

# Bahamas Blue Packing List

Luggage requirements for charter airline	To carry with you in a carry on backpack:
<ul style="list-style-type: none"> <li>• <b>40 Pounds max</b> (not including your carry on)</li> <li>• <b>No hard-sided or wheeled luggage.</b></li> <li>• <b>Must be soft sided duffle 30 inches or less.</b></li> <li>• <b>Do not over pack.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Passport</b> (be sure to leave a photo copy at home)</li> <li>• <b>Emergency Contact Info</b></li> <li>• <b>Travel Insurance Information</b></li> <li>• <b>\$100-150 spending/souvenir money</b></li> </ul>

Bed/Bath	
1 Set of single bed sheets (flat, fitted, and pillowcase)	1 Bath Towel
1 pair of pants and t-shirt for sleeping	Travel size personal toiletries (shampoo, soap, aloe, lip balm, tooth paste/brush, razor, deodorant, tampons)
Contacts (and accessories), extra glasses	
Clothing	
2-3 Swim suits including 1 old suit for wading in the cave Note: suits must fit and cover all appropriate places. String bikinis and speedos are not adequate for climbing, hiking, diving, and stretching.	1 Light long sleeve shirt for sunburn protection or buggy nights
1 Pair of light pants for warm buggy nights	1 Pair of closed toe shoes ( <b>MUST HAVE</b> )
2-3 Tank tops	3-4 T-shirts
underwear	2-4 Pair of sock (include 1 pair of tube socks for buggy nights)
1 Hat or	3-5 Pair of shorts (don't bring heavy cotton or jeans)
	1 Pair of flip flops
In the Field	
2 Garbage bags for wet/dirty clothes or taking home shells	2 Beach towels
1 pair of sunglasses (keeper straps are recommended)	Insect repellent – 25% Deet recommended
1-4 Disposable underwater cameras	1 or 2 1-Liter water bottle(s)
Identification tags on all luggage	1 Light rain poncho
1 Water-resistant watch. Note: since we rely on a schedule, all participants <b>MUST</b> have a watch. Purchase one good for at least 30m for \$14-20.	<b>1 First Aid Kit to include:</b> Several bandaids, duct tape, non-drowsy allergy/decongestant, motion sickness medication, pain reliever, swimmers' ear drops, Gold Bond Medicated Powder (travel size), prescription drugs. Note: An ear infection will ruin your trip. Swimmers' ear drops will help dry water from your ear and keep bacteria from festering.
1 Flashlight (w/ extra batteries) note: the cave is not as fun in the dark. Make sure you have a good flashlight for this adventure.	
Sunscreen 30+	
1 Tupperware type container for shell collecting	Land Camera (extra batteries, charger, and/or film)
Snorkeling	
Personal snorkeling gear (OPTIONAL) Note: we provide top-of-the-line snorkeling gear. If you want to bring your own: fins <b>MUST</b> be open back <b>NOT</b> full foot. If you wear glasses or contact a prescription mask is recommended.	
1 Dive skin, wetsuit, or rash guard. Note: If your trip is before July 4 <sup>th</sup> the water can be cool. If you are small framed and/or chill easily invest in an inexpensive 2-3 mm wetsuit. You'll be happy you did. A dive skin or rash guard top is a great way to avoid sunburn, jellyfish stings, and to keep warm. Contact Wild Studies if you have questions.	1 Pair of Dive booties with a hard sole. Note: Dive booties are neoprene with a hard sole. These can be purchased from your local SCUBA shop. You can also purchase them online. Do not spend more than \$20. Low cut, slip on will work fine. You can also purchase inexpensive water shoes from K-mart. Bring extra socks because they cause blisters. <b>DO NOT</b> bring dive socks. These are neoprene but do not have a hard sole.
Additional Supplies	
1 3-Ringed BINDER for program workbook and 2-3 pens	(optional) A travel diary or journal, colored pencils
\$10 dollars for a donation to local library and/or books, school supplies, learning software for PC.	
Do Not Bring:	
DVD players or video games Note: We want you to socialize and explore the environment. You can watch movies and play videos when you go home.	Speakers or boom boxes Note: Not everyone likes the same music. You may bring headphones to listen to your music in your dorm only.

