



WHAT TO PACK • BAJA

Lindblad Expeditions' ships are casual environments. There's no need to dress formally, so our recommendations for your 'travel wardrobe' are all about comfort, practicality, and the likely conditions of the region you're exploring. For this program, our expedition team suggests you include some or all of the following:

- "Teva" or similar sandals. These are lightweight, rubber sandals with adjustable ankle straps, available at sporting good stores.
- Comfortable walking shoes with rubber soles for use both on board and during shore excursions. You may want to take two pairs so that you will have a dry pair if one should get wet. Many people find sneakers suitable, while some prefer lightweight hiking boots for additional support.
- Sun protection: hat, sunglasses, waterproof sunblock: 30 SPF minimum.
- Lotions/creams for sun and wind protection.
- If you wear contact lenses, bring a pair of prescription glasses for occasions when lenses may be bothersome.
- Camera, lenses and plenty of film.
- A good pair of binoculars.
- Extra camera batteries.
- Prescription medicines. If certain medicines are part of your daily health regimen and are vital to your health, make sure you bring an adequate supply for the duration of your trip. Your medications should be packed in your carry-on luggage.
- If part of your medication regimen requires the use of needles or other sharp instruments while on board, please bring a small, personal sharps container for safe disposal. Containers can also be requested on board and we will gladly take care of the disposal for you.
- 1 or 2 bathing suits and cover-up.
- Cotton and other lightweight long pants.
- Windbreaker / light sweater / sweatshirt.
- Lightweight raincoat, rain poncho, or umbrella.
- Long-sleeved shirts for protection from the sun.
- Shorts.
- A medium-weight jacket.
- Sweat pants.
- T-shirts, polo shirts, and/or other comfortable, lightweight short-sleeved shirts.
- A small backpack or rucksack; a waterproof bag to hold camera and/or binoculars.
- Hand laundry supplies, such as Woolite.
- Magnifying glass for botany walks.
- Waterproof insect repellent.
- Travel alarm clock.

Please note that this is a general packing list only. If you are participating on an extension, you will receive a detailed packing list in your pre-tour documents.

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