



## Pack Your Seabag!

Be sure to pack in a soft duffel bag or unframed backpack that can be folded collapsed and stored after arrival. You will have some locker room, but it is no fun to share your bunk with a suitcase.

Bring no more than the following items! LESS IS BETTER !!

Any extra gear may need to go under your mattress, and that gets lumpy!

### PLEASE USE PERMANENT MARKER TO MARK YOUR ITEMS

✓	ITEM	✓	ITEM
	1 pair tennis shoes or lightweight trail shoes – not hiking boots		2 Beach Towels (Thinner the better. Thinks see-thru. Thick will NOT DRY and begin to smell.
	1 pr. TEVA type sport sandals that can get wet		Sleeping bag and pad (under \$20) and travel Pillow. Fleece bags are best.
	4 pair Socks		Liquid body wash/shampoo
	Underwear - Any quantity desired		Miscellaneous general toiletries and bag
	3-5 Shorts		Swim Ear drops, Sudafed, Hydrocortozone cream, Neosporin
	3-5 Swimsuits		Small Flashlight or LED head lamp
	1 Light casual evening wear for going ashore		1 Sport Water Bottle (with cap) Nalgene are good.
	5 T-shirts		1 Light backpack or knapsack
	2 pair sleep wear (extra long T-shirt OK)		1 pair Dive Booties
	1 Sweatshirt for cool nights		1 Dive Watch (analog or digital) good for +50M
	1 Sunglasses with UV protection		1 Wet suit - Shorty or full – 1mm to 3 mm
	1 Hat for sun protection		Address list for postcards
	1 Rain Jacket (pants optional). This does not need to be the expensive yachting type.		Hebiclens Soap - Chlorhexadine Gluconate 4% it is an Antimicrobial Skin Cleanser. Available at most drug stores.
	<b>SEA Voyages:</b> 1 Windbreaker-type light jacket 1 Non aerosol insect repellent		Chapstick or similar sun block lip balm, plus two SPF20 or higher waterproof sunscreens. Do not bring oils as oils make the boat deck extremely slippery or Aerosols as most of it just blows away.

#### PLEASE NOTE:

1. No hair dryers or Irons – Ships' power and lights are on battery!
2. Linens will be provided aboard.
3. Salt air is hard on cameras and electronics, so protect all equipment in gallon-size heavy-duty zip-lock bags. Remember extra batteries.
4. Please label any medications with a note advising why it is administered and at what intervals.
5. We supply full diving equipment. If you have your own high quality mask, snorkel and fins please bring them. We have these items available but recommend you bring your own. You are welcome to bring personal dive equipment in a separate duffel dive bag.
6. Cell phones may be used on travel days but are collected upon arrival.
7. iPods are collected upon arrival and have limited times of use.
8. The BVI phone system is a monopoly and they try very hard to restrict other companies' phone services. A SKYPE phone will be available at most BVI ports for phone calls.