

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 mid-weight upper layer	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 long underwear top/ thermal base layer	Wool, silk or synthetic. Good for rainy or cold days.
<input type="checkbox"/> 1-2 sports bras	Can be used for swimming in, too, if desired.
<input type="checkbox"/> 1 rain jacket	REQUIRED
Clothes—Lower Body	
<input type="checkbox"/> 1 rain pants/ bibs/overalls	Strongly Recommended
<input type="checkbox"/> 1 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 or jeans. Great for after boating activities in the afternoons/evenings.
<input type="checkbox"/> 1-2 pairs warm 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 week's worth, 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 sneakers/running shoes, neoprene booties, or rubber boots. Preferably closed-toe).
<input type="checkbox"/> 1 pair camp shoes	For wearing around camp on shore, or taking showers in public showers at the school in Denmark. Can be open-toed: sandals, flip flops, crocks, chacos, 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"/> 1 flashlight or headlamp and extra batteries	
<input type="checkbox"/> 1 wristwatch	REQUIRED. Waterproof and with alarm function is ideal.
<input type="checkbox"/> Bowl, mug, spoon	This is for training in France. Your mug can be a small thermos, too.
<input type="checkbox"/> Personal prescription Medications	
<input type="checkbox"/> Menstrual products	Bring a few extra ziplock bags for containing trash, and for waterproofing products in your day bag.
<input type="checkbox"/> Toothbrush, toothpaste, and floss	
<input type="checkbox"/> Sunscreen and Lip balm with SPF	
<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"/> 1 buff or bandana	Generally useful item for sun protection, and keeping hair back.
<input type="checkbox"/> Your passport	Required for travel. Make sure there is no risk of expiration during the trip. Leave a photocopy of it and photo of it at home. Take a copy with you, too.
Optional	
<input type="checkbox"/> Musical instrument	Ensure it is protected in a hard case. Do not check your instrument. This is carry on item.
<input type="checkbox"/> Camera/phone and charging cables	Carry-on item
<input type="checkbox"/> Book	Optional.
<input type="checkbox"/> Regular clothes for evening, whenever we're not on the boats	Fancy clothes are not required for any portion of this event. You are welcome to bring a set of "nicer" clothes/dress/skirt, button down shirt, etc, too
<input type="checkbox"/> Hairbrush/ comb; extra hair ties	
<input type="checkbox"/> 1 small bottle of bug spray (non-aerosol)	Optional. The bugs are not bad in France/ Denmark compared to Maine.
<input type="checkbox"/> Rowing / sailing gloves	Optional. Can help with blister prevention.
<input type="checkbox"/> Eye mask for sleeping /ear plugs	Optional. Can help with sleeping in group settings.
<input type="checkbox"/> 1 empty pillow case or a pillow	Optional. You can stuff your warm layers inside at night to make a pillow, or you can bring a small camp pillow. Can be nice on the plane, too.
<input type="checkbox"/> Small day bag to carry some things with you in the boat, or walking between places.	
<input type="checkbox"/> Personal Shampoo/Soap	
<input type="checkbox"/> Lifejacket	Can be inflatable with a cartridge, or Type III foam vest-type. AC USA has extras if you do not have one. Please let us know: arista@atlanticchallengeusa.org

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
- Camera in case (optional)
- Snack (we'll provide snacks each day)
- Bandana (optional)
- Water bottle (or carry)

Packing for France and Denmark:

- One checked luggage, one carry on, and one optional small hand bag to stow under your seat.
- We will be bringing AC lifejackets or if you have your own lifejacket, then please bring it! If your inflatable lifejacket contains a CO₂ cartridge, please pack it in your carry-on luggage..
- We will be bringing additional group gear to check: jackstay, navigation and knot tying equipment, first aid kits, and knives for rope work. You do not need to bring a knife. They are not allowed to be carried in Danish cities outside of the Contest site.

In your carry-on (to fit in the overhead container and/or below the seat in front of you by your feet):

- Passport, wallet, phone, phone charger, headphones/earbuds
- Notebook, book, pen, warmer layer, simple change of clothes - underwear, Tshirt, etc, medications, glasses, toothbrush/toothpaste, face lotion, water bottle/thermos, wristwatch, a couple personal snacks - protein bars, etc.

In your checked luggage (you will pick this up in Nantes upon arrival):

- Clothes, lifejacket, rain jacket, extra footwear, sleeping bag and pad.
- We will check additional lifejackets in our group gear for the folks who are meeting us in Europe separately from the crew traveling from Boston on June 21st.

**More Helpful Packing
Tips:**

	<p>Label Your Gear:</p> <ul style="list-style-type: none">• sleeping pads• sleeping bags• rain gear• water bottles• chargers• life jackets• Your bags	<p>Keep Accessible During Travel Days:</p> <ul style="list-style-type: none">• Passport• Wallet/cards• Phone + charger• Water bottle• Snacks• Medications• One change of clothes• Rain layer	<p>Participants should expect to re-wear clothes and pack efficiently rather than bringing excessive luggage. Laundry opportunities may be limited.</p>
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