



ADVENTURES
in good company

SAN JUAN ISLANDS EXPLORATION

PACKING LIST

FOOTWEAR

- 1 pair of lightweight to midweight hiking boots or shoes
- 1 pair of water shoes, Teva type shoes that can be used for kayaking
- 1 pair of comfortable shoes for general use
- 2-3 pairs of hiking socks (4 days or less 2 pair, greater than 4, 2 – 3 pair) (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 1-2 pair of comfortable synthetic long (3/4) pants for hiking, zip-offs work well
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1-2 lightweight long-sleeved shirt for sun/bug protection - button up front is the best (a surfing shirt, called a "rash guard" is great for kayaking; a button up long sleeve shirt with collar is great for protection from sun and bugs)
- 1 fleece jacket or pullover
- 1 light-medium weight puffy jacket (the sailing tour can be chilly!)
- 1 rain jacket and rain pants (**waterproof**/breathable fabric like Gore-tex, NOT a poncho)
- Underwear/nightwear
- 1 pair gloves for kayaking. Bike gloves or neoprene gloves work well
- 1 pair of fleece gloves for colder weather while sailing (can be in the 50's and windy)
- 1 fleece or medium weight wool hat for colder weather while sailing (can be in the 50's and windy)
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1 swimsuit (there is a pool at the second hotel)
- 1 – 2 changes of casual clothes to wear at end of day

EQUIPMENT/ESSENTIALS

- 1 pair Trekking poles strongly recommended
- 1 daypack (see notes on packing list for recommended capacity)
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Capacity to carry 2/3 liters of water (Please see Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night's sleep!)
- Tupperware-like container for sandwich/lunch
- insect repellent
- 1 – 2 bandanas/buff
- Wristwatch/travel alarm clock

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15



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___ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL (personal preference, not required)

___ Camera (extra battery) and film/memory card

___ Book/journal/pencil/pen

___ Compact binoculars

___ Your favorite snack (snacks will also be provided)

___ 2 pair synthetic, lightweight liner socks (optional -- **not everyone uses sock liners**)

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), footcare items, and personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle – you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product. For kayaking, please consider sturdy water shoes. There is a lunch where we will be walking on a rocky/barnacle filled beach where it is possible to cut your feet if your water shoes are flimsy. Ideally sandals that are made for this type of activity like Chacos (paired with wool socks for the rocky hike) and Keens.



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Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need, ESPECIALLY blister or foot remedies like moleskin (not molefoam), gelskin, blister bandages, or similar. A small roll of duct tape is always useful. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. The guides will have a first aid kit too but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water. If you use a bladder you should also bring a water bottle to have when kayaking.

Trekking Poles: Trekking poles are highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.