



**NOLS ALUMNI TRIP
SEA KAYAKING IN THE BAHAMAS
NOVEMBER 16 – 21, 2011
EQUIPMENT LIST**

Welcome to the Bahamas Kayak Trip. Please take time to review this equipment list thoroughly. Most everything you need for your trip is listed. We recommend that you use this list to help you pack. Following the equipment list, we have attached item descriptions for every item listed. Please read the item descriptions carefully before making decisions about what equipment you bring with you.

GROUP EQUIPMENT

All items listed in this section are provided by NOLS and are shared among all expedition members. Group equipment is included as part of the trip cost.

| | |
|-------------------------|-----------------------|
| Tents and Shelters | Maps and Compass |
| Emergency Communication | Reference Books |
| Water Bladders | Equipment Repair Kits |
| Cooking Gear | First Aid Kits |
| Camping Gear | Food |

PERSONAL GEAR PROVIDED FOR YOU

| | |
|--|---|
| Kayak (singles and double kayaks; we will rotate according to preference and need) | Dry bags - these close tightly shut and provide good water resistant protection |
| Spray skirt | PFD (life vest) |
| Paddle jacket | Snorkel gear (mask, snorkel and fins) |
| Paddle, bilge pump, paddle float, sponge | <i>If you have a mask and snorkel please bring</i> |

PERSONAL GEAR:

Minimizing weight and bulk is an important priority. Whenever possible, choose equipment that fills multiple needs and enables another item to be left behind.

November temperatures in the Bahamas can range from the high 80's in the daytime to the low 60's at night, with a chance of rain. Sea temperature is in the high 70's and we hope the wind (our greatest weather factor) will be calm. Feel free to contact Willy Cunningham with any questions or clarifications you may have or need regarding this list: willy_cunningham@nols.edu or (307) 335-2274.

Important note: there is an * next to those items that you should pack in your carry-on. Delayed luggage is sometimes a problem and the items with an * are most essential – the other items could be shared, done without, or provided by our outfitter.

FOOTWEAR*

For safety reasons camp shoes must fit securely – no flip-flops please. At camp we will sometimes walk on sharp limestone rock, so your camp shoes must have a rugged sole.

- ___ **Camp Shoes:** Tevas, Chacos, or a second pair of tennis shoes work well.
- ___ **Wet Shoes:** tennis shoes or wetsuit booties for in the kayak; (thin "water socks" don't work well)
- ___ **Socks:** 2 pairs, to wear with wet shoes.
- ___ **Wool Socks:** 1 pair for warmth/bug protection.

CLOTHING

UPPER BODY GARMENTS:

- ___ ***T-shirt:** 1, for sleeping and wearing around camp.
- ___ ***Long sleeve shirts:** 2, polyester or nylon, one for paddling, one to keep dry and wear as an insulating layer on land. Long sleeves provide great sun protection. Wicking polyester shirts insulate fairly well even when wet.
- ___ **Middle Layer:** A lightweight fleece shirt or light sweater for insulation of upper body (may not be needed but good to have).
- ___ ***Rain jacket:** Gore-Tex® is fine. Rain pants are optional.
- ___ ***Umbrella:** A nice option. Packed in carry on in case you walk off the plane in the rain. **Optional.**
- ___ **Wind jacket:** (rain jacket could double here)

LOWER BODY GARMENTS:

- ___ ***Hiking/camp shorts:** 1 pair.
- ___ ***Pants or light nylon wind pants:** 1 pair. Nylon convertible pants that become shorts are nice.
- ___ **Lightweight Long-underwear Bottoms:** for those colder individuals. **Optional.**
- ___ **Pareau or sarong:** A large piece of cotton fabric that can be wrapped as a skirt to stay cool while at the same time screening the sun. **Optional,** but good for both women and men.

STORAGE BAGS, & SLEEPING GEAR

- ___ **Sleeping bag:** Synthetic with stuff sack, rating: 30°. Compressible mummy bags are best; large bags do not fit well in the hatches. A down bag is ok if you are positive you can keep it dry.
- ___ **Sleeping pad:** Ensolite or Therm-a-Rest. Please note that the thicker more luxurious models of Therm-a-Rest pads do not fit well in the boat; bring a thin, light one.

