

# 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.