

Packing Checklist

Haida Gwaii Sailing Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Cue up Joni Mitchell here: *"You walked into the party like you were walking onto a yacht..."*

Required Items

- Tall rubber boots (above mid calf)
- Rain jacket with hood (waterproof)
- Rain pants (waterproof)
- Towel for swimming and showering
- Shoes - soft-soled and non-marking for wearing on deck
- Long underwear/base layers
- Mid layer clothing (fleece or merino wool)
- Warm sweater or fleece
- Socks - at least 2 pairs (merino wool advised)
- Long-sleeved shirts

- T-shirts (quick-dry recommended)
- bras, underwear as desired
- Warm pajamas
- Pants and shorts (quick-dry recommended)
- Warm hat
- Gloves or mittens
- Sandals or water shoes for hot springs
- Swimsuit
- Sunglasses
- Personal toiletries (shampoo and conditioner are provided)
- Sunblock including lip balm
- Sun hat
- Personal medication (clearly labeled and in duplicate—pack separately)
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Re-fillable water bottle
- Alcohol-based sanitizer and face masks (at least 3)
- DIY RAT antigen test kits

Optional Items

- Reading material
- Camera and memory cards
- Extra camera battery

- Sketchbook, journal, pencils
- North American/west coast bird guide
- Binoculars or spotting scope
- Small backpack for shore excursions
- Small flashlight or headlamp
- Trekking poles for additional stability
- Bug spray
- Seasickness remedies
- Spare sunglasses/eyeglasses/contact lenses

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

- ***We cannot accommodate suitcases onboard and ask that you pack in soft-sided, compressible bags that can be easily stowed. Wheeled duffels are okay.***
- Full bedding will be provided for all guests which includes a pillow with pillowcase, fitted sheet, and cozy comforter
- Please check to ensure that your rain gear is completely waterproof (not just water resistant) and strong enough to stand up to wear. This is essential to remain comfortable in windy and wet conditions.
- Plan to dress in layers to accommodate changes in weather. A good, light thermal layer can go a long way in providing comfort.
- We have an extensive natural history library onboard, with a variety of field guides, available to our guests for use during the trip.
- Although we seldom travel in rough waters, and we anchor each night in a protected bay, if you are concerned about seasickness your doctor can recommend medications designed to prevent motion sickness.
- If you are travelling from outside of Canada and you are not a US citizen or carry a Canadian passport / visa, you require an Electronic Travel Authorization (eTA) to enter Canada.
- Please bring at least 3 cloth face coverings or enough disposable masks for the duration of your trip.

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your swimsuit and binoculars). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22 kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend a compressible medium duffle bag - with wheels is ok - or backpack of 30-50L (your checked bag) and a medium daypack of 20L (your carry-on bag) for this adventure.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price.
- **Reduce, Reuse, Recycle, Rewear!**