

SEA BASE PARTICIPANT GUIDE

ISLAMORADA SAILING PROGRAMS



IN THIS GUIDE:

- Coral Reef Sailing
- Eco Sailing
- Sea Exploring
- Keys Adventure Sailing
- Keys Adventure
Islamorada



2026

rev. 3/1/2026

TABLE OF CONTENTS

GENERAL INFO-

PAYMENT PLAN	04
GENERAL ELIGIBILITY	05
ADULT LEADER REQUIRMENTS	07
POLICIES & PROCEDURES	07

HEALTH & SAFETY-

SEA BASE RISK ADVISORY TO LIMIT RISK & HARM	10
WEATHER CONDITIONS	14
WILDLIFE & TOXIC PLANTS	15
EMERGENCY PROCEDURES	16

PREPARATION-

OVERVIEW	17
TRAVEL	18
TRAINING PLAN	20
PAPERWORK	21

PROGRAM INFO-

OVERVIEW	24
GEAR & PACKING	26
CORAL REEF SAILING (CR)	29
ECO SAILING (ES)	32
KEYS ADV. ISLAMORADA (KI)	35
KEY ADVENTURE SAILING (KS)	38
SEA EXPLORING (SE)	43
TRADITIONS & AWARDS	44
FAQ'S	45

OUR MISSION

SCOUTING AMERICA MISSION

The mission of Scouting America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law.

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy. Loyal. Helpful. Friendly. Courteous. Kind. Obedient. Cheerful. Thrifty.
Brave. Clean. Reverent.

SEA BASE MISSION STATEMENT

It is the mission of the Sea Base to serve councils and units by providing an outstanding high adventure experience for older Scouts, Venturers, Sea Scouts and their leaders.

Sea Base programs are designed to achieve the principal aims of Scouting America:

To build character

To foster citizenship

To develop physical, mental and emotional fitness



Prepared. For Life.®

SAILING GUIDE



GENERAL INFO

PAYMENT PLAN

2026 Payment Schedule: Crews are responsible to know, understand and adhere to the payment schedule. Failure to provide on time payment will result in cancellation. Deposits are non-refundable. Fees are non-refundable unless Sea Base rebooks the cancelled crew. All cancelled crews are subject to a cancellation fee in the amount of the deposit made.

Disclaimer: *Scouting America National High Adventure Bases set baseline pricing 12-24 months prior to attendance. Additional fuel, food, utilities or other surcharges may be required based on economic conditions, increased costs, and other factors.*

Please note: All crews are required to become current with payment within 30 days of registering for a Sea Base Adventure, or fully paid 90 days prior to arrival - whichever date comes first. Any installments with due dates in the past are required to be submitted within 30 days of signing up if a crew has greater than 90 days before they are scheduled to arrive.

Deposit: \$350.00 per crew, required to create a reservation.

Second Payment: Within 30 days of sign up, each crew must submit their next payment. The 30-day payment is 10% of the remaining balance after the original deposit.

GENERAL INFO

Third Payment: Due November 1. The Third Payment is 50% of the remaining balance due after the deposit and Second Payments are made. Later registrations will be required to submit the Third Payment within 30 days of sign up.

Final Payment: Due 90-days prior to each crew's scheduled arrival.

Online Payment: After the deposit, Sea Base accepts online e-check payment only. Sea Base does not accept credit cards.

Viewing Reservations and Updating Contact: With your reservation's Reservation Code or "Reg Code" (i.e. 1425-XXXXXX-XXXX) and the [2026 Crews Page linked here](#), you can log into any form links related to any reservations you hold.

2027 Sea Base Crews: *The payment schedule above is outlined for 2026 Sea Base Crews. These guides will be updated in the fall of 2026 for your adventure year, and there may be changes to the payment schedule. Please refer to the Sea Base website, your confirmation emails, and your online reservation for the 2027 Sea Base payment schedule information.*

GENERAL ELIGIBILITY REQUIREMENTS

GENERAL ELIGIBILITY AT A GLANCE

1. Registered member of Scouting America **AND** proof of membership with [Scouting America Membership Card](#)
2. 12 years of age or older for the programs in this guide. No exceptions can or will be made.
3. Completed [Scouting America Swim Test](#) as a Swimmer, evidenced by the [Unit Swim Classification Record](#)
4. Medically approved for participation, evidenced by the [Scouting America Annual Health and Medical Record](#) & meets Medical Requirements outlined in the [The Sea Base Participant Health & Safety Advisory](#)
5. No participant can exceed 295lbs as evidenced by the medical form. No exceptions will be made. Participants exceeding 295lbs will be sent home at their own expense.
6. A [Pre-Event Medical Screening Checklist](#) that lists each attending participant.

1. Registered: To attend Sea Base, youth and adult participants must be registered members of a Scouting America or Exploring unit. All participants must show proof of membership with their Scouting America Membership card. Instructions on how to find your membership card can be found [HERE](#)

Unit Eligibility Requirements: Units must be currently registered with Scouting America or Exploring. Each unit must provide a minimum of 2 trained and registered adult leaders who are in good physical condition and have no medical conditions that could divert attention away from youth participants. Any unit with female youth attending must have at least 1 trained and registered female adult leader age 21 or older.



2. Age Requirement: Participants must be at least 12 years of age to take part in our Coral Reef Sailing, Keys Adventure Sailing, Keys Adventure Islamorada, Eco Sailing and Sea Exploring programs. **No exceptions can or will be made.**

GENERAL INFO

3. Swim Test: Every participant, youth and adult, must complete Scouting America Swim Test as a Swimmer within a year of the start of their adventure. The [Scouting America Swim Test](#) should be documented on the [Unit Swim Classification Record](#) and submitted during check in. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense. **COASTS EXEMPTION: Youth with special needs can receive an exemption if they attend as a COASTS participant. Adult Leaders are a vital component of youth safety and are therefore NOT eligible for COASTS.**

Snorkel Review: Upon arrival every participant must complete a Sea Base Snorkel Review in a strong manner to ensure they can safely participate in our programs. This snorkel review does not take the place of the [Scouting America Swim Test](#). Individuals who do not pass the Sea Base Snorkel Review will not be able to participate in program and will be sent home at their own expense. The Sea Base simply does not have space or staff to provide supervision to those who are unable to participate in program. **No refund will be offered to individuals who cannot meet the stated and published Sea Base requirements.**

4. Completed Scouting America Annual Health and Medical Record: Sea Base participants must be in good health. All participants must provide a current and complete the 2019 version of the [Scouting America Annual Health and Medical Record \(AHMR\)](#). AHMR's are current for 12 months from the end of the month in which they are completed. For example, if the medical form is signed and dated on June 2, 2024, it is valid until June 30, 2025. **No other medical form will be accepted.**

5. Weight Requirements: Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

6. Pre-Event Medical Screening Checklist: Sea Base crews must provide a completed [Pre-Event Medical Screening Checklist](#) for each attending participant. This document is required at check-in.

7. Proper Adult Supervision: As required by [Safeguarding Youth](#), every crew must have at least two adult leaders age 21 or older. Sea Base crews with coed (male & female) youth participants, must have at least one female adult leader age 21 or older. It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physical condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from youth participants.

8. Adult Leader Training: Every adult leader must be a registered member of Scouting America and complete [Safeguarding Youth Training](#), [Safe Swim Defense](#), [Safety Afloat](#), and [Hazardous Weather Training](#).

9. Adult Leader Medical Training: At least one adult leader in each crew must complete [Wilderness First Aid Training](#) (WFA) and Basic [CPR/AED](#) from an agency approved by the [American Camping Association](#) (scroll to bottom of webpage) or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Documentation of higher professional license must be submitted during check-in. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

GENERAL INFO

ADULT LEADER ELIGIBILITY REQUIREMENTS

1. Registered in any Scouting America unit position that requires a background check and volunteer database screening and membership card
2. 21 Years of Age or Older
3. Passed [Swim Test](#) as a Swimmer
4. Meets Sea Base Medical Requirements and medically approved for participation
5. Meet Scouting America Height & Weight, not to exceed 295lbs.
6. Proper adult supervision
7. [Completed Safeguarding Youth Training](#)
8. [Completed Safety Afloat Training](#)
9. [Completed Safe Swim Defense Training](#)
10. [Completed Hazardous Weather Training](#)
11. [CPR/AED Certification](#), Minimum of 1 Adult per Crew
12. [Wilderness First Aid Certification](#), Minimum of 1 Adult per Crew

General Eligibility Requirements: Adult leaders must meet all General Eligibility Requirements (see section above)

POLICIES AND PROCEDURES

Adult to Youth Ratios: Sea Base Crews must have more or an equal number of youth to adult participants. Individuals under the age of 21 may be counted as youth participants. Special Needs Scouts are counted as youth participants regardless of age.

