



SUNSHINE COAST ADVENTURES
Sail Today. Live Today.

What to Bring List

A Few Important Notes When Packing:

- **Pack Light! Most people bring too much.**
- **Use a soft duffle bag to carry clothes and gear onboard.**
- **Clothing items will vary depending on weather and seasons you arrive: Warmer months are May to September while Colder months are October to April.**
- **Bare feet are acceptable onboard.**

Gear	
	Sailing Gloves
	Head Lamp or Small Flashlight
	Rain Gear (coat & pants)
	ASA Textbooks
	Snorkel Gear (mask, fins, snorkel)
	1 Liter Water Bottle w/ screw lid (Nalgene with large opening)
	Notebook
	Pens & Pencils

Toiletries	
	Sunscreen
	Toothbrush & Toothpaste
	Shampoo & Soap
	Skin Lotion
	Lip Balm
	Rx Medications
	Comb / Brush

Optional	
	Boat Shoes (non-marking)
	Foul Weather Deck Boots
	Personal Flotation Device (PFD)
	Knife or Multi-tool
	Calculator
	Book
	Pillow
	Energy Bars / Snacks
	Earplugs
	Car charger for phone

Clothing	
	Sun Shirts (Long-sleeve)
	Sun Hat
	Sunglasses w/ retainer (polarized is best)
	Shorts
	Bathing Suit(s)
	Towel (2)
	Insulation Layer (medium weight)

Cold Weather (Winter Months)	
	Warm Gloves
	Warm Fleece Jacket
	Warm Hat
	Long Underwear (Polypropylene)
	Socks
	Long Pants

Do NOT Bring	
	Regular Suitcases
	Roller Suitcases
	Frame-type Backpacks
	Coolers
	First Aid Supplies
	Firearms
	Illegal Drugs
	Spray-on Sunscreen