

## Packing List

### Critical Items

- Proof of age/photo ID** (driver's license; school photo ID w/ photocopy of birth cert; or passport)
- Copy of Medical Insurance information**
- Dive logbook and certification card**
- Prescription Medication**

### Each Individual

- 1 Set Class A uniform
- Several (4-5) T-shirts
- Rash guard (synthetic shirt)
- Swimsuit (modest style) (2 recommended)
- 1-2 pairs of shorts
- Lightweight long-sleeve shirt/pants for sun protection
- Wide brimmed hat
- 2 – 3 pair of Socks
- Underwear? What's underwear?
- Walking shoes (for travel, Seabase days and Key West, if we do a day there)
- Lightweight rain gear/poncho
- Sunglasses (Polarized are best) with strap (that floats!)
- Waterproof watch for diving
- 16 oz of non-oily water-resistant sunscreen (SPF 30+) (16 oz is *two* bottles!)
- Toiletry kit
- 2 towels and a small pillow
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a lightweight sleeping bag
- Sleeping pad for laying on the deck
- Flashlight-small and/or waterproof
- Book, cards, or small chess/game set for down time

### Optional Items

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel/SCUBA gear
- Wetsuit-can be rented at FSB for \$5/day
- Extra money (\$100-\$125)
- Bonine® or Dramamine II Less Drowsy and /or sea bands (for seasickness)
- Skin so soft lotion (non DEET bug repellent)
- Crew photo - \$6 per copy
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Leader will be bringing

- First aid kit**  
The following items will be added to the first aid kit (items marked \* are also available in the Ship's Store at Sea Base):
  - Aloe Vera cream\*
  - Sea Sickness Medicine (we recommend non-drowsy Bonine®)\*
  - Sunscreen\* (30 SPF minimum)
  - Chapstick\* (30 SPF minimum)
  - Insect Repellent\*
  - Hydrocortisone Cream
  - Medicated Powder\*
  - Swimmer's Ear Drops
  - Benadryl (anti-itch, anti-inflammatory)
  - Vinegar/Meat tenderizer (for sea-creature stings)
- Cell phone
- Computer to download and transmit photos
- \_\_\_\_\_
- \_\_\_\_\_

### DO NOT BRING:

- ✗ Walkman, MP3 player, iPod or handheld electronic games
- ✗ Fireworks
- ✗ Skateboards
- ✗ Dive Knives
- ✗ Gloves for diving