- ___ **Ground tarp:** 84" X 40" for sleeping outside the tent (bugs allowing). **Optional.**
- ___ **Pillowcase:** You can stuff clothing in to make a pillow. **Optional.**
- ___ **Chair kit:** to convert a Therm-a-Rest into a seat. **Optional.**
- ___ **Small foam pad:** Great for sitting/kneeling– think garden kneeling pad. **Optional.**
- ___ **Stuff sacks:** small nylon "cinch bags" can be helpful to organize gear and fit into small spaces; put a small garbage bag **inside** the stuff sack and you have fairly waterproofed it! **Optional.**
- ___ ***Plastic Trash bags:** 3-4 compactor bags provide extra waterproofing options.

MISCELLANEOUS PERSONAL GEAR

- ___ **Small towel**
- ___ ***Bathing suit**
- ___ **Underwear:** 1 change of cotton underwear should be sufficient for wearing in camp. Most women prefer sport bras.
- ___ ***Sun hat** with enough brim to keep the sun off your face *and ears* .
- ___ ***Sunglasses (with strap** to hold them on) maybe 2 pairs, for back up or land use when sea-sunglasses get salty and un-clear.
- ___ ***Lip Balm:** Stick, cream or tube type moisturizing balm with SPF 15 or higher.
- ___ ***Sunscreen:** 3 to 6 ounce tube with a SPF 15 or greater.
- ___ **Insect repellent**
- ___ ***Prescription Glasses and Contact Lenses:** If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup.
- ___ ***Personal toilet kit:** toothpaste/ brush, floss, comb, hand moisturizer, ear plugs, glasses/contacts care stuff, nail clippers, etc. Baby powder helps remove wet sand.
- ___ ***Personal medicines:** Please bring these in a secure waterproof container. If they are essential meds (e.g. an inhaler) bring a spare (2nd) set of doses to be carried separate from your gear and kayak.
- ___ ***Bathroom kit:** toilet paper or baby wipes, a Ziploc bag and an opaque outer carrying bag such as a nylon stuff sack, and hand sanitizer. We will be packing all such material out with us. Regarding feminine hygiene products: if needed, also bring a Ziploc bag with baking soda or crushed aspirin to carry these items out.
- ___ **Bandanas:** 1 or 2, for various purposes.
- ___ **Cup, bowl and spoon:** Tupperware bowls w/lids are recommended.
- ___ *** Head Lamp (or flashlight):** Should be durable and lightweight. Headlamps are preferred. Bring an extra set of batteries and an extra bulb. Flashlight attachment headbands are useful and recommended if you bring a flashlight.
- ___ **Pocketknife:** One small knife is sufficient; simple Swiss Army knives are best.
- ___ **Notebook and Pens/Pencils:** A small, lightweight pad is fine.
- ___ **Water bottles:** 2 one-quart bottles for water in the kayak with a small clip on them to secure them; or a hydration bladders.

- ___ **≈ 1lb. of trail mix** with your favorite munchies (amount depends on personal preference).
- ___ ***Passport:** Essential! No visas needed.
- ___ ***Money:** for cab, lodging and food.
- ___ **Clean clothes and shower items:** for the return trip.

OPTIONAL MISCELLANEOUS GEAR

- ___ **Small book**
- ___ **Camera and film:** Lightweight, compact cameras are sufficient; bring a protective case. Disposable waterproof cameras are available and cheap; some even go under water.
- ___ **Binoculars:** for viewing bird life – although, as with the camera, you can never ensure that it will stay dry (there will be a pair in group gear).
- ___ **Gloves for paddling:** some like them; many do not use them.
- ___ **Mosquito head net**

Note regarding STORAGE:

Valuables including watches, airline tickets, books, food and wallets will be placed in locked storage during the course. Leave all jewelry at home.