

*Please note: we will provide Food, PFDs, First Aid Kit and other safety gear. Please email/call with any questions regarding this packing list, or if there is something you wish to bring, but it's not listed. We may have extra gear items in the list below, so please inquire about borrowing.

Sleeping	
<input type="checkbox"/> Sleeping bag in a stuff sack	Line the stuff sack first with a plastic bag for waterproofing and then stuff the sleeping bag inside.
<input type="checkbox"/> Sleeping pad	
<input type="checkbox"/> Tent	Sharing tents is preferable
<input type="checkbox"/> Tarp and a small coil of line (ex: parachute cord)	For waterproofing from the ground or hanging above the tarp to protect from rain, or to create shade.
Clothes—Upper Body	
<input type="checkbox"/> 1 warm hat	Wool, fleece, or synthetic. Not cotton.
<input type="checkbox"/> 1 sun hat with visor	
<input type="checkbox"/> 1 pair sunglasses	Polarized is best.
<input type="checkbox"/> Eyeglasses, if you wear them	Bring glasses, even if you wear contacts, as back up.
<input type="checkbox"/> 2 mid-weight upper layers	Wool, fleece, or synthetic warm sweaters or jackets. Not cotton.
<input type="checkbox"/> 3-4 T-shirts	At least 1 can be cotton.
<input type="checkbox"/> 1-2 long sleeve shirts	Can be cotton, lightweight. Essential for sun protection.
<input type="checkbox"/> 1-2 long underwear top/ thermal base layer	Wool, silk or synthetic (polypropylene)
<input type="checkbox"/> 2-3 sports bras	
<input type="checkbox"/> 1 rain jacket	
Clothes—Lower Body	
<input type="checkbox"/> 1 rain pants/ bibs	
<input type="checkbox"/> 1-2 long underwear bottoms	Wool, silk or synthetic (polypropylene). Not Cotton.
<input type="checkbox"/> 2-3 bottoms (shorts or pants)	
<input type="checkbox"/> 1 long pants	Can be synthetic or cotton.
<input type="checkbox"/> 3 pairs warm socks	At least one pair should be wool or synthetic.
<input type="checkbox"/> 6-7 underwear	You can bring more or less.
<input type="checkbox"/> 1-2 bathing suits	That will stay on easily with lots of activity.
<input type="checkbox"/> 1 -2 pairs durable shoes	Something you can easily walk and run in; step onto a rocky shore in and get wet (can be old sneakers/ old running shoes, wet shoes with durable soles, or rubber boots. Preferably closed-toe).
<input type="checkbox"/> 1 flip flops / sandals	For showering with and to wear around camp.

Personal items	
<input type="checkbox"/> Pens / pencils and notebook	
<input type="checkbox"/> 1-2 waterbottles	
<input type="checkbox"/> 1 flashlight or headlamp and extra batteries	
<input type="checkbox"/> 1 wristwatch	Waterproof and with alarm function is ideal.
<input type="checkbox"/> 1 Bowl, cup and spoon	
<input type="checkbox"/> Medications	Bring your medications prescribed to you. We will provide a general first aid kit.
<input type="checkbox"/> Passport	If coming from outside the USA
<input type="checkbox"/> Feminine hygiene products	Bring a few extra ziplock bags.
<input type="checkbox"/> Toothbrush and toothpaste	
<input type="checkbox"/> Sunscreen and lip balm	
<input type="checkbox"/> Pack towel and/or sarong	
<input type="checkbox"/> 1 buff or bandana	
<input type="checkbox"/> 1 medium sized duffle or backpack	To pack all your gear in. Line it with 1-2 large plastic bags for waterproofing.
<input type="checkbox"/> 1 daypack or dry bag	To carry a few things with you during the day
Optional	
<input type="checkbox"/> Musical instrument	
<input type="checkbox"/> Camera	
<input type="checkbox"/> Book	
<input type="checkbox"/> Biodegradable soap	We will also provide soap, hand sanitizer.
<input type="checkbox"/> Hairbrush/ comb; extra hair ties	
<input type="checkbox"/> 1 small bottle of bug spray (non-aerosol)	
<input type="checkbox"/> Athletic tape	We will carry a small supply in the First Aid Kit, but please bring extra; good for protecting hands from blister developments.
<input type="checkbox"/> Rowing / sailing gloves	
<input type="checkbox"/> A knife	Single blade or a multi-tool. The Opinel No. 8 has been recommended. http://www.amazon.com/gp/aw/d/B002SCU004?pc_redir=1403292393&robot_redir=1