



Pamlico Sea Base
S.C.U.B.A.
Leaders Guide



Summer 2024

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Table of Contents

<u>SCUBA INTRODUCTION</u>	3
<u>FANTASY LAKE DEEP WATER DIVING</u>	4
<u>FEES AND FORMS</u>	4
<u>WHEN YOU ARRIVE</u>	6
<u>MENTAL AND PHYSICAL PREPAREDNESS</u>	8
<u>NON-SCUBA EXTRA-CURRICULAR PLANNING</u>	9
<u>SAILING ORIENTATION</u>	12
<u>SMALL BOAT INVENTORY</u>	12
<u>BICYCLING</u>	13
<u>SHOOTING SPORTS</u>	13
<u>JET SKIING & MOTORBOATING</u>	14
<u>SCUBA GEAR ADVICE</u>	14
<u>SCUBA PERSONAL GEAR CHECKLIST</u>	18

SCUBA Introduction

Summer 2024, Pamlico Sea Base will once again showcase a phenomenal high adventure program, the “SCUBA” NAUI certification TREK.

SCUBA has been part of the East Carolina Council’s Sea Base program for years. The council’s camp is ideally situated in Eastern NC and on some of the most pristine waterways of the Middle Atlantic Coast and inner banks.

Our SCUBA program is contracted with one of the most highly rated professional dive schools in Eastern NC; Rum Runner Dive Shop (RRDS) located in Winterville, NC. If you've always been curious about the ocean, have an interest in marine life and shipwrecks, or would like some adventure in your life, then SCUBA diving is for you. Rum Runner's professional instructional staff emphasize quality instruction, safety, and customer satisfaction.



- <https://www.rumrunnerdiveshop.com/>
- NAUI Certified Instructors
- Decades in the business
- 4 Eagle Scout Family-owned business
- Actively involved in BSA
- Basic SCUBA Certification training includes:
 - On-line
 - Classroom
 - Pool
 - Open Dives
- All dive gear provided
- At conclusion, scout takes home:
 - Booties, mask, snorkel and fins
- Certification contributes to BSA Scuba Diving merit badge



Dive instruction at Pamlico Sea Base is limited to 10 divers per crew per week, so the instructor can ensure personalized attention to each scout. RRDS’ interest is your competence as a safe, skilled diver. Rum Runner’s instructional staff is prepared to offer you the best instruction so that you can enjoy the underwater environment.

NAUI Open Water SCUBA Diver certification is the entry level certification to SCUBA diving. It prepares you to meet or exceed the industry standards for safe diving and enjoy the privileges of all basic certified divers. The course is divided into 3 sections: classroom/On-line instruction, pool work, and open water dives down to 60’. Camp Boddie does not have internet access, so we require all participants to complete the on-line course material before coming to camp. The login codes will be provided with registration. A typical class day will include classroom review of on-line material as well as additional instruction of complex concepts followed by confined water (pool) instruction. Skills are learned and practiced in the pool, then demonstrated again during the open water dives.

Additional to the SCUBA certification, the Sea Base offers the scouts to earn both the SCUBA merit badge and BSA Snorkeling patch. The scouts will also be offered other high adventure opportunities during downtime, when not SCUBA training or diving. They include use of the camp’s motorboats and a fleet of smaller vessels, including kayaks, paddle boards, sunfish, and aqua-fin sailboats and an O’Day 222 sailboat. Come dive with us. High adventure starts here!

Fantasy Lake Deep Water Diving

RRDS does not believe in "quickie" courses. Scouts are given the time that they need to get comfortable and feel confident with the skills before they go to the open water. At the conclusion of classroom/pool training, a minimum of 4 open water dives and 1 skin dive are performed. During the summer open water dives are conducted at Fantasy Lake SCUBA Park in Rolesville, NC. More about the open water diving attractions at Fantasy Lake, please scan the QR code below.

