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### Packing List

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

- 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
- Swim Suit** – 2 pairs is plenty
- 2 T-shirts** – Something lightweight enough to be cleaned the night before and dry the next morning
- Lightweight Rainjacket**
- Lightweight long sleeve shirt & pants (quick drying/non-cotton)**
- Bath Towel** – A quick drying towel or shammy 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. We have always found crocs to work best.
- 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.
- 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** - Ensure your passport is valid for at least 6 months after your return flight. A money belt helps to keep your important documents and money close to your body and takes away the worry of travel
- Cash for taxis, souvenirs, food, tips, etc.** – US cash is usable and exchanges 1 to 1.

#### ❖ **Optional Items:**

- **Bandana**- to cover your neck
- **Shorty Wetsuit for Snorkeling** – Although the water is usually warm, sometimes staying in for a long time makes some people chilly! (Dec-Feb)
- **Camera (waterproof is best)** - Don't forget extra batteries and memory cards!
- **Binoculars**
- **Sleeping aids** – ear plugs or other aids to get a good night's sleep!
- **Gloves or Athletic Tape** – Bike gloves work fine, help to prevent blisters and sunburn. Athletic tape/bandages can help with blisters that you may get from paddling.

#### ❖ **Gear we recommend:**

- Kayak and paddling gear – PFD (lifejacket), Paddle, Spray Skirt, Spray Jacket, Pump, Sponge.
- Charts
- Dry Bags
- Tents
- Small Pillow
- Thermarest Sleeping Pads
- Fleece sleep sack
- Crazy Creek Chair or Collapsible Chair
- Stove & fuel, Cookware, plates, bowls, mugs & utensils
- Meals, water, snacks & beverages
- Fish/Bird Identification Cards
- Water Dromedary Bags
- Personal Water Bottle
- Solid waste disposal-toilet or WAG bags
- Mask, Fins & Snorkel
- Cell Phone (will come with rental)
- VHF Radio
- First Aid Kit
- Fishing Gear