

# SEA BAG LIST

## TROPICAL LEGS - MAHINA EXPEDITIONS

### 2019: LEGS 2 – 7 2020: LEGS 2 – 6

**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.**

**This document with active hyperlinks can be found at:**

Your gear must fit in two bags: a **soft-sided duffel** bag no larger than [Henri-Lloyd's Storm Barrel Duffel](#), (max. length 30", max. girth 60") and a **medium-sized frameless knapsack** similar to [Ronstan 26L Dry Backpack](#) or [Grundens Gage Liter Rum Runner Waterproof](#). 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 30 lbs. on tropical legs. You'll weigh your bags on the dock, leaving ashore anything over 30 lbs. This is no joke!** No satphones, tracking devices, suitcases, hair dryers, camera bags, bags with wheels, metal framed backpacks, folding luggage carts, rigging knives, sailing gloves, guitars or excuses, please. **Nearly everyone brings more than needed.** Each person has two small lockers for clothes and toiletries plus 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](http://www.westmarine.com).
- REI: 800-426-4840, [www.rei.com](http://www.rei.com)

#### Foul Weather Jacket, Safety Harness and Tether

- [Helly Hansen Mens Loke Jacket](#) or [Columbia Women's Arcadia II](#). If you chill easily, [WM's Third Reef](#) is a more substantial option. [Patagonia Torentshell pants](#) and [jacket](#) work well and take up no space. Foulies over four years old or hiking/skiing gear rarely work for ocean passages. **Jackets must have a hood.**
- Safety harness: [West Marine Ultimate Safety Harness](#) **with bag to stow it in.** We provide individual PFD's.
- Tether: 6' long **non-elastic** with snap shackle inboard: [West Marine Standard Safety Tether](#).

#### Tropical Clothing

- 4 nylon running shorts that are loose-fitting, comfortable, and 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.
- 1 pair quick-drying nylon shorts with pockets: Hook & Tackle Beer Can shorts or similar.
- 1 pair long nylon pants, quick drying: [Columbia Men's Silver Ridge](#), [prAna Halle pants](#). Do not bring jeans or cotton sweat pants or shirts which are bulky and inappropriate for the tropics.
- 1 lightweight collared short-sleeve shirt for guys: [Columbia's Men's Bahama II](#) or similar This style is much cooler than a cotton t-shirt in the tropics, protects your neck from sun and is appropriate for clearing customs.
- 1 lightweight, long-sleeved, ventilated, collared sun protection shirt: [Columbia Tamiami Fishing Shirt](#).
- 4 **loose-fitting**, short-sleeved, lightweight non-cotton running shirts: [REI Active Pursuits T-shirt](#) or similar.
- Sun hat with tie down: [Tilley Airflow](#), [Columbia Sportswear Bora Bora](#)..
- 1 [Baseball cap](#) with tie-down clips for deflecting spray in heavy weather
- Lightweight modest skirt or dress for women. This is important for cultural sensitivity in some countries.
- Underwear, suggest 4 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 Forebay II](#) sandals work better than [moccasin-type boat shoes](#).
- Comfortable, sturdy, lightweight, fast-drying, non-leather running or walking shoes, [sandals](#) or Crocs.

#### Miscellaneous Gear

- Mahina Expedition Companion textbook.** If you haven't received this by March 30, contact us.
- [Lonely Planet Travel Guide](#) available from your local bookstore or Amazon.com.
- 2 medium flat sheets (not sleeping sacks) and two pillowcases (pillows are provided).
- 2 medium Multi-Towel Lite or small hand towels, **maximum size: 16" x 24"**. (Larger bath towels are difficult to dry, bulky and **present a fire danger** on our engine room drying line) and washcloth. We provide soap and shampoo.
- Waterproof watch with light.
- Alarm clock. **Phones work poorly** as they discharge rapidly, 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 Spot 325](#) 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 pad for note taking in class.
- Passport. Please ensure that we have a photocopy of your latest passport six months before joining us.
- Three paper copies of your flight itinerary and passport photo page for immigration. **VERY 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 in an isolated area we ask that you consult your doctor and obtain a broad-spectrum oral antibiotic such as **Levofloxacin** 750 mg for treating skin, throat, and eye or ear infections.

**Seasickness:** For the first 24-48 hours of any ocean passage many of us are queasy, if not seasick. We have found that eliminating coffee & black tea and increasing water intake to two liters daily for two 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.
- [Transderm Scopolamine](#) 1.5 mg patches. You must first try this drug on land, before joining the expedition.
- [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.
- [Stugeron](#) (cinnarizine 15 mg tablets) available from [www.CanadaDrugsOnline.com](http://www.CanadaDrugsOnline.com).

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

**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@travelctm.com](mailto:michael.henrichs@travelctm.com), 1-206-658-4651 who books air and hotel for many expedition members.

**Travel and trip cancellation insurance,** Click [HERE](#) for [www.danboater.org](http://www.danboater.org)'s annual travel insurance which in most cases is less expensive and more inclusive than their Trip Insurance. There is a link from [www.mahina.com](http://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** and 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, 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!**

