

# SEA BAG LIST

## TEMPERATE LEGS - MAHINA EXPEDITIONS

### 2011: LEGS 1 & 8    2012: LEGS 1 & 8

**Not following this list can seriously impact your safety, comfort and enjoyment. Please go through this list twice carefully. First when you first receive it and again three weeks before the expedition.**

The gear you'll need must fit in two bags: a **soft-sided duffel** bag no larger than West Marine's Med.(12196192) or Lg Crew Duffel (12196184), or Trysail Dry Duffel (12196242) (max. length 30", max. girth 60") and a **medium knapsack** (WM Capt. Backpack 12196226). The knapsack is important as a daypack for hiking and shore trips.

No laptop computers, satphones, suitcases, bag with wheels, metal framed backpacks, folding luggage carts, guitars, camera bags that don't fit in your duffel or excuses, please. Nearly everyone brings more gear than necessary. You will have a small private locker for clothes and toiletries and a shared locker for shoes and foul weather gear. Folding or rolling clothing and organizing it in Eagle Creek Cubes or zip-loc bags saves space.

**You must be able to easily carry your duffel and knapsack by yourself. Total maximum weight allowance for all of your gear is 40 lbs. We will ask you to weigh your bag on the dock and to leave ashore anything over the 40lb. allowance.** The list is a guideline of proven products, other brands are available.

- ◆ West Marine: 800-538-0775, [www.westmarine.com](http://www.westmarine.com).
- ◆ REI: 800-426-4840, [rei.com](http://rei.com)

#### **Foul Weather Gear**

- Foul weather jacket and pants. West Marine's Third Reef or Navigator provides quality and value. Gill, Musto and Henri Lloyd have more expensive options. Past expedition members have found that foulies over four years old or hiking/skiing gear don't stand up to the rigors of ocean passages. **Jacket must have a hood.**
- Standard safety harness (WM 10997518) or optional inflatable vest/harness (WM 8503682) **with bag to stow them in. Individual PFD's are provided.**
- 6' long non-elastic tether (WM 8821464) with snap shackle inboard end and snap hook outboard.

#### **Primary and Middle Layers**

- 1 lightweight smart-looking short-sleeved collared shirt for men, 1 smart outfit for women for clearing customs.
- 2 **loose-fitting non cotton** short-sleeved running shirts one size larger than normal (WM Capt. SS Tech Tee)
- 2 midweight long-sleeved polyester tops (WM Captain Tech Tees, 10942761S).
- 1 cotton T-shirt.
- 1 lightweight, long-sleeved, collared sun protection shirt: (WM Trophy Shirt 10942878S).
- WM Traveler Jacket (11120300S); a super-warm, non-bulky, highly-breathable alternative to a fleece top.
- 3 nylon running shorts that are comfortable, loose-fitting & quick drying. REI.com is a good source. Please do not bring long, baggy, belted or pocketed shorts which take forever to dry.
- 1 pair long nylon pants, light color, quick drying (WM Men's Tidal Pants 10942803S, Women's Tidal Capri). Please do not bring jeans or cotton sweat pants or sweat shirts as they are bulky and difficult to dry.
- Long underwear bottoms (Helly Hansen Dry Fly Pants from WM: 11048584S).
- Fleece watch/stocking cap (available from REI.com).

#### **Footwear**

- 1 pair of NEW, never-worn-on-the-street, neutral soled boat shoes or sandals, not to be worn ashore. Technical/performance deck shoes or Teva Omnium sandals work better than moccasin-style boat shoes.
- Comfortable, sturdy, fast-drying, non-leather running or walking shoes, sandals or Crocs for shore use.
- SealSkinz MVT waterproof, breathable socks from REI.com (620085) which, when worn with Teva Omnium Sandals, Crocs or boat shoes are a much lighter and more comfortable option than sea boots.

#### **Miscellaneous Gear**

- Lonely Planet guide for the country you're sailing to. Available from [armchairsailorseattle.com](http://armchairsailorseattle.com) or Amazon.com.
- Mid-weight sleeping bag. Please no down bags or clothes.
- 1 double or full-sized flat sheet (**not** a sleeping sack) and two pillowcases (pillows are provided).
- 2 small MSR PackTowl towels (REI #684305) or small hand towels, maximum size: 16" x 24". (Large bath towels don't dry, are bulky and do not fit in the engine room drying rack) and washcloth.

