



**SURFRIDER**  
FOUNDATION

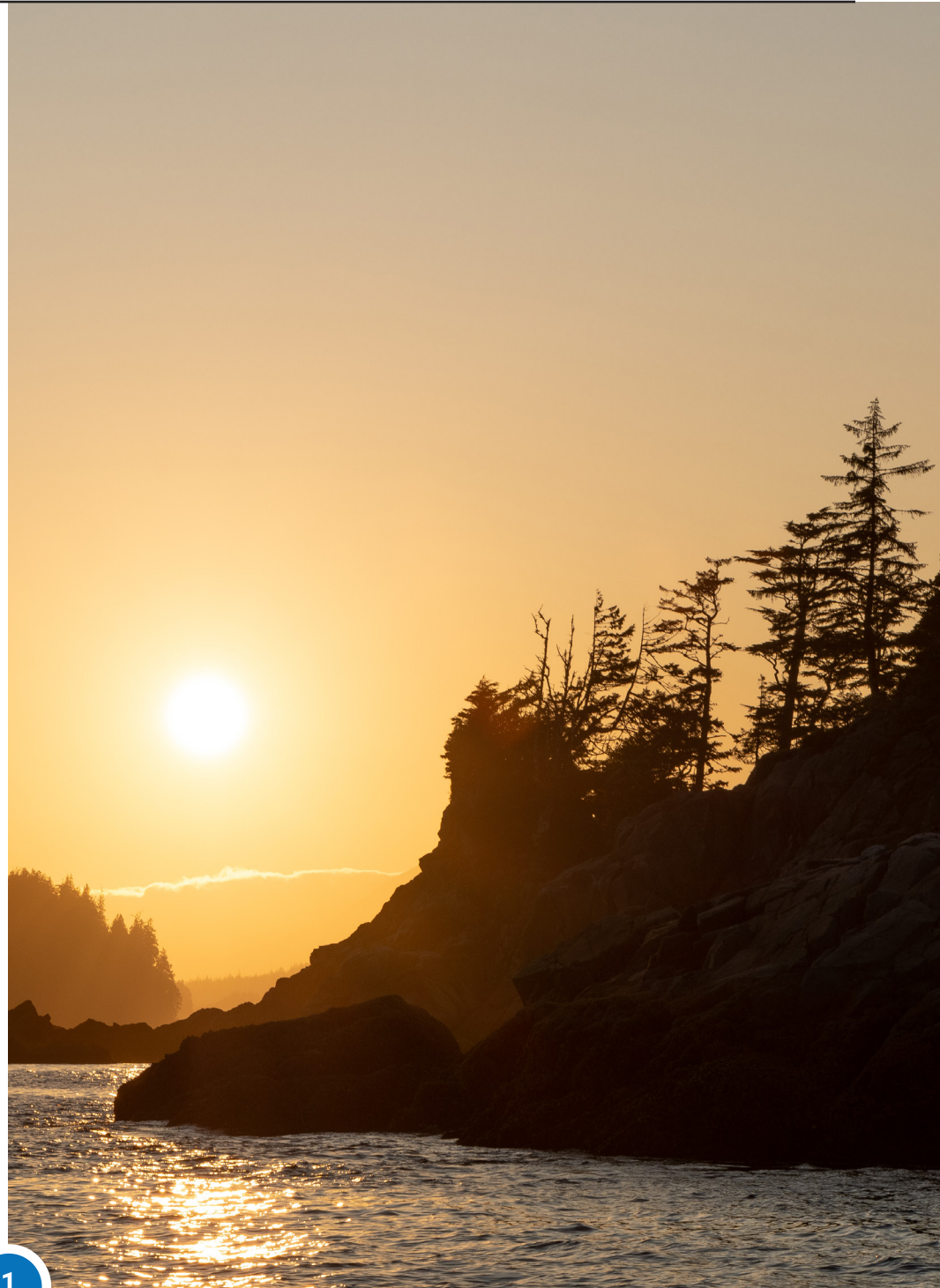
**PACIFIC RIM, BC**

**OCEAN FRIENDLY CAMPING TOOLKIT**

*Protecting the ocean, beaches and waves from your tent and beyond*

# TABLE OF CONTENTS

- 2** Vision & Mission
- 3** About Ocean Friendly Camping
- 4** Ocean Friendly Practices
- 5** Ocean Friendly Equipment
- 6** Resources





# VISION & MISSION

---

Surfrider Pacific Rim is a nonprofit organization dedicated to the protection and enjoyment of the ocean, beaches and waves, for all people, which is enacted through a powerful activist network.

