



Suggested Packing List

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

- Cell Phone** (with international calling)
- Battery bank/solar charger**- to keep cell phone charged; although we highly recommend turning it off and only using it for emergency– it's quite liberating!
- 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
- Lightweight long sleeve shirt (quick drying)**- best combatant against sun & bugs
- Lightweight pants (quick drying)**- best combatant against sun & bugs at dawn and dusk (bugs will bite through leggings)
- Lightweight weather jacket**
- Thick, high socks (helps combat no see'ums)**
- Towel** – A compact quick drying towel
- 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.
- 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 or charger. Headlamps allow you to be hands free.
- High SPF Sunscreen & Lip Balm** – A must to protect from the constant sunshine. Don't neglect your lips
- Face Wrap/Neck Gator**- IDEAL paddling accessory.
- 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 prescription in case they question your drugs at the border; 3) detailed instructions of your dosage and frequency; 4) 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 luggage.
- 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 on the camping route, but not many.

❖ Optional Items:

- **Bandana to cover neck**
- **VHF handheld radio** - can be helpful communicating with nearby cruisers...not always reliable
- **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!

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- **Binoculars**- for bird watching or looking out to sea
 - **Sleeping aids** – While we can 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.**

❖ 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

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- Stove & fuel, Cookware, plates, bowls, mugs & utensils
 - Meals, water and beverages
 - Water Storage Containers
 - Personal Water Bottle
 - Solid Waste Disposal
 - Mask, Fins & Snorkel
 - First Aid Kit
 - Fish/Bird Identification Cards
 - Fishing Gear
- **indicates gear included in rental rate