

TEMPERATE LEGS - MAHINA EXPEDITIONS

2018: LEG 6 2019: 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.

Your gear must fit in two bags: a **soft-sided duffel** bag no larger than [Eagle Creek Flashpoint Duffel](#) or [Henri-Lloyd's Storm Barrel Duffel](#), (max. length 30", max. girth 60") and a **medium-sized frameless knapsack** similar to [Dakine 29 Liter](#). The knapsack is useful for hiking and shore trips.

You must be able to easily carry your duffel and knapsack yourself: Total maximum weight for all of your gear is 40 lbs. for temperate legs. You'll weigh your bags on the dock, leaving ashore anything over 40 lbs. This is no joke! No computers, iPads, satphones, tracking devices, suitcases, hair dryers, camera bags, bags with wheels, metal framed backpacks, folding luggage carts, rigging knives, guitars or excuses, please. **Nearly everyone brings more than needed.** Each person has two small lockers for clothes and toiletries and shared lockers for shoes & foulies. Folding and organizing clothing in Eagle Creek Cubes or Zip-loc bags saves space.

- West Marine: 800-538-0775, www.westmarine.com.
- REI: 800-426-4840, www.rei.com

Foul Weather Gear

- Foul weather jacket and pants. [West Marine's Third Reef](#) provides quality and value. Gill, Musto and Henri Lloyd are more expensive options. Expedition members find that foulies over three year's old or hiking/skiing gear don't stand up to the rigors of ocean passages. **Jacket must have a hood.**
- Lightweight rain shell jacket w/hood and optionally pants. [Marmot Precip](#) is our favorite.
- Safety harness: [West Marine Ultimate Safety Harness](#) or [optional inflatable vest/harness](#) with bag to stow them in. We provide individual PFD's.
- Tether: 6' long non-elastic with snap shackle inboard: [West Marine Standard Safety Tether](#).

Primary and Middle Layers

- 1 lightweight smart-looking short-sleeved collared shirt for men, 1 smart outfit for women for clearing customs.
- 3 **loose-fitting non cotton** short-sleeved running shirts, a size larger than normal: [Columbia PFG Zero Rule](#)
- 2 midweight long-sleeved polyester tops: [REI Men's Tech T](#), [REI Women's Quarter-Zip Tech](#)
- Soft-shell waterproof, breathable jacket: [Gill Soft Shell Jacket](#). Super versatile, invaluable indoors or on deck.
- 2 nylon running shorts that are comfortable, loose-fitting & quick drying. [Nike](#) & [REI](#) have good options. Please do not bring long, baggy, belted or pocketed shorts as they are bulky and difficult to dry.
- 2 pair quick-drying long nylon pants: [Columbia Men's Backcast](#), [Columbia Women's Anytime Outdoor Pants](#). Please do not bring cotton jeans or sweat pants or shirts as they are bulky and difficult to dry.
- 2 pair running or yoga tights or long underwear bottoms: [Grundens Mens Gage Arctic Skins](#), [Columbia Women's Midweight II Tights](#). Better, but more expensive: [Arc'teryx Trino Tights](#)
- Gloves: [Boss Tech](#), [WM Cold Weather Gloves](#) or [Three Season Gloves](#).
- Fleece watch cap; options include [Columbia Wind Bloc II Beanie](#), [OR Peruvian Hat](#), [REI Trappers Hat](#).
- Optional: [Neck Gaiter](#) for high-latitude legs if you chill easily.

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. We use and highly recommend waterproof Gore-Tex trail runners: [Salomon XC Comp 7 CS Waterproof](#), plus appropriate socks.
- Sea boots & socks, 1 size larger than shoe size: price and quality ranges from [modest](#) to [expensive](#).

Miscellaneous Gear

- Mahina Expedition Companion textbook. If you haven't received this by March 30, contact us.
- [Lonely Planet Travel Guide](#) for the country you're sailing to available from your local bookstore or Amazon.com.
- Light or mid-weight [sleeping bag](#). Please no down bags or clothes.
- 1 double or full-sized flat sheet (**not** a sleeping sack) and one or two pillowcases (pillows are provided).

- 2 medium [PackTowl](#) or small hand towels, **maximum size: 16" x 24"**. (Larger bath towels are difficult to dry **and present a fire danger** on our engine room drying line) and washcloth. We provide soap and shampoo.
- Swimwear (running shorts dry much faster than swim trunks or cargo pocket shorts) & thongs/sandals
- Underwear (suggest 4 sports bras for women)
- Sun hat: [Tilley Airflow](#), [Columbia Sportswear Bora Bora](#) with tie down.
- 2 [Baseball caps](#) with tie-down clips for deflecting spray in heavy weather.
- Waterproof watch with light.
- [Alarm clock](#). **Mobile phones work poorly** as they frequently discharge and watch alarms may not be heard.
- Waterproof LED Headlamp with red & white lights plus extra batteries. Best, by far and only waterproof headlamps: [Black Diamond Storm Waterproof](#) (best) or [Princeton Tec Vizz](#). Waterproof headlamps leave hands free for reefing, hourly logbook entries, etc. This is VERY important for your safety and not an option.
- Waterproof sun and lip screen.
- Polarized sailing sunglasses with keeper strap. Two pair reading glasses, if used.
- Four retractable ball point pens and note pad for note taking in class.
- 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 the start of your expedition.
- Three paper copies of your flight itinerary and passport photo page for immigration. **THIS IS IMPORTANT!**
- Credit card PIN number for cash advances in local currency upon arrival. Notify credit card company of the countries you'll be visiting so fraud alert doesn't prevent you from using your card.
- USB memory stick (4 GB or larger) if you would like a copy of our best images of your expedition.
- 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

Seasickness: Eliminating coffee or black tea and increasing water intake to two liters daily for 2-3 weeks before joining the expedition **greatly** reduces your chance of seasickness and dehydration. We recommend you bring:

- [Emer'gen-C](#) or [Berocca](#) Vitamin C & mineral electrolyte replacement: Amazon.com or health food stores.
- [Stugeron](#) (cinnarizine 15 mg tablets) available from www.CanadaDrugsOnline.com
- [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.
- [Transderm Scopolamine](#) 1.5 mg patches. You must first try this drug on land, before joining the expedition.

Optional: Camera, 2 books tablet device or Kindle, running shoes. We have loaner masks & fins. USB and 12 volt power are always available for charging and 110-volt power is available when the engine is on.

Airline Connections: You may book your own air and hotel or contact michael_henrichs@travelctm.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. It is not possible to join the boat early or stay later, as the time between passages is needed for maintenance and provisioning.

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. Please bring your passport, airline itinerary & two copies of each, plus your Expedition Companion. Please 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 final, before flying home. We can recommend nearby hotels.

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! V8.17