Co-ed Sea Base Crews: Sea Base welcomes all registered units to attend. Units with both male and female participants must have at least one registered and trained adult female age 21 or older and must adhere to Scouting America Safeguarding Youth Policies. For more about the pilot program, please click [here](#).

Single Gendered Troops: Sea Base welcomes all single gendered troops to attend. Troops must adhere to Scouting America Safeguarding Youth Policies. For more information, please click [here](#).

Adult Leaders with Scouts Attending: Scouting America Policy allows registered adult leaders who are parents and legal guardians to bring their registered children to a opposite gendered troop activity provided unit leadership, from both units, and the Chartering Organization approve. Involved units and participants must adhere to Scouting America Safeguarding Youth Policies. For more information, please click [here](#).

Buddy System: Adult and youth participants must adhere to the buddy system. While snorkeling, dive buddies must remain within arms distance. While onshore, participants must travel in groups of two or more. Buddy pairs cannot be coed.

Unit Leader Responsibilities: Prior to arrival, unit leaders are responsible to ensure that all paperwork and

GENERAL INFO

trainings are up to date and complete. This includes inputting the crew roster 90 days prior to arrival. [2026 roster instructions linked here](#). Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill [Safe Swim and Safety Afloat](#) responsibilities, follow and enforce [Scouting America Safeguarding Youth Policies](#), ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; Sea Base is not a passive experience.

Youth Crew Leader Responsibilities: Sea Base should be a youth led adventure. Crews must elect a seasoned youth crew leader prior to onsite arrival. Sea Base should not be the youth's first leadership experience. Youth will make duty assignments for both youth and adults, and ensure that those duties are completed, following up with the crew when they are not.

Scout Oath, Scout Law, Outdoor Code: Participants are expected to act in accordance with the Scout Oath, Scout Law and Outdoor Code.

Alcoholic Beverages or Illegal Substances: There is no place in Scouting for the possession or use of alcohol or illegal substances. **Anyone found in violation of this policy will be required to vacate their adventure and may be reported to local law enforcement and their local council.** If the unit is unable to provide proper leadership to satisfy Safeguarding Youth, the entire crew will be required to vacate their adventure.

Smoking, Vaping, Smokeless Tobacco: Use of tobacco products and vaping is only permitted in designated areas.

Scout Appropriate Language: Sexual conversations of any nature including "jokes" are prohibited. Racial, ethnic, religious, sexist, and sexual orientation slurs are prohibited.

Uniform: All participants are expected to arrive in either field or activity uniform.

Attire: Clothing worn by participants must not promote illegal drugs, alcohol, violence, sexual activity, racism, sexism or bigotry.

Swimming Attire: Swimsuits must be modest. For males, tight fitting swim briefs or swim bottoms short enough to allow exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate.

Footwear: Footwear is required by all participants while onshore. Footwear requirements vary by program. **Please review the provided Packing List for your chosen adventure under Program Overview in this guide.** You will be barefoot onboard your vessel. Recommended footwear for hiking is sandals (that strap on or attach securely to the foot) or tennis shoes.

Open Swimming: Open swimming at any Sea Base owned or contracted marina is prohibited.

Open Scuba: Only individuals participating in Scuba Adventure, Advanced Marine Exploration, Scuba Certification, Reef Trek or Scuba Live Aboard may Scuba dive while at Sea Base.

Unplug: Use of phones, tablets and other transmission electronics should be restricted to emergency or camera use. Please place phones on airplane mode and stow away.

GENERAL INFO

Lost, Stolen or Damaged Items: Sea Base is not responsible for personal items. Please properly stow and safeguard your valuables. Sea Base is not responsible for lost, stolen or damaged items.

Intentional Damage to Sea Base Vessels, Facilities, Contracted Facilities, Public or Personal Property: Anyone intentionally damaging property, including pranks that result in damage, will vacate their adventure, and will be held financially liable for damages.

Bullying, Hazing, Fighting, Play Fighting, Wrestling: All forms of physical confrontation including “play” are prohibited.

Sexual Contact: Sexual contact of any kind, including public display of affection, is prohibited.

Firearms: Carrying or possessing a firearm of any kind is prohibited on any and all Sea Base property including leased vessels.

Cleanliness: Dorms, base, galley, marinas, and vessels are expected to be cleaned and maintained by participants. Youth and adults are expected to shower when they have the opportunity.

Disposal of Trash: Litter becomes marine debris and negatively impacts the Florida Keys National Marine Sanctuary, Everglades National Park, marine life, and our ocean. Participants must ensure that all recycling and garbage is secured and disposed of properly.

Conservation: For your own protection and the protection of the environment, Sea Base participants must not touch, harass, or harm wildlife. Sea Base participants must not take or collect rocks, shells, or marine species. Special care must be taken when snorkeling in sensitive areas, such as coral reefs.

As Scouts, you are responsible for following safe practices and the rules set forth by your Captain. The rules are designed for your safety, the safety of all participants in the crew, and safety of the vessel. Failure or unwillingness to follow the rules set by the Captain will result in the termination of your activities, potentially for the remainder of your adventure.



HEALTH & SAFETY

SEA BASE RISK ADVISORY

Sea Base Experience: Sea Base Adventures are not risk free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, swimming, kayaking, canoeing, sailing, hiking, and others. It is the responsibility of participants, participant's parents/guardians, participant's healthcare teams and unit leaders to ensure that each individual, youth and adult, can safely participate in Sea Base Adventures.

Adult Participants: It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physician condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from the youth participants.

ALL Sea Base participants must be able to:

- Swim in a strong manner.
- Climb a 6 ft. ladder, unassisted, in inclement weather, from the water onto a rocking vessel.
- Self-rescue if found overboard in inclement weather.

Location: Sea Base adventures are conducted at sea, often far from land, with limited access to emergency services. Response times can be affected by weather, seas, location, and can be delayed for hours. Individuals with medical conditions that require immediate or nearly immediate access to professional medical care should not attend Sea Base.

HEALTH & SAFETY

Right to Refuse: Sea Base reserves the right to deny participation based upon registration status, incomplete training, adherence to Scouting America Safeguarding Youth and other policies, health and safety concerns and/or medical history.

Special Needs or Medical Concerns: Individuals with special needs or medical concerns must have an onsite advocate who understands the individual's condition and treatment who is prepared to provide support to the individual.

COASTS Accommodations: Special Needs youth who do not meet certain attendance requirements may be eligible to attend COASTS designated programs. See [COASTS page](#) for more information.

Trained Leadership: Each crew is required to have at least 1 adult age 21 or older trained in Wilderness First Aid and CPR/AED or who has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. There are no-onsite facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

Medications: Individuals requiring medication should continue medications as prescribed and bring an appropriate supply. Each crew must develop a plan to secure, lock and dispense medication.

Allergies: Participants with allergies that may result in severe reactions or anaphylaxis should bring an adequate supply of epinephrine auto-injectors (EpiPen) to last up to three hours.

Recommendations Regarding Chronic Illness and/or Compromised Immune System: Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds or who are at risk for chronic illness or immune disease should not attend Sea Base.

Hypertension (High Blood Pressure): Participants should have a blood pressure less than 140/90. Individuals with hypertension should have the condition treated and well-controlled before attending.

Insulin-Dependent Diabetes Mellitus: Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning.

- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last 6 months are advised not to participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate
- Persons with diabetes will not be allowed to scuba dive.

Seizures (Epilepsy): Seizures while snorkeling are extremely dangerous and often fatal.

- History of loss of consciousness often precludes snorkeling. Formal consultation with a neurologist and/or cardiologist is required.
- **No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.** Participants meeting these criteria must be wearing a USCG approved lifejacket and may not be wearing a mask anytime they are in the water. Participants meeting these criteria are allowed to swim in the water but must be accompanied by their buddy AND an adult who is trained to recognize symptoms of a seizure.
- Prospective participants with a history of infant febrile seizures may be considered for snorkeling after formal consultation with a neurologist.

HEALTH & SAFETY

Asthma: Asthma must be well-controlled. Persons requiring use of medication and/or inhaler must bring an ample supply.

- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
- Provocative testing can include exercise, hypertonic saline, hyperpnea, etc.

Recent Musculoskeletal Injuries & Orthopedic Surgery: Persons with musculoskeletal problems or orthopedic surgeries within the last 6 months must provide a letter from their treating physician to participate.

