

Sleeping	
<input type="checkbox"/> Sleeping bag in a stuff sack	Line the stuff sack first with a plastic bag for waterproofing and then stuff the sleeping bag inside, or stuff sleeping bag into a dry bag.
<input type="checkbox"/> Sleeping pad	
Clothes—Upper Body	
<input type="checkbox"/> 1 warm hat	Wool, fleece, or synthetic. Not cotton.
<input type="checkbox"/> 1 sun hat with visor	Best if you can attach a string or cord to it so it doesn't fly away.
<input type="checkbox"/> 1 pair sunglasses + Croakies, or string attached.	Polarized is best. Attach a string, cord, or Croakies to them, so they don't go overboard. We have extra string if you want to wait until you join the program.
<input type="checkbox"/> Eyeglasses, if you wear them	Bring glasses, even if you wear contacts, as back up.
<input type="checkbox"/> 1-2 mid-weight upper layers	Wool, fleece, or synthetic warm sweaters or puffy jackets. Not cotton.
<input type="checkbox"/> 2 T-shirts	At least 1 can be cotton.
<input type="checkbox"/> 1-2 long sleeve shirts	Can be cotton, lightweight. Essential for sun protection.
<input type="checkbox"/> 1-2 long underwear top/ thermal base layer	Wool, silk or synthetic
<input type="checkbox"/> 2 sports bras	Can be used for swimming in, too, if desired.
<input type="checkbox"/> 1 rain jacket	
Clothes—Lower Body	
<input type="checkbox"/> 1 rain pants/ bibs/overalls	
<input type="checkbox"/> 1-2 long underwear bottoms	Wool, silk or synthetic. Not Cotton. For staying warm on cold, wet days/nights.
<input type="checkbox"/> 1-2 bottoms (shorts and/or pants)	For rowing and sailing in, island walking, daily use.
<input type="checkbox"/> 1 long pants	Can be synthetic or cotton. Great for after boating activities on the island in the afternoons/evenings.
<input type="checkbox"/> 1-2 pairs warms socks	At least one pair should be wool or synthetic.
<input type="checkbox"/> 2-7 pairs underwear	Underwear packs pretty small, so it's OK to bring a pair for each day, too.
<input type="checkbox"/> 1-2 bathing suits	That will stay on easily with lots of activity. The shorts + sports bra combo is also an option.
<input type="checkbox"/> 1 pair durable closed toe shoes for getting wet	Something to step onto a rocky shore in and get wet (can be old sneakers, neoprene booties, or rubber boots. Preferably closed-toe).
<input type="checkbox"/> 1 pair camp shoes	For wearing around camp on shore, or taking showers. Can be sandals, flip flops, crocks, chacos, sneakers, etc.

Personal items	
<input type="checkbox"/> Pens / pencils and notebook	
<input type="checkbox"/> 1 water-bottle	1 liter water bottles are easiest to carry around.
<input type="checkbox"/> Optional: flashlight or headlamp and extra batteries	
<input type="checkbox"/> 1 wristwatch	Waterproof and with alarm function is ideal.
<input type="checkbox"/> Optional: Phone + cord	
<input type="checkbox"/> Personal prescription Medications	
<input type="checkbox"/> Menstrual products	Bring a few extra ziplock bags for containing trash, and for waterproofing products.
<input type="checkbox"/> Toothbrush and toothpaste	
<input type="checkbox"/> Sunscreen and lip screen	
<input type="checkbox"/> towel and/or sarong	Something to dry off in, and it's nice if towel/sarong is big enough to also use as a changing screen.
<input type="checkbox"/> Optional: 1-2 buff or bandana	Generally useful item for sun protection, and keeping hair back.
<input type="checkbox"/> Passport (including visas if necessary)	
<input type="checkbox"/> Outlet plug adaptor for the US	
<input type="checkbox"/> Shampoo/Soap	
Optional	
<input type="checkbox"/> Musical instrument	
<input type="checkbox"/> Camera/phone and charging cables	
<input type="checkbox"/> Book	
<input type="checkbox"/> Regular clothes for traveling/evening	Fancy clothes are not required for any portion of this event.
<input type="checkbox"/> Hairbrush/ comb; extra hair ties	
<input type="checkbox"/> 1 small bottle of bug spray (non-aerosol)	
<input type="checkbox"/> Rowing / sailing gloves	Can help with blister prevention.
<input type="checkbox"/> A knife	Single blade or a multi-tool. Here is a recommendation: https://www.amazon.com/Opinel-Carbon-Blade-Folding-Knife/dp/B002SCU004/ref=redir_mobile_desktop?_encoding=UTF8&pc_redir=1403292393&robot_r%20edir=1
<input type="checkbox"/> 1 empty pillow case or a pillow	You can stuff your warm layers inside at night to make a pillow, or you can bring a pillow
<input type="checkbox"/> Small day bag to carry some things with you in the boat	You can keep your things in the high school (in a locker, or in the classroom, or valuables in a safe at school).
<input type="checkbox"/> A lock (with key or combination)	For a locker to use at the high school. This is a narrow metal cabinet for individual use. Good for shoes/hanging jackets.

How to Pack, and Use Gear:

On your body, if sunny:

- Sun hat
- Sun glasses
- Buff/bandana (optional)
- Tee shirt
- Long sleeve shirt (sun protection/or warmer layer)
- Shorts/pants
- Wet shoes/sandals
- Carry water bottle or put into day pack.
- Carry day bag (can be small dry bag, small backpack, or closeable tote bag lined with plastic bag for waterproofing)

On your body, if cold/rainy:

- warm hat or sun hat with visor (to keep rain out of face)
- long underwear top and bottom
- possibly another warm layer (sweater or puffy vest or puffy jacket)
- rain jacket and rain pants or rain overalls (bibs)
- sandals, wet shoes, or rain boots (with socks).

To carry with you, in the boat, around camp in a day bag:

Note: This may change each day depending on the weather, and activity.

- Sunscreen
- Lip screen
- Warm layer
- Knife (optional)
- Camera in case (optional)
- Snack (we'll provide snacks each day)
- Bandana (optional)
- Water bottle (or carry)

To keep at the school:

- Sleeping bag and pad will stay set up inside classroom.
- Swim suit and towel can be hung up in a nearby classroom, or in your classroom where you sleep. We don't want to linger in wet clothes after swimming for hygienic reasons. Just use them to get in the ocean with, and then change into dry clothes immediately afterwards.
- 1 medium sized duffle, backpack, or dry bag to keep most of your belongings in— for transport to Belfast, and to keep in your classroom.
- There will be a safe in a locked room for valuables: passports, computers, wallets, etc.**
- Crew members can have their own locker near the classroom to keep personal items (rain jacket, etc) in. Bring a lock and key, or combination lock.**