

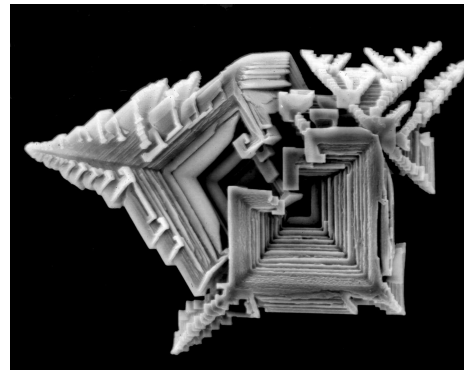
The background features a series of concentric, overlapping curved lines in shades of light gray and white, creating a sense of motion or waves. A large, solid green speech bubble is centered on the page, containing the main text.

Packing for Sea Base: ECO Sailing

Troop 20, 2025

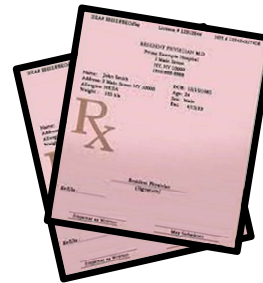
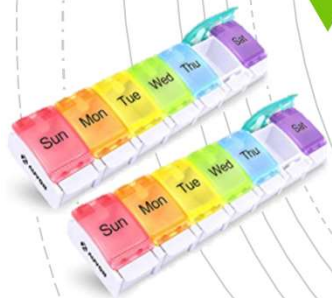
(11/17/2024)

Why This Specific Gear?



Medical Items (If needed)

- 2 Sets of medication in separate containers
- 2-3 Epipens
- 2-3 Inhalers
- 2 paper copies of all prescriptions
- Eye care:
 - Old pair eyeglasses with float strap
 - Lens cleaner wipes for eyeglasses
 - Contact lens supplies (spare set lenses, solution, case, etc.)
- **Make sure health form details match prescription.**
- **Medications must not expire before last day of trip.**



Optional Medical Items

- **Seasickness Medication (Required)**
 - Seasickness medication
 - Scopolamine (older participants)
 - Dramamine (stronger) or Bonine (less drowsy)
 - Seasickness pressure bracelets (optional)
 - Ginger or peppermint candy (optional)
- Ear Plugs
- Liquid-based electrolyte drink mix
 - **No caffeine**
 - **No powder mixes**



Sun Protection

- SPF 35+ Lip Balm
- Plastic water bottle
 - No metal
 - Aluminum carabiner for hanging
 - Recommend attaching with a short leash instead of cap loop
- Wide-brimmed hat
 - Bucket hat or bigger. Or ball cap with desert cape.
 - Chin strap recommended
- Synthetic neck gaiter (recommend UPF rated)
- Polarized Sunglasses with floating strap



Clothing (Shirts)

- Shoes for base/island
 - Sandals
 - and / or
 - Easy-dry tennis shoes
- 2 pairs of short / mid length socks
- Flip flops (optional, for shower or as a backup pair)
- **NO COTTON on base or boat**



Clothing (Bottoms)

- Light belt (if needed)
- Rain Pants (optional)
- Need 3-4 bottoms total
 - 1 Pair swim trunks
 - 1 Pair regular shorts
 - 1 Long, thin pants (zip-off legs recommended)
 - 1 extra pair from the above list
- 2 to 3 pairs underwear (recommend different styles to prevent chafing)
- **NO COTTON on base or boat**



Clothing (Shirts)

- Short sleeve Scout T-shirt
- Hawaiian or fishing shirt
- 2 UPF 30+ long sleeve shirts
- Rain Jacket
- **NO COTTON on base or boat**
- 2 Sports Bras (if needed)



Hanes

Personal Care

- Toiletries
 - Quart size cloth/mesh bag
 - Toothpaste, Toothbrush
 - Shampoo
 - Bar soap or Body wash & poof
 - Deodorant (no spray)
 - Gold Bond powder or stick (recommended)(no spray)
- 2 Towels (recommend microfiber quick-dry)
- Personal first aid kit.
- Feminine hygiene products (if needed).
- Travel size bottles for everything

} Recommend 3-in-1



Sleeping Gear

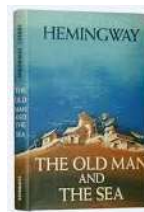
- **Sleeping Gear**

- Stuff Sack for sleeping gear
- Sleeping pad (cheap, with leash/carabiner)
- Sleeping cover (sleeping bag liner, fleece bag, twin-size sheet, poncho liner, etc.)
- Small pillow



