



Leewards Minerva Clothing & Packing List

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



All items to be packed in ONLY one (1) soft collapsible duffel with no wheels and one (1) small day pack for hikes (can use this as your carry-on bag), which can be folded and stored after arrival.

Please note we will be sending out dirty clothes to be laundered on day 10 of the trip, which will be returned on day 12, 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, as we are not able to return any unlabeled, lost items back to the USA at the end of the summer.

Required Items:

A staff member will check these items upon arrival

- 3 small sized shower towels for freshwater (NOT oversized beach towels)

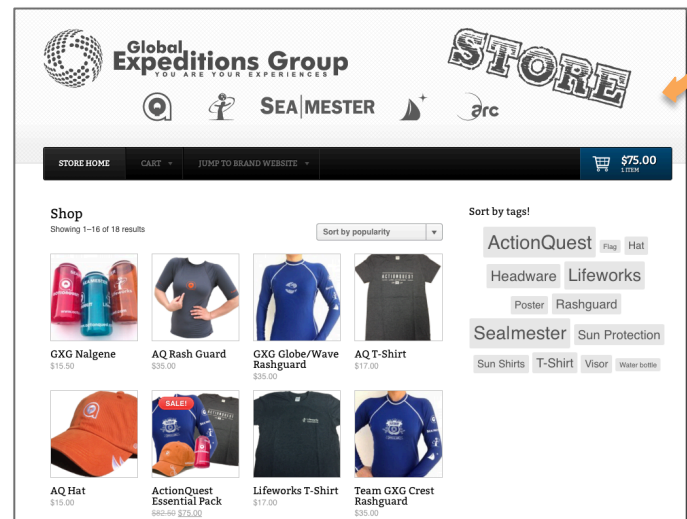
Please ensure that these towels are marked clearly with the student's name, as they will be stored in a common location. Do not bring overly large, bulky beach towels, as we do not have room for them on the yacht. Staff will collect 2 of the 3 towels on arrival so that we can effectively manage their 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

- Water bottle (Nalgene type), with a carabineer-style clip to secure to the boat
- 2 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.actionquest.com/store)

Visit the AQ Store!



For T-shirts, water bottles, hats, sun shirts and rash guards visit: www.actionquest.com/store

General Items:

- 6 T-shirts or tank tops (quick dry fabrics work well)
- 3 pairs of non-swimming shorts (sports shorts or khakis)
- Any underwear quantity desired (washing on day 12)
- 6 swimsuits or board shorts (girls: please bring full-coverage bikini bottoms. No thong or cheeky bikinis)
- 1 or 2 outfits for an evening BBQ (dress or skirt for girls, nice shirt / shorts for guys)
- 2 pairs sleepwear
- 1 sweatshirt/pants for cool nights or to travel in
- 1 light rain jacket (this does not need to be an expensive yachting type)
- 1 pair of good sunglasses (UV protected/polarized)
- 4 pair sports socks
- 1 pair Flip Flops (Teva, Reef or Rainbows for example)
- 1 pair light hiking shoes with good support (can be sneakers) for shore exploration and hikes
- 1 sun hat (essential)
- Small camera (optional)
- Cell phone (optional) and charger (USB and outlet). 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.
- Small head lamp flashlight (with red light option)

Toiletries List:

Pack these items in zip-lock bags to prevent spillage while traveling. Consider eco-friendly brands of toiletries to help reduce environmental impact.

- Toothbrush and paste
- Shampoo & Conditioner (all-in-one please, no separates) body wash, face wash and deodorant
- Mesh body sponge
- 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, if worn

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Please note...

- Quick dry clothes work best aboard
- No hair dryers on board – the ships' power and lights operate on batteries
- Bed linens are provided on board
- The salt air is harsh on electronics. iPods and other electronics can be affected by this and AQ cannot take responsibility for these items, including loss or theft.

For students intending to scuba dive:

- Extra spending money to pay for the selected diving (see spending money information)
- Certified divers must bring their certification card proving highest scuba certification level (Open Water, Advanced, Rescue etc. NOT specialties)

For advanced sailors

- Certified sailors must bring their **IYT passport** and/or other sailing **certification** to the program.



Typical 21-Day Minerva Itinerary

Please be aware that dates and locations can change due to weather considerations.

Day #	Proposed Location
1	Arrival in Tortola. To West End for orientation
2	West End to Norman Island, snorkel caves, hike
3	Virgin Gorda, sail training
4	Virgin Gorda, explore the Baths or wakeboarding/water skiing, Spanish Town, depart for Saba
5	Arrive at Saba, hike the Ladder and Mt. Scenery or snorkel/dive
6	Saba – underwater exploration for divers or hike and shore exploration
7	Morning passage to Statia, snorkeling
8	Dives on “Charlie Brown” site or hiking The Quill, lunch in town and provisioning
9	Depart for Nevis, afternoon at the beach
10	Bike tour. Dinner ashore and bonfire
11	Free time ashore then head to Antigua.
12	Arrive Antigua, dinner ashore
13	Antigua shore exploration
14	Free time ashore/small boat sailing
15	Shore time in St. Barths/surf day, dinner ashore
16	St. Barths touring and surfing or sail training to Ile Forche
17	Return to BVIs
18	Arrive Spanish Town, then on to Peter Island
19	To Norman Island
20	Race day, then farewell barbecue
21	Departure day

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OUR ONLINE STUDENT BLOGS...**

GO TO WWW.ACTIONQUEST.COM/BLOG

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