Sea Bag List

Mahina Ocean 2021 & 2022 Expeditions

Pacific Northwest

Your gear must fit in one or two bags: a **soft-sided** **duffel** bag no larger than [REI 60L Roadtripper Duffel](https://www.rei.com/product/124505/rei-co-op-roadtripper-duffel-60l) or [Gill 60 Liter Race Team](https://www.westmarine.com/buy/gill--60l-race-team-duffel-bag--18087049?recordNum=3) Duffel (max. length 30”, max. girth 60”). Optionally, you can also bring a small to **medium-sized frameless knapsack** similar to [REI Flash 18L Daypack](https://www.rei.com/product/148592/rei-co-op-flash-18-pack). The knapsack is useful for hiking and shore trips.

Y**ou must be able to carry your duffel and knapsack: Total maximum weight for all your gear is 30 Ibs.** No suitcases, bags with wheels, metal-framed backpacks, folding luggage carts, camera bags, rigging knives, satphones, tracking devices, hair dryers, or excuses, please. **Nearly everyone brings more than needed**. Guitars, drones and knitting are welcome! Each person has a shelf or drawer and shared hanging locker for shoes & foulies. Folding and organizing clothing in [Eagle Creek Cubes](https://www.rei.com/product/866237/eagle-creek-original-pack-it-cube) or Zip-loc bags saves space.

* REI: 800-426-4840, [www.rei.com](file:///C:\Users\John\Documents\Expeditions\Sea%20Bag%20Lists\www.rei.com), West Marine: 800-538-0775, [www.westmarine.com](file:///C:\Users\John\Documents\Expeditions\Sea%20Bag%20Lists\www.westmarine.com)
* There are [REI](https://www.rei.com/stores/bellingham.html) and [West Marine](https://www.westmarine.com/stores/bellingham-wa-28) stores within a mile of Squalicum Marina and an [LFS store](https://www.go2marine.com/go2marine) next door.

### Foul Weather Gear

* Foul weather jacket. [West Marine's Third Reef](https://www.westmarine.com/buy/west-marine--men-s-third-reef-jacket--P019573138?color=P019573138_FOG_GREY&recordNum=1) provides quality and value. **Jacket must have a hood.**
* [Patagonia Torentshell rain pants](https://www.rei.com/search?q=Patagonia+Torentshell+pants) or similar from [REI](https://www.rei.com/product/137553/rei-co-op-essential-rain-pants-womens) or [Marmot](https://www.rei.com/rei-garage/product/163654/marmot-precip-full-zip-rain-pants-mens) are lighter and less bulky than foulie pants.

### Primary and Middle Layers

* Soft-shell waterproof, breathable jacket: [REI Soft Shell Jacket](https://www.rei.com/product/157345/rei-co-op-activator-soft-shell-jacket-mens). Super versatile indoors or on deck.
* [Patagonia’s Nano Puff jacket](https://www.patagonia.com/product/mens-nano-puff-jacket/84212.html?dwvar_84212_color=CTRB).
* 1 lightweight smart-looking short-sleeved collared shirt for men, 1 smart outfit for women for clearing customs.
* 2 **loose-fitting** **non cotton** short-sleeved running shirts: [REI Active Pursuit](https://www.rei.com/product/140889/rei-co-op-active-pursuits-t-shirt-mens)
* 2 midweight long-sleeved non-cotton tops: [REI Sahara](https://www.rei.com/product/119131/rei-co-op-sahara-long-sleeve-t-shirt-mens), [REI Women’s Base Layer Crew Top](https://www.rei.com/product/121926/rei-co-op-midweight-base-layer-crew-top-womens)
* 1 nylon running short that is comfortable, loose-fitting & quick drying. [Nike](https://www.rei.com/product/145937/nike-challenger-running-shorts-mens) & [REI](http://www.rei.com/product/862029/rei-fleet-running-shorts-mens-6-inseam) have good options. Please do not bring long, cotton, baggy, belted or pocketed shorts as they are bulky and difficult to dry.
* 1 pair quick-drying long nylon pants: [Columbia PFG,](https://www.westmarine.com/buy/columbia--men-s-pfg-blood-and-guts-pants-30-inseam--P017790320?color=P017790320_CITY_GREY&recordNum=2) [Columbia Women’s Aruba Pants](https://www.westmarine.com/buy/columbia--women-s-pfg-aruba-roll-up-pants--P018186718?color=P018186718_COLLEGIATE_NAVY&recordNum=9). Please do not bring cotton jeans or sweatpants or sweatshirts which are bulky and difficult to dry.
* 1 pair running or yoga tights or long underwear bottoms: [REI Midweight Base Layer Bottoms](https://www.rei.com/product/121973/rei-co-op-midweight-base-layer-bottoms-menshttp:), [Patagonia Women’s Center Crop Tights](https://www.rei.com/product/125235/patagonia-centered-crop-tights-womens).

