

CSUSB Adventure Sailing Packing List

(Items in **Bold** are available to check out)

Pack and Sleeping:

- Day Pack

Upper Body:

- **Waterproof Jacket**
- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s)
- Cotton or Synthetic Blend Shirt (Breathable Layer)
- Sports Bra

Lower Body:

- Nylon Shorts or Light Weight Long Pants/ Cotton or Synthetic Pants
- **Waterproof Pants**
- Underwear
- Bathing Suit (if desired)

Feet, Hands, and Head:

- Closed toe non-marking shoes (sneakers or boat shoes)
- Socks (No Cotton)
- Wide Brimmed Shade Hat
- Beanie

Personal Items:

- Sunscreen
- Insect Repellant
- First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
- Motion Sickness medication (take 30-60 minutes before) or ginger chews
- 2 Reusable Water Bottles (1 quart)
- Sunglasses

Group Equipment that CSUSB Adventure will provide:

- **Expedition First aid Kit**