



Pamlico Sea Base  
**B**lackbeard **S**ailing **eX**pedition (BSX)  
Leader's Guide



Summer 2025

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## Introduction

Summer 2025, Pamlico Sea Base will “set sail” once again, by launching its high adventure sailing program, rebranded the “Blackbeard Sailing Expedition”, or BSX for short.

Sailing has always been a core competency of the East Carolina Council’s Sea Base, because the council’s camp is ideally situated in Eastern NC and on some of the most pristine waterways of the Middle Atlantic Coast and inner banks. Pamlico Sea Base and its unique waterfront access offers exceptional scouting high adventure opportunities that are fun, educational, and designed to develop leadership skills while exploring the world renown rivers and coastal regions of North Carolina.

BSX is a six-day inner-banks sailing adventure on a 34-foot Morgan Sloop, a 22-foot O’Day 222 and other smaller camp vessels, including sunfish, aqua-fins and a Laguna 16’. Crews will ply the same waterways that indigenous peoples lived, hunted, and fished for centuries and the infamous pirate Blackbeard took sanctuary in when he wasn’t out robbing and plundering on the high seas. The sail will take us back in time and allow all to take in the beauty and serenity of this special place on earth. Come sail with us. Aaarrgg!

# Fees and Forms

**BSX Camper Fees** - \$575 per youth (You must pay at least \$100 by March 1<sup>st</sup>. The rest of the fees will be due by May 1<sup>st</sup>.)

Any cancellation after April 1<sup>st</sup> will be charged nonrefundable cancellation fees. NO exceptions.

**Adult Fees** - The Youth Protection Policies of the BSA always require 'two-deep' leadership. One adult must be 21 years old while the other may be 18 years old. An adult fee of \$575.00 will apply. Units may elect to exchange adults during the week with no additional charge if the total number of adults does not exceed the number registered. Any adult attending only part of the week (one to three days) will pay a per day rate of \$30.00 which covers meals and camp overhead. "Per day" registration does not include a patch, but one can be purchased separately in the Trading Post.

**Refund Policy** - All refund requests must be on the refund request form: Most of the camp fees are spent before your troop arrives in camp. Request received prior to April 1, 2025 - all fees minus \$50 will be returned Request received after April 1, 2025 -all fees minus \$100.00 per camper will be returned Request for refunds must be made in writing stating the reason. Requests received for "no-shows," "change of mind," or "lack of leadership" will not be honored. Request for refunds received for Scouts departing camp early for any reason will not be honored. Request for refunds involving unexpected sickness and school purposes will be honored. An exception to this policy is in the event of an illness or injury which keeps a Scout from arriving at camp. It must be verified in writing by the parents or guardian and a physician. Other extenuating circumstances, such as a death in the family, will certainly be taken into consideration on a case-by-case basis. All but \$50.00 will be refunded due to extenuating circumstances or the Scout may choose to attend a different week. Refunds are not given at camp, but (once verified) are processed from the council service center. A check will be mailed to the unit leader not the Scout.

Refer to the 2025 Camp Boddie Leader's Guide for additional administrative information about the camp and access to any necessary forms, including:

- Swim Check
- Troop /crew registration form
- Payment and transmittal form
- Troop/crew roster
- Food allergies and dietary restrictions
- Request for refund form
- Scout early release form
- Medical Information Form



# When you Arrive

**Check in – Sunday** - BSX Crews will check into camp on Sunday at 1:30 PM and complete in-processing at the Hodges Education Center on Camp Boddie. Bring all your required registration paperwork for check-in.

**Early Arrivals – Saturday** If your crew needs to arrive the day before your check in time on Sunday afternoon, please notify the Camp Director beforehand at [matthew.banaszewski@scouting.com](mailto:matthew.banaszewski@scouting.com) . Please understand that staff may not be available, and no program related material will be issued for use. The dining facility will not serve food from Saturday after breakfast until Sunday evening dinner. Shower facilities will be available.



