

THE ROAD

LESS TRAVELED®

Aloha 'Aina Equipment List

You may already own many of the items on this list. Clothing will receive hard use. We strongly recommend you borrow what you do not already have from friends or relatives. Before you purchase any gear, be sure you read the "Guidelines for Gear" on the other side.

Each participant **MUST** have the items listed below; they are specific to your safety and comfort. Cargo room is extremely limited, therefore, do not bring any additional items with you, bring only what is listed here. If you are missing gear, you may not be able to participate on the expedition. All gear must be packed in your duffel or suitcase. **IMPORTANT NOTE:** No valuable or sentimental jewelry, expensive cameras, etc. should be brought on the expedition. Please do not bring any items that are irreplaceable. **IPods, walkmans, CD players and game devices are not permitted.** These expeditions are designed for participation and personal listening devices take a person out of the group. **Label everything.**

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> dark lens sunglasses (UV resistant)
<input type="checkbox"/> large size day pack	<input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon
	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandana
	<input type="checkbox"/> notebook/journal
SLEEPING GEAR	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag rated to 40°F (No down-filled bags)	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> sleeping bag compression sack	<input type="checkbox"/> headlamp
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring an extra pair of glasses and a copy of your eye glass Rx)
<input type="checkbox"/> lightweight sleeping bag liner (polypro or silk)	<input type="checkbox"/> luggage locks for use in Hawaii, NOT while flying
<input type="checkbox"/> clothes for sleeping in (t-shirt and shorts)	
UPPER BODY	
<input type="checkbox"/> 4 short sleeve t-shirts ("quick dry" is ideal)	TOILETRIES
<input type="checkbox"/> 2-3 work shirts (old clothing you do not care about)	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 set lightweight rain gear <i>with</i> hood (jacket & pants ; i.e. Gore-Tex)	<input type="checkbox"/> sunscreen (30+ SPF - 2 tubes!)
<input type="checkbox"/> 2 long sleeve shirts (at least 1 that is white)	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1 wool or fleece over-sweater	<input type="checkbox"/> shampoo (small container)
	<input type="checkbox"/> toothbrush & toothpaste
	<input type="checkbox"/> deodorant
	<input type="checkbox"/> feminine sanitary products
LOWER BODY	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 1 pair jeans or similar for plane ride	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 6 pairs underwear ("quick dry" style is ideal)	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 4 pairs shorts (this will receive hard use; at least 1 "quick dry")	<input type="checkbox"/> moisturizing lotion
<input type="checkbox"/> 1 pair lightweight hiking pants	<input type="checkbox"/> "quick dry" towel and washcloth
<input type="checkbox"/> 1 pair thermal long underwear bottoms ("quick dry")	<input type="checkbox"/> Gold Bond medicated powder
<input type="checkbox"/> 2 swimsuits (at least 1 one-piece for girls - no bikinis!)	<input type="checkbox"/> 4 gallon size ziploc bags, 4 quart size ziploc bags
HEAD AND HAND	
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	OPTIONAL GEAR
<input type="checkbox"/> snorkel gear (mask and fins)	<input type="checkbox"/> Crazy Creek camping chair
	<input type="checkbox"/> camera w/ film and waterproof camera bag
FOOTWEAR	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 1 pair sandals with snug heel straps (i.e. Tevas, Chacos)	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 2 pairs wool socks and 2 pairs cotton socks	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> 1 pair sneakers	<input type="checkbox"/> 1 pair warm pants (wool or fleece)
<input type="checkbox"/> 1 pair flip flops	<input type="checkbox"/> dry bag
<input type="checkbox"/> 1 pair lightweight hiking boots or sturdy work boots	<input type="checkbox"/> motion sickness medication (important for sailing!)
*sturdy "trail runner" style shoes can be substituted (not new!)	<input type="checkbox"/> 2 CD's for use in van on travel days
<input type="checkbox"/> 1 pair sock liners (polypro/silk/wool)	<input type="checkbox"/> deck of cards
	<input type="checkbox"/> water shoes (neoprene)
	<input type="checkbox"/> 1 sarong (works as a towel, an extra sheet, or quick cover-up)



Guidelines for Gear

WHERE TO SHOP

There are many places to purchase your gear and clothing for your trip including traditional stores and online shops. It is easy to buy clothing and accessories online, but if you are buying boots we recommend that you go to a store rather than shop online as it is next to impossible to get the exact fit you need without trying on these items. An excellent fit is critical to your comfort.

REI is one of the leading national sellers of quality gear and hiking boots. Visit www.rei.com to view their inventory and find the store nearest you. Other store options include Eastern Mountain Sports (EMS), North Face, Patagonia, and Moosejaw Mountaineering. When going to a store take this equipment list with you and feel free to call us 800-939-9839 if you have any questions while at the store. You can find great deals online at: www.sierratradingpost.com, www.backcountry.com and www.campmor.com. For many items on this list, it is not necessary to shop at these stores; stores like Target and TJ Maxx sell many of these items, such as "quick dry" fabrics, at discounted prices.

PACKING FOR YOUR TRIP

All gear should be packed into the duffel bag or suitcase. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Wheels are fine, but not necessary. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack.

Never check items you can't afford to lose. You should use your day pack to carry on important items including identification, medication, passports, cameras, etc. It's also a good idea to carry on toiletries, a fleece, water bottle, and rain jacket, in case delays or cancellations occur. Please review the latest security measures regarding carry-on luggage at www.tsa.gov.

SLEEPING GEAR

Sleeping pad: Should be closed-cell foam (e.g. ensolite) and 3/8" thick. Therm-A-Rest pads (inflatable) are also excellent but weigh a little more. Length should be 3/4 or full body length. These are used for padding and insulation between the sleeping bag and the ground. If you bring a Therm-A-Rest, consider bringing a patch kit as they are prone to leaks.

Sleeping bag: There are many excellent synthetic filled sleeping bags available that are much less expensive than down-filled bags and maintain insulative properties when wet. **NO DOWN-FILLED BAGS ON ALOHA 'AINA!**

Lightweight sleeping sheet/sleeping bag liner: While in Hawaii, we will be in areas with temperatures that do not require a sleeping bag. You should bring either a polypropylene or lightweight fleece sleeping bag liner or sheet to use. Avoid cotton as it has negative insulating qualities when wet.

Sleeping bag stuff sack: You will need a stuff sack for travel and front-country days. Make sure your stuff sack is the right size for your sleeping bag. We recommend compressible stuff sacks!

COTTON, WOOL AND FLEECE

Cotton is comfortable, but provides little warmth. Cotton long underwear is virtually worthless when it is cold out. It absorbs moisture, which then cools the skin. Mountain weather ranges from sunny and warm to wet and cold. Your comfort and safety depend on your clothing's ability to keep you warm and dry. In other words, leave your cotton long underwear at home.

Polypropylene/Capilene® and other synthetic fabrics act much like wool and are ideal for undergarments. They are warm, light and more comfortable on the skin than wool.

Wool maintains its ability to insulate even when wet because it wicks moisture away from the skin.

Polyester fleece acts in much the same way as wool and has been fashioned into comfortable sweaters, jackets, and just about anything else you can imagine.

RAIN GEAR

Good rain gear is a must - hoods required! There is a vast selection of clothing available designed to shed wind and rain. Whether it is made of coated nylon or a material with a breathable laminate (e.g. Gore-Tex), a good rain jacket is light, comfortable, durable, and keeps the rain out.

Plastic is not acceptable rain gear. Make sure you choose a **waterproof** option, not just water repellent.