*Please remember that everything you bring is stowed in your bunk with you! Linen sheets and pillows are provided for every bunk.*

**The Basics**

* 3-4 pairs of shorts, including one pair that is extra durable for work
* 5 t-shirts that you don’t mind getting dirty
* 1 bathing suit or shorts to swim in
* 2 pairs of pants (jeans or work pants are recommended for shipboard work, and a pair of quick dry, non-cotton wind/travel pants can be nice)
* 5-6 pairs of underwear – just remember we don’t get to do laundry that often!
* 4-5 pairs of socks (at least 1 pair of wool or synthetic because they keep you warm even when your feet are wet, and they dry quickly)
* EXTRA glasses or EXTRA contact lenses and supplies, if you wear them

**Warm Clothes and Foul Weather Gear**

* 1 wool or fleece hat
* 1 pair of gloves
* 1 wool or fleece sweater (wool or synthetic blends are important because they retain insulating qualities when wet, while cotton does not)
* 1 warm jacket, fleece or primaloft
* Foul weather gear (doesn’t have to be expensive, ie. Carhartt, Frogtogs, etc.)

**Footwear**

* Rubber boots or “sea boots”
* Tevas or some kind of sandal **with heel straps**
* Boat shoes (topsiders) or sneakers

**Toiletries**

* 1 towel
* 1 toothbrush
* 1 tube of toothpaste
* Sunscreen
* Bug spray
* Prescription medications for the entire trip plus a few extra days
* More than enough hygiene products (razors, feminine hygiene products, deodorant, etc.)
* Optional: aloe vera, ginger chews to ease seasickness (ex. Gin Gins), baby powder

**Other**

* Water bottle – this is **mandatory**
* Lightweight sleeping bag or heavy blanket – this is **mandatory**
* Day-pack for port stops and hikes
* Waterproof watch
* A hat with a good sun brim
* Sunglasses and something to keep them from flying off
* Small flashlight with spare batteries
* Ziploc bags are beautiful things.  Bring a few two-gallon bags to ensure that your important things stay dry.
* Camera
* The ship has snorkel gear (masks, fins, and snorkels), but many people like to bring their own mask and snorkel to ensure the best fit! Don’t bring fins, we have them, and they take up a lot of space.

**What Not to Bring**

* Anything you will be heartbroken if it breaks
* **A hard-frame suitcase (there is very limited space and having a suitcase you can fold and stow will give you more room)**
* Electric razors, hair straighteners, etc.
* Aerosol cans (including sunscreen and bug spray)