



# Packing List

These checklists are provided for information purposes only, and **they do not include your personal items and civilian clothes.**

Important notes:

1. Bags and equipment will be transported on a support boat.
2. We do recommend that you bring on the rowing boat a small dry bag with the essentials (e.g. a spare kit, your camera).
3. Weather and rowing conditions can vary. Pack smart.
4. Wet launching on all tours from beaches and ramps.

## Gulf Islands Getaway and Gulf Islands Expedition

Your bag should be:

- 1kg (50 lbs.) or less
- One piece + tent and sleeping bag
- Labeled with your full name
- Ideally a duffel bag, weatherproof; wheels, if any, should be sturdy enough to handle grass or gravel  
Please do NOT use a trash bag

### **CAMPING GEAR**

- 1 tent (pop up or other light/foldable type of tent)
- 1 sleeping pad
- 1 sleeping bag (Minimum 3 season)
- 1 head lamp (with full batteries)

### **ROWING KIT**

- 1 rain jacket
- 4 rowing t-shirts (long and short sleeves)
- 4 unisuits
- 1 hat or visor
- 4 pairs of socks (wool recommended)
- 1 woolen hat
- 2 long tights
- 1 water bottle
- 1 pair of sunglasses
- sunscreen
- 1 pair of running shoes
- 1 dry bag (10 or 15L) – recommended
- 1 pair of neoprene shoes
- your personal “rowing stuff” (e.g. rowing gloves, seat pad)
- 1 rowing jacket (sleeveless)

### **PERSONAL ITEMS AND CLOTHES**

Note: It will be cold during the night

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