

## SEA BASE RECOMMENDED GEAR LIST

**DISCLAIMER:** Below is the Troop 78 recommended Sea Base gear list from 2022. The Sea Base trek participant guide, which is updated every year based on program changes and local conditions, is the "official" gear list of Sea Base. Please cross-reference this below Troop 78 list against the official list for any changes!

### SEA BASE PROVIDES:

- The boat and Captain!
- all meals
- all eating utensils
- all cooking gear
- all fishing gear
- all snorkeling fins
- all snorkeling vests
- all PFDs
- Participants may choose to bring their own snorkeling fins and snorkeling vests if they have room.

### PERSONAL GEAR

Because of limited space on the boat, all personal gear for each person must fit into a duffel bag no bigger than 24" (or a similar size backpack, etc.). Sea Base recommends bringing exactly the items below and no more. The Sea Base Captain may refuse to bring additional gear onboard the vessel. There is no storage available at Sea Base St. Thomas. Any gear the Captain refuses to bring onboard may be left unattended on the dock until return.

- ☐ **Several masks (surgical or KN94/95) for wear on flights.**
- ☐ **1x Troop 78 Sea Base Crew Shirt (We will wear this while traveling.)**
- ☐ **1x additional long-sleeve shirt with UPF 30+**
- ☐ **Wide brimmed sun hat**
- ☐ Buff (a light neck gaiter for sun protection, especially helpful during long snorkel sessions)
- ☐ **Polarized sunglasses with restraining device**
- ☐ Eyeglasses/contacts
- ☐ **Reef safe SPF 35+ sunscreen NO SPRAY/AEROSOL sunscreens allowed at Sea Base!** (Reef safe is not a regulated term, so just avoid all the chemicals that start with avo or oxy. Only mineral-based sunscreens like zinc or titanium are considered reef safe).
- ☐ 1 swimsuit
- ☐ **Snorkel and mask** (Sea Base does NOT provide these.)
- ☐ Sea Base does provide snorkel fins. Participants may choose to bring their own if they have space to carry them. (See note about military duffel in the Crew Gear section.)
- ☐ 1 pair light pants or zipoff pants
- ☐ 1 pair summer shorts or zipoff pants

- ☐ 2 pair socks
- ☐ 1 pair synthetic socks to make snorkel fins more comfortable and prevent fin blisters
- ☐ Rainjacket
- ☐ **Wide mouth PLASTIC water bottle with carabiner clip**
- ☐ **4 carabiners for clipping gear to the boat**
- ☐ 20 feet paracord for securing personal gear to the boat (at night and during other times of day)
- ☐ Personal toiletry kit (toothbrush, toothpaste, deodorant, etc.)
- ☐ SPF 35 or higher lip balm
- ☐ Headlamp with fully charged batteries and a spare set of fully charged batteries
- ☐ 1 towel (We recommend a synthetic towel like this [PackTowl ultralite hand towel size](#) and not cotton towels. Cotton towels will not dry. They also smell pretty gross by the end of the trip.)
- ☐ **Lightweight sleeping pad** (Closed-cell foam is better. Inflatables okay, too, though you will be putting away all your sleeping stuff every single morning...)
- ☐ **Lightweight sleeping cover** (Like a non-cotton sleeping bag liner. If you sleep on deck, expect light 5–10 minute rain showers every night.)
- ☐ Small pillow (camping/backpacking style)
- ☐ All participants will be barefoot while onboard your vessel. Footwear is required for all participants at all times while onshore. Sea Base recommends sandals that strap securely to feet (like Chacos or Tevas) or older sneakers/tennis shoes.
- ☐ 1 pair hiking shoes (trail shoes, good sneakers, etc.)
- ☐ **Spending money: \$300 (will cover ground transport, souvenirs, meals at airports, and Friday/Saturday meals on island)**
- ☐ Waterproof camera
- ☐ Solar charger if needed (most boats have outlets)
- ☐ **Personal medications:** Sea Base does not dispense ANY medications and will not have any over-the-counter medications available. Crews are responsible for bringing and dispensing all medications.
- ☐ **Lifesaving medications like epipens/inhalers: Sea Base requires all participants who need lifesaving meds to bring non-expired medications sufficient for 3 HOURS of continuous use.** For example, if a Scout allergic to nuts eats a nut on board and goes into shock, it may take 3 hours to get them to emergency medical care.