**Sleeping Quarters** Crews will spend the night at base camp on Sunday and Friday nights. Participants will be housed together in our custom 2-person tents or 8-bunk cabins. Adults will be housed in a standard BSA 2-man wall tent or 8-bunk cabins. During the TREK, everyone will either berth on the boat, or on shore in camp-provided 2-man backpacking tents.

**Medical Screening** Every individual will receive a medical screening by the Camp Health Officer upon his or her arrival. All documentation should be completed before you arrive. Any individuals who are on medication will need to notify the health Officer at this time. We prefer that a copy of your Class III form be sent in early with your registration kit.



**Swim Test** You can speed up your Sunday to the benefit of everyone - by having your swim tests done at another location before you arrive to Sea Base. Please bring documentation. The swim test involves jumping into water over your head feet first, swimming 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (no dogpaddle), 25 yards using an easy, resting backstroke, and finish by treading water for one minute.

A BSA Lifeguard, Aquatics Director, American Red Cross Lifeguard, or an American Red Cross Water Safety Instructor can administer a swim test. A copy of this individual's certification card must be turned into Sea Base with their signature on the Unit Roster. If your group needs to be tested at Sea Base, every youth and adult participant will be given a swim test by a Camp Boddie aquatics staff member in the

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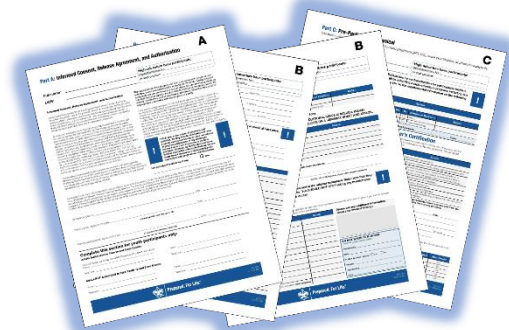
pool at Camp Boddie after your medical checks are complete. Every individual must qualify as a swimmer to participate in a BSX Trek. Those individuals who fail to test as a swimmer will be given one more opportunity before the end of the day on Sunday. For more information on the BSA swim test requirements and administering the test, go to <https://scoutsmarts.com/bsa-swim-test-guide/>

**BSA Safe Swim Defense** To ensure a safe swim, you should follow Scouting's Safe Swim Defense plan which is aimed at creating a safe swimming environment. The plan has 8 points intended to anticipate, prevent, mitigate, and respond to potential aquatic emergencies. It is recommended that all crews complete the safe swim defense course at <https://my.scouting.org/>

**BSA Safety Afloat** Swimming, kayaking, sailing, jet skiing or any aquatic activity will have potential hazards, even for advanced participants. Lives can be saved with proper supervision and training; lives can be and have been lost by not following Safety Afloat practices. Safety Afloat training is designed for all authorized boating activities. Adult leaders supervising those activities must have completed their Safety Afloat training within the previous two years. Training can be completed at <https://my.scouting.org/>

### Health and Medical Records

Every participant is required to have a medical evaluation within the past twelve (12) months by his or her family doctor. The BSA Class III Medical Form must be used. Adult leaders need to collect and review each participant's medical form prior to arriving at camp to be familiar with any health restrictions. The medical forms will be turned in at Sea Base and reviewed by the camp's doctor during check in. A copy will be carried on the trek with the staff guide. Individuals with certain health restrictions such as severe allergic reactions, special dietary needs or any other issues that directly affect trek planning are required to notify the Sea Base Director in the pre-registration process.



## Mental and Physical Preparedness

### Mental Preparedness:

A typical day of sailing can range from fun and relaxing too physically and mentally demanding. While North Carolina typically has beautiful weather during the summer, and your guide will adjust routes to changing weather conditions, there are often hours or days that may see worsening weather. As we say in Eastern NC, *"If you don't like the weather now, just wait a few minutes."* Wind and weather conditions constantly change. Unlike backpacking, there may be times when conditions prevent sailing, and the ship will have to find safe refuge and harbor. Or there may be days where it's so calm that the boat goes into "irons" and will require us to motor to get to our destination. Your guide will change route whenever possible to make your days more enjoyable but sometimes there is no other option. It is

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important that participants prepare themselves for the mental and physical strain that come with sailing long days, exposed to the sun, salt and weather.

