



SPIRIT OCEAN ADVENTURE SPRING BREAK PACKING LIST

GENERAL INFORMATION

- ◆ Space aboard is limited. EVERYTHING you bring will live with you in your bunk.
- ◆ Pack in crushable luggage (duffel bags, etc.) Please do not bring a hard suitcase.
- ◆ The key to clothing on the ship is layering. Clothes that can be worn over or under other layers will serve you well.
- ◆ Clothes that dry quickly are recommended. As a rule synthetic fibers like polar fleece and various polyesters and nylons do a better job of drying quickly than cotton. Avoid denim, thick towels, and heavy cotton sweatshirts.
- ◆ Clothes should be comfortable and easy to move in.
- ◆ The clothes you bring to sea will be put to hard use and are subject to the same rugged life aboard a working vessel you will be. In other words, things might get torn, stained, and may not come home with you.
- ◆ You will be provided with a mattress, pillow, pillow case, and sheets. You'll need to bring either a sleeping bag or a blanket.
- ◆ Don't count on doing laundry or fresh water for bathing or shaving.
- ◆ Think hard about what you really need. You will change your clothes much less frequently than you do on land. A pair of shorts might last you 10 days at sea.
- ◆ If you wear prescription glasses, bring a second pair. If you wear contact lenses, bring you glasses as well.
- ◆ Do not bring electronic equipment (mp3 players, cell phones, etc.), scuba gear, food, or liquor.
- ◆ Camera is optional; please remember it could get wet.



WHAT TO BRING

Item	Description	Qty.
Foul Weather Gear	Jacket w/hood, pants, and boots	1 set
Jacket	Polar fleece or wool sweater	1-2
Wrist Watch	Digital or with a second hand	1
Towel	Light and quick drying; chamois type	1-2
Linen	Sleeping bag or heavy blanket	1
Sunblock	SPF 15 or greater, lip balm with sun protection is key.	1
Sunglasses	UV protection is best	1
Bathroom Kit	Toothpaste, toothbrush, shampoo, soap, etc. NO Hairdryers, curling irons, and the like. <i>Many students have found baby wipes and facial cleansing cloths to be great additions as fresh water is not available for bathing.</i>	1 each
Flashlight	One small flashlight with one set extra batteries	1
Knife or Leatherman	Sailor knife or multi-tool of some kind	1
Hats and Winter Gloves	One hat for sun protection and one for cold weather (wool or fleece works best)	1 each
Water Bottle	Nalgene or a bottle you can easily distinguish as yours. It is also nice if it has a carabineer to clip onto the lifelines.	1
Socks	Wool socks are a good option to keep your feet warm, even if they get wet	3-4
Shoes	Non skid/rubber soled tennis shoes or boat shoes, can also bring sandals, but they must have a heel strap (such as Chaco's or Teva's) NO FLIP FLOPS or CROCS	2
Shorts	Quick drying work best	1-2
T-shirts	A few T-shirts and 1 long sleeved shirt	2-3
Pants	Quick drying and/or possibly a canvas pant such as Carhartt's	1-2
Long Underwear	Warm under layers can be important if it gets chilly – synthetics such a polypro or Under Armor are good.	1
Swimsuits		1
Underwear	Use your discretion	
Medications	If you take any medications, please bring enough for the entire trip. If you use an inhaler you should bring two. <i>Please remember that all medications and supplements will be dispensed by the Medical Officer.</i>	