



GET YOUR GEAR TOGETHER

PACK LIST - GREEK ISLANDS

Getting your gear together as you get ready for your trip can be exciting. All of the items listed below are important and will be used during our trip, so please pack everything on the list. With that in mind, please resist bringing additional items, because space is limited.

- . You can find examples of items on our Gear Recommendations page.
- . Everything must fit in your large backpack and your daypack.
- . Label all equipment with your name.
- . Be aware that all of the items below may get wet, dirty, and/or stained.
- . Everything you need is either listed below or provided.
- . If you have any questions about the items on this list, please send us an email or give us a call. We can help!

ITEM	DESCRIPTION
	For your safety and comfort, please make sure you have the following:
Backpacking Pack	This must be large enough to fit all of your items. A 50 liter backpacking pack should be large enough to fit all necessary items. Keep weight of fully packed pack around 30 pounds.
Daypack	Must be large enough to carry 2 water bottles, sunscreen, mask and snorkel, warm layer, and sack lunch. Daypack must be comfortable to carry on an 8 mile hike. Most school backpacks works well.
Athletic Shoes	Used for hiking upwards of 8 miles. Make sure they are comfortable sturdy and broken in. Must be closed toed.
Flip flops	Used around town and on the beach. Any type of slip on sandal work well.

Rain Jacket (with hood) and Rain Pants	Waterproof / breathable: This type of performance rainwear keeps rain from getting through to your skin, while also moving sweat back through to the outside world. Poncho's are not acceptable.
Sweatshirt or Down Jacket	1-2 is plenty. We won't be using these much.
Pants	1-2 pair of pants
Hiking Pants	1 pair, synthetic
Shorts	3-4 pair
T-shirt / long sleeved shirt	5-7 shirts. Regular t-shirts and or nylon / synthetic shirts work great. Bring at least 1 long sleeved shirt.
Swimsuit	2-3 swimsuits. Any kind are fine.
Underwear / Sports Bras	5-7 pair
Socks	4-6 pair
Towel	A lightweight "pack towel" is great to have for both drying off and to wear around wet swimsuits. For that reason, the towel should be large enough to fit around your waist. Example: https://www.rei.com/product/832935/rei-co-op-multi-towel-lite-x-large-54-x-25
Bandana	2 cotton bandanas
Sun Hat	This is very important for sun protection. A baseball cap or broad-brimmed hat which covers the back of the neck is suggested.
Sunglasses	UVA and UVB protected sunglasses with strap that keeps them from falling off.
Sunscreen	2 large tubes waterproof sunscreen. Must be SPF 30 at minimum.
Lip Balm	Should be SPF 15 or 30.
Water Bottles	2 one liter water bottles. Or, 1 two liter "camelback" hydration type system AND 1 one liter water bottle.
Headlamp	Any headlamp style is fine. Be sure to bring extra batteries.
Toiletries	Toothbrush, toothpaste, shampoo, soap, deodorant, feminine hygiene items
Stuff Sack or Laundry Bag	Any type of bag to separate dirty laundry. 20 liter stuff sack works great. Example: https://www.rei.com/product/862591/rei-co-op-durable-stuff-sack
Trash Bags and Ziplock Bags	These are used to keep things dry. 2 large plastic trash bags and 4 gallon sized ziplock bags.
Insect Repellent	Anything higher than 30% DEET is unnecessary.

Journal and Pen	Bring a journal and a pen or pencil. We'll have color pencils for drawing.
Corrective Lenses	Contacts and or eyeglasses. For those who normally wear contact lenses, it is good to have backup eyeglasses in case of contact lens problems / loss.
Medications	All medications must be listed on the Health Questionnaire.
Spending Money	Spending money for souvenirs and personal snacks / drinks during the trip. Most participants bring between \$75 and \$150.
Waterproof Camera	Optional: You are welcome to bring a waterproof camera. We will also have a group camera available for anyone to use. All participants will receive pictures taken from our group camera at the end of our trip.
Musical Instrument	Optional: You are welcome to bring a small musical instrument.
Paperwork	Bring all original paperwork with you to Greece. Your trip leaders will collect it upon arrival.