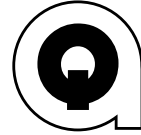




# GoBeyond Australia

## Packing List



### Stick to this list and prepare to ship out...

All items to be packed in ONLY one (1) rolling duffel or backpack (you should be able to fit everything in a 60-liter bag, certainly no larger than 70-liter) and one (1) daypack. The daypack can be used as hand luggage on the plane and then used for day trips and hikes.

Please note we will be sending out dirty clothes to be laundered on day 10 of the trip, so you only need to bring enough clothes for about 12 days total. Space is limited aboard so don't over pack.

Use a permanent marker to label your items and take care of your clothes.

**Australia's climate:** The first few days will be spent in Sydney where the weather is cooler. For the majority of the voyage we will be further north, in Queensland, where the average temperature will be 75 degrees. It is the dry season, so it is less rainy with a lower humidity. It is also the best time of year for diving, as the waters are the clearest.

### Check it off...

- Any underwear quantity desired for 9 days.  
(washing clothes on approximately day 10)
- 5 pr socks
- 1 pr warm socks
- 1 pr Flip Flops, Teva or Reef or rubber soled shoes that can get wet with heel strap (used for white water rafting and Whitsunday sailing)
- 1 pr light hiking shoes with good support (can be sneakers) for land exploration, hikes and city walks
- 2 pr non-swim shorts (cotton/woven all-around shorts)
- 3 swimsuits or board shorts (girls: please bring full-coverage bikini bottoms. No thong or cheeky bikinis)
- 1 (minimum) surfing style rash guard or synthetic, quick dry shirt for sun protection (available from [www.actionquest.com/store](http://www.actionquest.com/store))
- 1 sun hat (essential)
- 1 dress or skirt & top for girls, for dressier night
- 1 pair of jeans for cooler days
- 5 T-shirts (or tank tops)
- 1 shirt for boys for dressier night
- 1 sweatshirt and/or 1 fleece top for cooler Sydney weather

- 1 pair of warm sweat pants for cool nights
- 1 light rain jacket with hood
- 2 sets of sleep wear
- 1 towel and 1 absorbent sports towel/chamois

### **Toiletries List: Please pack all of the below in zip-lock freezer bags.**

- Toothbrush and paste
- Shampoo & Conditioner (all-in-one please, no separates), face wash and deodorant
- liquid body wash
- 2 (two) #30 or higher waterproof sun screen (no oils) – we like those recommended by dermatologists
- Chapstick or similar sunblock lip cream
- invisible zinc sunscreen for face
- Insect repellent (for hikes)
- Any sanitary items needed
- Shaving cream and razors
- Any medications you may need
- Spare contact lenses, if worn

### **General Items**

- 1 pair of good sunglasses (UV protected/polarized)
- Small camera (optional)
- Small headlamp flashlight
- Water bottle (Nalgene type)
- Cell phone (optional). Please no iPads, tablet computers or laptops. Please read “Student cell phone and electronics policy” for AQ policy on cell phone use while on program.
- Mesh laundry bag labeled with name
- Electrical plug adapter (optional) Note: Australian electrical current is 220-240v, AC 50Hz
- Small and basic first aid kit (optional) Useful items could include Band-Aids, antiseptic cream, medication for pain and/or fevers (acetaminophen, ibuprofen, aspirin, etc.), anti-itch cream, decongestants, cough drops, etc.

### **Items for those intending to scuba dive**

- Certified scuba divers must bring their **certification cards** and **log books**
- We will supply you with a full set of scuba equipment
- Waterproof watch (required for scuba diving).  
We recommend an inexpensive digital watch (water resistant to depth of 100m/300ft), such as a Timex Ironman, Casio G-shock or Freestyle brand. These should be available for less than \$50 at most major retail outlets, such as Target or Walmart. This is NOT a dive computer
- For those who get cold when diving, please consider bringing a thermal top.

## Please note...

- No hair dryers. Use Mother Nature's warm winds to dry hair.
- Bed linens are provided.
- Please label any medication with a note advising why it is administered and at what intervals. Double up all medications and store in two separate places so as to protect against any possible damage or loss. Please pack this in your carry on along with a bathing suit and other toiletries in case your bag arrives later than you!

## Australia Activities

During the Australia Journey we will be involved in a wide variety of activities, in addition to scuba diving. For this reason, we suggest that you DO NOT BRING personal diving equipment with you to the program as the amount of time spent out of the water will greatly exceed the amount of time spent in! This will save space aboard the boat and also avoids having to carry all the equipment with you during time spent ashore. We will provide full sets of good quality diving equipment for you to use as we realize that touring the Sydney Opera House, Aboriginal reserves and wildlife sanctuaries while lugging a full bag of dive gear would not be much fun! We do suggest that you bring a thermal top, for the cooler water temperatures.

**Sydney Exploration:** We will be spending a few days around the cosmopolitan city of Sydney – Australia's largest and oldest settlement, formed around a magnificent harbor. We will tour the Sydney Opera House, the city's most distinctive landmark, and visit the Sydney Harbour Bridge. We will have a chance to enjoy the many faces of Sydney, including the botanical gardens, lively Oxford Street and the surf culture of the beaches.

**The Whitsunday Islands Sailing Voyage:** Composed of over 70 islands, the Whitsunday group offers spectacular sailing and snorkeling opportunities. Most of these Barrier Reef islands are national parks – essentially drowned mountains rather than true reef islands, most have fringing reef systems. The islands vary in character and size, from the more bustling resort-feel of Hamilton to the smaller Daydream Island, only one kilometer long and a couple of hundred meters wide. Our travels will take us to secluded beaches and pristine bush walks that overlook the entire island group, from where we can visibly map the path taken through the reef by Capt. James Cook.

**Daintree Rainforest:** Some time will be spent in the World Heritage area of the Daintree Rainforest in far northern Queensland. Home to the largest range of plants and animals on earth, this rainforest is also the oldest in the world.

**Live-aboard Diving Trip:** We will spend a few days on a diving live-aboard to make the most of experiencing the incredible sea life of Australia. Our dives will take us among steep walls, massive overhangs and towering pinnacles. We'll explore all of these on our diving trip off the East coast. Those looking for action will not be disappointed, as schools of pelagic fish, turtles and rays are commonplace.