

*Updated 4/30/11

CLOTHING & EQUIPMENT LIST

BAHAMAS OCEAN EXPEDITION - SUMMER 2011



The following is a list of the clothing and equipment that are required for participating in our **Bahamas Ocean Expedition**.

All items are required due to the varied climate we encounter and for the overall safety of the group. These items are also essential for your comfort. In most cases substitutes will not be adequate. Upon arrival we will make sure that each student has the appropriate clothing and equipment and will make arrangements for you to purchase any needed items that day.

SLEEPING BAG – YOUR SLEEPING BAG SHOULD BE A LIGHT WEIGHT AND COMPRESSIBLE TYPE BAG. IT SHOULD BE **NO MORE THAN 3 POUNDS AND BE SMALL & COMPACT, ABOUT THE SIZE OF A FOOTBALL OR SMALLER WHEN IT IS IN IT’S STUFF SACK.**

TWO 20 LITER DRY BAGS (CASCADE DESIGNS/SEAL LINE BAJA OR BLACK CANYON 20L BAGS ARE PREFERRED, BAGS LARGER THAN 20 LITERS WILL NOT FIT IN THE BOATS.)

DUFFEL BAG - WILL ACT AS A STORAGE LOCKER FOR YOUR BELONGINGS THAT ARE LEFT BEHIND SECURELY WHEN IN THE BACKCOUNTRY.

CLOTHING

ONE WEEK SUPPLY OF UNDERWEAR

2-3 SWIMSUITS (NYLON, FAST DRY TYPE)

2-3 PAIRS OF SHORTS (SYNTHETIC TO ALLOW QUICK DRYING)

LONG PANTS (LIGHTWEIGHT, NON-COTTON FOR SUN PROTECTION & BUG PROTECTION)

5-6 SHORT SLEEVE T-SHIRTS

LONG SLEEVE, WARM SYNTHETIC SHIRT (LIGHTWEIGHT, NON-COTTON FOR SUN PROTECTION & BUG PROTECTION)

SET OF CLOTHES (TO KEEP CLEAN FOR TRAVEL DAYS & DINNER OUT)

RAIN GEAR (SHOULD BE LIGHTWEIGHT & WATERPROOF – NOT JUST WATER-RESISTANT, BREATHABLE WATERPROOF IS NICE BUT NOT NECESSARY, WILL ALSO SERVE AS WINDPROOF LAYER, BOTTOMS ARE OPTIONAL).

BASEBALL HAT OR HAT WITH BRIM

SANDALS (WHICH SECURE AROUND YOUR ANKLE, NOT FLIP-FLOPS, TEVA, CHACO OR THE LIKE)

LIGHTWEIGHT SYNTHETIC SOCKS (HIGH SOCKS ARE SOMETIMES HELPFUL FOR BUGS)

All of this gear does not have to fit into your dry bags, since your duffel will serve as your locker while on expedition.

When meeting at the airport, check your backpack and duffel, and carry your sleeping bag – (in the event your luggage is lost). It is not necessary to buy all new clothing and equipment, many of the items can be bought used or borrowed. Keep in mind that extra stuff just gets in the way.

EQUIPMENT

SLEEPING PAD (LIGHTWEIGHT FOAM PAD OR THERMAREST TYPE PAD)

2 ONE QUART WATER BOTTLES

SUNGLASSES

QUICK DRYING TOWEL OR SWIM CHAMOIS

WATERPROOF HEADLAMP OR LIGHTWEIGHT FLASHLIGHT W/

EXTRA BATTERIES

WHISTLE (FOR SAFETY REASONS)

SPOON

BOWL (LIGHTWEIGHT, NON BREAKABLE – APPROX. 6” DIAMETER)

SPF 30+ SUN SCREEN & SPF 15+ LIP BALM

INSECT REPELLANT

TOILETRIES: TOOTHBRUSH, SMALL TOOTHPASTE, SOAP, NON-AEROSOL DEODORANT, SHAMPOO (IN UNBREAKABLE CONTAINER)

EXTRA GLASSES OR CONTACT LENSES

SUNGLASS STRAP OR THE LIKE IF YOU WEAR GLASSES

DIVE MASK & SNORKEL (MAKE SURE THEY HAVE A GOOD FIT)

FINS (OPTIONAL – CAN BE BORROWED, BUT FOR BEST FIT BRING YOUR OWN)

SOMETHING YOU JUST LIKE, BUT ISN’T TOO BIG

OPTIONAL ITEMS

CAMERA, FILM **SMALL POCKET KNIFE**

STATIONARY, ENVELOPES & STAMPS

JOURNAL, WATCH, COMPASS

MUSICAL INSTRUMENT

CRAZY CREEK FOLDING CHAIR (OR THE LIKE)

Cell phones and other electronic devices will be collected on the first day and returned at the airport on the final day. You may bring a portable music device to be listened to on the plane ride, and it can be used in the van during travel days only if everyone can hear it. We do not allow the use of these devices because they can detract from the group experience and remove you from your group.

