

ADVENTURES

in good company

ADVENTURES IN THE CARIBBEAN PACKING LIST

FOOTWEAR

- ❑ 1 pair of lightweight or midweight hiking **shoes/boots** (They should be well broken in and comfortable)
- ❑ 1 pair of river shoes, like Teva **sandals** with a heel strap
- ❑ 1 pair of comfortable **shoes** to wear around the park
- ❑ 2-3 pair hiking socks: (wool or synthetic equivalent: **Smartwool, Bridgedale, Darn Tough**)

EQUIPMENT/ESSENTIALS:

- ❑ Passport or proof of citizenship
- ❑ 1 **daypack** or fanny pack
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a **heavy-duty plastic bag** to line your pack.
- ❑ Small **headlamp** or flashlight
- ❑ One liter water **bottle**
- ❑ **Insect repellent**
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ **Quick drying pack towel (medium size)**
- ❑ 1-2 **bandannas**
- ❑ Reef-safe **sunscreen** and **lip protection**
- ❑ **Ear plugs** and **eye mask** (for a good night's sleep!)

CLOTHING

- ❑ 2 pairs of **shorts** (one should be quick-drying **nylon**)
- ❑ **2-3 T-shirts or sleeveless shirts**
- ❑ 1-2 lightweight, long-sleeved **shirts**. (Rash guards are great for snorkeling and kayaking.)
- ❑ 1 lightweight fleece **jacket** or wool **sweater**
- ❑ 1 **wide brimmed** or **baseball style hat** for protection from the sun/rain - with a string attached to keep the wind from blowing it away.
- ❑ 1 rain **jacket** and rain **pants**: coated nylon or a waterproof breathable fabric like Gore-tex
- ❑ **Underwear**/nightwear
- ❑ 1-2 **Bathing suits**
- ❑ 1-2 changes of comfortable clothes to wear to dinner (e.g. pants and/or skirt, with a couple of tops) try **Toad & Co** for sustainable options!

TOILETRIES (SMALL EVERYTHING)

- ☐ [Toothbrush](#) and [toothpaste](#)
- ☐ Dental [floss](#)
- ☐ Hand [sanitizer](#)
- ☐ [Shampoo](#) & conditioner
- ☐ Personal items (contact lens supplies, sanitary items, personal medications.) If you're taking a prescription drug, bring a copy of the prescription or its generic name.
- ☐ Personal [first aid/patch kit](#) - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen. If you are allergic to insect bites you must bring an Epipin + antihistamine. Consult your physician.

OPTIONAL

- ☐ Camera and film/memory card (extra batteries)
- ☐ Small foldable [sit pad](#)
- ☐ [Wristwatch](#)/travel alarm clock
- ☐ Compact [binoculars](#)
- ☐ [Journal](#) and pen
- ☐ Your favorite snack
- ☐ 1 pair of comfortable supplex/nylon lightweight [pants](#) if you prefer additional sun and/or insect protection
- ☐ [Gloves](#) for paddling
- ☐ Aloe gel
- ☐ Snorkeling gear (if you have your own snorkel mask, we recommend bringing it; otherwise the mask and fins will be provided by the outfitter)
- ☐ Powdered hydrating drink [mix](#)
- ☐ In addition to the normal packing list, please also remember to pack face masks (N95/[KN95](#) recommended), a COVID-19 rapid test, and a small bottle of [hand sanitizer](#)

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.

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.

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.

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, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

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.

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.

Disclaimer: This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!