

ADVENTURES

in good company

ADVENTURES IN THE CARIBBEAN PACKING LIST

FOOTWEAR

- ❑ 1 pair of lightweight **hiking boots** or shoes (waterproof)
- ❑ 1 pair of comfortable **athletic shoes** for sightseeing, walking & general use
- ❑ 1 pair of **river shoes**, like Teva/Chaco sandals with a heel strap
- ❑ **2-3** pair **hiking socks**: (wool or synthetic equivalent: Smartwool, Bridgedale, Darn Tough)

EQUIPMENT/ESSENTIALS:

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

CLOTHING

- ❑ **1-2** pairs comfortable, synthetic **long or 3/4 pants** for hiking (zip offs work well)
- ❑ **1-2** pair of **shorts** (lightweight and quick drying)
- ❑ 1 lightweight, **long-sleeved shirt** for sun/bug protection (Rash guards are great for snorkeling and kayaking.)
- ❑ **2-3** synthetic or lightweight merino **wool T-shirts or short-sleeved shirts**
- ❑ 1 lightweight **fleece jacket or sweater**
- ❑ **1 rain jacket and rain pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex
- ❑ **1 wide brimmed or baseball style cap/hat** for protection from the sun/rain
- ❑ **Underwear and nightwear**
- ❑ **1-2 swimsuits** or quick-dry shorts and a sports bra/t-shirt
- ❑ **1 swimsuit cover-up**
- ❑ **2-3** changes of **comfortable clothes** for casual wear (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)
- ❑ **Personal first aid/patch kit:**
Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.

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.

OPTIONAL

- ❑ **Camera** and film/memory card (extra batteries)
- ❑ **Cell phone, charger**
- ❑ **Wristwatch/travel alarm clock**
- ❑ **Book/Journal and pen**
- ❑ **Compact binoculars**
- ❑ **Lightweight umbrella**
- ❑ **Small headlamp or flashlight**
- ❑ **Gloves** for paddling
- ❑ **Snorkeling gear** (if you have your own snorkel mask, we recommend bringing it; otherwise the mask and fins will be provided by the outfitter)
- ❑ **Water socks** for fins/swimming
- ❑ **Drybag**
- ❑ **Aloe gel**
- ❑ **Extra snacks** (snacks will also be provided)

ADVENTURES IN GOOD COMPANY'S packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

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.

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'.

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.

DAYPACKS: Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity between 24 – 30 Liters (1450 and 1840 cubic inches) 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 your items.

PACK COVER: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover, be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built-in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty plastic bag to line your pack to protect the contents from rain – your pack, however, will get wet using this method.

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! It should all 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, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

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.

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.

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click [here](#) to view our recommendations!

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