Psychological & Emotional Difficulties: Any condition should be well-controlled without the services of a mental health practitioner. Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip.

- Many psychotropic medications are not compatible with scuba diving.
- Persons taking more than one psychotropic medication will not be cleared to scuba dive.
- Persons with anxiety will not be cleared to scuba dive.

Weight Limits: Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

Scuba Participants: Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with conditions prohibited by Scouting America scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently. Risk factors include, but are not limited to, ear and sinus problems, recent surgery, spontaneous pneumothorax, asthma or reactive airway disease, seizure disorders, diabetes, leukemia, sickle-cell disease, pregnancy, panic disorders, active psychosis, certain medications, and narcolepsy.

Closing: Sea Base, Scouting America is an industry leader in maritime adventures with an excellent safety record. If you have questions regarding medical policies, medical concerns, or medical approval please contact Sea Base at 305-664-4173.

TO LIMIT RISK AND THE POSSIBILITY OF HARM

Leadership: Crew leaders must have a strong understanding of every participant's limitation and be fully prepared to administer treatment for medical conditions. Crew leaders are responsible to know and reinforce Scouting America Safe Swim Defense, Safety Afloat and Scouting America Safeguarding Youth policies.

Medical Treatment: Wilderness First Aid and CPR/AED trained crew leaders are the first line of treatment in any medical emergency. **Crew leaders must be prepared to assume this role and responsibility.** Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at sea or local EMS if on land.



HEALTH & SAFETY

Storing and Dispensing Medications: Sea Base does not store or dispense medication. Prior to arrival the crew must develop a system for properly storing and dispensing medication. Consider a Pelican Case, or some other lockable, waterproof case for storing medication.

Over the Counter Medication: Sea Base does not dispense any type of medication including over the counter medication. Each crew is responsible for bringing a Sea Base specific first aid kit including any over-the-counter medications that might be needed.

Sea Base Specific First Aid Kit: Every crew must provide their own first aid kit. A Sea Base specific first aid kit includes all items found in a [traditional back country first aid kit](#) along with SPF 35 or greater sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benadryl, cooling cloths.

Health Insurance and Scouting America Campers Accident and Sickness Plan: Every Sea Base participant should have health insurance and provide front and back copies of their insurance card. All campers are covered by a limited Campers Accident and Sickness Plan. This plan is a secondary policy. When not insured, Scouting America Campers Accident and Sickness Plan becomes the primary policy. [Please review the policy for details.](#)

Special Needs: When required, **individuals with special needs must have an advocate who is actively participating as a member of the crew** and understands the individual's limitations and needs.

Cleanliness: Participants should properly wash their hands whenever possible and always after using the restroom, prior to cooking or putting their hands in their mouth.

Ear Care: After snorkeling, diving, or swimming, participants should tilt their head to one side, gently pull on their earlobe until confined water is released and then repeat on the opposite side.

Motion Sickness: Due to the nature of ocean-based adventures, it is inevitable that some crew members will have issues with sea sickness. **Vessels do not return to Sea Base because of sea sickness.** Participants should speak with their physician regarding the use of sea sickness medications.

Hydration: Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration plan and ensure that every crew member has or purchases a Nalgene style water bottle that can be clipped to a vessel.

- Metal and aluminum water bottles are prohibited for Sailing programs.

Sunscreen and Sun Coverage: Overexposure to sun can cause burns, blisters, and illness leading to discomfort and, in severe cases, suspension or cancellation of an individual's or crew's adventure. In addition to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat- preferably wide brimmed, buff, polarized sunglasses.

- Spray and aerosol sunscreens are prohibited at Sea Base.

HEALTH & SAFETY

WEATHER CONDITIONS AT SEA BASE

Sea Base continuously monitors for inclement weather conditions. The topmost priority is your crew's safety, the safety of the captains and their vessels, Sea Base staff and equipment. **Please note: Hurricane season is from the beginning of June to the end of November.**

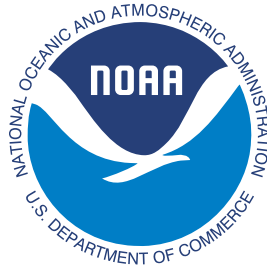
Prior to your trek monitor forecasts for your arrival through departure dates. Visit sites such as:

[National Oceanic and Atmospheric Administration \(NOAA\)](#)

[National Weather Service \(NWS\)](#)

[National Hurricane Center \(NHC\)](#)

Be Familiar With the Following Weather Terminology: Advisory, High Wind Warning, Hurricane, Hurricane Warning, Hurricane Watch, Invest, Storm Surge, Storm Surge Warning, Storm Surge Watch, Storm Warning, Tropical Depression, Tropical Disturbance, Tropical Storm, Tropical Storm Warning, Tropical Storm Watch, Tropical Wave.



Definitions can be found in the [National Hurricane Centers Glossary](#) of terms.

Please note: No two weather systems are the same; each weather event is taken seriously, and an action plan is developed based on the forecasted severity, strength, and trajectory of the event.

Inclement Weather: All planned activities are dependent upon weather, tides and sea conditions. Your safety in regard to these conditions is paramount. Occasionally, inclement-tropical weather forces Sea Base to delay or cancel activities. Attempts will be made to reschedule activities when possible. Refunds will not be issued for activities including sailing, SCUBA diving, paddle boarding, kayaking, fishing, camping or other planned activities cancelled due to inclement weather.

Hurricanes and Evacuation: Sea Base constantly monitors tropical systems as they move off the coast of Africa. Program interruption due to hurricanes are extremely rare. All programs in the Florida Keys follow guidance set by the United States Coast Guard & Monroe County, Florida Emergency Management. If Sea Base is under evacuation orders, programs are cancelled and participants are evacuated. Evacuation orders are generally given 24-36 hours prior to potential landfall. Sea Base refunds program fees for missed program dates only, from the time crews depart Sea Base accommodations.

If evacuation orders are communicated to your crew, depart at first available transport. Flights and ground transportation may not be available if your crew chooses to delay.

Travel trip insurance is highly recommended to cover the cost of travel expenses, especially during hurricane season (Jun 1-Nov 30).

WILDLIFE AND TOXIC PLANTS AT SEA BASE

Sharks, Rays, Lionfish, Goliath Grouper and Eels: Sharks, rays, lionfish, goliath grouper and eels pose an extremely low risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

Fire Coral: Sea Base participants should never touch any coral or coral like structure. When touched, Fire Coral shoots a coiled barb which releases a neurotoxin upon entering either prey or predator. In humans, the toxin can cause burning skin conditions or rashes that may last several days. Treatment includes rinsing the affected area with vinegar and keeping the affected area clean and dry. Open wounds or severe scrapes require medical evaluation.

Sea Urchins: Covered in calcium carbonate spines; Sea Urchins pose a limited risk to divers, snorkelers, and waders who step on or attempt to grab or handle the species. Sea Urchin spines can easily penetrate skin and then break off. To avoid this risk, participants should avoid handling Sea Urchins and wear hard soled shoes or dive booties when wading in areas populated by Sea Urchins.

Moon Jellyfish and Portuguese Man-O-Wars: Jellyfish and man-o-wars pose a limited risk during Sea Base Adventures. Moon jellyfish stings can cause skin irritation and minor pain. Treatment includes rinsing the affected area with vinegar. Man-o-wars can cause skin irritation, swelling and pain. Treatment includes removing the tentacles and rinsing the affected area with vinegar. If swelling worsens or an allergic reaction occurs, medical evaluation and/or treatment may be required.



Fire Coral/ DAN



Lionfish/ DAN



Sea Urchin/ NPS

HEALTH & SAFETY

SEA BASE EMERGENCY PROCEDURES

Medical Emergencies on Land: Call 911, alert Sea Base staff. Secure individuals Scouting America AHMR for EMS.

Medical Emergencies while at Sea: Call Channel 16, United States Coast Guard or 911. Secure individuals Scouting America AHMR for EMS.

Fire on Land: Pull fire alarm, call 911, keep your crew together and move to the defined evacuation point, alert Sea Base staff.

Fire at Sea: Follow direction of captain. If captain is incapacitated, call Channel 16: "US Coast Guard, US Coast Guard, US Coast guard this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard." If the fire is small, the size of a wastebasket, all participants must don lifejackets and then a trained adult should use an onboard fire extinguisher to put out the fire. If the fire is larger than a wastebasket and the crew is forced to abandon ship, "May Day, May Day, May Day this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard and are abandoning ship. We have _____ adults _____ youth plus _____ crew." Every participant must don USCG approved life jackets and in an orderly manner abandon ship. As participants abandon ship, the adult crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the adult crew leader must take a second headcount, form a circle by locking arms and stay together until rescue arrives.

