



What to Bring: Multi-Day Research Expedition

When packing & preparing for your Expedition, keep in mind the following

- Space is very limited aboard the S/V *Carlyn*. At night you will sleep with your gear in your tent
- Pack in a small/medium backpack, duffel or laundry bag. Do not bring a 'hard-sided' suitcase
- Line the bag with a plastic bag/garbage bag to help keep things dry, since bags can go from the sailing boat, to a rowboat/dinghy (little boat), then onto shore and back.
- Pack only the items listed below. The suggested items are intended to be layered for warmth and are more versatile than a single heavy coat.
- Plan on wearing the same layering of clothes for multiple days (socks and underwear excluded)

Most importantly you do not need to buy anything for this trip that you don't already have. Salish Sea Expeditions will provide 'foulies' (rain jacket and overalls to keep you dry), as well as rain boots.

To Pack (based on a 5-Day Expedition, adjust accordingly)

- Sleeping bag. Line the stuff sack with a plastic bag.
- Windbreaker or light rain jacket
- Wool sweater or fleece jacket (something that keeps you warm, even when wet)
- 2 Long sleeved t-shirts or turtlenecks (synthetic material is better than cotton)
- 2 t-shirts
- 2 pair of long pants (wear a pair, bring a pair)
- Long underwear- top and bottom (wool, wool blend, capilene or polypropylene are best)
- 5-6 pairs of underwear and thick socks (wool or synthetic material are best for socks; ankle socks are not so comfortable in rainboots).
Consider a pair for each day and a separate pair to keep dry in your sleeping bag
- 1 pair of sturdy closed-toed shoes (think good shoes or boots in wet conditions)
- Warm hat and/or headband (wool or fleece)
- Baseball cap (or some sort of sun hat/visor) and sunglasses
- Toiletry items: toothbrush/paste, deodorant, comb/hairbrush, feminine hygiene products
- Flashlight

Salish Sea Expeditions Provides

- Lifejacket (Type III)
- Raingear- jacket and pants, all sizes
- Rain Boots, though you can bring your own if you'd prefer
- Sleeping pads and tents for camping
- Food (including snacks) and water bottle

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DO NOT bring:

- Any electronics-cell phone, video games, iPod, radio, etc.
- Controlled substances; drugs, alcohol, cigarettes, e-cigs, vapes
- Excessive personal products (perfume, makeup, lipstick, etc.)
- Food (snack, candy, gum, etc.)
- Expensive cameras or other valuables
- Pillow or stuffed animals. Bring a pillow case which can be stuffed with clothes

Zero Tolerance Drug Policy

The U.S. Coast Guard, and Salish Sea Expeditions, has a zero tolerance policy with regards to drugs on inspected vessels. This means that any illegal drugs in any amount found aboard *Carlyn* will result in confiscation of the vessel and our captain will lose his license. Any participant found with drugs, alcohol, cigarettes, firearms, or fireworks will be removed from the program immediately. Parents/guardians will be contacted and arrangements made for that student to be picked up immediately. Please do not put your shipmates, the crew, or yourself at risk by violating these policies.

Student Contract

To ensure the wellbeing of all participants and staff, students sign a contract greeting to the following:

- I agree to participate full in all aspects of my trip and be open to new and different experiences
- I agree to respect the authority of the teachers, chaperones, and Salish Sea Expeditions crew, and the rules of the vessel *Carlyn*, and I understand that these rules exist for the benefit of my group
- I will take responsibility for my own safety and comfort and will be proactive in ensuring both
- I agree to leave my phone and other electronics at home

If a student becomes disruptive to the program or jeopardizes the safety of anyone, the Program Coordinator, the Captain and/or the Mate will be notified. The Program Coordinator, in collaboration with the appropriate crew and group leader, will determine the best course of action, including potential removal from the program

If you have questions or concerns, please contact the Program Manager at abbie@nwmaritime.org 360.385.3628x110