

T20 Packing for Sea Base: Coral Reef Sailing (Updated 5/27/2021)

Medical Items (If Needed):

- 2 Sets of medication in separate containers
- 3 EpiPens
- 2 Inhalers
- 2 paper copies of all prescriptions

Optional Medical Items:

- Seasickness medication: Dramamine or Bonine (less drowsy)
- Seasickness pressure bracelets

Sun Protection:

- SPF 35+ Lip Balm
- PLASTIC water bottle w/ carabiner & leash
- Wide-brimmed hat (bucket or bigger, chin strap)

Clothing (NO COTTON on base or boat):

- *Sandals and/or Easy-dry tennis shoes
- 2 pairs of short socks
- Flip flops (optional)
- 2 to 3 pairs underwear (different styles)
- Hawaiian shirt for luau
- Short sleeve Scout T-shirt
- *2 UPF 30+ long sleeve shirts

Other Gear:

- *Toiletries (Travel size bottles, no spray)
 - Quart size cloth/mesh bag
 - Toothpaste & Toothbrush
 - Shampoo
 - Bar soap or Body wash & poof
 - Deodorant (no spray)
 - Gold Bond powder or stick (recommended)
- 2 Towels (recommend microfiber quick-dry)
- Personal first aid kit.
- Headlamp w/ extra batteries
- Sleeping pad (cheap, with leash/carabiner)

Packing / Travel Items:

- Duffel Bag for Base/Boat
- Cloth/mesh ditty bags (optional)
- Comfortable Class B's when leaving Cookeville
 - T-Shirt
 - Shorts
 - Underwear
 - *Sandals or tennis shoes
 - Socks (if wearing tennis shoes)
- Travel distractions

Crew needs to work together to bring:

- Indoor distractions (Mini board/card games, etc.)
- Glow sticks for night fishing

DO NOT Bring:

- No plastic bags
- No cotton clothing
- 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)

- Lens cleaner wipes for eyeglasses
- Contact lens supplies (lenses, solution, case, etc.)
- Make sure health form details match prescription.
- Medications must not expire before July 5th, 2021

- Ginger or peppermint candy (for seasickness)
- Ear Plugs
- Liquid electrolyte drink mix (no caffeine or powder)

- Synthetic neck gaiter (recommend UPF rated)
- Polarized Sunglasses with floating strap
- Biodegradeable (Reef Safe) sunscreen lotion >35 SPF

- Rain Jacket (Rain pants also recommended)
- 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

- Sleeping cover (sleeping bag liner, fleece bag, twin-size sheet, poncho liner, etc.)
- Small pillow
- Compact book (optional)
- Waterproof camera (optional) w/batteries & float
- Pocketknife with leash/carabiner
- Thin nylon gloves for sun/rope protection (optional)
- Mug for coffee/tea (optional)
- Swim Mask & Snorkel
- Neoprene socks or booties, recommended
- Mesh bag to carry snorkel gear

- Small daypack for travel
 - *Toiletries bag
 - *Arrival clothes (T20 Sea Base shirt & trunks)
 - Set Class B's for leaving Sea Base
 - Set Class B's for overnight hotel stay
- Money for travel snacks.
- Spending money for Sea Base shop
- *Small bottle hand sanitizer

- Compact pair of binoculars
- 1 to 2 hammocks with straps

- No boat shoes
- No spray cans or spray bottles
- No cell phones or other electronics on base or boat