



**NOLS ALUMNI TRIP
GRENADINE ISLANDS SAILING
MARCH 2012
EQUIPMENT LIST**

Welcome to the Grenadine Islands Sailing 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.

Sailboat and accessories	Charts and Compass
Emergency Communication	Cruising Guides & Books
Sailing Harness	Equipment Repair Kits
Cooking Gear	First Aid Kits
Marine Radio	Food

PERSONAL GEAR PROVIDED FOR YOU

PFD (life vest)	Water resistant duffel – these are not dry bags, but help prevent wet gear
Snorkel gear (mask, snorkel and fins)	<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.

FOOTWEAR

For safety reasons camp shoes must fit securely – no flip-flops please. At camp we will be walking at times on sharp limestone rock and so your camp shoes must have a thick, rugged sole.

___ **Sandals:** Tevas, Chacos, or flip flops.

___ **Wet Shoes:** deckshoes, or tennis shoes for going ashore.

___ **Socks:** 2-3 pairs

UPPER BODY GARMENTS

- ___ **T-shirts or blouses:** 2-4
- ___ **Lightweight shirt:** long-sleeved (nylon or cotton), is good for sun and bug protection.
- ___ **Midweight layer:** fleece or sweater, for chilly evenings.
- ___ **Rain jacket:** Gore-Tex® is fine. Rain pants are optional.
OR
- ___ **Wind jacket:** (rain jacket could double here)

LOWER BODY GARMENTS

- ___ **Shorts:** 1-2 pairs.
- ___ **Long Pants:** 2-3 pairs.
- ___ **Skirt:** 1-2.
- ___ **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.

SLEEPING AND STORAGE BAGS

- ___ **Lightweight sleeping bag:** and stuff bag, for sleeping on deck.
- ___ **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**.
- ___ **Nylon Clothing Duffel:** 12X24 in is a good size

MISCELLANEOUS PERSONAL GEAR

- ___ **Small towel**
- ___ **Bathing suit**
- ___ **Underwear:** 4
- ___ **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 greater.
- ___ **Sunscreen:** 3 to 6 ounce tube with a SPF 15 or greater. No spray bottles.
- ___ **Rash Guard:** For sun protection.
- ___ **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:** biodegradable shampoo/conditioner, 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 (or for instance an inhaler) bring a spare (2nd) set of doses to be carried separate from your gear and kayak.

- ___ **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.
- ___ **Notebook and Pens/Pencils:** A small, lightweight pad is fine.
- ___ **Water bottles:** 2 one-quart bottles.
- ___ **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:** 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).
- ___ **Lightweight clothing:** for sleeping.
- ___ **Dive mask and snorkel:** personal fit is best