

HAWAII: LOCAL CONNECTIONS CLOTHING & EQUIPMENT LIST

CLOTHING

- 5 PAIRS OF SHORTS – at least 2 should be SYNTHETIC QUICK-DRY SHORTS/BOARD SHORTS*
- 1 PAIR OF DURABLE PANTS (for service)
- 7 COTTON T-SHIRTS OR TANK TOPS
- 1 LIGHTWEIGHT LONG-SLEEVED SHIRT (to protect against the sun)
- 8 PAIRS UNDERWEAR
- 1 FLEECE JACKET or SWEATSHIRT*
- 1 RAIN JACKET (lightweight)*
- 2 BATHING SUITS
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

FOOTWEAR

- 1 PAIR LOW HIKING SHOES OR TRAIL RUNNING SHOES*
- 1 PAIR OF FLIP FLOPS
- 5 PAIRS OF SOCKS

BEDDING

- LIGHTWEIGHT SLEEPING BAG*
- COMPRESSION SACK FOR SLEEPING BAG*
- SLEEPING PAD*

LUGGAGE

- BACKPACK OR LARGE DUFFEL BAG (4,500 - 5,000 cubic inches)*
- DAYPACK*

ACCESSORIES

- 1 BEACH TOWEL
- 1 SMALL BATH TOWEL or QUICK-DRY TRAVEL TOWEL*
- HEADLAMP AND 1 SET OF EXTRA BATTERIES*
- INSECT REPELLENT WITH 20-35% DEET*
- CUP, BOWL, SPOON, FORK (plastic)*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- 2 WATER BOTTLES (Nalgene-style) or CAMELBAK + 1 WATER BOTTLE*
- SUNGLASSES PLUS CROAKIES*
- SUNSCREEN
- VISOR/BASEBALL CAP
- WATCH w/ ALARM (cell phones and other wifi-devices will be collected and not available to use as a alarm)*
- PENS (for journaling and activities)
- SPENDING MONEY (\$75 per week recommended)

FORMS AND DOCUMENTS

- PHOTO ID FOR TRAVEL
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- 1 PAIR CHACOS, TEXAS OR RIVER SANDALS WITH HEEL STRAP*
- JOURNAL/NOTEBOOK
- CAMERA, MEMORY CARD & CAR CHARGER (OR EXTRA BATTERIES)*
- CRAZY CREEK CHAIR*
- TRAVEL PILLOW*
- RASH GUARD (for protection during water sports)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

HAWAII: LOCAL CONNECTIONS CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. It is essential that you follow the list as closely as possible. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

FLEECE JACKET: This is recommended for extra warmth at night, plane rides and in the higher Hawaiian country.

RAIN JACKET: Either strong-coated nylon or Gore-Tex rain jacket works the best (although Gore-Tex can be quite expensive). Thin nylon ponchos are not acceptable as they tear easily. We recommend rain coats with a built-in hood.

FOOTWEAR

LOW HIKING SHOES OR TRAIL RUNNING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the program (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time!

BEDDING

LIGHTWEIGHT SLEEPING BAG: Your sleeping bag should be comfortable for temperatures as low as 40 degrees, lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry. Bags rated as “summer” or “1 season” are great for Hawaii.

COMPRESSION SACK FOR SLEEPING BAG: A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

SLEEPING PAD: The sleeping pad is used for comfort when camping. Pads come in two styles: 1) self-inflating brands, such as Thermarest®, which tend to be more comfortable, but more expensive and heavier to carry and 2) closed-cell foam types, such as Ridgerest®, which are much lighter and significantly cheaper. Both styles are appropriate for your ARCC adventure.

LUGGAGE

BACKPACK or LARGE DUFFEL: Your backpack or duffel should be large with ample room to carry warm clothing, rain gear, water bottles and any other items you may be bringing. This backpack or large duffel will be your main piece of luggage. This bag should be **4,500 to 5,000 cubic inches in size**. If you bring a backpack, be sure it has a well-fitting padded waist strap and padded shoulder straps, and it is recommended to be store-fit/sized to fit appropriately.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible.

ACCESSORIES

QUICK-DRY TRAVEL TOWEL: A small quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

CUP, BOWL, SPOON, FORK (plastic): These items will be used for eating and drinking while on your program. The spoon and fork should be of heavy duty plastic, which can be found in the camping section of sports stores. A "Tupperware"-style bowl works well. An insulated cup or mug works well for hot chocolate, tea, and soup.

CAMELBAK/NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. A Camelback is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

OPTIONAL

CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP: Chacos, Tevas, or river sandals (like Keens) are used during the whitewater rafting section of the program. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. The waterproof/disposable cameras are also a great choice for this program. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

CRAZY CREEK CHAIR: This is a lightweight nylon chair that folds and packs easily. It creates a nice alternative to logs and rocks as a seating option. This item is completely optional.

TRAVEL PILLOW: This is a SMALL compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!

RASH GUARD: This is a long-sleeve shirt used while surfing to protect the body from getting a rash or irritation from the board while paddling. They also serve as great protectors from the sun and can be used while snorkeling or on the beach. Generally they are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.