FANTASY LAKE

ADVENTURE PARK



Scan to Learn more About your open water dives



- Night Dives from Sunset to 10 PM
- Parking close to each entry area for tarps
- Picnic Tables at Entry Areas and Shelters
- 30 Acres of Parking and Primitive Camping Areas
- 4 Training Platforms at 32 ft.
- Buoys on Surface to help locate diving attractions
- 2 Airplanes
- 1 Bus, 1 Car
- 2 - 21 ft. Boats, Sailboat
- Large Rock Crusher
- Glass Bottom Boat at 32 ft.
- Glass Bottom Boat at 60 ft.
- 5 Acres of 60 ft. Depth
- 7 Acres of 80 ft. Depth (interesting wall diving)
- 58 Acres of 32 ft. - 36 ft. Depth
- Boat Simulator on Top of Water



Fees and Forms

SCUBA Camper Fees - \$995 per youth (You must pay at least \$100 by March 1st. The rest of the fees will be due by May 1st.)

Any cancellation after April 1st will be charged nonrefundable cancellation fees. NO exceptions.

Adult Fees - The Youth Protection Policies of the BSA always require 'two-deep' leadership. One adult must be 21 years old while the other may be 18 years old. An adult fee of \$995.00 will apply, if the

leader wants to participate in the SCUBA training and certification program. Otherwise, an adult camping fee of \$200 will apply. Units may elect to exchange non-diving adults during the week with no additional charge if the total number of adults does not exceed the number registered. Any adult attending only part of the week (one to three days) will pay a per day rate of \$30.00 which covers meals and camp overhead. "Per day" registration does not include a patch, but one can be purchased separately in the Trading Post.

PSB SCUBA Costs - Certifications

EVENT	CLASS OF 8 (MIN)	CLASS OF 9	CLASS OF 10 (MAX)
SCUBA BASIC CERTIFICATION	\$7,960 \$995/Each	\$8,955 \$995/Each	\$9,950 \$995/Each



PRICES INCLUDE:

- NAUI Basic SCUBA– Snorkeling BSA and SCUBA Merit Badge opportunities
- Sea Base lodging
- Meals – 6 days
- PSB Staff Support
- Transportation to/from all training, dining and open water dive locations
- First two adult leaders camp for free (does not include SCUBA course)
- Additional adult leaders cost \$150
- Participants will **keep \$225.00 worth of dive gear** including:
 - Booties
 - Mask
 - Snorkel
 - Fins



Refund Policy - All refund requests must be on the refund request form: Most of the camp fees are spent before your troop arrives in camp. Request received prior to April 1, 2024 - all fees minus \$50 will be returned Request received after April 1, 2024 -all fees minus \$100.00 per camper will be returned Request for refunds must be made in writing stating the reason. Requests received for "no-shows," "change of mind," or "lack of leadership" will not be honored. Request for refunds received for Scouts departing camp early for any reason will not be honored. Request for refunds involving unexpected sickness and school purposes will be honored. An exception to this policy is in the event of an illness or injury which keeps a Scout from arriving at camp. It must be verified in writing by the parents or guardian and a physician. Other extenuating circumstances, such as a death in the family, will certainly be taken into consideration on a case-by-case basis. All but \$50.00 will be refunded due to extenuating circumstances or the Scout may choose to attend a different week. Refunds are not given at camp, but (once verified) are processed from the council service center. A check will be mailed to the unit leader not the Scout. A \$100 non refundable educational material fee is charged when the E-learning is initiated.

Refer to the 2024 Camp Boddie Leader's Guide for additional administrative information about the camp and access to any necessary forms, including:

- Swim Check
- Troop /crew registration form
- Payment and transmittal form
- Troop/crew roster
- Food allergies and dietary restrictions
- Request for refund form
- Scout early release form
- Medical Information Form

When you Arrive

Check in – Sunday - SCUBA Crews will check into camp on Sunday at 12:00 PM and complete in-processing at the Pamlico Sea Base Kennedy Center. Bring all your required registration paperwork for check-in.