#### **OPTIONAL PERSONAL GEAR**

- ☐ Antifog spray for snorkel masks (30% rubbing alcohol, 70% water, 4-5 drops baby shampoo, 1 oz is enough for two people.)
- ☐ Something to do/read/watch on the eternally long plane ride: book/ebook reader, playing cards, etc.
- ☐ Smartphone with charger/cord in airplane mode (to avoid international data fees)
- ☐ Ear plugs

## PERSONAL PAPERWORK FOR EVERY SCOUT AND PARTICIPANT

- ☐ Government-issued photo ID AND photocopy of birth certificate OR passport for every participant (Sea Base recommends original, non-expired passports.)

## GEAR FOR GOING ONSHORE

Crews will swim from boat to shore frequently to enjoy some onshore activities and then swim back. Sea Base says to plan on swimming a quarter mile (about 450 meters/yards) each way.

- ☐ Footwear is required for all participants at all times while onshore. Sea Base recommends sandals that strap securely to feet (like Chacos or Tevas) or older sneakers/tennis shoes.
- ☐ Snorkel vest: When swimming from boat to shore, all participants will be required to wear a snorkel vest that is provided by Sea Base.
- ☐ Crew drybag: Crews usually swim ashore with a member of the crew carrying a drybag that contains crew gear. These drybags usually include: full water bottles, footwear, cameras, sunscreen, small first aid kit, etc. 2x 35-liter drybags are perfect-sized for a crew of 8 people. The [ALPS Mountaineering Torrent Backpack 35L Dry Bag](#) is an excellent option and you can get discounts on them through Scouts by registering at HikerDirect.com.

## SEA BASE PROHIBITS THESE ITEMS

- NO metal/aluminum water bottles allowed! Dropping them damages boats.
- NO personal fishing gear. (Sea Base provides fishing gear.)
- NO spray/aerosol sunscreens
- NO full face snorkel masks
- NO hard-sided luggage or suitcases
- NO smartphones. Scouts are not allowed to use these once on the boat. Service will be limited and may incur international usage rates.
- Sea Base discourages hammocks.

## SOUVENIRS

St. Thomas does not have a ship store or Sea Base souvenir store! We will order Sea Base patches before we leave. For other souvenir gear, please shop at <https://store.bsaseabase.org/>.

## CREW PAPERWORK

Adults will bring this paperwork in a binder for each crew:

- ☐ All crew flight info and boarding passes for all flights
- ☐ Any travel insurance paperwork
- ☐ All crew hotel lodging reservation info including lodging insurance
- ☐ In 2022, [COVID Screener Form](#) (one per crew). Not sure about future years.
- ☐ [Boat/Captain Liability Waiver](#) for every participant (signed by parent for Scouts)
- ☐ Sea Base liability waiver for every participant (completed online through Sea Base event registration)
- ☐ Photo proof of negative COVID test 24 hours before arrival for every participant

- ☐ Unit swim classification record (one per crew, every participant must have passed as a Swimmer)
- ☐ BSA annual health forms for every participant
- ☐ Government-issued photo ID AND photocopy of birth certificate OR passport for every participant (Sea Base recommends passports.)
- ☐ Copies of front and back of insurance cards for every participant
- ☐ At least one adult per crew must have proof of Wilderness First Aid training
- ☐ At least one adult per crew must have proof of CPR training
- ☐ All adults must have non-expired Safe Swim Defense training certificates
- ☐ All adults must have non-expired Safety Afloat training certificates
- ☐ All adults must have non-expired Hazardous Weather training certificates
- ☐ All adults must have non-expired Youth Protection Training certificates for all adults