It is one of our greatest endeavours to work across sectors to influence positive changes for the oceans and coastlines, aspiring to the standard of "Ocean Friendly" wherever we are and whatever we're doing.

We bring this toolkit to you because we know campers appreciate the natural world as much as we do, filled with tips and resources to help care for this blue planet we call home. Together, we can make, protect and restore coastlines and oceans to make a difference in this crucial time in history.

# ABOUT OCEAN FRIENDLY CAMPING

---

## WHAT IS OCEAN FRIENDLY CAMPING?

---

Ocean friendly campers learn about ways to adapt their camping trips to be mindful of preserving the oceans, coastlines and beaches. We'll give you more information on how to make small changes to your camping practices and equipment so you can have a fun and ocean friendly camping experience!

## WHY BE AN OCEAN FRIENDLY CAMPER?

---

There are innumerable benefits, but here's a few of our favourites:

- Connect to a point of being on Indigenous land and acting with an ethic of responsibility and looking into whose land it is?
- Preserving the coastal areas means that they will be clean, beautiful places for us to enjoy in years to come.
- Caring for the coast and oceans can allow marine and coastal plants and marine life to thrive and means we will have more biodiverse environments.
- Reducing plastic usage and managing waste responsibly has direct implications for mitigating the climate crisis.
- We lead by example; our actions ripple outwards and have the opportunity to inspire those around us, from our family and friends to neighbouring campers. So, putting ocean friendly principles into practice entrenches ecologically conscious habits you can teach to and share with loved ones.

# OCEAN FRIENDLY PRACTICES

The usual mantra of 'Leave No Trace' definitely applies when being an Ocean Friendly Camper. Some things you can do to be an ocean friendly camper are:

- Build small fires only where permitted, and make sure they are completely out before leaving them. Only build if hazard signs are low and remember to not bring in wood from other parts of the island. Use fire pits when available, organic or DIY firelighters, and don't burn plastics or anything else that is toxic.
- Avoid using driftwood for campfires, which contains toxins and also has an adverse ecological impact on coastlines.
- Take a last glance around your campsite before you leave- have you left any rubbish? Pieces of camping equipment or bits of plastic? Leave natural places better than when you found them and remove any inorganic waste from your site and surrounding areas.
- Pack out all your rubbish and recycling, or use on site designated bins. Don't forget to bring a garbage bag!
- Do you need to travel far for an amazing camping experience? Reduce your impact by exploring close to home when possible.
- Respect wildlife and give animals space, whether in the forest or on the beach, and make sure not to feed them. Don't take shells or other beach materials away with you.
- Try to make your own food! Bulk stores offer lots of dehydrated options so you can make meals in advance. This avoids having to buy food out which almost always involves plastics.
- Bringing your four-legged friend? Make sure to pick up after them using biodegradable bags.



# OCEAN FRIENDLY EQUIPMENT

There are many innovative camping/travelling products that can instantly help lower our impact. There are also easy, simple and budget friendly DIY hacks to tap into for creating an ocean friendly camping kit! Here are a few ideas:

## CLEANING

- **Dishes & Bodies:** Biodegradable, non toxic, unscented, plant based soaps for cleaning and toiletries are a must when camping. Things like eco-friendly insect repellent and DIY or purchased sun screen that won't release harmful chemicals into the water are also important. There are loads of great options, and if you can find products with non plastic containers (for example shampoo bars or toothpaste tabs) all the better. Remember to brush teeth ~200 feet away from any body of water.
- **Laundry:** Keep the momentum going when you are back home! Camping means lots of laundry, so make sure to use the Guppy Friend Bag for any of your synthetics! This bag will help capture microplastics, avoiding their flow into our waters.