Early Arrivals – Saturday If your crew needs to arrive the day before your check in time on Sunday afternoon, please notify the Camp Director beforehand. Please understand that staff may not be available, and no program-related material will be issued for use. The dining facility will not serve food from Saturday after breakfast until Sunday evening dinner. Shower facilities and bunk houses will be available.

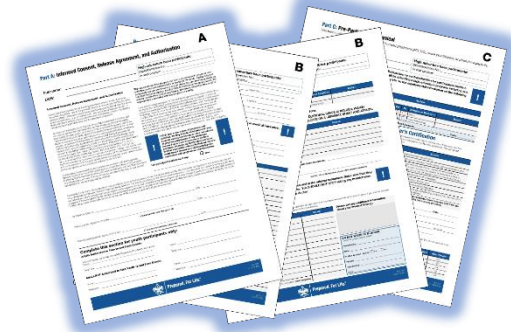
Sleeping Quarters Crews will spend evenings at base camp on Sunday through Wednesday nights. Participants will be housed together in our 8-bunk cabins. Adults will also be housed in one of our 8-bunk cabins. During the 2-day quarry deep water certification dive outpost camping trip, everyone will sleep in 2-man tents, provided by sea base.



Health and Medical Record Screening Every individual must complete a special NAUI medical form for scuba diving. This needs to be completed and returned prior to camp to be reviewed by the RRDS medical staff. There are medical conditions that are contraindications to scuba diving as well as conditions that will require a medical evaluation before a scout or scouter can participate. This is in addition to BSA requirements. Additionally, the Camp Health Officer will review all BSA health records upon his or her arrival. BSA requires you to complete the Annual Health and Medical Record, No. 680-001, administered by your family

doctor. Certain responses on that form may require that you get a physician's approval before you are allowed to use Scuba equipment in the water. Those with chronic disease or physical disability may still be able to enjoy and benefit from a scuba experience if the dive instructor is aware of the condition and approval has been obtained from a licensed physician. All BSA health screen documentation should be completed before you arrive. Any individuals who are on medication will need to notify the health Officer and dive instructor at this time.

The BSA Class III Medical Form must be used. Adult leaders need to collect and review each participant's medical form prior to arriving at camp to be familiar with any health restrictions. The medical forms will be turned in at Sea Base and reviewed by the camp's doctor during check in. A copy will be carried on the trek with the staff guide. Individuals with certain health restrictions such as severe allergic reactions, special dietary needs or any other issues that directly affect trek planning are required to notify the Sea Base Director in the pre-registration process.



Swim Test RRDS will administer a special dive-focused swim test upon arrival to camp. It is recommended that your scouts practice to this swimming standard, as it is a bit more strenuous than the BSA "Swimmer" requirements. Please ensure each of your scouts are at least BSA "Swimmer" qualified and bring documentation. **The NAUI swim test involves jumping into water over your head feet first, swimming 225 meters; 50' underwater on single a breath; followed by treading water for 10 minutes.**

A BSA Lifeguard, Aquatics Director, American Red Cross Lifeguard, or an American Red Cross Water Safety Instructor can administer a BSA swim test, however, only RRDS instructors can administer the SCUBA swim test. Individuals who fail to pass the RRDS SCUBA swim test will be given one more opportunity before the end of the day on Sunday. For more information on the BSA swim test requirements and administering the test, go to <https://scoutsmarts.com/bsa-swim-test-guide/>

BSA Safe Swim Defense To ensure a safe swim, you should follow Scouting's Safe Swim Defense plan which is aimed at creating a safe swimming environment. The plan has 8 points intended to anticipate, prevent, mitigate, and respond to potential aquatic emergencies. It is recommended that all crews complete the safe swim defense course at <https://my.scouting.org/>

BSA Safety Afloat Scuba diving, swimming, kayaking, sailing, jet skiing or any aquatic activity will have potential hazards, even for advanced participants. Lives can be saved with proper supervision and training; lives can be and have been lost by not following Safety Afloat practices. Safety Afloat training is designed for all authorized boating activities. It is recommended that adult leaders supervising those activities should have completed their Safety Afloat training within the previous two years. Training can be completed at <https://my.scouting.org/>