Man Overboard: Maintain eye contact, point to the individual and yell, "Man Overboard." Continue to point and maintain eye contact until the individual is safely back aboard the vessel.

Aggressive Individual: Move away from the person as quickly as possible. Once at a safe distance, alert Sea Base staff or in extreme circumstances call 911.

SAILING GUIDE



PREPARATION

PROGRAM OVERVIEW

Crew Numbers: When a crew registers for a Sea Base adventure, they are assigned a Sea Base crew number. A crew number is Sea Base's identifier, and is unique to the individual crew, though some crew numbers may look similar. There is a lot of helpful information hidden in this number. Here's how to decipher a crew number. There are 3 components:

1. The crew code
2. The arrival date
3. The specific assigned crew letter for the arrival day

For example, crew number CRO12326-A breaks down into the following components:

1. CR = Coral Reef Sailing
2. 012326 = arrival date of 01/23/26
3. A = the specific crew letter assigned to the crew for that day

The crew codes for the adventures in this guide are:

- CR – Coral Reef Sailing
- ES – Eco Sailing Adventure
- KI – Keys Adventure Islamorada
- KS – Keys Adventure Sailing
- SE – Sea Exploring

PREPARATION

TRAVEL

Arrival: All Sea Base crews are to arrive between 1:00 pm and 3:00 pm, having already eaten lunch. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed. **Winter/Holiday/Weekend Crews:** Expect to add 1-2 hours to your travel time due to heavy traffic on the roads.

PLEASE ARRIVE AT:

Sea Base

73800 Overseas Hwy

Islamorada, FL 33036

Departure: Crews may depart Sea Base as early as travel dictates. Early continental breakfast can be served at 7:00 am upon request. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 11:00 am. **Winter/Holiday/Weekend Crews:** Expect to add 1-2 hours to your travel time due to heavy traffic on the roads.

Airports: Sea Base crews can choose from multiple South Florida airports, with estimated travel time indicated below:

Key West International Airport (EYW); 1.5 - 2.5 hour drive

Miami International Airport (MIA); 2 - 3 hour drive

Ft. Lauderdale International Airport (FLL); 2.5 - 3.5 hour drive

Car Rental: Below is a list of rental car companies with locations on the Florida mainland and in the Florida Keys:

- [Avis Rental Car](#) 800-230-4898
- [Budget Rental Car](#) 800-218-7992
- [Enterprise Rental Car](#) 800-261-7331

Shuttle Services: Several agencies provide travel to and from the Florida Keys. Sea Base does not provide a shuttle to or from the airports. Sea Base crews are responsible to research tour providers and choose those that best suit crew needs. When booking, it is extremely important to demand that your unit arrive at the Sea Base between 1:00 pm and 3:00 pm. Below is a list of service providers.

Sea Base now offers [shuttle services](#) for purchase to and from the Miami (MIA), Ft. Lauderdale (FLL) and Key West (EYW) airports. Availability is limited!

- [Ace Tours](#) 888-641-4389
- [Blue Sky Adventures](#) 877-225-8375
- [Padrino Transportation](#) 305-852-1468
- [Keys Shuttle](#) 888-765-9997
- [Florida Keys Express Shuttle](#) 305-743-7454

SCOUTING AMERICA DOES NOT GUARANTEE THE QUALITY OF ANY SERVICE PROVIDER NOR DOES SCOUTING AMERICA RECOMMEND ANY PROVIDER.

PREPARATION

Side Trips and Additional Adventures: South Florida is an amazing location for discovery. Side trips can add depth to your unit's experience. However, **do not plan to leave Sea Base until your adventure is complete.** If you or your unit chooses to leave Sea Base for any reason other than medical emergency or religious observance your adventure will be vacated, and you will not be permitted to return.

Pre/Post High Adventure Rustic camping at Camp Jackson Sawyer: As you prepare to embark on your adventure, we would like to invite you to extend your stay or accommodate your travel plans by booking Pre/Post Adventure Accommodations through Sea Base. We have several options available exclusively to Sea Base crews:



- **Pre/Post Premium-** A discounted hotel stay near either FLL and MIA Airport with free Shuttle service to/from the airport to the hotel. Shuttle to and from these hotels and Florida Keys Sea Base locations is available for purchase on a limited basis. Contact fsb.camp.sawyer@scouting.org for more information.
- **Pre/Post Deluxe-** Deluxe tent camping- Stay in a platform tent facing the ocean featuring air conditioning, electricity and bunk beds with food provided at Camp Jackson Sawyer on Scout Key
- **Pre/Post Traditional-** Stay in traditional dome tents in the shadiest area of the camp with food provided at Camp Jackson Sawyer on Scout Key

Sea Base Transportation: Sea Base now offers [shuttle services](#) for purchase to and from the Miami (MIA), Ft. Lauderdale (FLL) and Key West (EYW) Airports. Availability is limited. For more information on these options, please visit our booking site: <https://seabaseha.org/prepost>



PREPARATION

Dietary Restrictions: If a participant needs a dietary accommodation, please let the Galley know by completing the online [Dietary Notification Form](#) at least 2-4 weeks prior to arrival. This includes vegan, vegetarian, or religious restrictions. As well as dietary allergies.

Itinerary: Sea Base does not provide a detailed itinerary for any adventure. All programs are weather and tide dependent. There are no required destinations other than arrival and departure points. We make every attempt to include sailing, snorkeling, and fishing in every adventure.

There is an overview of the general structure of the program under each adventure section in this participant guide. These overviews serve as a guide and are still subject to change based on weather and ocean conditions.

Sea Base Custom Crew Gear: Sea Base provides the opportunity for units to order customized, official apparel through the [Sea Base Ship Store](#), like long sleeve UPF shirts. Designs and colors are subject to change. For more information on placing your crew order, including shipping timelines, www.store.bsaseabase.org for the most up to date information.

Sea Base Pizza Orders: The first meal Sea Base provides for crews is dinner on their arrival day. The last meal Sea Base provides for crews is breakfast on their departure day. Sea Base offers pizza for purchase as an additional meal option on crews travel days. To order pizza for lunch on either arrival or departure day, please do so [here](#).

Sea Base Training Plan

Sea Base Adventures are based aquatics and require participants to be fit, competent swimmers. It is recommended that your unit, in consultation with your local council, Scouting America Aquatics Director or qualified swim instructor, develops a crew training regimen that includes both swimming and snorkeling.

Program Specific Training:

- [Review Safe Swim Defense training](#)
- [Review Safety Afloat training](#)
- [Scouting America Swim Test](#)
- Monthly swimming sessions beginning 6 months prior to arrival
- [Practice the Scouting America Snorkeling Award components](#)- use your own gear to get comfortable and familiar with your personal gear
- [Watch: A Reef Etiquette Video produced by NOAA.](#)
- [Review Florida fishing practices](#)
- [Review Guide to High Adventure Sailing](#)
- [Watch US Sailing Video: Parts of a Boat](#)
- [Watch US Sailing Video: Parts of a Rig](#)
- [Watch US Sailing Video: Points of a Sail](#)

It is not required for youth participants to formally complete the Safe Swim Defense and Safety Afloat trainings with a training certificate. However, Sea Base strongly encourages crews to review the components of the training material with youth participants prior to arrival.

PREPARATION

Physical Fitness: Physical Fitness: All Sea Base participants must:

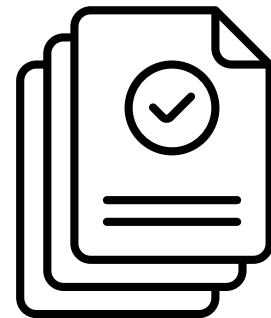
- Be able to swim in a strong manner
- Have the ability to climb a 6 ft. ladder, unassisted, in inclement weather, from the water onto a rocking vessel
- Have the ability to self-rescue if found overboard in inclement weather
- Weigh less than 295lb due to equipment restrictions
- Must be in good health
- Review and adhere to the Sea Base Risk Advisory requirements

Planning: Epic Adventure begins with planning and preparation. Any participant who exceeds 295 pounds or has not passed the Scouting America Swim Test prior to arrival will forfeit their adventure. Please vet your crew well in advance to ensure that no one is disappointed.

Sea Base Islamorada Paperwork

Overview of Required Paperwork: Below is a list of required paperwork for all Sea Base Islamorada programs. All paperwork must be current.

