## **Tropical Packing List:**

We recommend you pack very light. Pack in a small, squashy duffle-type bag, NOT hard suitcases / rolly bags as there is no room to store them on board. Your storage space will be in a box next to your bunk, dimensions – 18" (50cm) x 16" (40cm) x 10" (26cm). On Tropical Trips, it is generally hot - water temperature from the high 70s to mid 80s, and air temperatures in the low 70s at night, getting up into the 90s during the day.

## What to Bring:

- Closed-Toe Deck Shoes (no flip flops on deck)
- Sandals
- Hat (Sun Protection)
- Sunglasses
- Sunscreen (We recommend mineral based formulations: non-nano zinc oxide & titanium dioxide)
- Personal Medication
- Towel
- Headlamp (ideally with both red & white lights)
- Watch (To keep time on deck without getting your phone wet/damaged)
- Toiletries (toothpaste, lotions, contact lenses & solution, etc.)
- Reusable Water Bottle (minimum 16oz, 24-32oz better)
- A good book or two to read (we have a library on board as well)
- Underwear (as much as you need)
- Warm mid-layer top (fleece/down) x1
- Pants (we like quick-dry hiking pants, jeans dry too slowly) x1-2
- T-shirts x3-4
- Long Sleeved Shirt (sun protection, warmth) x1-2
- Shorts x2-4
- Swimwear x2-3

## What We Provide:

- Pillow, Pillowcase, sheets, blanket
- Foul Weather Gear (Grundens)
- Full First Aid Kit
- Individual PFD (Personal Flotation Device) with integrated harness & tether
- Mask, Fins, Snorkel