NC Boater Safety Course (on-line) To legally operate a Personal Watercraft (PWC) e.g., Jet Ski in the state of North Carolina, and in accordance with PWC governance by BSA, each IBX, BSX or Scuba participant is required to meet the following requirements and have a valid boater's safety course completed prior to arrival to camp. This 4-hour on-line course can be found at a few websites; however, we recommend scouts (and leaders) take a **free** course by registering at the Boat U.S. Foundation at <https://www.boatus.org/northcarolina/> Additionally, the following are requirements to operate a PWC at PSB:

- 14 years of age (state requirement).
- Complete an approved boating safety course. (Bring certificate to camp)
- Complete PSB hands-on PWC training.
- Pass a PSB check ride with a sea base guide.
- Be a BSA swimmer.
- Parent or guardian grant permission to operate a PWC and sign Hold Harmless Agreement.
- There is a **\$75 per scout per day jet ski fee** if scouts wish to participate in this extra-curricular activity. The staff will need to know of such intentions prior to arrival to Scuba camp.



Mental and Physical Preparedness

Mental Preparedness:

A typical day of high adventure activity on the water can range from fun and relaxing too physically and mentally demanding. While North Carolina typically has beautiful weather during the summer, and your Scuba guide will adjust the week's program to changing weather conditions, there are often hours or days that may see worsening weather. As we say in Eastern NC, *"If you don't like the weather now, just wait a few minutes."* Unlike backpacking or other landlubber activities, there may be times when conditions prevent activities on the water, and the crew will have to find safety, particularly during severe weather that produces lightning. It is important that participants prepare themselves for the mental and physical strain that come with long days in the water, exposed to the sun and weather.

Physical Considerations:

Even if you're healthy from a medical standpoint, you'll still need to consider your physical fitness, which is of utmost importance for safe diving. The level of exertion required for various diving conditions ranges from light to heavy. You should be familiar with both expected and possible conditions at your dive site and consider how your exercise capacity aligns with demand in various situations.


Lugging equipment to and from the pool or quarry can be taxing. Teamwork is the key to success. Crew members will be assigned tasks assigned by their senior patrol leader and shared among the whole crew, including equipment preparation, camp chores, and tasks required to safely dive. *Heave-Ho mate!*

Non-SCUBA Extra-curricular Planning

Discussing the Options with your Crew:

When planning your Scuba week, much of your schedule will be driven by the regimen of NAUI certification. The days may be long, including early morning sessions in the swimming pool at Camp Boddie, and of course, the 2-day overnight outpost to Fantasy Lake to complete your deep-water dives. However, in the crew's free time, the scouts can take advantage of other activities on the waterfront or in the surrounding area. It is important that your group discuss your options for free time when not diving so that you arrive at Pamlico Sea Base with the same goal. Use the following questions when you begin the planning process:

- Does your group want a physically and mentally challenging adventure or a relaxing week on the water?
- Does your group enjoy ½ day activities on the Pamlico River?
- What kinds of experiences are important to your group?
- What level of interest does your group have in the history or environment of the area?

HIGH ADVENTURE IBX ACTIVITIES  PLANNER	<input type="checkbox"/> Aquatics <input type="checkbox"/> Kayaking <input type="checkbox"/> Sailing <input type="checkbox"/> Canoeing <input type="checkbox"/> Rowing <input type="checkbox"/> Paddle Boarding <input type="checkbox"/> Swimming <input type="checkbox"/> Motorboating <input type="checkbox"/> Wake Boarding <input type="checkbox"/> Water Skiing <input type="checkbox"/> Tubing <input type="checkbox"/> Jet Skiing (14-older) w/NC boating certificate <input type="checkbox"/> Shooting Sports <input type="checkbox"/> Bicycling <input type="checkbox"/> SCUBA orientation (Fee) <input type="checkbox"/> Day Trips to: <input type="checkbox"/> Little Washington <input type="checkbox"/> Aurora Fossil Museum <input type="checkbox"/> Bath, NC (Home of Blackbeard) <input type="checkbox"/> NC Estuarium and Aquarium <input type="checkbox"/> NC Maritime Museum <input type="checkbox"/> Fort Macon <input type="checkbox"/> Shackleford Banks <input type="checkbox"/> Cape Lookout Lighthouse (Fee) <input type="checkbox"/> Offsite camping <input type="checkbox"/> Deep Sea Fishing (Fee) <input type="checkbox"/> Day at Atlantic Ocean Beaches <input type="checkbox"/> Charter Sail (Fee)	TROOP _____ Monday _____ Tuesday _____ Wednesday _____ Thursday _____ Friday _____
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Using a map and research you gain on the area, and our activities planning guide, you can discuss what activities and what places your group is most interested in. Once you have decided what kind of experiences are important to your group, let a Pamlico Sea Base guide help the Senior Patrol Leader turn your interests into a viable plan. **Remember though, Scuba training takes precedence over all activities.**