- [Crew Roster](#)
- [Pre-Event Screening Checklist](#)
- [Vessel Waivers](#)
- [Scouting America Membership Cards](#)
- Adult Leader Training Documents:
 - [Wilderness First Aid Certification-One adult per crew](#)
 - [CPR /AED Certification-One adult per crew](#)
 - [Safety Afloat Training](#)
 - [Safe Swim Defense Training](#)
 - [S.A.F.E. Guarding Youth Training](#)
- [Hazardous Weather Training](#)
- [BSA Unit Swim Classification Record](#)
- [2019 Version of Scouting America Annual Health and Medical Record](#)
- Copies of Health Insurance Cards



Crew Roster: The crew roster is due 90 days prior to arrival. [2026 roster instructions linked here](#). If there is an update to your crew roster within that 90-day window, please email the Program Director for your adventure. Additionally, bringing a copy of the most recent crew roster helps verify attendance during the check in process. Please bring one copy per crew.

Pre-Event Screening Checklist: The pre-event screening checklist is to be completed the morning your crew departs for Sea Base. Fill out the participants' names and, on the morning of arrival, check how they are feeling. [Click here for the form](#). Please bring one copy per crew.

PREPARATION

Vessel Waivers: Both blanks at the top of the vessel waiver must be left blank. Sea Base completes those lines upon your arrival. These lines will be filled with specific boat information for each crew. Sign and date the bottom of the form. One form is needed for every participant (including adults) and participants under the age of 18 must have a parental signature, so please double check that prior to departure for Sea Base. No family forms. [Click here for the form](#). Please bring one form per person.

Scouting America Membership Cards: As of 2025 Scouting America Membership cards are required for each participant, youth and adult. [Click here for instructions on how to access membership cards](#). Please bring one card per person.

Wilderness First Aid & CPR/AED Certification : At least one adult leader in each crew must complete [Wilderness First Aid Training \(WFA\) and Basic CPR/AED from an agency approved by the American Camping Association](#) (scroll to bottom of webpage) or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Documentation of higher professional license must be submitted during check-in. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED. Please bring one copy of a WFA certification and one copy of CPR/AED certification per crew.

Safety Afloat Training: Every adult leader over 21 years of age must complete [Safety Afloat training](#) and hold a current training certificate. Youth are welcome to sit in on the training, but it is not required for participants under 21. Please bring **one training certification per adult leader over 21**.

Safe Swim Defense Training: Every adult leader over 21 years of age must complete [Safe Swim Defense training](#) and hold a current training certificate. Youth are welcome to sit in on the training, but it is not required for participants under 21. Please bring **one training certification per adult leader over 21**.

Hazardous Weather Training: Every adult leader over 21 years of age must complete [Hazardous Weather training](#) and hold a current training certificate. Youth are welcome to sit in on the training, but it is not required for participants under 21. Please bring **one training certification per adult leader over 21**.

S.A.F.E. Guarding Youth Training: Every participant over 18 years of age must complete [S.A.F.E. Guarding Youth training](#) and hold a current training certificate. Youth are welcome to sit in on the training, but it is not required for participants under 18. Please bring **one training certification per participant over 18**.

BSA Unit Swim Classification Record: Every participant, youth and adult, must complete Scouting America Swim Test as a swimmer within one year of the start of their adventure. The [Scouting America Swim Test](#) should be documented on the [Unit Swim Classification Record](#) and submitted during check in. **Non-swimmers and beginner swimmers will not be allowed to participate and will be sent home at their own expense. Please bring one form per crew.**

Please note that Sea Base does not provide onsite swim tests.

2019 Scouting America Annual Health and Medical Record: Sea Base participants must be in good health. All participants must provide a current and complete 2019 version of [Scouting America Annual Health and Medical Record \(AHMR\)](#). AHMR's are current for 12 months from the end of the month in which they are completed. For example, if the medical form is signed and dated on June 2, 2025, it is valid until June 30, 2026. **No other medical form will be accepted. Please bring one complete, current AHMR per person.**

PREPARATION

Copies of Health Insurance Cards: Please bring a copy of the front and back of each individual's health insurance card.

Dietary Restrictions: If a participant needs a dietary accommodation, please let the Galley know by completing the online [Dietary Notification Form](#) at least 2-4 weeks prior to arrival.

For Ease of Check-In: Organize all paperwork in one binder per crew. Then, organize paperwork by form, not by person (i.e., stack of vessel waivers, stack of adult trainings). Avoid using plastic sleeve covers for individual forms.

Bring Copies: Please only bring copies of all documents. Leave originals at home. Sea Base strongly recommends creating a duplicate copy of all check-in paperwork to leave with an individual who will be accessible by phone on the crew's arrival day.



SAILING GUIDE



PROGRAM INFO

PROGRAM OVERVIEW

The adventures listed in this guide review Sea Base Islamorada Sailing Programs. For scuba programs, or programs at other locations please refer to the appropriate participant guide.

Sea Base Islamorada Location: 73800 Overseas Hwy, Islamorada, FL 33036

Travel Uniform: Units should arrive in either field or activity uniform. Many crews choose to wear Sea Base Custom Crew shirts on their travel day.

Sea Base Mates: A Sea Base Mate is the staff member assigned to each crew to help navigate the arrival and check in process and help facilitate the adventure.

Arrival Time: Crews must check in between **1:00pm and 3:00pm on their arrival day**. We ask Winter and Early Spring (before DST) crews to arrive between 12:30pm and 1:00pm.

On Site Parking: There is limited onsite parking at Sea Base. Please limit the number of cars for each crew to 1 car per crew. Once you arrive at Sea Base, crews will park in temporary parking. During the check-in process, your Mate will prompt you to move vehicles to long term parking.

PROGRAM INFO

Arrival Process: On the morning of your crew's arrival day, their Sea Base Mate will call the primary crew contact listed on the your roster to get an updated ETA. Once the cyou arrives, they will be greeted by their Mate who will then walk them through the arrival process. This will include coordinating with paperwork review with Sea Base office staff, reviewing participant policies, taking a crew photo, completing a gear shake-down, gathering any necessary gear from Sea Base, and completing a snorkel review.

Vessel Assignments: Sea Base charters several types of vessels. For these reasons, Sea Base does not guarantee specific vessel assignments. Crew vessel assignments are made in advance but can change due to program requirements.

Sea Base Captains: Every captain under charter at Sea Base is experienced, vetted, and holds a United States Coast Guard issued captains license. Their primary responsibility is to ensure the safety of the crew and vessel. Itimportant to know that each crew understands that a request by their captain is an order delivered kindly. The captain is the final authority while aboard the vessel.

Sea Base Sailing Vessels: Every vessel chartered by Sea Base completes a safety examination prior to providing charters. Only vessels deemed safe and capable by the United States Coast Guard are chartered.

Crew Leaders: Adult crew leaders are responsible for ensuring that all Scouting America and Sea Base Policies, including [Safe Swim Defense and Safety Afloat](#), are followed. This means that an adult leader is required to stay on board with the captain to be the lookout during snorkel stops. Adult crew leaders are also the first line of treatment in any medical event.

Departure Time: Please reference the individual adventure page for specifics on departure. All crews must **depart by 11:00am** on their departure day.



PROGRAM INFO

SEA BASE PROVIDED GEAR

Fishing: Fishing gear and bait are provided. Participants should note that while fishing is offered, it is not a primary activity with the exception of Keys Adventure Islamorada who has a designated fishing day. Units may or may not catch fish. **Participants should not bring personal fishing gear.**

Meals: Sea Base provides meals, eating utensils, dishes, and cooking equipment. Crews do not need to bring additional items for meals or cooking. If a participant needs accommodation for a dietary restriction, please let the Galley know by completing the online [Dietary Notification Form](#).

Snorkeling: Sea Base provides a large drawstring mesh gear bag and snorkel vest. Participants are responsible for bringing their own mask and snorkels. **Full face masks are not permitted at any Sea Base location.**



GEAR AND PACKING LIST

Packing List: Participants should limit personal and crew items to those listed below. There is limited onsite storage available. Not every item on the list will be used in a given week, but all are strongly recommended. Long sleeved shirts and buffs are intended to reduce the need for sunscreen. Some participants prefer jogging shoes to sandals and vice versa. **The packing list relies on judgement for items such as underwear.**

Required Paperwork: Please be sure to bring a physical copy of all required paperwork. A comprehensive list of required paperwork can be found on [page 21 of this guide](#).

Luggage: All personal items brought aboard, other than sleeping and snorkeling gear, must fit into a Sea Base size-approved duffel bag. Space on the sailboats is limited, please only bring size-approved duffel bags. Sea Base size-approved bag should be close to a 12in. x 12in, x 20in. bag. Bags should not have hard sides or wheels.

