

SEA BAG LIST

TROPICAL LEGS - MAHINA EXPEDITIONS

2011: LEGS 2 – 7 2012: LEGS 2 - 7

Not following this list can seriously impact your safety, comfort and enjoyment. Please go through this sheet twice carefully. Once 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 computers, satphones, suitcases, camera bags that don't fit in your duffel, bags with wheels, metal framed backpacks, folding luggage carts, guitars or excuses, please. Nearly everyone brings more gear than necessary. Each person has a small private locker for clothes and toiletries and shared lockers for shoes and foul weather gear. Folding or rolling gear 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 for all of your gear is 30 lbs. for tropical legs. We will ask you to weigh your bag on the dock and leave ashore anything over 30lbs. The following list is a guideline; other brands and sources are available.

- ◆ West Marine: westmarine.com, 800.538.0775
- ◆ REI: rei.com, 800.426.4840

Foul Weather Jacket, Safety Harness and Tether

- Foul weather gear: West Marine's Storm Jacket (\$139) is perfect for tropics. Their Third Reef Jacket (\$129) is a little heavier if you chill easily. Foulie pants are optional on tropical legs and WM's Storm Pants would be a good choice. 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): snap shackle inboard end and snap hook outboard.

Tropical Clothing

- 4 nylon **lightweight** running shorts; comfortable, **loose-fitting** and quick-drying. REI.com has many choices. Please do not bring long, pocketed, belted, baggy and slow-to-dry-shorts.
- 1 pair quick-drying nylon shorts with pockets (WM Jetty Shorts 10942852S) or similar.
- 1 pair long nylon pants, light color, quick drying (WM Men's Tidal Pants 10942803S, Women's Tidal Capri). **Please do not bring jeans,** cotton sweat pants or sweat shirts.
- 1 lightweight collared short-sleeve shirt for guys. (WM Big Catch 10942860S or Captain's Polo 10942746S). This style is much cooler than a cotton t-shirt in the tropics and more presentable when clearing customs.
- 1 lightweight, long-sleeved, ventilated, collared sun protection shirt: (WM Trophy Shirt 10942878S).
- 1 cotton t-shirt
- 3 **loose-fitting**, quick-drying lightweight non-cotton running shirts. (WM Capt. Tech Tee 10942753S)
- Sun hat with tie down. Choices include Tilley Airflow, Columbia Sportswear Bora Bora from West Marine.
- Baseball cap to deflect spray in heavy weather. Tie-down clip for cap.
- Lightweight modest skirt or dress for women. This is important for cultural sensitivity in smaller countries.
- Underwear, suggest 3 sports bras for women
- Swimsuit (running shorts work best for guys, please no long cargo shorts with pockets and belt)

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, lightweight, fast-drying, non-leather running or walking shoes, sandals or Crocs.

Miscellaneous Gear

- Lonely Planet guide book(s) available from armchairsailorseattle.com or amazon.com.
- 2 medium flat sheets (not sleeping sacks) and two pillowcases (pillows are provided).
- 2 small MSR PackTowl towels (REI 686888) or small hand towels, max. size: 16" x 20" (large bath towels are not desirable on boats in the tropics and don't fit in the engine room dry rack) and one wash cloth.

- Waterproof watch with light.
- Alarm clock. Cell phones don't work well as they discharge rapidly, 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 & bulb. Princeton 40 (WM 8806424) works well.
- Waterproof sun and lip screen.
- Polarized sailing sunglasses with keeper strap.
- Passport. Please ensure that we have a photocopy of your latest passport six months before joining us.
- A PIN number for credit card cash advances in local currency upon arrival. Notify your credit card company of the countries you will be visiting so fraud alert doesn't prevent your use of your card.
- 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 recharging batteries.

Seasickness: Many of us are queasy, if not seasick for the first 24-48 hours of any ocean passage. We have found that eliminating coffee and increasing water intake to two liters daily for two weeks before joining the expedition greatly reduces the chance of seasickness and dehydration. We recommend the following:

- **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) 4 mg wafers (preferable) or tablets; very effective, min. side effects.
- **Emer'gen-C** Vitamin C & mineral electrolyte replacement, from Amazon.com or health food stores.
- **Stugeron** (cinnarizine 15 mg tablets) available from 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, and eye or ear infections.

Optional: Camera, mask and snorkel (not fins), music machine, journal, 3 small books, running shoes (if you're a runner). We have loaner masks, snorkels and fins.

Scuba Diving: We can recommend a dive operator at the beginning or end of the expedition.

Airline Connections: You may book your own air and hotel or contact Michael Henrichs, 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. There is a link from www.mahina.com.

Expedition Timing: Each leg starts and ends promptly at 12 noon on the day stated. Do not schedule your return flight before 3 PM on the final day of the expedition. Many people plan a night ashore at our destination, before flying home. We can recommend nearby hotels. It is not possible to join the boat early 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 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 so that we may collect passports and start safety orientation.

THE MOST IMPORTANT THING 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!