Providing us with this information will allow us to be better prepared for your specific trip.



Bath, NC



Cape Lookout - Excurion



Small Boat Sailing - PSB

The Planning Process Generally, your week’s Scuba training plan will be finalized prior to your arrival and slightly adjusted throughout the week based on weather conditions. Your guide will sit down with your group to discuss the weather forecast for the week. The weather will be the major controlling factor in how best to schedule the week’s activities. The guide will help you design extra-curricular activities based on your group’s interests and the weather. The physical safety of your group is paramount. Your group must be prepared for possible weather conditions that adjust to certain destinations or activities.

Staying Flexible

Out on the water, we are at the mercy of nature. Your guide will help you navigate the water to squeeze the most out of your adventure. Staying flexible, adapting to adversity, and staying positive will help your crew deal with trip changes in more constructive ways. An easy, predictable week would not be an adventure.

Some favorite off-Sea Base trips include:

1. “Little Washington” – Located at the mouth of the Pamlico-Tar, it is the first town named after General George Washington, in 1776. Washington is the county seat and is choke-full of shops and restaurants. A 30-minute van ride to their harbor affords some popular gunk-hole swimming, exploring the waterfront, ice cream and a visit to the NC Estuarium. Learn more at *Partnership for the Sounds* at <https://www.partnershipforthesounds.net/nc-estuarium>

2. Goose Creek State Park – Located on the Pamlico River across from Sea Base, Goose Creek State Park offers a broad range of coastal experiences, from wetlands along the Pamlico River to a cypress swamp viewed from a long boardwalk. Remnants of boat piers, a trackless railroad bed, and burnt remains of tar kilns provide a glimpse of the heyday of the lumber industry that was once the center of life in the area. The park is an ideal destination for kayaking or jet ski too.

3. Historic Bath – Bath is often counted as North Carolina's first capital, as it was designated in 1712. Bath was one of the towns impacted by the Tuscarora War in 1711-15, and later served as one of many bases for notorious pirate Blackbeard. Bath is on our popular IBX jet ski “Orientation Course”, a 25–30-mile water scavenger hunt offered on Friday, weather permitting.



4. Atlantic Beach – A Day at the beach is a great off-camp excursion. The 1.5-hour van ride to the Atlantic Ocean is filled with body surfing, skim-boarding, boogie-boarding, and burying each other in the spectacular sands of Eastern NC. The day can include a trip to visit historic Fort Macon guarding Beaufort Inlet or a visit to the NC Aquarium at Pine Knoll Shores.

5. Blount’s Creek - This remote creek is where to go when the Pamlico River is *kicked up*. The calmer water of this creek affords some of the best views and the best tubing and jet skiing in the area. Blount’s Creek is an ideal location to swim or do some fishing or cast netting.