## **CREW GEAR**

**Each crew needs all these items. Scout Quartermasters and Dino Quartermasters are responsible for sourcing and bringing this gear.**

- ☐ At least 1 “medium size” dry bag for holding gear while swimming from boat to shore and back. Sea Base says each crew should determine how big this dry bag should be. Sea Base recommends a “dry run” to see if your dry bag will hold the gear your crew intends to take with you onshore. The crew gear going ashore generally includes one full water bottle per person, shoes/sandals for use on beach and dayhiking (bare feet not allowed on dayhikes!), sunglasses/sun hat, sunscreen, portable first aid kit, and perhaps some cash depending on where you are stopping. Most Scouts will swim with their crew shirt on and it dries quickly on shore.
- ☐ According to Sea Base staff, a cash tip for your Captain is “never expected, always appreciated.” Dave Trendler did some research on this (mostly on the Sea Base Facebook Group) and found that cash tips for Sea Base Captains are pretty typical. Some crews will also give the Captain a crew shirt and, by the end of the season, each Captain has accumulated a ton of crew shirts (most of which I bet end up donated to local thrift stores). How much to tip? About \$20-25 per person feels about right, so around \$160-\$250 depending on crew size. (In 2022, the Trendler/Dreier crew tipped our Captain Charlie \$300 because he was incredible.) Have your Scout Crew Leader collect donations from everyone on the crew and present it to the Captain upon leaving the marina on the last day. Crew Scoutmaster might want to bring an envelope for presentation purposes.

## Sea Base Specific First Aid Kit

Each 6-8 passenger crew may bring 1 military style duffle bag to carry snorkels and masks, first aid kits, sunscreen and crew sleeping pads.

Every crew needs ALL these first aid items below:

- ☐ SPF 35 or greater, non-spray/non-aerosol, reef safe sunscreen
- ☐ Small plastic bottle of vinegar
- ☐ Sea sickness medication (Generic meclizine is much cheaper than Bonine, which is a brand name for meclizine and can be taken just once every 24 hours. Meclizine/Bonine are less drowsy than Dramamine, which is also more expensive. Dramamine is an antihistamine with an anti-nausea side effect and must be taken every 4-6 hours.)
- ☐ Non-spray insect repellent (Only time bugs are likely is on the last night at the marina if it is a calm, non-windy night.)
- ☐ Swimmers ear drops (30% rubbing alcohol and 70% water in a dropper bottle)
- ☐ Benadryl
- ☐ Cooling cloths
- ☐ Gold Bond powder
- ☐ Six adhesive bandages
- ☐ Two 3-by-3-inch sterile gauze pads
- ☐ One small roll of adhesive tape
- ☐ One 3-by-6-inch piece of moleskin
- ☐ One small bar of soap or travel-size bottle of hand sanitizer
- ☐ One small tube of antibiotic ointment
- ☐ One pair of scissors
- ☐ Two pair of non-latex disposable gloves
- ☐ One CPR breathing barrier
- ☐ Pencil and paper
- ☐ First-aid manual, like the First Aid merit badge pamphlet
- ☐ 1x 2-inch roller bandage
- ☐ 2x 1-inch roller bandages
- ☐ 2 rolls of 1-inch adhesive tape
- ☐ 6 alcohol swabs
- ☐ Water purification tablets
- ☐ 12x assorted adhesive bandages
- ☐ 2x elastic bandages, 3 to 6 inches wide
- ☐ 12x 3-by-3-inch sterile pads
- ☐ 2 triangular bandages, 40-inch
- ☐ 2x 3-by-4-inch non-adherent sterile dressings
- ☐ 5-by-9-inch trauma pad to stanch bleeding
- ☐ Moleskin

- ☐ 3 butterfly closure bandages
- ☐ Petroleum jelly
- ☐ Tweezers
- ☐ Safety pins
- ☐ Aloe vera gel for sunburn