

Windward Islands Clothing & Packing List

Sea bag list prepare to set sail...

All items to be packed in ONLY one (1) soft collapsible duffel with no wheels. If you are bringing your own dive gear, you may pack an additional duffel bag with no wheels.



Use a permanent marker to label your items and take care of your clothes, as we are not able to return any unlabeled, lost items back to the USA at the end of the summer.

Clothing Items:

- 5 T-shirts or tank tops (quick dry fabrics work well) *
- 2 or 3 surfing style rash guard or synthetic, quick dry shirt for sun protection *
- 4 pairs of non-swimming shorts (sports shorts or khakis)
- Any underwear quantity desired
- 3-5 swimsuits or board shorts
- 1 outfits for an evening BBQ (dress or skirt for girls, nice shirt / shorts for guys)
- 2 pairs sleepwear
- 1 sweatshirt/pants for cool nights or to travel in
- 1 light rain jacket (this does not need to be an expensive yachting type)
- 1 pair of good sunglasses (UV protected/polarized)
- 4 pair sports socks
- 1 pair sports sandals or Flip Flops (Teva, Reef or Rainbows for example)
- 1 pair light hiking shoes with good support (can be sneakers) for shore exploration and hikes
- 1 sun hat (essential) *

General Items:

- Small camera (optional)
- Cell phone (optional) and charger (USB and outlet). Please no iPads, tablet computers or laptops. Please read "Student cell phone and electronics policy" for Odyssey's policy on cell phone use while on program.
- Small flashlight (optional, head lamp preferred) *
- 1 Mesh laundry bag with drawstring cord
- Water bottle (Nalgene type), with a carabineer-style clip to secure to the boat *
- 2 small sized shower towels for freshwater

(NOT oversized beach towels Thinner the better. Thinks see thru. Thick will NOT DRY and begin to smell.)

2 absorbent sports chamois or microfiber towel for saltwater

Most often we can air dry after being in the ocean yet when a student feels the need to towel off after being in salt water then please bring a Sports Chamois or Quick Dry Towel

Sleeping bag (fleece bags are best.) and pad (under \$20)

Light backpack or knapsack

1Pair Dive Booties

Wet suit - Shorty or full 1-3mm

Toiletries Items:

Pack these items in zip-lock bags to prevent spillage while traveling. Consider eco-friendly brands of toiletries to help reduce environmental impact.

Toothbrush and paste

Shampoo & Conditioner (all-in-one please, no separates) body wash, face wash and deodorant

Mesh body sponge

1 bottles sunscreen SPF 30 or higher - please no oils or aerosols. *

Think Coral Safe without Oxybenzone and octinoxate, the two chemicals are believed to cause coral bleaching

1 (one) 8oz bottle of Hibiclens antimicrobial skin cleanser

This is available at all major drug stores over the counter (ask a pharmacist) and costs about \$10 USD. Outside of standard showering, we will set up a schedule so that all students can have a thorough fresh water wash with this soap now and again.

Chapstick or similar sunblock lip cream

1 bottle of Swim Ear (pharmacy, non prescription)

Pseudoephedrine (Sudafed for congestion)

Hydrocortisone Cream

Neosporin

Any sanitary items needed

Shaving cream and razors

1 Non aerosol insect repellent

Any medications you may need (make sure to pack in carry-on luggage, clearly identified, labeled with instructions)

Spare contact lenses and solution, if worn

Please note...

- * items available at our Odyssey Expeditions Store:
www.odysseyexpeditions.com/store
- Quick dry clothes work best aboard
- No hair dryers on board – the ships' power and lights operate on batteries
- Bed linens are provided on board
- The salt air is harsh on electronics. Electronics can be affected by this and Odyssey cannot take responsibility for these items, including loss or theft.