

***COVID Update 5/15/20**

Prepared: Sea Base provides meals, eating utensils, cooking equipment, fishing and snorkeling gear along with nearly everything else a participant might need on their adventure.

Snorkeling Gear: *** FSB does provide sanitized snorkel gear, but they are encouraging bringing personal snorkel gear (mask & snorkel) or purchasing a set at their store.** FSB **does not** allow full-face snorkel equipment (i.e. HEAD SeaVu).

Fishing Gear: Fishing gear is provided.

***Face Covering is REQUIRED** in all FSB buildings, and during travel. ***Personal size HAND SANITIZER must be carried on person at all times when not swimming.**

REQUIRED: Includes what you're wearing to the airport.

Due to heat, humidity, sun exposure, and dampness of being on a boat, COTTON is not recommended.

- Reusable Face mask or extra buff/neck gaiter
- 2 Long Sleeved Shirts SPF +30
- Raingear (light duty poncho OK)
- 2 Short Sleeve Shirts SPF
- 2 pair shorts (-1 if zip-offs)
- 1 pair pj or sleep shorts
- 1 pair pants zip-off OK
- 3 pairs of socks (won't be worn on boat)
- 2 towels (quick-dry, NO beach size)
- Sandals/flip-flops
- Underwear
- Money
- Packable pillow
- Stuff bag, laundry
- Tooth Brush
- Water bottle plastic 1qt.
 - w/ carabiner
- Cheap rain poncho or weather resistant jacket
- Headlamp w/ 1 extra set batteries.

REQUIRED SUN GEAR

- Wide brim hat (i.e. booni, fishing)
- Buff or neck gaiter (recommend 2)
- Polarized Sunglasses w/ lanyard.

REQUIRED TOILETRIES packed in single qt size zip-seal bag TSA requirements (3.4oz = 100ml)

- **Hand Sanitizer***
- Shampoo 3.4oz
- Body Wash 3.4oz
- Dramamine. Enough for entire trip
- Lip Balm w/ SPF
- Toothpaste
- Deodorant (please)

REQUIRED, put in Checked luggage

- Blanket for sleeping
 - or lite sleeping bag
- sleeping pad

Optional

- Waterproof Camera
- Card game
- Hawaiian Shirt for luau
- Swimmer ear drops
- Fin socks/booties
- Mug for coffee/tea

Available at the Ship Store. If you forget a required item, you will buy it here.

- SPF +30 Shirts
- AquaLung Mask & Snorkel set \$45
- Sea Base Carabiners
- Hats
- Polarized Sunglasses
- Biodegradable Sunscreen
- Insect repellent
- Buffs

- Motion Sickness Medication
- Swimmers Ear Drops
- Sea Base Water Bottles

OTHER

- All other items will be secured in Seabase Lockers prior to boarding the vessel, including personal electronics and cell phones.
- Sunscreen & bug repellent will be unit purchased at FSB.

MONEY (FSB recommends \$150-\$200) meals on travel days are paid by scout.

- 6/20 lunch, dinner
- 6/21 breakfast, lunch, dinner;
- 6/22 breakfast, lunch
- Mid-week lunch/snack
- 6/28 lunch
- Souvenirs