

## **Troop 541 - Sea Base St. Thomas Packing List**

Participants should limit personal and crew items to those listed below. Personal items must fit in your individual duffel bag no greater than 24" long. No suitcases. There will be no onsite storage available to store things ashore while we are aboard the boat.

*Links are included for your information only – we aren't specifying the vendor, brands, or models, just get something similar to what's linked.*

### **Sea Base will provide the following:**

- Provisions for you to prepare your own meals, including eating utensils, cooking equipment, food, etc.
- Fishing gear
- Snorkeling fins only (*they will not provide a mask or snorkel!*)
- Swim vest (for flotation and visibility)
- Mesh bag to store your snorkel gear

### **Participant Packing List**

#### **Required Items:**

Government issued photo ID and Copy of Birth Certificate -OR- Passport (*getting this takes time – start NOW*)

1 [Duffel Bag](#) (no longer than 24" – this size is an absolute requirement, due to space restrictions)

2 UPF +30 Long Sleeved Quick-dry Shirts (one of these must be [a swim shirt](#); one Troop-logo shirt will likely be supplied, so you only need to buy 1)

1 Buff (Shields neck and face from intense sun - we recommend a [light color, with good SPF protection](#))

1 Pair Regular Shorts

2 Sets of Proper Swim Attire (*Bikinis are NOT allowed* - modest tankinis or one-piece swimsuits are appropriate)

2 Towels (1 bath towel, 1 microfiber beach towel)

1 small washcloth

2 Pairs Regular Socks

1 Pair Light Pants (zip-offs would work well)

1 Pair Jogging or Hiking Shoes (if you get closed-toed trekking sandals like those linked below you will NOT need these; *NO HIKING BOOTS*)

1 Pair Sandals ([The hiking type that strap on or attach securely to the foot](#) are recommended – *NO FLIP-FLOPS*)

1 [Mask & Snorkel set](#) (*Sea Base will NOT provide these, and they prohibit full-face snorkel equipment*)

Underwear and bras as needed (much of your time will be spent in a swimsuit - you won't need many of these.)

1 Lightweight Jacket (may not be needed during your adventure, but better to not to be without - best if water resistant/waterproof)

1 [Wide Brimmed Hat with strap](#) (preferably water resistant with SPF protection)

1 Pair Polarized Sunglasses - prescription type if appropriate (with [floating 'croakie' strap](#) to prevent loss)

1 [Headlamp](#) (with new batteries - preferred models will have red option for preserving night vision)

1 [Wide Mouth Plastic Water Bottle](#) with [Plastic Carabiner](#) (*NO METAL WATER BOTTLES* – they will clank all night long!)

1 [Neoprene Water Bottle Sleeve](#) (insulates water bottle from the hot sun)

4-8 Clothes Pins (for clipping things to the boat's lifelines to dry)

Mineral-Based Sunscreen (zinc oxide or titanium dioxide) – must be "Reef-Safe", and *NO SPRAYS* ("[Blue Lizard](#)" is reef-safe – test on your skin before travel; *oxybenzone, octinoxate and octocrylene sunscreens are prohibited in the United States Virgin Islands*)

[Mineral-based Lip Balm](#), SPF 25+

Toiletry Kit (toothpaste, toothbrush, comb/brush, feminine needs, etc., but *no deodorant; bring travel-size items only, and no sprays*)

Light Weight Sleeping Cover (a very light blanket, sleeping bag liner, or even just a twin sheet will do fine – it will be very warm at night)

Light Weight Sleeping Pad or Inflatable Pad (good time to buy a [lightweight backpacking pad](#) for later use on Troop backpacking trips)

*SMALL* Pillow (Inflatable is best. Like the pad, it may be a good time to buy a [lightweight backpacking pillow](#))

[Spending Money](#) (\$200-\$250)

Prescription Medication (*MUST BE IN ORIGINAL PRESCRIPTION CONTAINER* – give non-emergency Rx to Mrs. McLemore at start of trip, with meds. Form; Scout should retain any emergency Rx like asthma inhalers, EpiPens, etc.)

#### **Recommended Items:**

1 Pair [Neoprene Socks](#) (prevents chafing while using swim fins)

[Waterproof Camera](#) (or [waterproof case for a phone camera](#) – test for waterproof capability and practice using it before travel)

[Solar charger for camera/cell phone](#) (*there will be NO device charging capability aboard the boat*)

Sea Sickness Prevention Patch – discuss [Scopolamine](#) w/ your doctor. If prescribed, start application 24-hours prior to travel.

Anti-fungal treatment – discuss Diflucan/Fluconazole w/ your doctor. Some women find this helpful for possible yeast infections due to damp swimsuits.

#### **Fishing Gear:**

*Fishing gear is provided.* While fishing may be offered, it will not be a primary activity at Sea Base St. Thomas. Your unit may or may not catch fish.

Space is limited, *so DO NOT bring personal fishing gear.*

#### **Other Gear and Packing List Notes:**

*You will NOT need a cell phone, and cell service will be spotty at best anyway.* If you want to use one for taking photos, you should leave it in 'airplane mode' for the entire journey.