## Physical Considerations:

Although sailing larger vessels does not require a lot of endurance, exposure and fatigue associated with long sailing days, tending your watch at the helm, and occasional stops to swim at local beaches can take a toll on the body. Getting on and off a sailboat; especially into a dingy while anchored; and lugging equipment to and from the shoreline can be taxing. Teamwork is the key to success. Crew members will be assigned tasks shared among the whole crew, including camp setup and teardown, cooking, and tasks required to safely sail the boat. *Heave-Ho mate!*

## Route Planning

### Discussing the Options with your Group:

When planning your trip, it is important that your group discuss your options so that you arrive at Pamlico Sea Base with the same goal. Most groups are looking for one of two experiences; either a relaxing experience with time to fish, swim and play on the beach, tour historic quaint villages, or a challenging hard pounding sailing adventure, covering lots of distance. If your group is looking for a challenge, it is important that you bring scouts or venturers that are physically and mentally mature. Use the following questions when you begin the planning process:

- Does your group want a physically and mentally challenging sailing adventure or a relaxing week on the water?
- Does your group hope to receive the 50 Miler Award – requires no motoring?
- What kinds of experiences are important to your group?
- What level of interest does your group have in the history or environment of the area?



The image displays a slide titled "BSX Agenda / Route". On the left, there is a circular logo for the Pamlico Sea Base. Below it is an "EXAMPLE ITINERARY" with a daily schedule:

- Sunday**
  - In-process, swim checks
  - BSX orientation
  - Equipment issue
  - Sailing safety Class
- Monday**
  - Small boat sailing – Pamlico
  - Sailing Merit Badge
  - Provision "Virginia Lee"
- Tuesday - Friday**
  - Set sail on expedition
- Friday**
  - Finish Expedition
  - Reset "Virginia Lee"
  - Recover Equipment
- Saturday**
  - Breakfast at Camp Boddie
  - Depart

On the right, a map of the Pamlico Sound area shows the "BSX Route" in red. The route starts at a red circle (START / FINISH) near Pamlico Sea Base, goes to a red star (PLANNED STOPS) at Boddie, then to a red circle (OVERNIGHT CAMP) at Camp Boddie, and returns to the start. A legend at the bottom right of the map identifies these symbols: a red circle for OVERNIGHT CAMP, a red star for START / FINISH, and a black star for PLANNED STOPS. There are also small inset photos of a sailboat and a lighthouse.

Using a map and research you gain on the area, and our IBX activities planning guide online at hyperlink [Slide 1 \(pamlicoseabasenc.com\)](https://www.pamlicoseabasenc.com) you can discuss what places your group is most interested in seeing. Once you have decided what kind of experiences are important to your group, let the Pamlico Sea Base guide know whether your group is looking for a challenging trip or a relaxing one.

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Providing us with this information will allow us to be better prepared for your specific trip.

**Locations and Activities** The map above shows the locations of potential campsites and stops that are achievable in five days on the water. The section of the inner- and outer banks where you sail, and



camp are the same waters that the notorious Blackbeard (Edward Teach); an English pirate; operated around the eastern coast of Britain's North American colonies (including NC) in the early 1700s. He ran *Queen Anne's Revenge* aground on a sandbar near Beaufort inlet, North Carolina. He settled for a short time in Bath, North Carolina, also known as Bath Town, where he accepted a royal pardon. However, he was soon back at committing terror on the high seas. The Governor arranged for a party of soldiers and sailors to capture him. On 22 November 1718 following a ferocious battle, Blackbeard and several

of his crew were killed by a small force of sailors. A favorite destination is the NC Maritime Museum in Beaufort, where they tell the Blackbeard story. <https://ncmaritimemuseumbeaufort.com/>

While the coastlines we sail along and camp on are along remote stretches of shoreline; much of it uninhabited; there are a variety of activities to entertain your crew once you arrive at your campsite each day. The shallow waters of the rivers and sounds provide areas in which to go swimming and fishing. A deck of cards will entertain your group should we encounter bad weather.