Misc. Gear

- 2-3 Carabiners, various sizes
- Headlamp with extra batteries
- Pocketknife (with leash/carabiner)
- Compact book (optional)
- Waterproof camera with float strap and extra batteries (optional)
- Thin nylon gloves for sun/rope protection (optional)
- Mug w/ lid for coffee/tea (optional)
- Watch
- Notepad and Pen



Snorkeling Equipment

- Mask
 - Tempered glass lens. Single pane recommended.
 - Silicone skirt recommended.
 - Frameless recommended, **Full face masks are not allowed.**
- Snorkel
 - Soft mouthpiece with bite tabs
 - Flexible tube section. Curved tube tip recommended.
 - Purge valve below mouthpiece
 - Clip to attach to mask strap recommended
- Neoprene socks or booties recommended
- Mesh bag to carry snorkel gear



Packing

- **Duffel**
 - Up to 22in x 12in x 12in (Approx 20L)
 - Holds everything that goes on the boat except
 - Snorkel and Mask
 - Sleep gear
- Cloth/mesh ditty bags to organize small items in duffel (optional)
- **No plastic bags**
- We are limited in how much volume we can take on the boat. If our duffel is small enough, we can take it straight onto the boat. If staff thinks your bag is too big, they will make you unpack everything from our personal duffel pack it into a Sea Base mesh duffel to go on the boat. If it doesn't fit in their duffel, it doesn't go.



Travel Daypack

- Dress in comfortable Class B's when leaving Cookeville
 - T-Shirt
 - Shorts
 - Underwear
 - *Sandals or tennis shoes
 - Socks (if wearing tennis shoes)
- Small daypack for travel
 - Start with the following in your travel pack for southbound travel:
 - *Toiletries bag
 - *Your arrival clothes (T20 Sea Base shirt & trunks)
 - 2 sets Class B's for return travel
 - Set for leaving Sea Base
 - Set for overnight hotel stay
 - Travel distractions



Other Stuff

- Money for travel meals and snacks.
- Spending money for Sea Base shop
 - Check out products online to plan your purchase.
 - <https://store.bsaseabase.org/>



Crew Gear (Per Boat)

- Troop will bring:
 - Paracord
 - Aloe Burn Gel
 - Insect repellent (non-spray)
 - First aid / sewing / repair kits.
 - Deck Bag
- Crew can work together to bring:
 - Indoor distractions (Mini board/card games, etc.)
 - Compact pair of binoculars
 - 1 to 2 hammocks with straps



Crew Gear (Per Boat): Sun Screen

- 2 to 3 Bottles of Sunscreen.
- We will apply sunscreen every time we get out of the boat, up to 6 times per day.
- Regular sunscreens are prohibited because they contain coral-bleaching chemicals such as
 - **Oxybenzone**
 - **Octinoxate**
- Biodegradable (aka Reef Safe) or mineral sunscreen is required
- SPF 35 or greater
- Must be lotion = **NO SPRAYS**





Do Not Bring

- No Personal fishing gear (All fishing gear is provided)
- No Fishing license (The boat has an umbrella license)
- No Snorkling fins or snorkling PFDs (Base provides)
- No boat shoes (Most captains will not allow shoes of any kind on the boat)
- No plastic bags (Turtles think they're jellyfish and choke when they try to eat them)
- No fluids in spray cans or bottles
- No glass containers
- No cell phones or other electronics on base or boat

Inspiration

- *Treasure Island*, Robert Louis Stevenson: Pirate treasure
- *The Pearl*, John Steinbeck: Pearl diving
- *Lord of the Flies*, William Golding: Castaway group of boys
- *Robinson Crusoe*, Daniel Defoe: Castaway
- *The Old Man and the Sea*, Ernest Hemingway: Small boat ocean fishing
- *Moby Dick*, Herman Melville: Traditional sailing and whale hunting
- *20,000 Leagues Under the Sea*, Jules Verne: Steampunk submarine
- *The Sea Wolf*, Jack London: Traditional sailing
- *The Hunt for Red October*, Tom Clancy: Cold war submarines
- *Jaws*, Peter Benchley: “They call me Mr. Shark”
- *The Rime of the Ancient Mariner*, Samuel Taylor Coleridge: Traditional sailing