



## 2022 NLC Contingent SCUBA High Adventure Bahamas

**DATE: July 29 – August 5**

**\$2200 Includes Flight/ pp**

**\$400 NON-Refundable Deposit**

What is **INCLUDED** in the Price:

Airfare to and from Fargo, ND  
Weeklong Live Aboard Dive Trip in the Exuma Cays (Bahamas) (All meals on the Boat)  
Taxes and fees - government tax on Liveaboards, VAT, and park fee.  
Transportation to and from Nassau Airport  
One Night Hotel Stay @ Nassau Harbour Club  
High Adventure T-Shirt

What is **NOT** included in the Price:

Gratuity (\$150 recommended – they do earn it). Any dive equipment you may need to rent. Transportation cost to and from Fargo Airport. Passport acquisition fees. Open Water Diving Certification. Friday evening meal. Food during flight travel. Your own Mask, Snorkel, and Fins.

Participants will be given the opportunity to earn their PADI Advanced certification or PADI Specialty certification (photography, videography, project aware coral reef conservation, project aware fish identification). Other specialties offered with arrangements with the trip SCUBA Instructor Jefri Jones. Certifications are through Micks Scuba, Moorhead MN. Additional fee for educational materials to be completed prior to the trip and certification processing. The dives will be completed on the trip 😊

### Deposits/ Payments

A Deposit of \$400.00 per person is required to confirm the reservation.

#### Payment Schedule

SEPT 15, 2021	\$300
OCT 15, 2021	\$250
NOV 15, 2021	\$250
DEC 15, 2021	\$250
JAN 15, 2022	\$250
FEB 15, 2022	\$250
MAR 15, 2022	\$250

### Cancellation Policy

Within 60 days of departure there is no refund, unless we depart full in which case there is a full refund less a 5% cancellation fee.

Policy for trip interruption due to a named storm. All Star Liveaboards offer a future credit for any days missed due to a named storm. We know many people have busy schedules, so we don't place a time limit on the use of this credit.

## Rental Rates & Services

When ordering we need your size, height and weight. You may pay onboard with cash or credit card (MasterCard, Visa or Discover). Prices Based on 2021 Price List – Subject to change.

Regulator with Octopus and Gauges	\$50
Buoyancy Compensator	\$50
3mm Two-Piece Wetsuit	\$35
Dive Computer	\$50
Dive Light	\$30

I highly recommend purchase or rental of a Dive Computer. A computer increases safety and bottom time. The use of a dive computer pays for itself with the increased bottom time compared to diving Tables.

## Passports and Travel Release Form

Passports are required to travel to and from the Bahamas. Apply early. It can take over 6 weeks to get a passport depending on time of year, number of applications, and the usual government turbulence. It must be a standard passport. Passport cards are not accepted for travel to the Bahamas.

A travel release must be signed by all guardians for youth to travel outside the United States. Even if a parent of a scout is going on the trip the other parent must sign the release allowing travel. The release is posted as one of the documents on the registration site.

## CLIMATE INFORMATION    Water temps                      Air                      Exposure Protection

<b>July / August</b>	81- 84 F	77- 90 F	Skin or Shorty

## Base Itinerary

Friday 29 July 2022	Fly to Bahamas
Friday Evening	Stay @ Harbour Club Hotel & Go out for Supper, Relax in pool, Walk on Beach
Friday 5 August 2022	Fly Home

**Saturday:**

12:00 PM board. Check in, lunch, unpack, safety briefing.  
Depart\* by 3:00pm for Central Bahamas.

**Sunday through Wednesday:**

3 daytime dives and 1 night dive per day/night in the Exuma Cays and/or Eleuthera.

**Thursday:**

2 daytime dives. Return to Nassau 2:00-5:00pm depending on weather and travel distance.  
Port night in Nassau! Dinner is served on board. The evening is yours to enjoy on your own in Nassau.

**Friday:**

Disembark vessel by 9:00am. Travel to airport and fly home

# PACKING LIST!!!

## Clothing

- 2 swimsuits – Since you spend the majority of your time in your swimsuit, it's a good idea to bring two so you can let one dry while you wear the other.
- 2 towels – The same rules apply for towels because nothing is worse than drying off with a wet towel. Perhaps make one a pack towel. One for salt, one for fresh.
- 2 dresses – A few cotton dresses can be thrown on over your swimsuit in a pinch. Guys can substitute shorts and shirts here.
- 1 pair of ankle socks – Fins can rub on your heels so a pair of socks makes them more comfortable.
- 2 pairs of underwear – If you don't want to sleep in your swimsuit, pack a few pairs of undies or jammies since this is dormitory style, you'll need something to sleep in besides your birthday suit!
- Sarong –cover up
- Shoes- you end up barefoot most of the time but the no skid can rub tender feet after a week. Flip flops or Teva-like sandals for shore excursions are recommended.
- Rain jacket – It can be wet on deck from rain or spray from waves.

