



# Packing List: Sailing

**We will mail you a duffle bag before your trip- Everything you bring must fit in that bag.**

Quantity	Item	Comments	✓
2	Water Bottle	You should have ~2 liters of capacity.	
1	Hiking Boots	Try them out before you come to avoid blisters!	
1	Deck Shoes	Close toed shoes that won't slip when the deck is wet. An additional pair of sandals are optional	
5	Socks	Thick wool socks are best.	
1	Daypack	For exploring islands	
1	Compass		
3-4	Synthetic T-shirt	Please avoid cotton.	
1	Synthetic mid-layer	I.e. a synthetic fleece or wool flannel. Please avoid cotton.	
1	Warm Jacket	I.e. a "puffy"- It seems like overkill, but it can get pretty chilly at night, especially on the lake.	
1	Warm hat and gloves	Ditto.	
1	Rain Jacket		
1	Pants	Please avoid cotton.	
1	Shorts	Please avoid cotton.	
1	swimsuit		
1	Sleeping bag	<b>Available for rent</b>	
1	Baseball hat		
1	Sunglasses		
lots!	Sunscreen		
1	Hand sanitizer		
Double!	Personal medication	Please bring medications in its <b>original container</b> . <b>This is required by law</b> . Please have double the amount necessary for the trip in case one first-aid kit	



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		is lost.	
1	epipens	We keep one in each first aid kit, but if your participant normally carries one please bring it!	
	Hygiene kit	Toothbrush, toothpaste, feminine hygiene products, etc.	
1	headlamp/flashlight		
	Extra batteries		
optional	Fun stuff!	A frisbee, cards, a book, a journal, etc.	

## A Few Other Notes

- We said it several times on this list, but **please avoid cotton!** When it gets wet, cotton makes you cold really fast which, even on a trip like this, can be a big problem if the weather turns wet or cool. Synthetic materials (i.e. athletic clothes, polypro, etc.) are the way to go.
- A note on quantity: You probably don't need a change of clothes for each day, but you can pack a little bit more liberally than you would on a backpacking trip- as long as it fits in a duffel bag.
- If for any reason you're struggling to find any equipment, **get in touch!** We can probably help you out.
- Please do not bring weapons, fireworks, drugs, alcohol, or other illegal or potentially disruptive items on your trip. It is in your best interest to bring less, not more, on trips. If you have questions about whether or not an item is appropriate, just ask!
- Please read our [electronics policy](#) before packing any electronic devices.
- If you have any questions feel free to email [charlie@crystalaireadventures.com](mailto:charlie@crystalaireadventures.com) or call (414) 588-9921.