6. Aurora – Located on the South Creek as you sail past Indian Island on the Pamlico River, Aurora was incorporated in 1872 and is the home of the Fossil Museum. The site was originally called "Betty Town" and was founded on the location of an Pomouik Indian village. Digging on their “pile” and touring the museum can help you earn your Geology merit badge. Learn more at www.aurorafossilmuseum.org



7. Cape Lookout – Take a day trip or make it an overnight “Outpost” to the most infamous section of South Core Banks. Check out a working 150-year-old lighthouse guarding deadly shoals, light-keepers’



quarters and museum, gift shop and restrooms. Observe the wild horses that live on Shackleford Island. Swim in the ocean and sound, camp right on the ocean and marvel at the remoteness of eastern North Carolina. (\$22 Fee required to ride the National Park Service Ferry). Learn more about Cape Lookout National Seashore at <https://www.nps.gov/cal/index.htm>

8. Fort Macon State Park – Fort Macon State Park is centered on an impeccably restored pre-Civil War fort that offers daily guided tours and frequent cannon and musket demonstrations. Extensive exhibits educate visitors about the fort’s history and the natural surroundings. The beach is perfect for swimming, beach combing, or even spotting a dolphin or two. Trails traverse the salt marsh and dune fields and provide the opportunity to see one of the 300-plus species of birds found in the park. Learn more at <https://www.ncparks.gov/state-parks/fort-macon-state-park>

Sailing Orientation

Want to learn how to sail? We can make that happen during Scuba week, if time permits, with our fleet of small- to medium-sized sailboats. We recommend crew members work to be awarded the BSA Sailing merit badge prior to arrival for Scuba, as the awarding of merit badges is not our number one goal at Sea Base. Our goal is to provide safe adrenaline-filled days for your Scouts. However, a focused afternoon (wind dependent) learning how to sail can be a really rewarding one. We can start your inexperienced Scouts on the Sunfish or Aquafin, then advance to small crew sailing on our O'Day 222, and even consider a sunset cruise on the "Virginia Lee", a 34' Morgan sloop docked across the river from sea base in McCotter's Marina.



Small Boat Inventory

Pamlico Sea Base maintains a fleet of over 100 smaller boats for use by the Scuba crews in their off time. Want to kayak, learn how to sail, or paddle board? Then pick an afternoon to do just that. Our inventory includes:

- 6 – Jet Skis
- 2 – Motorboats
- 30 - Day kayaks
- 20 – Sea Kayaks
- 9 – Paddle Boards
- 21 – Sunfish Sailboats
- 4 – Aquafin Sailboats
- 1 - Laguna 16' Sailboat
- 1 - O'Day 222 Sailboat





Bicycling

Pamlico Sea Base encourages Scouts to safely scoot around the reservation on bicycles. Bring your own or draw one of our fleet of camp bicycles. It will make trips to the dining facility, swimming pool or to the Trading Post fast and fun, giving you more time to be on the water or relax at Sea Base. Scouts will be issued a TREK mountain bike, helmet, water bottle and a pannier bag to carry your camp gear. If you want to plan an off-camp ride, that can be arranged as well.



Shooting Sports



Want to practice your rifle marksmanship? Ever shoot clay pigeons out of the sky with a shotgun? Do you have the skill to hit the bullseye on the Archery Range? A favorite activity at Sea Base is an opportunity to do a twilight shoot on all three of our shooting sports ranges. Turn it into a crew competition by keeping score on all three. As the sun sets on the range, get back on your bicycles and stop by the Trading Post for ice cream or a cold slushy on the way back to Sea Base.

Jet Skiing & Motorboating

One of our most popular IBX activity is riding and driving the six Personal Watercraft (PWC), commonly known as jet skis. Scouts can learn how to properly prepare, ride, and recover our fleet of new jet skis, exploring pristine waterways including the depths of Blount's Creek, McCotter's creek, Goose Creek or fast pounding rides on Blount's Bay and the Pamlico River. See sting rays, dolphins, and other wildlife on your journey, reaching speeds of 30 MPH. While your Crew is jet skiing, scouts can also Tube or wake board from the back of one of our motorboats, or swim in a gunkhole or at a beach along our route. Additional training is required prior to coming to camp.



