

Sea Base Personal Packing Guide

Checklist 2:

Luggage & Gear Constraints

- ☐ **Personal Duffel Bag:** Soft-sided and fully collapsible 12 in. x 12 in. x 20 in (**provided**)
- ☐ **Sleeping Gear:** 1 lightweight sleeping pad, 1 lightweight sleeping cover, and 1 small pillow
- ☐ **Snorkel Gear:** 1 personal mask and 1 snorkel (**Full-face masks are strictly prohibited**).

Personal Clothing & Items

- ☐ 2 UPF +30 long-sleeved shirts (to reduce sunscreen use) (**1 provided**)
- ☐ 1 pair of shorts
- ☐ 1 modest swimsuit (No tight swim briefs for males; no bikinis for females; modest tankinis or one-pieces only)
- ☐ 2 pairs of socks
- ☐ 1 wide-brimmed hat (**1 provided**)
- ☐ 1 pair of polarized sunglasses (reduces ocean glare and UV strain)
- ☐ 1 Buff or neck gaiter
- ☐ Rain gear
- ☐ 1 pair of sandals (securely strapping to the foot) or water shoes
- ☐ 2 towels (one for saltwater, one for showering)
- ☐ 1 Nalgene-style water bottle w/ attached carabiner (Glass, metal, aluminum prohibited)
- ☐ Toiletry kit
- ☐ Biodegradable/Mineral-based sunscreen (SPF 35 or greater, strictly no oxybenzone, octinoxate, or avobenzone)
- ☐ Spending money (\$150–\$200 in cash/card)
- ☐ Personal prescription medications

Suggested items:

- ☐ 1 pair of thin neoprene socks (to prevent fin blisters),
- ☐ 1 Hawaiian shirt
- ☐ 1 waterproof camera, and
- ☐ 1 coffee mug/tea cup for adults (mugs are not provided by Sea Base).

What NOT to Bring

- ☐ **No Aerosol or Spray Products**
- ☐ **No Personal Aquatic Gear Including Fishing gear**
- ☐ **No Rigid or Wheeled Luggage**
- ☐ **No Firearms or fireworks**
- ☐ **No Kitchenware** (Sea Base provides all dining and cooking gear).
- ☐ **No Restricted Electronics.** Participants are asked to "unplug".