In addition to personal bags, each crew may bring 2 military style duffel bags to carry first aid kits, sunscreen and crew sleeping gear. The size of the military style duffel is irrelevant as long as the bag is fully collapsible.

Storage on Base: Sea Base provides a limited amount of storage on land adequate for a single piece of checked luggage per crew and a single piece of carry-on luggage per person for items staying behind on Base while the crew is on the sailboat. Please limit items to those listed on the packing list. Not all the items on the packing list will travel aboard your vessel. As a result, **please not bring hard side luggage or unnecessary items.** The dimensions of the storage locker for an 8-person crew are about 3ft x 3ft x 3ft. Keys Adventure Islamorada crews will keep their luggage in their dorm and will not need to use these lockers

Sea Base First Aid Kit: Every crew must provide their own first aid kit. A Sea Base specific first aid kit includes all items found in a [traditional back country first aid kit](#) along with:

- SPF 35 or greater sunscreen
- SPF 35 or greater lip balm
- Small plastic bottle of vinegar
- Sea sickness medication
- Non-spray insect repellent
- Feminine hygiene products
- Swimmers' ear drops
- Benadryl
- Cooling cloths

PROGRAM INFO

ISLAMORADA SAILING PACKING LIST

Sea Base provides meals, snorkel gear bags, scuba equipment, and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (PERSONAL ITEMS)

- 1 wide brimmed hat
- 1 pair polarized sunglasses
- 1 Buff or neck gaiter
- 1 pair of shorts
- 1 swimsuit
- 2 pair of socks
- 2 UPF +30 long sleeved shirts
- 1 pair of sandals
- 1 pair of water shoes
- 2 towels
- 1 water bottle
- 1 carabiner- for water bottle
- 1 light weight sleeping pad (**Not needed for Keys Adventure Islamorada participants**)
- 1 light weight sleeping cover
- 1 small pillow
- 1 headlamp
- [Mask & snorkel](#)
- Toiletry kit
- Raingear
- Prescription medication
- Biodegradable sunscreen, no sprays
- Spending money (\$150-\$200)

Suggested:

- 1 pair neoprene socks for fins
- 1 Hawaiian shirt
- 1 waterproof camera
- mug for coffee or tea (not provided at Base)

Fall, Winter & Spring Crews:

- 1 fleece jacket
- 1 medium weight sleeping bag

WHAT TO BRING: (CREW ITEMS)

- Sea Base Specific First Aid Kit
- 2 combination or key locks for crew storage
- Copies of Scouting America AMHR for each participant

WHAT NOT TO BRING

- Firearms or fireworks
- Fishing gear
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear guns are prohibited
- Dive knives

We encourage ALL participants to "unplug" during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on the water.

PROGRAM INFO

NOTES ON GEAR

Biodegradable Sunscreen: Biodegradable sunscreen helps us preserve our delicate marine environment. To best protect our coral reefs, avoid sunscreens that contain avobenzone, oxybenzone, and octinoxate. Instead look for mineral based sunscreens and sunscreens specifically labeled as biodegradable.

Carabiner & Water Bottles: Hooking a carabiner to a water bottle makes for a convenient attachment point to hang water bottles on a boat or secure them to kayaks and paddleboards. **Metal and aluminum water bottles are prohibited** for Sailing Programs as the metal water bottles could cause damage or harm if they shake loose. **Glass water bottles are prohibited on all Sea Base adventures.**

Hawaiian Shirt: Most crews opt to wear a Hawaiian or festive shirt on their final night at Sea Base. Whether the crew is on Base for a luau or celebrating their final night at Sea Base on their sailboat, Hawaiian shirts make for great pictures and memories.

Neoprene Socks: While not required, neoprene socks are suggested for comfort and sun protection. A thin neoprene sock worn with fins while snorkeling can help prevent potential blisters.

Non-Spray Sunscreen & Insect Repellent: The excess spray from spray and aerosol sunscreen and insect repellent can cause a thin film on the boat's surface. This can make the boat deck very slick and can pose a slipping hazard. For this reason, Sea Base prohibits the use of spray and aerosol sunscreens and insect repellent.

Mask, Fins, & Snorkel: Each participant is responsible for bringing their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan. Crew members may [purchase masks, and snorkels from the Sea Base Ship Store](#) if they choose. Due to associated safety concerns, **full face masks are not permitted at any Sea Base location.**

Medium Dry Bag: One 10-15L dry bag per crew can be helpful to store small electronics and to give them an extra layer of dry protection.

Padlock: Padlocks are used for onsite storage lockers provided at Sea Base. These lockers are used for any gear that stays behind on Base while the crew is on the sailboat. The padlock can either be a combination lock or have a key but should be a standard sized lock.

Polarized Sunglasses: Polarized sunglasses help reduce glare from the ocean allowing for better vision and comfort. They also help protect against UV rays and can reduce eye strain.

Raingear: Down here, rain can roll in just as quickly as it rolls out. There is no need to buy a specific type of raingear. Just bring what's available, know that it could be used, it may not be, and there's always a chance to get a little wet on this high adventure trip!

Sleeping Gear: Due to heat, humidity, and close quarters, most sailing participants choose to sleep on the top deck of their vessel when out to sea. A lightweight inflatable or roll-up sleeping pad works great to add a little cushion for sleeping. Keys Adventure Islamorada participants do not need to bring a sleeping pad.

Towels: Sea Base suggests bringing two towels. One to use to dry off the saltwater and one to use for showering.

Vinegar: Vinegar can be helpful in reducing irritation from jellyfish and other marine life stings.

SAILING GUIDE



CORAL REEF SAILING (CR)

OVERVIEW

Sea Base Coral Reef Adventure participants will set sail into the most diverse ecosystem in North America. The Florida Keys National Marine Sanctuary is home to thousands of underwater species including dolphins, sea turtles, fish, and Florida's Coral Reef. Participants will snorkel, fish, and sail turquoise waters. Setting sail from beautiful Islamorada, Florida crews will embark on the adventure of a lifetime. Below you will find an overview of your week at Sea Base. Please note that the program is dictated by weather, tides, and the ability of the crew. Your float plan can vary, sometimes widely, due to these factors. We make every attempt to have sailing, snorkeling, and fishing a part of every day.

Location: 73800 Overseas Hwy, Islamorada, FL 33036

Crew Size: 6- 8 individuals. This number includes both youth and adult participants. Due to US Coast Guard regulations crews may not exceed the maximum number allowed.

Length of Adventure: 5 nights, 6 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Friday.

PROGRAM INFO

TENTATIVE SCHEDULE

CORAL REEF SAILING SCHEDULE						
	Day One (Arrival)	Day Two	Day Three	Day Four	Day Five	Day Six (Departure)
AM		Breakfast on boat	Breakfast on boat	Breakfast on boat	Breakfast on boat	Breakfast on boat
		Days at Sea: sailing, fishing, snorkeling *Midweek stop is variable, but will be one of these days				Return to dock between 8:30-9:30am Depart Sea Base no later than 11:00am
Noon		Lunch on boat	Lunch on boat	Lunch on boat	Lunch on boat	
PM	Check in: 1:00pm-3:00pm	Days at Sea: sailing, fishing, snorkeling *Midweek stop is variable, but will be one of these days				
	Dinner on boat	Dinner on boat	Dinner on boat	Dinner on boat	Dinner on boat	

Summer & Late Spring: Crews will board their vessel for dinner. Crews may be able to depart from the dock, if they arrive between 1:00pm-3:00pm. Crews arriving after 3:00pm will potentially set sail after breakfast on their second day onsite.

Winter & Early Spring (Before DST): Due to the early sunset, we ask that crews **arrive by 1:00pm** so that they can take full advantage of their adventure and board the vessel the night of arrival. **Winter and early spring crews may not depart the dock on the first night if they arrive after 1:00pm.**



PROGRAM INFO

CORAL REEF SAILING PLANNING NOTES

Working Vessel: Coral Reef Sailing boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

Anchor Watch & Galley Duty: Anchor watch is mandated by the United States Coast Guard. Every member of your crew will take part in anchor watch. Your unit's safety depends on you being awake and alert. Every crew member should also participate in cooking and cleaning. A sample [Galley Duty Roster and menu can be found here](#). A sample [Anchor Watch Schedule can be found here](#).

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Snorkeling: The Florida Keys are home to some of the most beautiful mangrove and reef snorkeling in the world. While snorkeling, participants must wear a snorkeling PFD, stay within arm's reach of their buddy, and never take, touch, or harass underwater species including coral. Participants must provide their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan.