SCUBA Gear advice

Our gear list has been refined over the years to include equipment that will keep you as comfortable as possible during your Sea Base experience. The gear list you'll find on the following page is the long version- containing not just what you need but why you need it and wish you had it if you don't bring it.

Included in the Scuba camp cost, participants will **keep \$225.00 worth of dive gear to take home** including:

- Booties
- Mask
- Snorkel
- Fins



Below are some general points to keep in mind as you pack. The faster your clothing dries, the happier you'll be. North Carolina is a tropical zone during the summer. Daily temperatures can reach 100 degrees Fahrenheit. You'll be spending most days on open water with high levels of glare from the sun. Nights are typically in the 70's and humid. Your body will be exposed to harsh elements including salt, sand, wind, and high levels of UV.

Due to the nature of this aquatic environment, you will be somewhere between damp, and soaking wet every day. Smaller and Lighter is better. You will pack and unpack your personal gear at least twice a day, sometimes more. It is recommended that you pack your personal gear to fit in a dry bag. Any items you bring that don't fit in a dry bag might get wet. Sea Base can provide drybags for each Scout.

Avoid being a fashionista. We know- long sleeve, quick dry, buttonup shirts look like what your grandparents wear. We know you want to look cool. You'll wish you had that long sleeve button up we coached you about. Choose clothing that is comfortable on land- pants you can sit in for long periods of time, shirts that are loose and give you freedom to move. Follow our guidelines as closely as possible.

A bag of bags - Dry bags are waterproof but sometimes water still gets in- especially if a bag gets dropped in the drink. Bring zip-lock bags in a variety of sizes. They will help you organize your stuff within the dry bag and help keep water out. Baby powder is magic at the end of the day!

Group and Personal Equipment / Gear:

Keep in mind, the provided list includes what you'll need Monday through Friday. Please bring additional clothing for Sunday night, Friday night and Saturday morning. Like backpacking, space is at a premium. Whenever possible bring small, packable items. We try to wear the Class A uniform for a couple nights for meals at the Dining Facility. Please pack accordingly. All other meals will be in scout-appropriate water sports attire. Shoes are required in the dining facility.

Equipment Provided by Pamlico Sea Base

- 1 Dry Bag: 20 10 Liter or 8-Liter
- Personal Flotation Device w/safety whistle
- For overnight "Outpost" a tent - 2-person backpacking style dome tent (2 scouts per tent, 1 adult per tent)
- Sand tent stakes
- Stove - MSR
- Basic Cooking equipment, coolers
- Group water storage containers
- Sun/Rain tarp
- Cast nets, fishing tackle and fishing poles
- First Aid Kit
- Map, compass, and GPS
- Safety equipment – whistle, -throw line, signaling mirror, signaling-devices, tow line.
- Communications - VHF radio
- Bicycle with helmet and water bottle

Fun Stuff

- Boogie Board, Skim Board, Bocci Ball, volleyball, frisbees

Gear Tips (Personal gear checklist on page 15)

- Water shoes or sandals - Your feet will be wet most of the day. Shoes will protect your feet from sharp objects in the water. Your shoes should be comfortable and not give you blisters.
- Pair of shoes to stay dry - You'll wear these if you go exploring in the villages or around camp at night. Sometimes it's also nice to have a pair of dry shoes to put on.
- Full brimmed hat - You will be exposed to the sun on open water with little sun protection. A hat with a full wide brim protects your eyes and face from the sun. It should float and have a strap to go under your chin.
- Rain Jacket - Sometimes it rains or storms. It can get chilly when it does.

__ 1 Bandana - Bandanas keep sweat out of your eyes, and when wet provide relief from heat. Over the mouth and nose, they keep out swarming bugs.

__ Lightweight sleeping bag - Nights below 70 degrees are rare. Your bag should be rated for summer. Many people bring a military poncho liner or other lightweight blanket.

__ Sleeping pad – used on the “Outpost” camping trip to Fantasy Lake. The sand is soft, but you’ll still want a pad to sleep on.

__ Pillow

__ High SPF Sunscreen - Waterproof, sweat-proof with zinc. Tear free so you can put it on your forehead, and it won’t sting your eyes. Make sure it is a brand you know works for your skin and is not expired.