Bath, NC



Cape Lookout - Excurion



Small Boat Sailing - PSB

**The Planning Process** Due to the constantly changing conditions of the weather, your trip plan will not be finalized until you arrive and adjusted under way based on conditions. Your guide will sit down with your group to discuss the weather forecast for the week. The weather will be the major controlling factor during your trek. The guide will design your trip based on your group's interests and the weather. The physical safety of your group is paramount. Your group must be prepared for possible weather conditions that eliminate certain destinations.

### Staying Flexible

Out on the water, we are at the mercy of nature. Your guide will design a route for your group when you arrive based on what is important to your group and the weather forecast for the week. You may not be able to visit certain locations and may see others you hadn't planned to. Please know that your itinerary may change mid-trip due to changing weather conditions. Staying flexible, adapting to adversity, and staying positive will help your group deal with trip changes in more constructive ways. An easy, predictable trip would not be an adventure.

## Some favorite stops include:

**1. "Little Washington"** – Located at the mouth of the Pamlico-Tar, this county seat is choke-full of shops and restaurants. Dropping anchor in their harbor affords some popular gunk-hole swimming, dingy rides to the waterfront, ice cream and a visit to the NC Estuarium.

**2. Goose Creek State Park** – Located on the Pamlico River across from Sea Base, Goose Creek State Park offers a broad range of coastal experiences, from wetlands along the Pamlico River to a cypress swamp viewed from a long boardwalk. Remnants of boat piers, a trackless railroad bed, and burnt remains of tar kilns provide a glimpse of the heyday of the lumber industry that was once the center of life in the area.

**3. Historic Bath** – Bath is often counted as North Carolina's first capital, as it was designated in 1712. Bath was one of the towns impacted by the Tuscarora War in 1711-15, and later served as one of many bases for notorious pirate Blackbeard.

**4. Belhaven** - This historic waterfront town located on the north shore of the Pungo River has a few shops and excellent overnight docks for ideal visits. This is a likely overnight spot on the trek.

**5. Cambell's Creek** - This remote creek is where local legend has it that Blackbeard the pirate would lay up his ship to perform maintenance... "*Scrape ye barnacles Matie*". Cambell's Creek is an ideal location to tube on our motorboat, swim and enjoy an evening campfire or do some fishing or cast netting.

**6. Aurora** – Located on the South Creek as you sail past Indian Island on the Pamlico River, Aurora was incorporated in 1872 and is the home of the Fossil Museum. The site was originally called "Betty Town" and was founded on the location of an Pomouik Indian village. This is a possible overnight location on the trek.

**7. Cape Lookout** – Take a day trip by van to the most infamous section of South Core Banks. Check out a working 150-year-old lighthouse guarding deadly shoals, light-keepers' quarters and museum, gift shop and restrooms. Observe the wild horses that live on Shackleford Island. Swim in the ocean and sound and marvel at the remoteness of eastern North Carolina. (Fee required to ride the National Park Service Ferry).





## Route Basics - Wind Direction:

The wind is usually from the Southwest in the summer. Due to the volatile atmosphere during the summer, thunderstorms form in the early to midafternoon during the hottest part of the day. To avoid being on the water during storms, we get on the water early so that we arrive at our destination by early afternoon to afford the crew an opportunity to set up camp and explore the surrounding area.

## Sailing Orientation

We recommend crew members work to be awarded the BSA Sailing merit badge prior to arrival for the BSX Trek. This will bend the learning curve as the crew prepares to board the “Queen Anne’s Revenge II” for a five-day Trek. Refamiliarization with sailboat terminology, gear and especially the handling of lines (ropes) and basic knot-tying skills cannot be overemphasized. Details of the BSA Sailing Merit Badge can be found at



[http://pamlicoseabasenc.com/library/merit\\_badges/Small-BoatSailing.pdf](http://pamlicoseabasenc.com/library/merit_badges/Small-BoatSailing.pdf)

On Sunday and Monday, the crew members will have an opportunity to refresh their sailing skills on the Pamlico River on our fleet of Sunfish and Aquafin sailboats.