- Swimwear (running shorts dry much faster than swim trunks or cargo pocket shorts)
- Underwear (suggest 3 sports bras for women)
- Sun hat with tie down. Choices include Tilley Airflow, Columbia Sportswear Bora Bora from West Marine.
- Baseball cap for deflecting spray in heavy weather. Tie-down clip for cap.
- Waterproof watch with light.
- Alarm clock. Cell phones don't work well as they frequently discharge and watch alarms may not be heard
- LED Headlamp with red & white bulbs, spare batteries. Best: Petzl Tikka XP2 or Plus 2 from REI.com, or Princeton Tec Remix or Byte from West Marine. Headlamps leave hands free for reefing, logbook, etc.
- Waterproof flashlight, AA size with spare batteries. Princeton 40 (WM 8806424) works well.
- Waterproof sun and lip screen.
- Polarized sailing sunglasses with keeper strap.
- Passport valid for at least six months from start of expedition. Please ensure that we have received a copy of your latest passport at least three months before joining.
- PIN number for your Visa or Mastercard for cash advances in the local currency upon arrival. Notify your credit card company of the countries you'll be visiting so fraud alert doesn't prevent your use of your card abroad.
- USB memory stick (1 GB or larger) if you would like a copy of our best images of your expedition.
- ◆ 110 volt power is available through an inverter for shavers and recharging batteries.

**Seasickness:** Many of us are queasy, if not seasick for the first 24-48 hours of any ocean passage. If you eliminate coffee and colas and increase your water intake to two liters daily for two weeks before joining the expedition you greatly reduce your chances of seasickness and dehydration.

- **Compazine** (generic name: prochlorperazine) 10 or 25 mg. suppositories (12 suppositories, NOT TABLETS) which has proven to be by far the most reliable prescription seasickness remedy.
- **Zofran (ondansetron hydrochloride)** 4mg wafers (preferable) or tablets, very effective, min. side effects.
- **Emer'gen-C** Vitamin C & minerals as an electrolyte replacement. Available from health food stores.
- **Stugeron** (cinnarizine 15 mg tablets) available outside the US from [www.CanadaDrugsOnline.com](http://www.CanadaDrugsOnline.com).

**Antibiotics:** As with any expedition-type adventure in an isolated area we ask that you consult your doctor and obtain a broad-spectrum oral antibiotic for treating skin, throat, eye or ear infections.

**Optional:** Camera, music machine, journal, 3 **small** books, running shoes (if you're a runner). We have loaner masks, snorkels and fins.

**Airline Connections:** You may book your own air and hotel or contact [Michael.henrichs@dougfoxtravel.com](mailto:Michael.henrichs@dougfoxtravel.com), 1-877-429-5787 who books air and hotel for many expedition members.

**Travel and Trip Cancellation Insurance:** [www.csatravelprotection.com](http://www.csatravelprotection.com). There is a link from [www.mahina.com](http://www.mahina.com).

**Expedition Timing:** Each leg begins and ends promptly at 12 noon on the day stated in the brochure. Do not schedule your return flight before 3 PM on the final day of the expedition. Many people plan a night or more ashore at our destination, before flying home. We can recommend hotels. It is not possible to join the boat earlier or stay later than 12 noon, as the time between passages is needed for maintenance and provisioning.

**Arrival: Please arrive at least 30 hours (48 hours if you are coming from a high-stress environment) before the start of your expedition, spending the night(s) in a hotel.** This extra time reduces the chance of you delaying the start of the expedition due to delayed flights or baggage. It also provides time to get over jet lag and to become acclimatized and rested before coming aboard. **THIS IS NOT AN OPTION.** We ask all crew to meet us at 4 PM the afternoon before the expedition to start safety orientation and collect passports.

**THE MOST IMPORTANT THING OF ALL TO BRING WITH YOU: a positive attitude and an eagerness to learn not only about sailing and navigation, but to learn from fascinating people of different cultures, and from your fellow expedition members. You are about to take part in an exciting, once-in-a-lifetime experience!**

