



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 Ultimate Tour

Your bag should be:

- 23kg (50 lbs.) or less
- One piece + carry on
- Labeled with your full name
- Weatherproof; wheels, if any, should be sturdy enough to handle grass or gravel

Note: You will have access to washers and dryers during the trip.

ROWING KIT

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| <input type="checkbox"/> 1 rain jacket | <input type="checkbox"/> 1 rowing jacket (sleeveless) |
| <input type="checkbox"/> 4 unisuits | <input type="checkbox"/> 5 rowing t-shirts (2 long and 3 short sleeves) |
| <input type="checkbox"/> 4 pairs of socks (wool recommended) | <input type="checkbox"/> 2 hats or visors |
| <input type="checkbox"/> 2 long tights | <input type="checkbox"/> 1 water bottle |
| <input type="checkbox"/> 1 pair of sunglasses | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> 1 pair of running shoes | <input type="checkbox"/> 1 dry bag (10 or 15L) – recommended |
| <input type="checkbox"/> 1 pair of neoprene shoes | <input type="checkbox"/> your personal “rowing stuff” (e.g. rowing gloves, seat pad) |

PERSONAL ITEMS AND CLOTHES

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