A PSB staff member will assist with the orientation and instruction. Additionally, the crew may have an opportunity to sail a slightly larger cabin boat, prior to departing across the river to McCotter’s Marina to complete provisioning of the boat and, weather dependent, begin a late Monday afternoon sail East to Bath, NC and Campbell’s Creek for our first overnight camp.

## About the “Virginia Lee” Morgan 34’

Our Trek sailboat is a Council-owned Morgan sloop rigged sailing vessel that is crewed and cared for year-round by the crew of Sea Scout Ship 1117. She is

approximately 34’ long, built in 1966 and draws 5-feet, 5-inches of water with her centerboard down. Her beam is 9-feet, 9-inches, a roomy boat for her length. She features a shallow, nearly full keel with a swinging centerboard that reduces draft to 3-feet, 6-inches, permitting access to some prime gunkholing waters on the inner- and outer bank coasts.

On the water, the Morgan 34 is a fine boat to look at, with springy sheer and an attractive stern. Although the boat has a full 6-foot, 2-inch headroom below, the freeboard is low. The side decks are wide for a boat of this beam. Grab rails on the cabin top and a low teak toe-rail provide a measure of security going forward. The shrouds lead outboard, so there is no tight squeeze impeding quick movement fore and aft.

The electrical and mechanical systems are extremely basic on the Morgan 34; one battery and a simple 12-volt DC panel for



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navigation lights and interior lights. She is equipped with 110v shore power when at pier. Propulsion is a diesel engine, an 18-HP single-screw.

The boat sleeps seven, but four is about the limit for those who hope to remain on speaking terms, thus our intent to camp ashore most evenings.

Performance - It is not the fastest boat around the cans, nor the most maneuverable under power, but it's extremely well balanced and presents an easy motion in a seaway. This boat is great on a reach. What the boat lacks in thrills, she makes up for with a sea kindly ride. All in all, the boat delivers a very rewarding ride. Neither sluggish, nor sprightly, her behavior could best be described as confident.



## Other Sailboat Inventory

Pamlico Sea Base maintains a fleet of over 25 smaller sailboats, ideal for learning the basics of small boat and crew sailing before departing on the TREK. Our inventory includes:

- 1 - O'Day 222 - Cabin Boat
- 1 - Laguna 16' - Cabin Boat
- 21 - Sunfish - Day Sailer
- 4 - Aquafin - Day Sailer



# Gear advice from Pamlico Sea Base guides

Our gear list has been refined over the years to include equipment that will keep you as comfortable as possible during your trip. The gear list you'll find on the following page is the long version- containing not just what you need but why you need it and wish you had it if you don't bring it.

Below are some general points to keep in mind as you pack. The faster your clothing dries, the happier you'll be. North Carolina is a tropical zone during the summer. Daily temperatures can reach 100 degrees Fahrenheit. You'll be traveling over open water with high levels of glare from the sun. Nights are typically in the 70's and humid. Your body will be exposed to harsh elements including salt, sand, wind and high levels of UV.

Due to the nature of sailing in this environment, you will be somewhere between damp, and soaking wet every day. Smaller and Lighter is better. Although the sailboat can hold heavier and bulkier items than a backpack, it doesn't mean you should pack it that way. You will pack and unpack your personal gear at least twice a day, sometimes more. Additionally, remember that your personal gear needs to fit in the provided dry bags provided. Any items you bring that don't fit in those bags might get wet.

Avoid being a fashionista. We know- long sleeve, quick dry, buttonup shirts look like what your grandparents wear. We know you want to look cool. You'll wish you had that long sleeve button up we coached you about. Choose clothing that is comfortable- pants you can sit in for long periods time, shirts that are loose and give you freedom to move. Follow our guidelines as closely as possible.

