

PACKING LIST – ADVENTURES IN THE CARIBBEAN

Don't bother buying fancy new gear for your trip. Comfortable clothes and used gear is best for saltwater kayaking. Light colored clothing is also preferable to keep you cooler in the sun. Our outfitter will be providing us with dry bags to pack our gear in for kayaking.

FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for loading and unloading kayaks in water.
- 1 pair sturdy walking shoes (lightweight hiking boots or athletic shoes)
- 1 pair comfortable shoes to wear around the park (can be the same sandals, though you may want a dry pair)
- 2 - 3 pair light socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough, etc.)

CLOTHING

- 2 pairs of shorts (Quick drying nylon is recommended)
- 2-3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1-2 lightweight short- or long-sleeved shirts (a surfing shirt, called a "rash guard" is great for snorkeling and kayaking)
- 1 lightweight rain jacket with hood and rain pants - **waterproof**/breathable fabric like Gore-Tex. "Water resistant" rainwear is **not** recommended
- 1 lightweight fleece jacket, sweatshirt, or other warm layer
- 1 wide-brimmed hat, for rain, sun (a string tied to the hat will keep the wind from blowing it away)
- underwear
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1-2 changes of casual clothes to wear at end of day

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection - for the preservation of the Caribbean reef please use [Reef Safe Sunscreen](#).
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ESSENTIALS

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| <input type="checkbox"/> Passport or proof of citizenship | <input type="checkbox"/> Small headlamp or flashlight |
| <input type="checkbox"/> 100% UV sunglasses with case and retention strap | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Sunscreen and lip protection with an SPF of 15 or greater | <input type="checkbox"/> Bandanna |
| <input type="checkbox"/> Small day or fanny pack for day use (hiking) | <input type="checkbox"/> Ear plugs (for a good night's sleep) |
| <input type="checkbox"/> 1 one-quart water bottle | <input type="checkbox"/> Wristwatch/travel alarm clock (water resistant) |

OPTIONAL PERSONAL GEAR (if you want it, bring it – personal preference and not required for the trip)

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|---|--|
| <input type="checkbox"/> Gloves for paddling - optional (bike gloves work well) | <input type="checkbox"/> Extra sunglasses |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Book, notebook, journal, pencil/pen |
| <input type="checkbox"/> Camera (extra battery) and film/memory card | <input type="checkbox"/> Waterproof camera bag |
| <input type="checkbox"/> Powdered hydrating drink mix (e.g. Gatorade, Crystal Light) | <input type="checkbox"/> Your favorite snack |
| <input type="checkbox"/> Aloe gel | |
| <input type="checkbox"/> 1 pair of comfortable supplex/nylon lightweight pants if you prefer additional sun and/or insect protection | |
| <input type="checkbox"/> Snorkeling gear (if you have your own snorkel mask, we recommend bringing it; otherwise the mask and fins will be provided by the outfitter) | |

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

PASSPORT: While passports are not technically required since St Johns is part of the US, you need to bring proof of US citizenship when you return to St Johns, so a simple Driver's License is not sufficient. If you don't have a passport, bring a birth certificate with a raised seal as well as Driver's License or other photo ID.

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. The Caribbean is typically warm and dry, but when it rains, it rains for several days. **NO COTTON** for your active wear! It should all be made from synthetic/synthetic blends, or wool/wool blends. Clothing will get salt stains, so don't bring new clothing. **The following is general information about layering. We may or may not need it on this trip.** Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

RAIN GEAR: Typically, we recommend rubberized rain gear for sea kayaking trips, since they are warm, work best in steady downpours, and their effectiveness is not diminished by salt water. Since this trip is in the Caribbean we are recommending a jacket made of waterproof/breathable fabric or coated nylon. This layer will most likely be worn more often as a wind-proof layer than a rainproof layer on this trip, so having it be breathable is a good addition. Coated nylon is not very breathable, but it is lightweight, waterproof, and can be relatively inexpensive. Gore-tex (and other brand-identified waterproof materials) is a great material, but can be quite expensive. If you have any questions about raingear, please call us.

WATERPROOF BAGS: If you choose to bring waterproof bags for your small day pack, several companies make vinyl bags with good closures (Sea to Summit, Phoenix, Outdoor Research, Cascade Designs). Wide-mouthed plastic jars are good for first aid supplies and the like. Ziploc bags are handy for many uses.

BRINGING YOUR CAMERA ON A SEA KAYAKING TRIP: Ocean water is highly corrosive to camera equipment. To protect your camera from the salt, pack it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Phoenix, Basic Designs, and manufacturers of whitewater equipment make inflatable camera bags. Ammo cans work and can be purchased at Army surplus stores.

Sunscreen: Please choose your sunscreen carefully both for the safeguard of your skin and also for the safe guard of the Caribbean seashore and reefs. AGC requests that you choose a Sunscreen that is 'reef safe'. This [website](#) has a list of 15 sunscreens that are reef safe.