



WILD WOMEN

EXPEDITIONS

Haida Gwaii 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 Notes:**

- 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 on the sailboat. If you're extending your stay locally, accommodations in Sandspit may have laundry facilities.

✈️ **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 (layered outfit, walking shoes) 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

- Soft-sided, compressible bags that can be easily stowed. Wheeled duffels are okay.
- Tall rubber boots (above mid calf)
- Rain jacket with hood (waterproof)
- Rain pants (waterproof)
- Shoes - soft-soled and non-marking for wearing on deck - these can be your travel/walking footwear

Recommended Items

- Long underwear/base layers
- Mid layer clothing (fleece or merino wool)
- Warm sweater or fleece
- Socks - at least 2-3 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 (beanie)
- Gloves or mittens
- Sandals or water shoes for hot springs
- Swimsuit
- Travel Towel for swimming and showering
- Sunglasses with optional strap
- Sunblock including lip balm with SPF
- Sun hat
- Personal toiletries (shampoo and conditioner are provided)
- Personal medication (clearly labeled and in duplicate—pack separately)

- Personal First Aid Kit
 - 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)
- Re-fillable water bottle
- Small backpack for shore excursions
- Small flashlight or headlamp
- Binoculars
- Smartphone with charger

Optional Items

- Reading material
- Sketchbook, journal, pencils
- North American/west coast bird guide
- Trekking poles for additional stability
- Bug spray
- Seasickness remedies
- Spare sunglasses/eyeglasses/contact lenses
- Alcohol-based sanitizer and face masks

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

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!