A bag of bags - Dry bags are waterproof but sometimes water still gets in- especially if the dingy capsizes or a bag gets dropped in the drink. Bring zip-lock bags in a variety of sizes. They will help you organize your stuff within the dry bags and help keep water out. Baby powder is magic!!! Keep reading to find out why.



Check out all of Pamlico Sea Base's High Adventure programs at [www.pamlicoseabasenc.com](http://www.pamlicoseabasenc.com)

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## Group and Personal Equipment / Gear:

Keep in mind, the provided list includes what you'll need Monday through Friday. Please bring additional clothing for Sunday night, Friday night and Saturday morning. Like backpacking, space is at a premium. Whenever possible bring small, packable items. It is recommended you bring your Class A uniform for Friday night campfire if your crew plans to attend.

### Equipment Provided by Pamlico Sea Base

- 2 Dry Bags: 20 Liter, 10 Liter – 8-Liter
- Personal Flotation Device w/safety whistle and light beacon
- Tent - 2-person backpacking style dome tent (2 scouts per tent, 1 adult per tent)
- Sand tent stakes
- Stove - MSR
- Basic Cooking equipment, coolers
- Group water storage containers
- Sun/Rain tarp
- Cast nets and limited fishing poles

### Gear provisioned by your Guide

- First Aid Kit
- Map, compass, and GPS
- Safety equipment – whistle, -throw line, signaling mirror, signaling-devices, tow line.
- Communications - VHF radio, Cell phone

### Fun Stuff

- Your group must have North Carolina fishing licenses to fish or collect clams.
- Boogie Board, Skim Board, Bocci Ball

### Gear Tips (Personal gear checklist on page 14)

- Water shoes or sandals - Your feet will be wet most of the day. Shoes will protect your feet from razor sharp oyster shells. Your shoes should be comfortable and not give you blisters.
- Pair of shoes to stay dry - You'll wear these if you go exploring in the villages. Sometimes it's also nice to have a pair of dry shoes to put on.
- Full brimmed hat - You will be exposed to the sun on open water with little sun protection. A hat with a full wide brim protects your eyes and face from the sun. It should float and have a strap to go under your chin.
- Rain Jacket - Sometimes it rains or storms. It can get chilly when it does. Keep in mind you may not



be able to access it when the rain starts, or you may already be wet from the spray.

\_\_ 3 Pairs Underwear - Our guides disagree on this subject. Many go without. Others swear by compression shorts. Recommendation - bring underwear. Try it with, try it without to see what works for you. Whatever you bring, it should dry quickly and not bind. It's also nice to bring a pair to keep dry and clean to wear in your tent at night.

\_\_ 2 Bandanas - Bandanas keep sweat out of your eyes, and when wet provide relief from heat. Over the mouth and nose, they keep out swarming bugs.

\_\_ Lightweight sleeping bag - Nights below 70 degrees are rare. Your bag should be rated for summer and pack down very small. Many people bring a military poncho liner or other lightweight blanket.

\_\_ Sleeping pad - sand is soft, but you'll still want a pad to sleep on.

\_\_ Small Pillow - SMALL. It should be less than half the size of your sleeping bag. Storage is a premium.

\_\_ High SPF Sunscreen - Waterproof, sweat-proof with zinc. Tear free so you can put it on your forehead, and it won't sting your eyes. Make sure it is a brand you know works for your skin and is not expired.

\_\_ Sunglasses with chord - Make sure they are polarized. They should fit your face well. You will be on water with high levels of glare for large portions of the day. A cord will keep them on your head while you sail.

\_\_ Headlamp - not a flashlight. You may need it to set up camp at night or tear down in the morning when you'll need your hands free.

\_\_ Insect Repellant - Sometimes bugs aren't bad, sometimes they're horrible. You should bring repellant with 20% to 30% DEET. This is enough to keep bugs off. Do not bring 100% DEET because it will eat through your tent and dry bags. Even 20% DEET has been known to eat through dry bags.

