**ADVENTURE PACKING GUIDELINES**

* Don’t overpack! Living on a boat means limited space. Trust us, you don’t need much!
* Leave any items you consider precious at home. Sail Caribbean is not responsible for your belongings.
* Label everything with your full name.
* Don’t bring any luggage with a rigid frame, hard bottom, or wheels – they are extremely difficult to store on a boat. Max size of soft duffel should be 36 inches (90 cm) in length. Bring a small to medium size backpack or beach bag as your carry-on.
* Don’t bring any devices that require plug-in power source. You will have limited opportunities to charge phones, music devices, and cameras on shore.
* Don’t bring music, clothing, or personal belongings that others might consider offensive. Items with inappropriate content (sexual, violent, drug-related) are not permitted on the boats.

**IMPORTANT**

* Bring a carry-on bag (backpack or beach bag) containing: medication, toothbrush, a bathing suit, and enough clothing for 2-3 days just in case your luggage does not arrive with you.

**ESSENTIALS FOR TRAVEL AND SAIL CARIBBEAN SPECIFIC ITEMS**

* Airline ticket(s) and/or electronic ticket information or printout.
* Passport - A passport is required for travel to all programs. Check the date of expiration – must be longer than 6 months from the time of your trip!
* Visa (if required) If you are not a U.S. citizen a visa may be required. Check the [BVI Entry Requirements.](http://www.bvitourism.com/visas)
* Keep the above items in a Ziploc/waterproof bag to go through Customs and Immigration.
* Spending money – we recommend $100-$125 for the week *in cash*. (credit card/debit card connections are not reliable after the hurricanes).

**WHAT TO BRING**

* Please check current airline packing & checking regulations.
* Bring only enough clothes for your 8-day trip. Laundry will not be done during your visit.
* 2 towels. At least 1 micro-fiber towel is recommended as they dry very quickly.
* 1 pair of sneakers or all-terrain sandals (Chacos, Tevas, etc.) for easy-to-moderate hiking.
* 2-3 bathing suits – you will be living in these!
* Lightweight rain jacket.
* Lightweight sweater for cooler nights.
* 5 T-shirts
* 2-3 pairs of shorts or lightweight pants
* Polarized Sunglasses
* Hat or visor (with a leash & clip so it doesn’t blow away!)
* Sun protection long sleeve shirt or rash guard.
* Undergarments for the trip duration.
* Small mesh bag for toiletries is recommended so that they can dry out.
* Shower Supplies: shampoo, conditioner, shaving tools\*\*
* *Antibacterial* Body Wash/Soap\*\*
* Loofah or scrub brush (THIS IS A MUST as it prevents infections and clears blocked pores from salt/sweat/sunscreen buildup).
* Antiperspirant/deodorant\*\*
* Gold Bond medicated powder (prevents rashes).
* Toothbrush & toothpaste\*\*
* Moisturizer or aloe gel\*\*
* Sunstick/Lip balm with SPF 30 or higher (for lips, nose & ears).
* Waterproof sunscreen with SPF 30 or higher is *required*\*\* No SPRAY sunscreen or Suntan Oil is allowed.
* Swimmer’s Ear Drops (if you are prone to swimmer’s ear).

*\*\*Please check labels for environmentally safe products and recycled packaging.\*\**

**GEAR**

* Snorkel Gear (mask, snorkel, fins & a collapsible mesh bag to carry them) is optional, yet highly recommended. If you do not have these items, Sail Caribbean can provide you with them upon arrival.
* Sleeping bag – sheets & pillows are provided, but most sleep on deck under the stars! Check as separate item of luggage if necessary.
* Packable hammock - like the Eno hammocks, we will teach you the knots to string them up on the deck for sleeping/relaxing!
* Flashlight or head-lamp with extra batteries & your name permanently written on it – preferably waterproof. If you have one with red light, it’s preferred for evening/night.

**OPTIONAL**

* Camera – very highly recommended, waterproof preferred with extra memory
* Phone & charger – Cell phones are collected upon arrival, made available for use at specific times, and returned to you upon departure. Note: iPhones and similar multi-function devices will be treated as cell phones.
* Your favorite game, guitar, harmonica, etc.
* Journal or small notebook – You’ll be surprised at how much you will have to write about!
* iPod
* Contact Lenses – We highly recommend that you bring along an extra pair AND your glasses.