

FLORIDA SAIL CLOTHING AND EQUIPMENT LIST

MANDATORY

- ___ Mask, Snorkel and Fins (It is important that mask, snorkel and fins fit well and that the mask does not leak in water. The snorkel should fit in the mouth comfortably.)
- ___ Sleeping Bag (rated for summer temperatures)
- ___ Sunscreen (25-50 SPF – waterproof)
- ___ 2-3 Swimsuits (Camp Appropriate)
- ___ Rain Gear/Poncho
- ___ Light Windbreaker
- ___ Sunglasses (100% UV protection)
- ___ Insect Repellent
- ___ 1 Water Bottle
- ___ 1 Small Duffel Bag (for boat - soft and flexible)
- ___ 1 Larger Duffel Bag (for clothes and equipment in trailer)
- ___ Plastic Bags (for dirty/wet clothes)
- ___ Hat (with a brim)
- ___ Personal Clothing & Equipment (see under "Highly Recommended")
- ___ Prescribed Medication (**all medication must be given to trip leaders at check-in day**)

HIGHLY RECOMMENDED

- ___ Sweatshirt or Sweater
- ___ 1 Long Sleeve Shirt
- ___ 10-14 T-Shirts
- ___ 2 Pair of Light Weight Pants
- ___ 7-9 Pair of Shorts
- ___ 7-9 Pair of Socks
- ___ 10-14 Pair of Underwear
- ___ 1 Pair of Tennis Shoes
- ___ 3-4 Towels (2 large - bath or beach)
- ___ Toiletries
- ___ Aqua shoes
- ___ Pillow and 2 Pillow Cases
- ___ 1 Bandana or Wash Cloth
- ___ Sleeping Pad
- ___ Cotton Sheet (pack with sleeping bag for when it is hot)
- ___ Spending Money (For souvenirs, post cards & snacks. Most parents give or allow anywhere between \$30-\$100.)

OPTIONAL ITEMS

- ___ Triptone (or other motion sickness medication)
- ___ Medication for Constipation or Diarrhea (if prone to while traveling or during motion sickness)
- ___ Waterproof Camera to take on the boat
- ___ Books or Cards
- ___ Writing materials for journaling
- ___ Binoculars

BUS RIDE (optional items)

- ___ Books/Magazines to Read
- ___ Small, Durable Bag (for personal items)
- ___ Games
- ___ MP3 player (**to remain in bus**)
- ___ Please Note: Head sets are easily broken if not taken care of in the bus.

DO NOT BRING SUITCASES!!!

Limit baggage to a sleeping bag and larger, soft, flexible duffel bag due to the limited cargo space in our vehicle. For the 6 days onboard it is very important that only necessary items be packed into a small duffel bag. Trip leaders will inform trippers of the needed items for the boat while en route. Not much is needed on the boat. A carry on bag for the van is optional. **Camp will supply** eating utensils, stoves, cooking gear, all food and tents. If you have any questions about equipment, itinerary, personal clothing, or the sailing portion, please call our camp office. Thank You. We hope this information has been informative.