## EQUIPMENT

- **Stoves:** Liquid fuel stoves or even better, biomass stoves, are generally more eco friendly than canister stoves. Biolite stoves offer the option cooking using twigs, pinecones etc and excess energy is stored for charging devices.
- **Tents & sleeping:** If you aren't in your van, tents from companies making long-lasting, good quality products with recycled materials that won't need replacing are a good way to go. You can also rent or buy used gear, or borrow from a friend! The same goes for sleeping mats and sleeping bags. Lots of progress has been made on sustainable sleeping bags, with many options including both recycled down and plastic. The less microplastics we release into the environment the better!
- **Go solar:** Solar lamps or charge packs are eco friendly and will keep your phone charged for those camping memory pictures and your site lit at night!

## FOOD

- **Food Packaging:** Don't forget your reusable coffee mug, water bottle, beeswax food wrappers, reusable cutlery and metal or glass food containers. It can be hard not to use disposable containers when away but with a bit of preparation you can reduce your single plastic use. Utilizing reusable shopping bags and reusable coolers will also support this effort.
- **Coffee & tea:** Bring loose-leaf tea along with a strainer, or a metal pour-over with an organic cotton filter for your coffee. Make sure to pack the leaves and grinds in a small, sealable compost bag.
- **Bulk Food:** Instead of packing tons of plastic bags of snacks, buy in bulk, and store in reusable glass jars.
- **Ice:** You can also bring reusable ice packs instead of buying bags of ice.

# RESOURCES

## LEAVE NO TRACE & OCEAN FRIENDLY PRACTICES:

[REI: Leave No Trace Seven Principles](#)

[Biofriendly Planet: 7 Eco-Friendly Camping Tips](#)

[Brainy Backpackers: Eco Friendly Camping Gear](#)

[Campfire Mag: 25 Ways to Make Camping more Environmentally Friendly \(Green Camping\)](#)

## DIY SUNSCREEN:

1/2 cup olive oil	2 tbsp non-nano zinc oxide powder
1/4 cup coconut oil	
1/8 cup candelilla wax	1 tsp vitamin E oil
2 tbsp shea butter	

- Using the double boiler method, melt the wax.
- Add the coconut oil and stir until combined.
- Turn off the heat and whisk in the olive oil.
- Remove from heat and add shea butter, whisking until you notice the sunscreen cooling.
- Add in the zinc oxide, followed by the Vitamin E.
- Store in a glass jar. For the first batch we made half the recipe to make sure the consistency worked for us! Test on a small patch before using.

## OCEAN FRIENDLY EQUIPMENT:

[Sea Wench Naturals](#)

[BioLite](#)

[Simply Natural Canada](#)

[Life Without Plastic](#)

[North Face Eco Trail Down 0 Sleeping Bag](#)

[Marmot Trestles Elite Eco 0 Sleeping Bag](#)

[Bergans](#)

[MSR Liquid Fuel Stove](#)

[Vaude Tents](#)

[Camping with Style: Eco Friendly Camping Buys](#)

## DIY FIRESTARTER:

[Wood Chips / Scraps](#)  
[Pinecones](#)  
[Dried Orange Peels](#)  
[Cinnamon Stick](#)

[Egg Carton](#)  
[Ethical Beeswax](#)  
[Tongs](#)  
[Repurposed Tin Can](#)

- Cut up and mix the first four "ingredients".
- Add to your egg carton!
- Over a double boiler, heat up your wax and pour over the carton pockets (quickly as it solidifies pretty fast!)
- That's it – your own firestarter, package free and without toxic fragrances.

\*Please note these companies are not affiliated with Surfrider in any way- they are just good starting points for your ocean friendly camping journey. We encourage you to do some more research and find what's right for you as an ocean friendly camper!

# THANK YOU

WE ARE STOKED TO GO FORWARD MAKING WAVES OF CHANGES WITH YOU !



**SURFRIDER**  
FOUNDATION

PACIFIC RIM, BC