### Footwear

* 1 pair of newish, neutral soled boat shoes or sandals. [Grundens Deck Boss Ankle Boots](https://www.amazon.com/Grund%C3%A9ns-Mens-Deck-Ankle-Brindle/dp/B07NS7VHSH/ref=sr_1_5?dchild=1&keywords=grundens+deck+boss+ankle+boots&qid=1622486812&sr=8-5) have been popular and are available from [LFS](https://www.go2marine.com/Grundens-Deck-Boss-Ankle-Boots), across the street from San Juan Sailing where you’ll meet us. Additional options: [Technical/performance deck shoes](https://www.westmarine.com/buy/sperry--men-s-harbormaster-shoes--P015195365?color=P015195365_GREY&recordNum=9http://www.westmarine.com/buy/sperry-top-sider--men-s-sea-kite-sailing-shoes-grey-8w--15202104), [Teva Omnium 2](https://www.westmarine.com/buy/teva--men-s-omnium-2-sandals--P018694620?color=P018694620_BUNGEE_CORD&recordNum=6) sandals.
* Comfortable, sturdy, fast-drying, non-leather running or walking shoes.
* Thongs for marina showers and beach landings.

### Miscellaneous Gear

* Mahina Expedition Companion textbook plus pens and notepad.
* Waterproof LED Headlamp with red & white lights plus extra batteries. Best, by far and most waterproof headlamp: [Black Diamond Spot325.](https://www.rei.com/product/141410/black-diamond-spot-325-headlamp) Waterproof headlamps leave hands free for reefing, hourly logbook entries, etc. This is VERY important for your safety and not an option.
* Pillows and pillowcases are provided. Bedding is provided for couples. Singles need to bring a light or mid-weight [sleeping bag](https://www.rei.com/product/894999/rei-trail-pod-29-sleeping-bag).
* Swimwear (running shorts dry faster than swim trunks)
* Warm [beanie/stocking cap](https://www.westmarine.com/buy/sealskinz--waterproof-roll-cuff-beanie--P019644715?color=P019644715_NAVY&recordNum=1) for night watches.
* Waterproof gloves: [Sealskinz](https://www.westmarine.com/buy/sealskinz--men-s-waterproof-all-weather-ultra-grip-knitted-gloves--P019634369?color=P019634369_BLACK&recordNum=1) are the most versatile we’ve found. Optional if you easily get cold hands.
* Underwear (suggest 3 sports bras for women)
* Sun hat: [Tilley Airflow](http://www.westmarine.com/buy/tilley--airflo-hat-olive-7-3-4--10438919), [Columbia Sportswear Bora Bora](http://www.westmarine.com/buy/columbia--bora-bora-ii-booney-hat-sage--7879836).with tie down.
* 1 [Baseball cap](https://www.westmarine.com/buy/west-marine--men-s-water-repellent-baseball-cap--P018876565?color=P018876565_BLUE&recordNum=1http://www.westmarine.com/buy/west-marine--tech-baseball-hat--11042926) with tie-down clips for deflecting spray in heavy weather.
* 1 medium [Multi-Towel Lite](https://www.rei.com/product/161674/rei-co-op-multi-towel-lite-medium) or small hand towels, **max. size: 16” x 24”**. There isn’t room to dry larger towels.
* 2 washcloths: [Multi-Towel Lite Small](https://www.rei.com/product/161673/rei-co-op-multi-towel-lite-small)
* Waterproof watch with light.
* Alarm clock.
* Waterproof sun and lip screen.
* Sunglasses with keeper strap. Two pair reading glasses, if used.
* Passport valid for at least one month from start of expedition. Please ensure that we have received a copy of your latest passport before the start of your expedition.

[**Seasickness**](http://www.mahina.com/seasick.html)**:** Eliminating coffee and black tea and increasing water intake to two liters daily for 2-3 weeks before the expedition **greatly** reduces your chance of seasickness and dehydration. If you think you may be prone to seasickness, read our [Seasickness: Avoidance and Treatment](http://www.mahina.com/seasick/index.html) page and consider following the drug recommendations. We provide each expedition member with a 1-liter Fiji Water bottle.

**Optional:** camera, 2 books or tablet device.

**Shipboard Power:** USB and 12-volt power are always available for charging.

**Travel and trip cancellation insurance**, Click [HERE](https://www.diversalertnetwork.org/annual-travel-insurance/?utm_source=danboater.org&utm_medium=referral&utm_campaign=travel-insurance&rc=DBT) for [www.danboater.org](http://www.danboater.org)’s travel insurance. There is a link from [www.mahina.com](file:///C:\Users\John\Documents\Expeditions\Sea%20Bag%20Lists\www.mahina.com).

**Communication Etiquette**: For the safety of the vessel and out of consideration for others aboard, we ask that you make and receive phone calls **on shore only**. When at anchor or in port, you’re welcome to send and receive messages in the privacy of your cabin or bunk, but not in shared living or cockpit spaces.

**Quiet Time Courtesy**: If a fellow expedition member is being taught or coached or is concentrating on navigation, please allow them an oasis of peace and quiet, moving to the cockpit if you need to chat.

**Private Food Stashes**: You’re welcome to share treats with other expedition members, but please, no private food aboard.

**Expedition** **Timing**: Each leg starts promptly at 3pm and ends at 8am on the stated days. It is not possible to join the boat early or stay later.

**If you’re coming from outside of Washington State, we ask that you arrive in Belllingham 20 hours before the start of your expedition, spending a night in a hotel**. This extra time reduces the chance of your delaying the start of the expedition due to delayed flights or baggage. It also provides time to get over jet lag and to become acclimatized and rested before coming aboard. We stay in and recommend <https://www.heliotropehotel.com/>.

Please do not schedule your return flight out of Bellingham before 10 am on the final day of the expedition.

**Getting to Bellingham**, and recommended hotels: <http://sanjuansailing.com/charters/getting-here.html>

**THE MOST IMPORTANT THING TO BRING WITH YOU: a positive attitude and an eagerness to learn.** V6.21

