

SEA BAG LIST

MAHINA OCEAN EXPEDITIONS

PACIFIC NORTHWEST

Your gear must fit in one or two bags: a **soft-sided duffel** bag no larger than [REI 60L Roadtripper Duffel](#) or [Gill 60 Liter Race Team 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](#). The knapsack is useful for hiking and shore trips.

You must be able to carry your duffel and knapsack: Total maximum weight for all your gear is 30 lbs. 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, 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](#) or Zip-loc bags saves space.

- REI: 800-426-4840, www.rei.com, West Marine: 800-538-0775, www.westmarine.com
- There are [REI](#) and [West Marine](#) stores within a mile of Squalicum Marina and an [LFS store](#) next door.

Foul Weather Gear

Foul weather jacket. [West Marine's Third Reef](#) provides quality and value. **Jacket must have a hood.** [Patagonia Torentshell rain pants](#) or similar from [REI](#) or [Marmot](#) are lighter and less bulky than foulie pants.

Primary and Middle Layers

Soft-shell waterproof, breathable jacket: [REI Soft Shell Jacket](#). Super versatile indoors or on deck.
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](#)
2 midweight long-sleeved non-cotton tops: [REI Sahara](#), [REI Women's Base Layer Crew Top](#)
2 nylon running shorts that are comfortable, loose-fitting & quick drying. [Nike](#) & [REI](#) 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](#), [Columbia Women's Aruba Pants](#). 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](#), [Patagonia Women's Center Crop Tights](#).

Footwear

1 pair of newish, neutral soled boat shoes or sandals. [Technical/performance deck shoes](#), [Teva Omnium 2](#) sandals or [moccasin-style boat shoes](#).
Comfortable, sturdy, fast-drying, non-leather running or walking shoes. We use and recommend waterproof [Salomon GTX Gore-Tex trail runners](#), but this will be overkill unless you enjoy hiking or trail running.
Thongs for marina showers.

Miscellaneous Gear

Mahina Expedition Companion and Offshore Cruising Companion textbooks plus pens and notepad.
Waterproof LED Headlamp with red & white lights plus extra batteries. Best, by far and only waterproof headlamps: [Black Diamond Spot325](#). 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](#).
Swimwear (running shorts dry faster than swim trunks). We may stop at a marina that has a pool.
Underwear (suggest 3 sports bras for women).
Sun hat: [Tilley Airflow](#), [Columbia Sportswear Bora Bora](#) with tie down.
1 [Baseball cap](#) with tie-down clip - for deflecting spray in heavy weather.
Stocking Cap
2 medium [Multi-Towel Lite](#) or small hand towels, **max. size: 16" x 24"**. There isn't room to dry larger towels.
2 washcloths: [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.

USB memory stick (16 GB or larger) if you would like a copy of our best images of your expedition.

Seasickness: 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](#) 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.

USB and 12-volt power are always available for charging and 110-volt power is available when the engine is on.

Travel and trip cancellation insurance, Click [HERE](#) for www.danboater.org's travel insurance. There is a link from www.mahina.com.

Expedition Timing: Each leg starts promptly at 5pm and ends at 9am 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 Bellingham 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 12 noon 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.

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