

SEA BAG LIST

MAHINA SCOTTISH ISLES EXPEDITIONS, 2024 - 2025

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, Garmin tracking devices, hair dryers, or excuses, please. **Nearly everyone brings more than is needed.** Drones and knitting are welcome! Each person has a shelf or drawer and shared hanging locker for shoes & foulies. Folding and organizing clothing in [Cotopaxi Cubes](#) or Zip-loc bags saves space.

- REI: 800-426-4840, www.rei.com, West Marine: 800-538-0775, www.westmarine.com

Foul Weather Gear & PFD/HARNESS/TETHER

- 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](#) are lighter and less bulky than foulie pants which are **bulky to pack and totally overkill** for these expeditions.

Mahina Expeditions provides top quality Spinlock Lite+ PFD/Harness combinations and tether.

Sleeping Bag

- Rather than packing a sleeping bag, an easier and less expensive option is to purchase one upon arrival. Each starting port has excellent prices on toasty bags, which are considerably less costly than in most other countries. I'll be happy to recommend which shop, depending on your starting port.
- Pillows and pillowcases are provided.

Primary and Middle Layers

- Soft-shell waterproof, breathable jacket: [Patagonia Bomber Hoodie](#) 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](#)
- 1 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 of [Eddie Bauer First Assent Guide Pro Lined Pants](#) These are absolutely brilliantly appropriate!
- 1 pair regular [Eddie Bauer First Assent Guide Pro Pants](#) (unlined)
- Please do not bring impractical cotton jeans, 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. [Grundens Deck Boss Ankle Boots](#) have been very popular. [Technical/performance deck shoes](#), [Teva Omnium 2](#) sandals.
- Comfortable, sturdy, fast-drying, non-leather running or walking shoes:
My favorite: [Salamon Speedcross 5 Trail Running Shoes](#) which are the only shoes I own, perfect for Scotland.
- [Tevas](#) (best) or Thongs to protect your feet from barnacles during beach landings and for marina showers.

Miscellaneous Gear

- Mahina Expedition Companion plus pens and notebook. It is unnecessary to bring your Offshore Cruising Companion because of space and weight requirements.
- Waterproof LED Headlamp with red & white lights plus extra batteries. Best, by far and only waterproof headlamps: [Black Diamond Spot400](#). 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.
- Swimwear (running shorts dry faster than swim trunks)

- Warm [beanie/stocking cap](#) for night watches.
- Waterproof gloves: [Sealskinz](#) 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](#), [Columbia Sportswear Bora Bora](#) with tie down.
- 1 [Baseball cap](#) with tie-down clips for deflecting spray in heavy weather.
- 1 medium [Multi-Towel Lite](#) or small hand towels, **max. size: 16" x 24"**. **Please pay attention here!** There isn't room to dry or hang larger towels.
- 2 washcloths: [REI Co-op Multi Towel Mini | REI Co-op](#)
- Waterproof watch with light.
- Waterproof sun and lip screen.
- Sunglasses with keeper strap. Two pair reading glasses, if used.
- Passport valid for at least six months from start of expedition. Please ensure that I have received a copy of your latest passport before the start 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 water bottle.

Optional: camera, 2 books or tablet device.

USB and 12-volt power are always available for charging and I'll bring a small 110-volt power inverter.

Travel and trip cancellation insurance, Click [HERE](#) for [www.danboater.org](#)'s travel insurance. There is a link from [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 we're 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 and definitely not while you're on watch or during meals.

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.

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

Expedition Timing: Each leg starts promptly at 4pm and ends at 8am on the stated days. It is not possible to join the boat early or stay later.

Please arrive in your joining port 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. I will be pleased to recommend a hotel in your joining port.

Please do not schedule your return flight before 8 AM on the final day of the expedition.

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