If you are looking for places to purchase gear – go to www.WilliwawAdventures.com/info for more details and suggestions. You can also give us a call and we would be glad to help you. Look for an e-mail from us in the spring with suggestions on good quality reasonably priced Clothing & Equipment.

Where We Meet

Since there will be members of your group flying in from many different locations, we will be meeting at George Town, Exuma International Airport (GGT). If you are flying, please try to arrive as early in the day as possible - before 2:00 pm local time. Refer to the **Travel & Mail Stop Information** specific to your trip for more details. If you will already be in the area on this day, we will make arrangements to meet you at the airport. As the summer approaches, we will contact you to obtain your flight arrival information and/or to discuss a meeting time and place. If flying, please check with your airline to make sure that you are aware of any excess baggage or unaccompanied minor fees. If necessary, please make arrangements to pay for this on the return flight. If you are flying as an unaccompanied minor, we can provide you with the name and contact information for your Instructor, who can meet you at your gate.

Proper Clothing & Equipment

All items are required due to the varied climate we encounter and for the overall safety of the group. In most cases substitutes will not be adequate. Upon arrival we will make sure that each student has the appropriate clothing and equipment and will make arrangements for you to purchase any needed items that day. Call us with any questions – **800.585.2523**.

Laundry & Showers

On most trips, you will wash your clothes at least once (some trips, this may not be possible). You provide the clothes and we provide everything else. We will make every effort to shower between our activities. This usually means one to three times each trip. There are often lots of opportunities to swim.

Food, Shelter & Travel

We plan, sometimes shop for, and cook our own food. All meals are well-balanced and include the types of food necessary to actively travel in the backcountry. We sleep in 3-4 person tents, in a simple dormitory or under the stars.

Communication

Details about the mail drops for your expedition will be sent out to you before your trip (please see the **Travel & Mail Stop Information** for your trip. If flying in, you will call home from the airport to confirm your arrival and instructors will be available to answer any questions your family may have. Cell phones will be collected by your instructor at the airport after calling home and returned at the end of the trip. During the trip phone time is often limited due to our tight schedule and remote location. We encourage you to speak to your family several times during the trip, and will make your cell phones available during designated times on transition days. It is possible to call home with U.S. cell phones, but rates typically run around \$2.00/minutes (text messages are usually around \$0.50 each). You should check with your provider and speak with your son or daughter about calling home. It is likely that we will have just a few opportunities to call home.

If participants need to be contacted in an emergency, call **800.585.2523**, and we can relay a message to them. Keep in mind that it may be several days before the message reaches them. Instructors carry satellite phones and cell phones so that they can be in touch with the Williwaw office in the event of an emergency.

Your Instructors will contact your family in the event of a medical concern or personal problem. If there is a behavior or attitude problem parents will be contacted for help. A follow-up phone call will be made to report improvement or to arrange departure for an early dismissal. Participants who leave the trip for disciplinary reasons or voluntary withdrawal are not entitled to any tuition refund, and will be sent home at the family's expense.

Phones, iPods, etc.

Cell phones will be collected on the first day, after they are used to call home, and returned at the airport on the final day. Portable music devices will also be collected on the first day. You may bring a portable music device to be listened to *only* on the plane ride. We do not allow the use of portable music devices, electronic games, DVD players, televisions, refrigerators, etc. because they can detract from the group experience and remove you from your group. Engaging in conversation with the other members of your group and experiencing your surroundings are important parts of the experience.

Money & Identification

We will pay for food, all activities, laundry and showers. To cover personal expenses and gifts, no more than \$40-50 per week is recommended. **A PASSPORT is REQUIRED**, please make appropriate arrangements if you need to apply for one. Some medical facilities will not direct bill insurance companies, so access to a credit card to cover medical expenses is encouraged.