\_\_ 2 Large drinking bottles - 1 liter each. They should have wide mouths and sturdy lids. You will drink around a gallon of water every day. If you only have one water bottle, or two small bottles, you will get dehydrated. A cheap alternative are liter size Gatorade bottles. Mark them with your name.

\_\_ Lip Balm with SPF - Sunburned lips are just as miserable as sunburned skin. Burned lips swell, crack, and bleed.

\_\_ \*BABY POWDER\* Baby powder is MAGIC. Bring a travel size bottle. It will get all the salt and sand off your skin and leave you feeling cool and refreshed. You basically bathe in it at the end of the day. You'll use it when you get in your tent to get the sand off your feet and body.

\_\_ Gold Bond - This one is for the guys. You'll want to bring Gold Bond and baby powder. Bathing in Gold Bond isn't pleasant, and baby powder just doesn't cut it when you have chaffing problems.



\_\_\_ A&D ointment/Diaper Rash Cream - Your skin will be damp or wet during the day. Baby powder and Gold Bond don't work on wet skin.

\_\_\_ Bowl + Spoon - Dinner each night is a one-pot meal with either rice or pasta. All you'll need is a bowl and spoon to enjoy your scrumptious meals.

\_\_\_ Small Knife- Knives are always useful in the backcountry. You may need yours to slice food or to cut rope.

\_\_\_ Toothbrush + Toothpaste- Hygiene is important, especially in the backcountry.

\_\_\_ Small Towel- You may find a towel useful when you reach the campsite or after a shower at a public facility. Make sure it is very compact and dries quickly.

\_\_\_ Medications- Make sure you note any daily medications you are taking on your medical form and bring them on the trek.

## Required Personal Gear Checklist:

### Clothing

- \_\_\_ 1 Lightweight quick dry t-shirt
- \_\_\_ 1 Lightweight long sleeve quick dry
- \_\_\_ 1 pair of sandals or water shoes
- \_\_\_ 1 pair of shoes to be kept dry
- \_\_\_ 1 pair of swimming trunks or quick dry shorts
- \_\_\_ 1 pair of zip of convertible pants or quick dry pants
- \_\_\_ 1 full brimmed hat
- \_\_\_ 1 lightweight rain jacket
- \_\_\_ 3 pairs of under wear
- \_\_\_ 1 bandana

### Sleeping Gear

- \_\_\_ 1 light weight summer sleeping bag or fleece blanket or poncho liner
- \_\_\_ 1 sleeping pad
- \_\_\_ 1 small pillow

### Other Essentials

- \_\_\_ SPF 45 Sun block
- \_\_\_ Sunglasses with cord
- \_\_\_ Flashlight or headlamp
- \_\_\_ 1 small bottle of insect repellent
- \_\_\_ 1 small bottle of biodegradable soap
- \_\_\_ Baby wipes
- \_\_\_ 1 small knife
- \_\_\_ 1 tube of travel size toothpaste, toothbrush
- \_\_\_ 1 small towel
- \_\_\_ 2 LARGE Drinking bottles (32oz)
- \_\_\_ chap stick (with SPF)
- \_\_\_ Baby Powder or GOLD BOND (for men)

### Eating Gear

- \_\_\_ 1 Bowl
- \_\_\_ 1 Spoon (eating knife and fork optional)

## Optional items

- 2 pairs socks
- Fishing pole
- Books or journals
- Nature guides
- Camera w/1-gallon Ziplock bag or waterproof phone case
- large mesh backpack
- Sailing gloves (Batting /Weightlifting work)
- Anti-itch cream
- frisbee / bocce ball/hacky sack /cards
- small travel hammock
- Extra Snacks
- Spending \$\$ for camp store and on trek
- Signed Release Form
- Complete Class III Medical Form
- Medication with directions
- personal medicines

## DO NOT BRING

- Electronics other than cameras/cell phones
- Any form of a weapon, unauthorized knives
- Fireworks
- Metal detectors

