The following packing list should help you prepare for the program. These are simply our suggestions; you will want to make your own variations.

**CLOTHING**
- comfortable, broken-in walking shoes or lightweight hiking shoes
- long pants
- shorts (zip-off pants allow for flexibility)
- long-sleeved shirts
- short-sleeved shirts
- sweater, sweatshirt or light jacket
- waterproof rain jacket
- windbreaker
- socks and undergarments
- sleepwear
- bathing suit (two recommended)

**MISCELLANEOUS**
- wide-brimmed hat and sunglasses
- collapsible umbrella
- camera equipment, extra batteries/charger and memory cards/film*
- lightweight day pack or tote bag
- money belt
- small flashlight
- travel alarm clock
- plastic bags (Ziploc®) for storing toiletries, film, supplies and keeping camera equipment dry
- extra passport photos
- passport and air tickets*
- photocopies of credit cards*

**TOILETRIES, MEDICATIONS & FIRST AID**
- shampoo, conditioner and soap (these are also provided at our hotel and on board the ship)
- hairdryer (available at the hotel and a few available on the ship)
- toothbrush and toothpaste
- sunscreen and lip protection
- unscented insect repellent
- travel sewing kit
- insect bite and sunburn relief products
- anti-bacterial lotion or towelettes
- tissues (small travel packs)
- alcohol wipes
- antibiotic ointment
- Band-Aids®
- Aspirin®/Tylenol®, etc.
- cold remedies
- anti-diarrheals (Imodium AD® or Pepto Bismol®)
- prescription medications (in their original containers)*
- motion sickness preventives

**SPECIAL EQUIPMENT/OPTIONAL**
- dressier outfit(s) for welcome and farewell dinners
- Teva™-type sandals or Aqua Socks™ for wet landings
- snorkel gear (mask, snorkel and fins provided on board)
- wetsuit (shortie wetsuits available provided on board)
- earplugs and/or eyeshade (for light sleepers)
- refillable water bottle
- journal and pens
- pocket calculator for currency conversions
- hand laundry supplies (for laundering your own garments)
- TSA-approved luggage locks
- extra pair of eyeglasses or contacts*

* Pack these items in your carry-on luggage