

PROGRAM INFO

ISLAMORADA SAILING PACKING LIST

Sea Base provides meals, snorkel gear bags, scuba equipment, and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (PERSONAL ITEMS)

- 1 wide brimmed hat
- 1 pair polarized sunglasses
- 1 Buff or neck gaiter
- 1 pair of shorts
- 1 swimsuit
- 2 pair of socks
- 2 UPF +30 long sleeved shirts
- 1 pair of sandals
- 1 pair of water shoes
- 2 towels
- 1 water bottle
- 1 carabiner- for water bottle
- 1 light weight sleeping pad (**Not needed for Keys Adventure Islamorada participants**)
- 1 light weight sleeping cover
- 1 small pillow
- 1 headlamp
- [Mask & snorkel](#)
- Toiletry kit
- Raingear
- Prescription medication
- Biodegradable sunscreen, no sprays
- Spending money (\$150-\$200)

Suggested:

- 1 pair neoprene socks for fins
- 1 Hawaiian shirt
- 1 waterproof camera
- mug for coffee or tea (not provided at Base)

Fall, Winter & Spring Crews:

- 1 fleece jacket
- 1 medium weight sleeping bag

WHAT TO BRING: (CREW ITEMS)

- Sea Base Specific First Aid Kit
- 2 combination or key locks for crew storage
- Copies of Scouting America AMHR for each participant

WHAT NOT TO BRING

- Firearms or fireworks
- Fishing gear
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear guns are prohibited
- Dive knives

We encourage ALL participants to "unplug" during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on the water.

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NOTES ON GEAR

Biodegradable Sunscreen: Biodegradable sunscreen helps us preserve our delicate marine environment. To best protect our coral reefs, avoid sunscreens that contain avobenzone, oxybenzone, and octinoxate. Instead look for mineral based sunscreens and sunscreens specifically labeled as biodegradable.

Carabiner & Water Bottles: Hooking a carabiner to a water bottle makes for a convenient attachment point to hang water bottles on a boat or secure them to kayaks and paddleboards. **Metal and aluminum water bottles are prohibited** for Sailing Programs as the metal water bottles could cause damage or harm if they shake loose. **Glass water bottles are prohibited on all Sea Base adventures.**

Hawaiian Shirt: Most crews opt to wear a Hawaiian or festive shirt on their final night at Sea Base. Whether the crew is on Base for a luau or celebrating their final night at Sea Base on their sailboat, Hawaiian shirts make for great pictures and memories.

Neoprene Socks: While not required, neoprene socks are suggested for comfort and sun protection. A thin neoprene sock worn with fins while snorkeling can help prevent potential blisters.

Non-Spray Sunscreen & Insect Repellent: The excess spray from spray and aerosol sunscreen and insect repellent can cause a thin film on the boat's surface. This can make the boat deck very slick and can pose a slipping hazard. For this reason, Sea Base prohibits the use of spray and aerosol sunscreens and insect repellent.

Mask, Fins, & Snorkel: Each participant is responsible for bringing their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan. Crew members may [purchase masks, and snorkels from the Sea Base Ship Store](#) if they choose. Due to associated safety concerns, **full face masks are not permitted at any Sea Base location.**

Medium Dry Bag: One 10-15L dry bag per crew can be helpful to store small electronics and to give them an extra layer of dry protection.

Padlock: Padlocks are used for onsite storage lockers provided at Sea Base. These lockers are used for any gear that stays behind on Base while the crew is on the sailboat. The padlock can either be a combination lock or have a key but should be a standard sized lock.

Polarized Sunglasses: Polarized sunglasses help reduce glare from the ocean allowing for better vision and comfort. They also help protect against UV rays and can reduce eye strain.

Raingear: Down here, rain can roll in just as quickly as it rolls out. There is no need to buy a specific type of raingear. Just bring what's available, know that it could be used, it may not be, and there's always a chance to get a little wet on this high adventure trip!

Sleeping Gear: Due to heat, humidity, and close quarters, most sailing participants choose to sleep on the top deck of their vessel when out to sea. A lightweight inflatable or roll-up sleeping pad works great to add a little cushion for sleeping. Keys Adventure Islamorada participants do not need to bring a sleeping pad.

Towels: Sea Base suggests bringing two towels. One to use to dry off the saltwater and one to use for showering.

Vinegar: Vinegar can be helpful in reducing irritation from jellyfish and other marine life stings.