

## Great Bear Rainforest Sailing Adventure Packing Checklist

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

## **\*\*Fabric Note:**

- Plan to dress in layers to accommodate changes in weather: quick-dry base layer (i.e. merino, polypropylene) + thermal layer (i.e. fleece, wool, down) + outer waterproof/windproof layer (i.e. Gore-tex).
- 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.
- Remember cotton takes a very long time to dry.

**Laundry note:** There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels in Terrace will have laundry service.

\*\*Travel tip: Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

#Hot tip: Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

Most Important Items	
<ul> <li>Softsided, compressible bags that can be easily stowed. Wheeled duffels okay.</li> <li>Tall rubber boots (above mid calf)</li> <li>Rain jacket with hood (waterproof)</li> <li>Rain pants (waterproof)</li> <li>Shoes - soft-soled and non-marking for wearing on deck</li> </ul>	are
Recommended Items	
<ul> <li>□ Long underwear/base layers</li> <li>□ Mid layer clothing (fleece or merino wool)</li> <li>□ Warm sweater or fleece</li> <li>□ Socks - at least 2 pairs (merino wool advised)</li> <li>□ Long-sleeved shirts</li> <li>□ T-shirts (quick-dry recommended)</li> <li>□ Bras, underwear as desired</li> <li>□ Warm pajamas</li> <li>□ Pants and shorts (quick-dry recommended)</li> <li>□ Warm hat</li> <li>□ Gloves or mittens</li> <li>□ Buff/Neck Gaiter</li> <li>□ Sandals or water shoes</li> <li>□ Swimsuit</li> <li>□ Travel Towel for swimming and showering</li> <li>□ Sunglasses with strap</li> <li>□ Personal toiletries (shampoo and conditioner are provided)</li> <li>□ Sunblock including lip balm</li> </ul>	
<ul><li>☐ Sun hat</li><li>☐ Personal medication (clearly labeled and in duplicate—pack separately)</li></ul>	

<ul> <li>Personal First Aid Kit</li> <li>Suggested: Ibuprofen/Tylenol, Band-aids, adhesive tape, antihistamines anti-nausea tablets or seasickness remedies, Polysporin, Imodium, throat lozenges, blister kit (2nd Skin, Compeeds or moleskin)</li> <li>Re-fillable water bottle</li> <li>Small flashlight or headlamp</li> <li>Binoculars</li> <li>Small backpack for shore excursions</li> </ul>
Optional Items
<ul> <li>□ Reading material</li> <li>□ Smartphone with charger</li> <li>□ Sketchbook, journal, pencils</li> <li>□ North American/west coast bird guide</li> <li>□ Bug spray</li> <li>□ Seasickness remedies</li> <li>□ Spare sunglasses/eyeglasses/contact lenses</li> <li>□ Alcohol-based sanitizer and face masks</li> </ul>
Essential Documents
<ul> <li>Passport: stored in a waterproof wallet/Ziploc bag</li> <li>Copies of your passport, medical insurance, air tickets (pack separate from the originals)</li> <li>Money: cash in local currency, credit/debit cards with pin number for cash withdrawals</li> <li>Air tickets and itinerary</li> </ul>

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!