

ADVENTURES

in good company

BAJA BEYOND – COASTAL CAMPING & EXPLORATION PACKING LIST

FOOTWEAR

- ❑ 1 pair sturdy sandals (Ex: [Tevas](#), [Chacos](#), [Keens](#))
- ❑ 1 pair [flip-flops](#) or comfortable sandals
- ❑ 1 pair sturdy walking [shoes](#) (athletic shoes with good soles, trail running shoes, or lightweight & flexible hiking shoes/boots)
- ❑ 2 - 3 lightweight synthetic socks ([Smartwool](#), [Darn Tough](#), running socks, etc.)

EQUIPMENT/ESSENTIALS:

- ❑ **Passport** (as well as a paper and digital copy)
- ❑ Hydration system with 2 liter capacity ([water bottle](#) or [reservoir](#))
- ❑ [Sunglasses](#) (100% UV protection) w/[retention strap](#)
- ❑ REEF SAFE [Sunscreen](#) and [lip protection](#)
- ❑ Small [headlamp](#) or flashlight
- ❑ 1 [daypack](#) (20-28 liter)
- ❑ [Insect repellent](#)-**Individuals allergic to insect stings must bring an EpiPen.**
- ❑ 1 garbage bag for wet clothes
- ❑ [Ear plugs](#) (for a good night's sleep!)
- ❑ 1-2 [bandanas](#)

CLOTHING

- ❑ 1-2 pair lightweight [pants](#) (synthetic material like nylon)
- ❑ 2-3 lightweight [long-sleeve shirts](#) with sun protection
- ❑ 1 lightweight **“waterproof”** raincoat with hood- 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
- ❑ 3-4 [T-shirts](#) (some [cotton](#) for hanging out at camp and some [synthetic](#)/moisture wicking for hiking)
- ❑ 1 [wide-brimmed hat](#), for rain, sun and high fashion!
- ❑ 1 lightweight [fleece jacket](#), fleece sweatshirt, or other warm layer
- ❑ 2-3 [swimsuits](#) (make sure they fit comfortably under a life jacket!)
- ❑ [Underwear](#)/nightwear
- ❑ 2-3 changes of casual comfortable clothes (Ex: sundresses, skirts, cotton articles of clothing, blouses etc.) 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

OPTIONAL

- ☐ Camera and film/memory card (extra batteries), waterproof camera bag
- ☐ Water resistant watch
- ☐ Compact binoculars
- ☐ Journal and pen , book to read
- ☐ Personal snorkeling gear (gear will be provided for you but if you have a set you like to use, feel free to bring it)

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: 2 liters 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 20-28 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 around La Isla Espiritu Santo, 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! 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.

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 the outside of your backpack. 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 bag fits 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: feet blister 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.

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