

CLOTHING & EQUIPMENT LIST

CARIBBEAN EXPEDITION - SUMMER 2007



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

All items are required for the conditions 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.

Pack light and keep in mind that extra stuff just gets in the way.

SLEEPING BAG – YOUR SLEEPING BAG SHOULD BE LIGHT WEIGHT, SUMMER WEIGHT SLEEPING BAG. IT WILL BE USED WHEN CAMPING AND SLEEPING ON DECK.

DUFFEL BAG - IT WILL ACT AS A STORAGE LOCKER FOR YOUR BELONGINGS – THIS SHOULD BE SOFT SIDED AND COMPACT.

CLOTHING

ONE WEEK SUPPLY OF UNDERWEAR

3 SWIMSUITS (NYLON, FAST DRY TYPE)

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

1 PAIR LONG PANTS (OPTIONAL)

4-5 SHORT SLEEVE T-SHIRTS

1 LONG SLEEVE WOOL OR SYNTHETIC SHIRT

1 SET OF DECENT CLOTHING FOR TRAVEL ING & DINNER OUT

RAIN GEAR TOPS AND BOTTOMS (SHOULD BE WINDPROOF & WATERPROOF – NOT JUST WATER-RESISTANT, BREATHABLE WATERPROOF IS NICE BUT NOT NECESSARY.)

BASEBALL HAT OR HAT WITH BRIM

1 PAIR OF SNEAKERS / TENNIS SHOES (SUITABLE FOR SHORT DAY HIKES)

SANDALS (WHICH SECURE AROUND YOUR ANKLE, NOT FLIP-FLOPS)

SOCKS

EQUIPMENT

SLEEPING PAD (LIGHTWEIGHT FOAM PAD OR THERMAREST TYPE PAD)

ONE QUART WATER BOTTLES

1 PAIR OF SUNGLASSES

1 QUICK DRYING TOWEL OR SWIM CHAMOIS

1 AVERAGE SIZE TOWEL

HEADLAMP OR LIGHTWEIGHT FLASHLIGHT W/ EXTRA BATTERIES

WHISTLE (FOR SAFETY REASONS)

SPOON & FORK

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

SUN SCREEN

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

EXTRA GLASSES OR CONTACT LENSES

SUNGLASS STRAP OR THE LIKE IF YOU WEAR GLASSES

PHONE CARD (WE ARE OFTEN IN PLACES W/OUT CELL PHONE RECEPTION)

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 – check out www.WilliwawAdventures.com/info.htm for more details and suggestions. You can also give us a call – 800.585.2523 – and we would be glad to help you.

Where We Meet

Since there will be members of your group flying in from many different locations, we will be meeting at the airport. If you are flying, please try to arrive as early in the day as possible - before noon local time. Refer to the Travel & Mail Stop Information specific to your trip for more details. If you live or will already be in the area on this day, we will make arrangements to meet you at a central location in the airport. If flying, we will make every effort to be waiting at the gate, but due to heightened security it may not be until you depart the terminal and enter the baggage claim area. As the summer approaches, we will contact you to obtain your flight arrival information and/or to discuss a meeting time and place.

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.

Laundry & Showers

You will wash your clothes at least once during most trips. You provide the clothes and we provide everything else. We will make every effort to shower between our activities, which usually means one to three times each trip. There are lots of opportunities to swim.

Food, Shelter and Traveling Between Activities

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, aboard our sailboats or under the stars. Travel between activities is in one of our vans.

What Not to Bring

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, and it can be used in the van during travel days **ONLY** if everyone can hear it (if it can somehow be connected to the van's sound system – which will usually have a CD or tape player). We do not allow the use of portable music devices, electronic games, DVD players, 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.

Communication

Details about the mail drops for your expedition will be sent out to you before 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. Each participant should have a pre-arranged method of calling home (calling card, collect, etc.) 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. 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. If you bring a cell phone, they will be collected by your instructor at the airport after calling home and returned at the end of the trip.

Problems

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.

Money & Identification

We will pay for food, all activities, laundry and showers. To cover personal expenses and gifts, no more than \$15-20 per week is recommended. A photo ID is often required when flying and is a good idea to carry, so if you have one of some sort, bring it along. Some medical facilities will not direct bill insurance companies, so access to a credit card to cover medical expenses is encouraged.