

PACKING LIST

Luggage:

- ◇ Hiking backpack (at least 50 liters, approx. 3000 cubic inches)
- ◇ Duffel bag or storage bin
- ◇ Daypack

Clothing/Footwear:

- ◇ 5-7 sets of comfortable clothes (including long pants and shirt(s) for bug protection on the island, preferably dry wicking, breathable material carried by most outdoor brands)
- ◇ Several pairs of underwear and socks
- ◇ Swimsuit (one-piece)
- ◇ Sun hat and/or sun glasses
- ◇ Closed-toed camp shoes (hiking shoes/boots)
- ◇ Sandals/water shoes for kayaking and beach

Outerwear:

- ◇ Rain jacket, waterproof and breathable
- ◇ Sweatshirt or light jacket

Camping/Personal Gear:

- ◇ Sleeping bag with compression stuff sack (bag *must* fit comfortably and allow room for additional gear)
- ◇ Sleeping pad
- ◇ Water bottles
- ◇ Headlamp
- ◇ Sun protection (sunscreen, lip balm, etc)
- ◇ Bug spray
- ◇ Toiletries (soap, shampoo, toothbrush/toothpaste, towel, washcloth, etc.)
- ◇ Bible, journal, pen
- ◇ Dirty clothes bag
- ◇ Spare batteries
- ◇ Light, portable bowl and utensil(s)

Optional Items:

- ◇ Hammock
- ◇ Pocket knife
- ◇ Camera

Medication:

- ◇ **Prescription medications:** Please follow directions on medication form. Do not bring over-the-counter medications.

Note: Pack a separate bag with one pair of clothes to wear home!
This bag needs to fit in your duffel bag.

DO NOT BRING
CELL PHONES OR ELECTRONICS, TOBACCO,
ALCOHOL, DRUGS, FIREWORKS, FIREARMS, PETS, EXPENSIVE
CLOTHES AND SHOES, OR OTHER VALUABLE PERSONAL ITEMS