

Sea Base Participant Guide: Packing info

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Fishing License- Out Island Adventure participants 16 years of age and older must purchase a 3 day fishing license. Your license must begin 2 days after your arrival day at BEC and can be purchased at [www.myfwc.com/ license](http://www.myfwc.com/license). For instance; if you arrive on the 1st of the month your license will need to begin on the 3rd. **(We will not be on the Out Island during Lobster Season.)** Additionally, ~~units arriving between August 6 and March 31 must also purchase a lobster tag. Note: Out Island does not participate in Lobster Mini Season the last Wednesday Thursday of July.~~

! Participants 16 and older must purchase a Florida Fishing License ~~and Lobster Tag~~ (Aug 6- March 31) prior to arrival at BEC.

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Units must supply a Sea Base specific First Aid Kit and padlock. **See last page below.**

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Packing for your Adventure-

Limited storage is provided for Florida based programs.

Crews must bring no more than **(1) 24" x 20", 40 liter duffle bag per person** and no more than **(1) oversized military style duffle bag per crew, approx. 22"(L)x12"(W)x12"(H).** Luggage, framed backpacks, wheeled bags are not permitted. Over packing for either adventure may cause you to discard items at the dock or greatly decrease available space on the vessel. Sea Base is not responsible for discarded items due to over packing. Custom Crew duffle bags are available for purchase www.fsbshipstore.com.

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Packing for Out Island Adventure - All items going to Big Munson will be packed into a dry bag. While no showers or laundry facilities are available on the island, they are at Brinton Environmental Center. **Limited crew storage is available onsite. All items not going to Out Island should be packed into a small checked bag/backpack.** Please do not bring large suitcases. Limit items to those listed in "What to Bring."

Out Island Adventure Packing List- Sea Base provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Weather is historically 90°F day, 80°F overnight.

What to Bring	
1 SPF +45 Long Sleeve Shirt, activity uniform recommended [§]	Hammock, bug netting, rain cover, light pad optional
1 SPF +45 Short Sleeve activity Shirt, 1 Uniform agreed upon by your Crew.	1 sleeping cover- sleeping bag insert recommended, or twin sheet
Wide Brimmed Hat with strap [§]	1 lightweight sleeping pad [§]
Polarized Sunglasses with strap [§]	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen, no sprays [§] and SPF 45+ Lip Balm [§]	2 towels (1) regular (1) microfiber- sham [§]
Insect Repellent- Skin So Soft recommended [§] , oil-based for no-see-ums	Toiletry Kit [§] Tooth Brush, Tooth Paste
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land [§]	Medicated Powder [§]
Light Pants- Zip off trek pants recommended [§]	Wrist watch
Female Participants should have a full piece or conservative tankini	Flashlight- headlamp recommended [§]
3 pairs sock (2) regular (1) neoprene swim socks [§]	Camera- waterproof recommended [§]
2 pairs of shoes (1) athletic (1) hard soled water shoes [§]	Tie line, clothes line
Light Rain Jacket [§]	Fishing license for individuals 16 and older www.myfwc.com/license
Paddle gloves, lightweight padded hand, cut away finger tips	Copy of Insurance Card & Prescription Medication
Water bottle with carabineer, coffee mug [§]	Spending Money (\$100- \$150)
Personal First Aid Kit <ul style="list-style-type: none"> • (6) Adhesive bandages • (2) Sterile gauze pads 3"x3" • Adhesive tape – (1) small roll • (2) Moleskins 3"x6" • Travel size alcohol-base sanitizing gel, or travel bar soap • Neosporin/wound gel • Scissors • Latex-free exam gloves • CPR breathing barrier # • WRFA Soap Notes form & pencil # • Tweezers • Benadryl (tube or pills, not both) • Swimmers Ear Drops • Bonine Sea Sickness Medication • SPF 45+ Lip Balm (back-up) 	# Items for CPR/AED Trained ONLY

[§]Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping

What Not to Bring	Aerosol sunscreen or bug spray- prohibited
Spear Guns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Mess Kits
Skateboards or bicycles- prohibited	Valuable or unnecessary items

Crew First Aid Kit: One required per Crew

- Sea Base Specific First Aid Kit Requires (pg21):
 - 16 oz. +45 SPF biodegradable sunscreen, no sprays
 - Vinegar – small plastic bottle
 - Bonine Sea Sickness Medication
 - SPF 45+ Lip Balm
 - Non-aerosol, non-spray insect repellent
 - Swimmers ear drops
 - Benadryl
- Gauze Bandage, (2) 3" rolls
- Self-adhesive bandage, (1) 2" roll
- Adhesive tape – (2) 1" rolls
- Alcohol pads (12)
- Povidone-iodine pads (12)
- Assorted adhesive bandages (1 box)
- Elastic Bandages, 3" wide (2)
- Sterile gauze pads 4"x4" (12)
- Moleskin 3"x 6" (4)
- Gel pads for blisters and burns (2 packets)
- Sealed Bottled Water
- Alcohol (&/or white vinegar)
- Low-Dose Chewable Aspirine (10 single dose)
- Ibuprofen (50 single dose)
- Tylenol (50 single dose)
- Benadryl (30 single does pills)
- Battery Operated Thermometer
- Neosporin/wound gel
- Hydrocortisone cream 1%, (1 tube)
- CELOX blood clotting agents (2)
- Pepto Bismol Liquid
- Anti-Diarrheal caplets (100)
- Solarcaine Aloe Extra Burn Relief Gel (no spray)
- Triangle Bandages (4)
- Tampons/Feminine pads
- Travel size alcohol-base sanitizing gel, and (2) travel bar soaps
- 20cc sterile syringe, no needle
- Scissors
- Tweezers
- Safety Pins (12)
- Latex-free exam gloves (6 pairs)
- Protective Goggles/safety glasses (1 pair)
- CPR breathing barrier (2)
- Mini Flash light
- Mirror & Whistle
- Duct tape
- Instant cold compress (4)
- Hot Pack Medi-Pak (2)
- Menthol 30mg Hot Patch adhesives (4 pack from Dollar Store)
- Space Blanket
- Tarp for Shelter/Rope
- SAM Splint (2 original sized)
- Gloves for blisters – light, dry wick padded palm
- Mobile Soft Splint
- WRFA Soap Notes form & pencil
- Lockable Medical case for Crew Medications.
 - Forms and Doses clearly marked.
 - 2 keys and a lock
- (Medical Super Glue Is not recommended do to non-sterile wound)