



ADVENTURES
in good company

BAJA BLISS PACKING LIST

FOOTWEAR

- 1 pair sturdy sandals (Ex: Tevas, Chacos, Keens)
- 1 pair flip flops or comfortable sandals (Ex: crocs) for beach day, around the pool at our first and last hotel
- 1 pair sturdy walking shoes (Ex: athletic shoes with a good sole, trail running shoes, lightweight and flexible hiking shoes/boots)
- 2 - 3 lightweight synthetic socks: (Thorlo, Smartwool, running socks, etc.)

CLOTHING

- 1-2 pair lightweight pants: synthetic (nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeve shirts with sun protection
- 1 lightweight raincoat with hood - good quality "**waterproof**" PVC coated nylon, or Gore-Tex type material (It's not likely to rain on our trip but just in case! Also, a good raincoat can serve as your windbreaker too if it gets chilly)
- 2-3 pairs of shorts: Quick-drying nylon is recommended
- 4-5 T-shirts (synthetic and moisture wicking for hiking)
- 1 wide-brimmed hat, for rain, sun and high fashion! (a string tied to the hat will keep the wind from blowing it away)
- 1 lightweight fleece jacket, fleece sweatshirt, or other warm layer
- underwear/nightwear
- 1-2 bathing suits (make sure one would fit comfortably under a wetsuit and when laying on your stomach on a surfboard, i.e. no excessive strings or buckles)
- 2-3 changes of casual comfortable clothes (Ex: sundresses, skirts, cotton articles of clothing, blouses etc.)

ESSENTIALS

- Passport** and 2 color copies
- Original **Covid Vaccination Card** and 2 copies
- 1 one-liter water bottle or hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater, **Must be REEF SAFE sunscreen**
- 1 garbage bag for wet clothes
- 1 backpack for day use (hiking)
- ear plugs (for a good night's sleep)
- Insect repellent, **Individuals allergic to insect stings must bring an epi-pen.**
- bandanna
- headlamp



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TOILETRIES (small everything)

- Toothbrush, small toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia
- Simple personal first aid kit: (over the counter medications like advil, Hydrocortisone Cream, Benadryl, and bandaids)

OPTIONAL (not required, personal preference)

- binoculars
- watch: water resistant
- waterproof camera bag
- camera, film/memory card, and an extra camera battery
- powdered hydrating drink mix (Gatorade, lemonade, etc.)
- book
- extra sunglasses
- journal and pen

NOTES ON PACKING LIST

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 downstairs. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, personal first aid kit, and personal items such as camera, etc. We recommend a daypack with a capacity of between 18 - 24 Liters with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above.

Footwear: Well-fitting, lightweight boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new footwear, break them in by wearing them around town and taking some short hikes *before* your trip. For hiking at Camp Cecil, lightweight and flexible boots/shoes with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your activewear! All activewear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. 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,



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adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. Your AGC guide will have a robust first aid kit but having what you know works well for you is a good idea.

International Travel Requirements: Please note that a valid passport is needed to travel to Mexico from the United States. For information on how to obtain a passport or renew your current passport please visit: <https://travel.state.gov/content/passports/en/passports.html>, ask your travel agent, or call the Passport Office at 202-647-0518. Allow at least 6 weeks.