Fishing Licenses: You do not need to purchase a fishing license for this adventure. The boat carries a charter fishing license that covers crews while fishing during this adventure.

Midweek: Some vessels may make a midweek call at John Pennekamp State Park, Safe Harbor Marathon, or Banana Bay Resort and Marina. Vessels who are unable to enter these marinas due to draft will not have a midweek. The exact midweek day for each adventure can vary based on weather and ocean conditions. Upon arrival, the captain will brief you if and when the vessel will stop for a midweek.

If the vessel stops for midweek, crews will clean the vessel, take out the garbage, and ensure that the vessel is secure. Participants will then have access to marina facilities including restrooms and showers. Crews must stay together during the midweek and may not leave the midweek location. It is the responsibility of the crew leader and adult leaders to ensure that marina rules are followed. Crews are responsible for leaving the facilities better than they found them. Youth and adult participants often like to purchase snacks or drinks at their midweek destination. Please plan to bring a limited amount of cash if you would like to purchase snacks. **Youth must ALWAYS be accompanied by an adult at midweek destination.**

Final Day at Sea & Departure: Participants will return to Sea Base between 8:30am-9:30am on their departure day. Upon docking your crew will be responsible for cleaning the vessel, disposing of trash, and gathering personal gear. Your unit will then check in any Sea Base provided gear. Crews will have the opportunity to shower and visit the Ship Store.

Departure Time: Crews are asked to depart Sea Base no later than 11:00am



ECO SAILING ADVENTURE (ES)

OVERVIEW

Eco Sailing participants will set sail from Islamorada for John Pennekamp State Park located in Key Largo. En route, participants will snorkel, fish, and kayak while discovering the most diverse ecosystem in North America. The Florida National Marine Sanctuary and Florida's Coral Reef are home to thousands of underwater species, birds, and mammals. This adventure places a strong emphasis on learning about Florida Keys ecology.

Location: 73800 Overseas Hwy, Islamorada, FL 33036

Length of Adventure: 5 nights, 6 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Friday.

Crew Size: 10-12 individuals. This number includes both youth and adult participants. Due to US Coast Guard regulations crews may not exceed the maximum number allowed. **Crews for Eco Sailing Adventure will be split between two 40-to-45-foot vessels that will follow a joint float plan throughout the course of their adventure. Crews should bring TWO first aid kits. One for each vessel.**

PROGRAM INFO

TENTATIVE SCHEDULE

ECO SAILING ADVENTURE SCHEDULE						
	Day One (Arrival)	Day Two	Day Three	Day Four	Day Five	Day Six (Departure)
AM		Breakfast on boat	Breakfast on boat	Breakfast on boat	Breakfast on boat	Breakfast on boat
		Days at Sea: sailing, fishing, snorkeling & an eco-kayak tour *Midweek stop is variable, but will be one of these days				Return to dock between 8:30-9:30am Depart Sea Base no later than 11:00am
Noon		Lunch on boat	Lunch on boat	Lunch on boat	Lunch on boat	
PM	Check in: 1:00pm-3:00pm	Days at Sea: sailing, fishing, snorkeling & an eco-kayak tour *Midweek stop is variable, but will be one of these days				
	Dinner on boat	Dinner on boat	Dinner on boat	Dinner on boat	Dinner on boat	

Summer & Late Spring: Crews will board their vessel for dinner. Crews may be able to depart from the dock if they arrive between 1:00pm-3:00pm. Crews arriving after 3:00pm will potentially set sail after breakfast on their second day onsite.

Winter & Early Spring (Before DST): Due to the early sunset, we ask that crews **arrive by 1:00pm** so that they can take full advantage of their adventure. **Winter and early spring crews may not depart the dock on the first night if they arrive after 1:00pm.**



PROGRAM INFO

Eco Sailing Adventure (ES) Planning Notes

Working Vessel: Eco Sailing Adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

Sea Base Mate: One Sea Base Mate will attend the Eco Sailing Adventure with the crew to help teach ecology lessons, lead snorkeling and kayaking tours, and to help man the vessel.

Anchor Watch & Galley Duty: Anchor watch is mandated by the United States Coast Guard. Every member of your crew will take part in anchor watch. Your unit's safety depends on you being awake and alert. Every crew member should also participate in cooking and cleaning. A sample [Galley Duty Roster and menu can be found here](#). A sample [Anchor Watch Schedule can be found here](#).

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Snorkeling: The Florida Keys are home to some of the most beautiful mangrove and reef snorkeling in the world. While snorkeling, participants must wear a snorkeling PFD, stay within arm's reach of their buddy, and never take, touch, or harass underwater species including coral. Participants must provide their own mask & snorkel. A mesh bag, and PFDs are provided for all participants.

Fishing Licenses: You do not need to purchase a fishing license for this adventure. The boat carries a charter fishing license that covers crews while fishing during this adventure.

Midweek: Some vessels may make a midweek call at John Pennekamp State Park. The exact midweek day for each adventure can vary based on weather and ocean conditions. Upon arrival, the captain will brief you if and when the vessel will stop for a midweek.

If the vessel stops for midweek, crews will clean the vessel, take out the garbage, and ensure that the vessel is secure. Participants will then have access to marina facilities including restrooms and showers. Crews must stay together during the midweek and may not leave the midweek location. It is the responsibility of the crew leader and adult leaders to ensure that marina rules are followed. Crews are responsible for leaving the facilities better than they found them. Youth and adult participants often like to purchase snacks or drinks at their midweek destination. Please plan to bring a limited amount of cash if you would like to purchase snacks. **Youth must ALWAYS be accompanied by an adult at midweek destination.**

Final Day at Sea & Departure: Participants will return to Sea Base between 8:30am-9:30am on their departure day. Upon docking your crew will be responsible for cleaning the vessel, disposing of trash, and gathering personal gear. Your unit will then check in any Sea Base provided gear. Crews will have the opportunity to shower and visit the Ship Store.

Departure Time: Crews are asked to depart Sea Base no later than 11:00am

SAILING GUIDE



KEYS ADVENTURE ISLAMORADA (KI)

OVERVIEW

Keys Adventure Islamorada participants, led by a Sea Base Mate, can expect to explore the Florida Keys through a few different mediums. Crews will fish from one of our 28 ft. fishing vessels, spend time sailing the beautiful Florida waters, spend two full days snorkeling, and paddle among protected mangroves. Crews participating in Keys Adventure Islamorada will be spending their nights in air-conditioned dormitories at Sea Base Islamorada. If you're looking for a sampling of what the Keys have to offer, look no further.

Location: 73800 Overseas Hwy, Islamorada, FL 33036

Crew Size: 6-8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations crews may not exceed the maximum number allowed.

Length of Adventure: 5 nights, 6 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Friday.

PROGRAM INFO

TENTATIVE SCHEDULE

KEYS ADVENTURE ISLAMORADA SCHEDULE						
	Day One (Arrival)	Day Two	Day Three	Day Four	Day Five	Day Six (Departure)
AM		Flags	Flags	Flags	Flags	Flags
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Noon		Activity 1 8:45am-4:30pm	Activity 2 8:45am-4:30pm	Activity 3 8:45am-4:30pm	Activity 4 8:45am-4:30pm	Crews may leave Base as early as travel dictates, but must leave no later than 11:00am
		(Packed Lunch)	(Packed Lunch)	(Packed Lunch)	(Packed Lunch)	
PM	Check in: 1:00pm-3:00pm					
	Flags	Flags	Flags	Flags	Flags	
	Dinner	Dinner	Dinner	Dinner	Luau	
	Orientation	Evening Program	Evening Program	Evening Program	Luau Dinner	

Summer & Spring: Please plan to arrive between 1:00pm-3:00pm to take full advantage of your adventure.



PROGRAM INFO

Keys Adventure Islamorada (KI) Planning Notes

Sea Base Mate: A Sea Base Mate will guide crews through all activities.

Assigned Activities: The order of assigned activities depends on the crew's arrival day and the last letter of the crew number. Sea Base Mates will review the specific order of activities for each crew during orientation on the first day. The assigned activities include fishing, sailing, snorkeling, and paddling protected mangroves. Please remember that all activities are weather dependent.

On Base Sleeping Arrangements: Keys Adventure Islamorada participants will stay in air-conditioned dormitories. Male and female dorms are available at Sea Base. **Linens are not provided.** Shower and laundry facilities are available.

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Snorkeling: The Florida Keys are home to some of the most beautiful mangrove and reef snorkeling in the world. While snorkeling, participants must wear a snorkeling PFD, stay within arm's reach of their buddy, and never take, touch, or harass underwater species including coral. Participants must provide their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan.