__ Sunglasses with chord - Make sure they are polarized. They should fit your face well. You will be on water with high levels of glare for large portions of the day. A cord will keep them on your head while you boat or at the swimming pool.

__ Headlamp - not a flashlight. You may need it to get around Sea Base at night.

__ Insect Repellant - Sometimes bugs aren’t bad, sometimes they’re annoying. You should bring repellant with 20% to 30% DEET. This is enough to keep bugs off.

__ 1 Large drinking bottle - 1 liter each. It should have a wide mouth and sturdy lid. You will drink around a gallon of water every day. The sea base will provide 5-Gallon ice water buckets in camp and on boat trips. Mark them with your name.

__ Lip Balm with SPF - Sunburned lips are just as miserable as sunburned skin. Burned lips swell, crack, and bleed.

__ *BABY POWDER* Baby powder is MAGIC.

__ Gold Bond - This one is for the guys. You’ll want to bring Gold Bond and baby powder. Bathing in Gold Bond isn’t pleasant, and baby powder just doesn’t cut it when you have chaffing problems.

__ A&D ointment/Diaper Rash Cream - Your skin will be damp or wet during the day. Baby powder and Gold Bond don’t work on wet skin.

__ Small Knife.

__ Toothbrush + Toothpaste, towel, and soap. Hygiene is important. *A Scout is Clean!*

__ Medications- Make sure you note any daily medications you are taking on your medical form and bring them on the trek.



SCUBA Personal Gear Checklist

Clothing

- ___ 1 Lightweight quick dry t-shirt
- ___ 1 Lightweight long sleeve quick dry
- ___ 1 pair of sandals or water shoes
- ___ 1 pair of shoes to be kept dry
- ___ 1 pair of swimming trunks or quick dry shorts
- ___ 1 pair of zip of convertible pants or quick dry pants
- ___ 1 full brimmed hat
- ___ 1 lightweight rain jacket
- ___ 3 pairs of under wear
- ___ 1 bandana

Sleeping Gear

- ___ 1 light weight summer sleeping bag or fleece blanket or poncho liner
- ___ 1 sleeping pad
- ___ 1 pillow

Other Essentials

- ___ SPF 45 Sun block
- ___ Sunglasses with cord
- ___ Flashlight or headlamp
- ___ 1 small bottle of insect repellent
- ___ 1 small bottle of biodegradable soap
- ___ 1-gallon ziplock bag/waterproof phone case
- ___ 1 small knife
- ___ 1 tube of travel size toothpaste, toothbrush
- ___ 1 small towel

- ___ 2 LARGE Drinking bottles (32oz)
- ___ chap stick (with SPF)
- ___ Baby Powder or GOLD BOND (for men)

Eating Gear

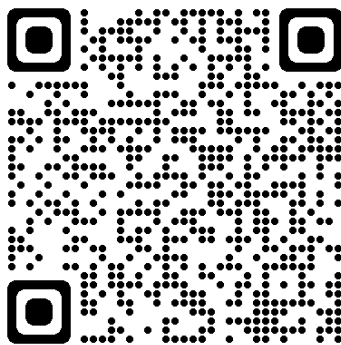
- ___ 1 Bowl
- ___ 1 Spoon (eating knife and fork optional)

Optional items

- ___ 2 pairs socks
- ___ Fishing pole
- ___ Books or journals
- ___ Nature guides
- ___ Camera
- ___ large mesh backpack
- ___ Sailing gloves (Batting /Weightlifting work)
- ___ Anti-itch cream
- ___ frisbee / bocce ball/hacky sack /cards
- ___ small travel hammock
- ___ Extra Snacks
- ___ Spending \$\$ for camp store and on trek
- ___ Signed Release Form
- ___ Complete Class III Medical Form
- ___ Medication with directions
- ___ personal medicines

DO NOT BRING

- Electronics other than cameras/cell phones
- Any form of a weapon
- Fireworks
- Metal detectors



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