

Exploring Hawaii's Big Island

Adventures in Good Company's suggested packing list

In choosing clothing items, consider that for your warmer clothes, wool or synthetic materials are better than cotton as they still hold your heat when wet. Temperatures are typically in the low 70s during the day, while it may be in the 60s at night. Rain is not uncommon this time of year, so we need to be prepared for all variables. We recommend packing your clothing in a soft-sided suitcase or duffel bag to make transport easier. Pack at least one small carry-on bag with the "bare essentials" for the first night. Please call us if you have any questions about any of the items on this list.

FOOTWEAR:

- 1 pair Teva/Chaco sandals or river shoes for kayaking, walking on the beaches, etc
- 1 pair of comfortable hiking shoes: lightweight hiking boots, athletic shoes, trail shoes
- 1 pair comfortable shoes for walking in town, evenings, etc (your water shoes or hikers may work for this)
- 2 - 3 pair socks: wool or synthetic equivalent (Thorlo, Smartwool, running socks, etc.)
- 1-2 pair liner socks (Optional but some people do prefer to hike with sock liners)

CLOTHING

- 1 pair lightweight pants: light wool or synthetic equivalent (Supplex, or nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeved shirts
- 1 lightweight raincoat and rain pants - good quality "waterproof" PVC coated nylon, e-vent, or Gore-Tex.
- 2 pairs of shorts: Quick drying nylon is recommended
- 2-3 t-shirts or short-sleeved shirts (synthetic recommended for hiking and kayaking)
- 1 wind jacket (your rain jacket may work for this layer)
- 1 wide-brimmed hat, for rain, sun and high fashion
- 1 lightweight fleece jacket or fleece sweatshirt
- underwear/sleepwear
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1-2 sets comfortable clothing to wear in town and at our lodging

ESSENTIALS

- 1 one-quart water bottle/hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater
- flashlight or headlamp (for nighttime hiking on the lava flows)
- 1 day pack, lined with a garbage bag, large enough to hold your supplies for the day (water, sunscreen, camera, rain gear, snacks, etc.)
- camera, film/memory card, and an extra camera battery (optional but the Big Island is beautiful!)
- trekking poles (recommended)
- Insect repellent
- bandana

TOILETRIES (small everything)

- small to medium-sized towel (like a PakTowl)
- tampons or pads in ziplock bags
- biodegradable soap, toothbrush, paste, dental floss, lotion, extra contact lenses/glasses. Please minimize the amount of lotions, shampoo and soap you bring.
- personal "patch kit": bandaids, moleskin, ibuprofen, car/seasick medication (if tendency to motion sickness), and personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician.

OPTIONAL PERSONAL GEAR

- binoculars
- pocket knife
- journal and pen
- gloves for paddling
- your favorite snack (we will also provide group snacks periodically during the day)
- powdered hydrating drink mix (Gatorade, lemonade, crystal light, etc.)
- snorkeling equipment (mask, snorkel and fins - this is provided but you can bring your own if you prefer)
- book
- compass
- extra sunglasses
- wrist watch or travel clock
- ear plugs (for a good night's sleep)
- underwater camera (for snorkeling)