



## Suggested Packing List

### ❖ What to Bring: *(Pack light enough to fit items in 2 medium (20 litre) dry bags that we provide)*

- Hat/Visor** – A full brim sun hat or baseball cap or visor will keep the sun off your face nose and ears
- Sunglasses & Strap** – Polarized sunglasses really help you see on the water
- Paddling Gloves**- something that can dry quickly, has open fingertips and can help prevent blisters
- Swim Suit** – 2 is more than enough
- 2 T-shirts** – Something lightweight enough to be cleaned the night before and dry the next morning
- Lightweight long sleeve shirt (quick drying)**- best combatant against sun & bugs at dawn and dusk
- Lightweight pants (quick drying)**- best combatant against sun & bugs at dawn and dusk
- Lightweight weather jacket**
- Thick, high socks (helps combat no see'ums)**
- Bath Towel** – A quick drying towel packs smaller
- Crocs or similar footwear** – Shoes that can get wet are essential. Sand will collect around your feet and irritate you unless your shoes can easily be rinsed.
- Personal Snacks** – To give you that extra boost of energy between meals. (granola bars, jerky, trail mix, etc)
- Headlamp or flashlight** – Don't forget extra batteries. Headlamps allow for hands free use.
- High SPF Sunscreen & Lip Balm** – A must to protect from the constant sunshine.
- Bug Spray w/deet for mosquitoes & no see'ums**
- Toiletries & personal items** – Toothbrush, toothpaste, saltwater soap, washcloth, feminine hygiene products, hairbrush, snacks, etc.
- Baby Powder**: very helpful to get sand off of wet feet
- Medications** - If you are bringing medication please ensure that... 1) The name and expiry date of drug is on container; 2) you have a copy of your original prescription in case they question your drugs at the border; 3) you have the detailed instructions of your dosage and frequency; 4) it is packed in a water- and sun-proof container; and 5) you bring a full extra dosage of your medication in a separate container and leave with your guides, in case you misplace or lose yours.
- Passport & photocopy** – We recommend a photocopy with you out on the trip, and the originals tucked safely in your luggage that can be stored safely at our headquarters.
- Cash for souvenirs, drinks, tips, etc.** – US cash is usable and exchanges 1 to 1. There may be a few chances to purchase items, but not many.

### ❖ Optional Items:

- **Bandana to cover neck**
- **Shorty Wetsuit for Snorkeling** – Although the water is usually warm, sometimes staying in for a long time makes some people chilly! Mainly from December-April.
- **Camera (waterproof is best)** - Don't forget extra batteries and memory cards!
- **Binoculars**- for bird watching or looking out to sea
- **Sleeping aids** – While we provide a pillow and sleep sack, if you need ear plugs or aids to get a good night's sleep don't forget them!
- **Alcohol, beer, wine etc.** – Some beer or wine is provided, but you are welcome to bring your own alcohol.

### ❖ Gear We Can Rent and/or Recommend:

- Kayak and paddling gear – PFD (lifejacket), Paddle, Spray Skirt, Pump, Sponge.\*
- Charts\*
- Dry Bags
- Tents
- Small Pillow
- Thermarest Sleeping Pads or Air Mattress
- Fleece sleep sack
- Collapsible Chair
- Stove & fuel, Cookware, plates, bowls, mugs & utensils
- Meals, water and beverages
- Water Storage Containers
- Personal Water Bottle
- Solid Waste Disposal
- Mask, Fins & Snorkel
- Cell Phone\*
- VHF Radio
- First Aid Kit
- Fish/Bird Identification Cards
- Fishing Gear

\*indicates gear included in rental rate