

**Checklist of what to bring:**

\_\_\_\_\_ **Passport**

\_\_\_\_\_ Cash for taxi fare (\$18 or less) + Bahamian Departure tax \$35 + cash or credit card for 1 evening meal out on one of the quaint islands.

\_\_\_\_\_ Yoga Mat

\_\_\_\_\_ Comfortable yoga workout clothes

\_\_\_\_\_ Wide brimmed hat for sun protection. It is helpful if it ties around your chin to stay on while sailing.

\_\_\_\_\_ Sunscreen lotion – The sun is intense, so get something with high protection. You don't want to burn and be uncomfortable!  
**DO NOT BRING SPRAY SUNTAN LOTION!** You will NOT be allowed to use it on board.

\_\_\_\_\_ Polarized Sunglasses

\_\_\_\_\_ Long sleeved light weight white cotton shirt for sun protection while beaching and hiking

\_\_\_\_\_ Some type of beach walking/hiking water shoes that won't matter if they get wet

\_\_\_\_\_ Beach towel—don't bring a real thick towel because it will take along time to dry. Bring something that dries quickly. This you will use on deck as you come out of the water. We provide a towel and wash cloth for your shower at the end of the day.

\_\_\_\_\_ Swim suits

\_\_\_\_\_ Swim shirt—some kind of light weight shirt you can wear while your snorkeling so you don't sunburn your back!

\_\_\_\_\_ Shorts, T-shirts, tank tops, underwear (comfortable lightweight clothes for the week)

\_\_\_\_\_ Hooded sweatshirt or jacket for Spring charters only

\_\_\_\_\_ Toiletry Items – toothbrush, toothpaste, shampoo, lotion, razor, soap, deodorant, etc.

\_\_\_\_\_ Casual go out to dinner clothes for a night out

\_\_\_\_\_ Medication you need for the trip. And maybe swimmers ear drops, aloe lotion,

\_\_\_\_\_ We can hook up your iPod—bring the charger

\_\_\_\_\_ Camera - besides your regular camera, you might want to bring an underwater camera. Bring the charger

\_\_\_\_\_ Light rain jacket

\_\_\_\_\_ Large-mouth water bottle, with carabineer clip, to carry with you for hikes on the islands. It is very important to keep hydrated. See picture.

\_\_\_\_\_ Small Flashlight

We provide sheets and pillows, 1 shower towel and wash cloth.

**Optional Items:**

\_\_\_\_\_ Yoga blocks if you need them for your practice. I do not have any on board

\_\_\_\_\_ Good book to read