## Toiletries

- Leave in conditioner – Hair gets to be a tangled mess and some leave in conditioner is helpful.
- Deodorant – It gets hot on the sundeck and you don't want to smell.
- Hair ties – If you have long hair you can pull it back so it doesn't get caught in your mask.
- Toothbrush and toothpaste – Keep that smile white, even in the middle of the ocean.
- Hairbrush or comb – It may be hard to run a brush through your hair, but it's always good to have.
- Lotion – Salt water dries out skin.
- Eye drops – If your eyes are sensitive to salt water, eye drops can flush them out.
- Contacts/glasses – For those of us who wear contacts, bring extras in case yours fall out. If you wear glasses, you can rent prescription masks from the local dive shop.
- Sleeping pills – If the diving doesn't wear you out, you may find it difficult to fall asleep because of the people who want to stay up late and the constant rocking of the ship. Gravol can help for both sea sickness and sleeping.
- Protection from the Elements
- Hat – Ideally one that covers the ears.
- Motion sickness tablets – The motion of the ocean can make you queasy.
- Sunscreen – SPF 30 minimum, even if you will be in the ocean the majority of the day you can still get burned.
- Sunglasses – One pair should be sufficient.

## Technology

- iPod – Good for down time and parties at night with fellow divers.

## Gear

- Dive log – To keep track of your dives.
- Dive certification card: If you're going on your open water course, they will give you a card.

- Dive gear – personal gear required: mask, fins, and snorkel. If you don't have your own SCUBA gear, we have a rental line that includes buoyancy compensator, wetsuit, dive computer, regulator set and dive light.

## **Other**

- Money for port night and tip for the crew. Thursday, we are back in port and most folks go out. We still provide dinner and drinks on board. Tip for crew can be paid in cash or by credit card.
- Snacks – If you get hungry in between meals you can bring little snacks on board. Special diets can be accommodated with prior arrangements.
- Book – A paperback book is good to have for afternoons between dives and you can swap it with other divers when you're done
- Eye mask – Block out the light so you can fall asleep.
- Ear plugs – Helps motion sickness and drowns out boat noise.
- Journal – Write down daily thoughts and contact information for new friends.
  - Clothespins – Keep your clothes from being blown from the clothesline into the ocean.
  - Deck of cards – Always a good idea.

## **What NOT to bring**

- Big bulky bags – try to pack light and in soft sided bags. You can leave your wheeled bags at the dock storage with your going home clothes.
- Alarm clock – you are on vacation!
- Makeup – There's no point in applying mascara once you dive into the ocean. Leave it in your go home bag at the dock!
- Gear kept in storage compartment on the boat deck: boots, fins, mask, snorkel, BCD, octopus, wetsuit, hood, gloves, dive skin, towel, weight belt, rash guard, mask defog, dive knife, dive lights, tank banger, hat, sunglasses, spray conditioner, comb, sunscreen and zinc, 8-10 plastic clamps for hanging wet items on the side of the boat to dry, dive log and pen, dive tables, dive computer, and a super absorbent towel you can wring out over and over like the Shamwow or the Absorber. Cotton towels will rarely dry out on deck when you are diving 3-5 times a day. Other backup stuff, like duct tape, extra fin and mask straps, o-rings and so on.
- Gear for your bunk storage: I'd bring two fast drying towels. Rain jacket and pants, multiple swim suits, T-shirts, shorts, underwear, stuff you sleep in, couple pairs of socks, windbreaker, fleece jacket during cooler months, Texas or shoes, flip flops, shampoo, body wash, dirty clothes bag, comb, floss, toothbrush, toothpaste, ear plugs (you might need them), water bottle, Wet Ones hand wipes, eye glasses, saline solution, medications, painkillers (you might get sore from lots of diving), lip balm, reading material, extension cord, camera, battery charger for camera, mp3 player and charger, hand lotion, passport, money, motion sickness medications.
- Backup equipment: The boat has backup equipment in case yours fails or you forget to bring something.
- Gear left at the dock: suitcases, clothes, and toiletries for the return trip home, street shoes and everything else you won't need on the boat. For this trip, less is more!

# Sleeping Accommodations

