



# Cruising Expeditions Crew Advisory

## Hawaiian Islands Itinerary

### PRINT THIS AND CHECK OFF AS PACKED

#### Gear Bags

Bring a total of two important items for carrying your gear. A seabag or duffel and a small day backpack. The seabag or duffel and day pack must have complete soft sides. Bring Ziploc plastic bags for important items that cannot get wet, double or triple the plastic bags

over the item to help assure it will not get damaged.

Note: You will be responsible for carrying your seabag and daypack by yourself. You may have to walk along a beach with your gear before being ferried to the Expedition Boat. Your seabag must be soft sided on all sides, containing all your clothes and gear. The outside measurements of the seabag or duffel must not exceed 36"L x 20"W. There are no exceptions to this policy, NO bags with wheels, NO metal, NO hard framed bags.

The seabag or duffel will be used to hold all clothes and gear during your expedition, pack it accordingly. If you bring computers, cameras or other electronics you run the risk of water damage. Your Toiletries can be removed from the seabag and placed in a Cabinet within the Head.

#### PDF Harness

Because sizing requirements need to be exacting, Cruising Expeditions does NOT provide Offshore Inflatable PDF's with Harness and Tethers. You must bring a PDF safety Harness with a nylon webbing Tether (quick release snap shackle at the harness and a snap hook on the outboard end).

#### Personal Strobe Light

Waterproof personal strobe light with batteries, attaches to PDF Harness.

#### Head Lamp

Personal LED head lamp for night watches, preferred are double AA battery powered with red light capability, bring one complete set of extra batteries, the Black Diamond "Icon" is what we use on board.

### For reference

These items can be purchased at West Marine or other Marine Outlets.

westmarine.com: Offshore Inflatable PDF's w/Harness such as; Part # 7814114  
Safety Tether such as; Part # 8821464  
Personal Strobe Light Part such as; Part # 394959

rei.com: Headlamp; Black Diamond # 830717

### Hawaiian Island Itinerary Clothing

- Bring enough clothes so that you will not need to do laundry while on the Expedition.
- At anchor after a swim and fresh water rinse, your swimsuit will be hung to dry.
- Quick drying clothes are the best to bring on an Expedition

## Clothing for Tropics All Passages (continued)

- Cap or Hat:** Minimum one baseball cap or UV protection hat, sized to use while sailing or during sports.
- Sunglasses:** Minimum one pair, Polar are best in the Marine Environment
- Sunblock:** Bring one tube, Zinc Oxide works well for face.
- Shorts:** **Comfortable** loose-fitting and **quick drying**, active wear shorts or beach/water shorts; for evening comfortable cotton/poly blend shorts
- Pants:** One pair comfortable loose fit light weight poly blend active wear, lined; for a cool evening
- Shirts / Tops:** UV protected sportswear or comfortable lightweight T-shirts and lightweight tops
- Sweat Shirts:** Comfortable light quick dry sweat shirts, fleece works well; alternative long sleeve T shirt over/under layers; for a cool evening
- Sleep Ware:** T-shirts and cotton shorts
- Footwear:** In the tropics on the boat we're generally barefoot for comfort; however please bring one pair of laced decks shoes non-skid sole, with a few pairs of quick drying socks. One pair flip-flops or sandals or crocs for shore side activities
- Towels:** Two large micro fiber towels approximately 40"x16" REI Item # 785130 or similar quick dry towel. DO NOT BRING large cotton beach towel. Hand Towel: two or more micro fiber hand towel for body washing.
- Misc. Gear:** Two medium flat sheets with two pillow cases only we supply the pillows.

## Optional Gear

- Mask, Snorkel and Fins
- Books or E – Readers wireless reading device
- Favorite Sailing DVD to view with other crew members during the evening while at anchor on TV

## Medications

- Bring any medications your doctor is advising you to take.

## Sea Sickness

- If you become queasy or seasick during the initial part of a passage, we do our best to place crew in an environment that helps to relieve the symptoms. However if you are prone to seasickness or feel you may become seasick, bring more than one remedy, unless you have had success with a particular brand.

To avoid effects of seasickness which generally occurs during the first day of a passage, do not overeat the day before, and eat a light breakfast on the morning of the first day. Stay relaxed and avoid thinking or talking about getting seasick and stay hydrated.