



GoBeyond British Virgin Islands

Packing List

- **Pack smart and travel light!** You should bring only 1 large bag and 1 small daypack (no string-style shoulder straps) that can be used as hand luggage on the plane, for day trips, etc. We suggest that your large bag be an unframed backpack or a soft, non-rolling duffel bag, which can be easily stored upon arrival. You'll have some locker room but it's no fun to share your bunk with a suitcase. Any extra gear may need to go under your mattress and that could get lumpy! **DO NOT BRING A HARD SUITCASE.**
- Sleeveless and/or low cut shirts (tank top style, those with spaghetti straps, etc.) and other beach-style attire are not appropriate dress for the schools we will be visiting (though they are fine for our time at the beach). People dress professionally and conservatively in the BVIs, so we ask that the majority of your shirt tops be traditional type t-shirts with short sleeves, without V-necks, scoop, or low cuts and that you are prepared for excursions on land with appropriate shorts (NOT board shorts or leggings).
- We will be using a laundry service once during the program, so use a permanent marker to label your items. Any unlabeled, lost items found at the end of the program will be donated to our affiliate organizations. You will be in a marine environment and the weather can change without a moment's notice, so bring clothes that will dry quickly.
- For the service projects and excursions, pack clothes that you don't mind getting dirty, getting paint on, etc. GoBeyond is a focused community service program, so clothes can and do get ruined on program.
- GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. Do NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.
- Place necessary travel-sized toiletries, a change of clothes, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.
- Please...no hair dryers! Ships' power and lights are on battery; so let Mother Nature's winds do the work...

Required Items: (will be checked off by a staff member upon arrival)

- Valid Passport (See pre-trip packet for more information)
- Visa (Not required for U.S. citizens – all others please see the passport and visa section in the GoBeyond Pre-trip Packet)
- 3 regular shower towels for freshwater (NOT oversized beach towels)
Please ensure that these towels are marked clearly with the shipmate's name, as they will be stored in a common location. Staff will collect 2 of the 3 towels on arrival so that we can effectively manage their usage.
- 2 absorbent sports chamois or microfiber towel for saltwater
 Most often we can air dry after being in the ocean yet when a student feels the need to towel off after being in salt water then please bring a Sports Chamois or Quick Dry Towel
- 2 Water bottle (Nalgene type) with a carabiner-style clip to secure to the boat
- 2 -3 bottles sunscreen SPF 30 or higher - please no oils or sprays
- 1 Mesh laundry bag with drawstring cord
- 2 or 3 surfing style rash guard or synthetic, quick dry shirt for sun protection (available at www.gobeyondtravel.com/store)
- 1 pr sports sandals or Tevas/Chacos/Reefs/etc.
- 3 pr of work shorts (make sure they come to the knee or lower – Capri style is great)
- Travel and reserve cash in envelope (\$420)

General Items:

- Any underwear quantity desired
- 3 pr socks
- 1 pr sneakers with good support to walk and work in (will get wet and muddy!)
- 3-5 swimsuits (girls: please bring full-coverage bikini bottoms. No thong or cheeky bikinis)
- 1-2 long sleeve, light weight, white or light colored sun shirts.
- Sun hat or visor
- 1-2 casual outfits for nicer evenings out
- 5 t-shirts (see first page of packing list)
- GoBeyond shirt
- 1 sweatshirt for cooler nights and travel days
- 1 light rainproof jacket
- 2 pair sleepwear (shorts and t-shirt are well suited for sleeping)
- 1 pair of good sunglasses (UV protected/polarized)
- 1 pair work gloves
- Small flashlight (headlamps are recommended)

Toiletries List: Please pack all of the below in zip-lock freezer bags to prevent spillage while traveling. Look for eco-friendly brands of toiletries to help reduce our impact on the environment we are living and sailing in.

- Toothbrush, Toothpaste, Floss
- Shampoo & Conditioner (all-in-one please, no separates) body wash, face wash and deodorant
- 1 (one) 8oz bottle of Hibiclens antimicrobial skin cleanser
This is available at all major drug stores over the counter (ask a pharmacist) and costs about \$10 USD. Outside of standard showering, we will set up a schedule so that all students can have a thorough fresh water wash with this soap now and again.
- Chapstick or similar sunblock lip cream
- 1 container of insect repellent (4 oz minimum)
- 1 bottle of Swim Ear (pharmacy, non prescription)
- Any sanitary items needed
- Shaving cream and razors
- Any medications you may need (make sure to pack in carry-on luggage)
- Spare contact lenses and solution or glasses, if worn
- Any miscellaneous toiletries you need not on the list!

Other/Optional Considerations

- 1 pr flip-flops
- Medications (clearly identified, labeled, and with instructions) needed over the course of the program
- Travel size laundry detergent for hand laundry – optional - laundry will be done once on program
- Cell phone for travel days and possible use in the BVIs (**NOTE: ALL CELL PHONES will be collected at the beginning of the program even if the phone doubles as the student's music player, camera, gaming system, address list, etc. NO EXCEPTIONS!** Cell phones will be made available at designated times throughout the program for making calls home.)
- Small personal first aid kit
- Student I.D. or additional identification
- Emergency phone numbers list and address list for postcards
- 1 Journal and pen – for logging project hours and activities
- Camera (waterproof, disposable, digital)
- MP3 or other music player (phones will not be given out to play music)
- Only if you happen to have one, you may want to bring a multi-tool (remember to pack in checked bag, not carry-on!)