for your comfort and safety. Our expeditions involve frequent shore landings in remote, wet environments where staying warm and dry is crucial. You'll often step from small boats directly into shallow water, and there are very few docks where we travel. Knee-high rubber boots are required and will be provided on this trip. You must bring your own fully waterproof rain jacket (with a hood or hat) and waterproof pants. We recommend durable materials like Gore-Tex to withstand wet and windy conditions. Dressing in layers with synthetic, quick-drying fabrics will also help you stay comfortable throughout your journey.

Health and Travel Documents

What medical considerations should I be making?

Adventure Canada expeditions travel to remote areas of the world where medical care is either unavailable or not up to modern standards. Adventure Canada will request your medical details prior to your trip. If you have any health concerns, we strongly recommend a pre-voyage appointment with your health care professional. Adventure Canada programs are designed for active participation and require travellers to transfer from ship to Zodiac and walk up and down one flight stairs unaided, at a minimum. Dental care is also recommended before travel, and travellers are advised not to travel with temporary fillings, caps, or unfinished root canals. It is the travellers' responsibility to know the entry requirements of the nations they are visiting.

What should I do about my prescription medication while on the expedition?

Please make sure you bring an adequate supply of prescribed medication for the trip until your return home. It is recommended to bring at least one week's additional medication in the event of a delay. IT WILL BE IMPOSSIBLE TO REPLACE OR REFILL PRESCRIPTIONS DURING THE EXPEDITION. PLEASE TAKE ADEQUATE CARE TO ENSURE THE SAFE TRANSPORTATION OF YOUR MEDICATION. It is vital that your prescription medicines travel with you in your carry-on luggage and not in your checked bag. You must have a doctor's note or proof of requirement in order to carry needles for medical reasons in your carry-on baggage. If you have special requirements surrounding your medications while on board, please inform Adventure Canada as soon as possible.

What if I am prone to motion sickness?

There can be transit days during your Haida Gwaii trip that may include some rolling seas. Our sailing vessels are equipped to stabilize to these conditions and our Crew can provide some helpful remedies if you are prone to motion sickness.

What should I be considering with regards to travel insurance?

Adventure Canada travels to remote destinations where emergency medical treatment may be difficult to access. Emergency medical and evacuation insurance to the minimum value of \$500,000 USD PER PERSON IS MANDATORY for participation in all Adventure Canada expeditions. This may not cover the full cost of a medical emergency. Any additional expenses are the responsibility of the passenger.

Adventure Canada strongly advises all passengers to obtain travel insurance as loss of deposits and cancellation terms and conditions come into effect upon receipt of a confirmed booking. Adventure Canada recommends that travel insurance be in place no later than 120 days prior to departure. If you require assistance in obtaining further insurance information, please contact Adventure Canada or your travel agent.

Do I require a passport to travel with Adventure Canada? What about a visa?

All passengers require a valid, current passport. Passengers holding passports issued by countries other than Canada should carefully check for visa requirements. Passports must be original, government issue, and signed.

On-Board Experiences and General Services

What are excursions like?

Guests can expect to be off the vessel at least once a day, exploring the shoreline for anywhere from 45 minutes to a few hours at a time. Shore landings are made via *Cascadia*'s two custom-designed landing craft-style tenders, which allow for safe and stable disembarkation directly onto beaches or rocky terrain using a bow ramp.

Once ashore, we typically walk a few kilometres at most. Trail conditions vary—from flat, well-maintained forest paths to rugged, uneven rainforest tracks that may require stepping over roots, ducking under branches, or navigating soft ground and mossy logs. Guests should be comfortable standing and walking for extended periods on this type of terrain.

For those interested in paddling, *Cascadia* also carries a fleet of six double and two single kayaks. When conditions permit, we'll launch them for tranquil excursions into sheltered bays, estuaries, and remote inlets—ideal for wildlife observation and a deeper connection with the natural surroundings.

What is the shore landing experience like?

Cascadia is equipped with two custom-designed landing craft-style tenders that make getting ashore smooth, safe, and accessible. Unlike traditional Zodiacs, these tenders have a sturdy bow ramp that allows guests to disembark directly onto beaches or rocky shorelines with minimal climbing. As shown in the image above, the flat, open deck and handrails offer excellent stability, even in tidal or uneven conditions.

Guests should expect to board and disembark from the tenders at least once a day, either onto coastal beaches, estuary flats, or low forest trails. While some steps may involve wet landings or uneven terrain, crew assistance is always available. These vessels are a key part of our exploration style—designed for comfort, safety, and a sense of adventure.

How spacious is the *MV Cascadia*?

The *MV Cascadia* is a 138-foot expedition-style catamaran designed specifically for boutique cruises along the British Columbia coast. Accommodating up to 24 guests in 12 luxurious cabins, each with private ensuite bathrooms and large windows, the vessel offers ample space for relaxation and exploration.

Guests can enjoy various communal areas, including a bright and spacious salon, a dining area, a terrace lounge for alfresco meals, and an upper deck with a hot tub offering 360-degree views. The open bridge invites guests to engage with the crew and learn about navigation. With a crew of 10 dedicated professionals, the *Cascadia* ensures personalized service and a comfortable, uncrowded experience throughout your journey.

Can I recharge my video batteries?

Yes, we have regular 110v household current available in all cabins when the generator is on (usually in the morning and late afternoon). It is a good idea to bring an extra video battery.

Can I use my cellular phone?

Cellular coverage is poor to non-existent in the areas in which we travel. Our guests comment on how much they enjoy the simplicity of ship-board life and a break from technological demands.

How often can I shower?

We carry a good supply of water, but it is important to remember that a boat is totally self-contained and in wilderness areas not always near a water supply. We ask that people not shower every day to help conserve water.

Do you offer vegetarian or special diet menus?

All of our meals are served buffet style. We can usually accommodate most special dietary concerns if we are given sufficient advance notice.

What form of payment should I bring?

We recommend bringing both a credit card and a small amount of Canadian cash. While most on-board purchases can be charged to your cabin and settled by credit card, there may be opportunities to visit remote coastal communities where local artisans offer handcrafted goods. In these areas, cash is often preferred or required, as card processing may not be available. Having some cash on hand ensures you can comfortably support local vendors and enjoy unique souvenirs.

Can I bring my drone?

We do not permit the use of UAVs by passengers. No exceptions will be made.

Is Cannabis or CBD products allowed on board?

Although British Columbia laws permit the legal use of cannabis, we do not permit any cannabis or CBD products for personal or prescribed use. Our vessels sail in International waters and must adhere to International laws at all times. Guests will not be permitted to board with any cannabis/ cannabis or CBD products at any time.

Is smoking allowed on board?

There is no smoking permitted on board the vessels. E-cigarettes are included in this policy.

Crew and Safety

What qualifications do the crew have?

Our skippers are all Coast Guard and Ministry of Transport licensed Captains, and our crew are all highly qualified with experience and training in emergency procedures, boat handling and first aid.

How safe is the boat?

Our boats are Coast Guard certified passenger vessels and undergo strict yearly inspections.

What is the tipping policy aboard the ship?

Gratuities are not compulsory on your trip; however, if you feel that the crew have made your trip special and wish to show your appreciation, a tip is very much appreciated. The amount given is entirely up to the guest; however, a guideline of about \$50 - \$80 CAD per day of your trip is a good reference, which is then split evenly among the crew.