Fishing: To enhance the fishing experience, crews should arrive to Sea Base having already reviewed [Florida fishing practices](#). A fishing captain and a Mate will guide crews on their fishing day to support and teach appropriate fishing practices. Due to the fishing regulations, and a busy Sea Base marina there is no "open fishing" at Sea Base.

Fishing Licenses: Crews do not need to purchase a fishing license for this adventure. The boat carries a charter fishing license that covers crews while fishing during this adventure.

Sailing: To better follow along with the sailing session, crews should arrive to Sea Base having already reviewed these [US Sailing Videos](#). The sailing session is a half-day and is paired with a half-day mangrove paddling session. Crews will be joined by a captain and a mate for the sailing portion of this adventure.

Paddling: Crews will have the opportunity to paddle among protected mangroves led by their Sea Base Mate. The paddling session is a half-day session and is paired with a half-day sailing session.

Final Full Day: Crews will spend their final full day participating in their last assigned activity, returning any Sea Base gear, and cleaning up their dorm space. Crew will participate in a luau dinner that evening.

Departure Time: Crews may leave as early as needed but must depart by 11:00am.



KEYS ADVENTURE SAILING (KS)

OVERVIEW

Keys Adventure Sailing participants will enjoy their adventure in the most diverse ecosystem in North America. The Florida Keys National Marine Sanctuary is home to thousands of underwater species including dolphins, sea turtles, fish and Florida's Coral Reef. This adventure begins with days snorkeling, kayaking, and learning about sailing. During the first part of this adventure, crews will be housed in our glamping-style tents with bunk beds and air conditioning. On day 4 of the adventure, crews will embark on their adventure at sea. During this portion of the adventure, crews will sail, snorkel and fish in the beautiful waters of the Florida Keys. Below you will find an overview of your week at Sea Base. Please note that the program is dictated by weather, tides and the ability of the crew. Your float plan can vary, sometimes widely, due to these factors.

Location: 73800 Overseas Hwy, Islamorada, FL 33036

Crew Size: 6- 8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations crews may not exceed the maximum number allowed.

Length of Adventure: 5 nights, 6 days including arrival and departure

PROGRAM INFO

TENTATIVE SCHEDULE

KEYS ADVENTURE SAILING SCHEDULE						
	Day One (Arrival)	Day Two	Day Three	Day Four	Day Five	Day Six (Departure)
AM		Flags	Flags	Flags	Breakfast on boat	Return to dock between 8:30am-9:30am Depart Sea Base no later than 11:00am
		Breakfast	Breakfast	Breakfast	Day at Sea: fishing, sailing & snorkeling	
		Activity 1 8:45am-11:45am	Activity 3 8:45am-11:45am	Assigned Cleaning Board sailboat by 10:30am		
Noon		Lunch	Lunch	Lunch on boat	Lunch on boat	
PM	Check in: 1:00pm-3:00pm	Activity 2 12:45pm-4:30pm	Activity 4 12:45pm-4:30pm	Day at Sea: fishing, Sailing & snorkeling	Day at Sea: fishing, sailing & snorkeling	
	Flags	Flags	Flags			
	Dinner	Dinner	Dinner			
	Orientation	Evening Program	Evening Program	Dinner on boat	Dinner on boat	

Summer Crews: This adventure is only offered in the summer. Please plan to arrive between 1:00pm-3:00pm to take full advantage of your adventure.



PROGRAM INFO

Keys Adventure Sailing (KS) Planning Notes

Sea Base Mate: A Sea Base Mate will guide crews through all land-based activities.

Assigned Activities: The order of assigned activities depends on the crew's arrival day and the last letter of the crew number. Sea Base Mates will review the specific order of activities for each crew during orientation on the first day. The assigned activities include kayaking, snorkeling, learning about sailing, and small boat sailing on an 18' sailboat. Please remember that all activities are weather dependent.

Working Vessel: Keys Adventure Sailing boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

Anchor Watch & Galley Duty: Anchor watch is mandated by the United States Coast Guard. Your crew will take part in anchor watch. Your unit's safety depends on you being awake and alert. Every crew member should also participate in cooking and cleaning. A sample [Galley Duty Roster and menu can be found here](#). A sample [Anchor Watch Schedule can be found here](#).

On Base Sleeping Arrangements: For the first half of this adventure, Keys Adventure Sailing participants will stay glamping-style tents with twin-sized bunk beds and air conditioning. Male and female dorms are available at Sea Base. **Linens are not provided.** Shower and laundry facilities are available.

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Snorkeling: The Florida Keys are home to some of the most beautiful mangrove and reef snorkeling in the world. While snorkeling, participants must wear a snorkeling PFD, stay within arm's reach of their buddy, and never take, touch, or harass underwater species including coral. Participants must provide their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan.

Fishing Licenses: **Fishing Licenses:** You do not need to purchase a fishing license for this adventure. The boat carries a charter fishing license that covers crews while fishing during this adventure.

Final Day at Sea & Departure: Participants will return to Sea Base between 8:30am-9:30am on their departure day. Upon docking your crew will be responsible for cleaning the vessel, disposing of trash, and gathering personal gear. Your unit will then check in any Sea Base provided gear. Crews will have the opportunity to shower and visit the Ship Store.

Departure Time: Crews are asked to depart Sea Base no later than 11:00am

SAILING GUIDE



SEA EXPLORING (SE)

OVERVIEW

Setting sail from Key West, Sea Exploring participants will discover waters once inhabited by the native Calusa, Pirates and Privateers. In addition to sailing aboard a large schooner, participants will fish and snorkel the waters of the Florida Keys National Marine Sanctuary and Florida's Coral Reef teeming with thousands of underwater species including dolphin, fish, manatee, and sea turtles. Crews may also visit Key West to explore one of the most unique cities in America. Please note that daily activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

Location: 73800 Overseas Hwy, Islamorada, FL 33036

Crew Size: 18-20 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations, crews may not exceed the maximum number allowed.

Length of Adventure: 6 nights, 7 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Saturday.

PROGRAM INFO

TENTATIVE SCHEDULE

SEA EXPLORING SCHEDULE								
	Day One (Arrival)	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven (Departure)	
AM		Flags	Breakfast on boat	Breakfast on boat	Breakfast on boat	Breakfast on boat	Flags	
		Breakfast	Days at Sea: sailing, fishing & snorkeling				Return to dock, clean boat	Breakfast
		Load gear & provisions Sea Base transports crew to Key West					Time for showers, laundry & to visit Ship Store	
Noon	Lunch on boat	Lunch on boat	Lunch on boat					
PM	Check in: 1:00pm-3:00pm	Days at Sea: sailing, fishing, snorkeling				Flags		
	Flags							
	Dinner	Dinner on boat	Dinner on boat	Dinner on boat	Dinner on boat	Luau Dinner		

Summer, Spring & Winter crews : Please plan to arrive between 1:00pm-3:00pm to take full advantage of your adventure.



PROGRAM INFO

Sea Exploring (SE) Planning Notes

Working Vessel: Sea Exploring boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

Sea Base Mate: One Sea Base Mate will attend the Sea Exploring adventure with the crew.

Anchor Watch & Galley Duty: Anchor watch is mandated by the United States Coast Guard. Every member of your crew will take part in anchor watch. Your unit's safety depends on you being awake and alert. Every crew member should also participate in cooking and cleaning. A sample [Galley Duty Roster and menu can be found here](#). A sample [Anchor Watch Schedule can be found here](#).

On Base Sleeping Arrangements: All Sea Exploring participants will stay in air-conditioned dormitories or luxury tents for all nights not on your vessel. The dorms and tents are equipped with bunk beds and twin-size mattresses. Male and female dorms are available at Sea Base. **Linens are not provided.** Shower and laundry facilities are available.

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Snorkeling: The Florida Keys are home to some of the most beautiful mangrove and reef snorkeling in the world. While snorkeling, participants must wear a snorkeling PFD, stay within arm's reach of their buddy, and never take, touch, or harass underwater species including coral. Participants must provide their own mask & snorkel. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan.

Fishing Licenses: Crews do not need to purchase a fishing license for this adventure. The boat carries a charter fishing license that covers crews while fishing during this adventure.

Key West Midweek: Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. Sea Exploring crews should research things to do in advance. **Dinner in Key West is the only meal not provided** during your adventure. The exact midweek day for each adventure can vary based on weather and ocean conditions. Be sure to hit the nightly "sunset celebration" on Mallory Square. **While in Key West, crews must travel together as a unit.** Upon arrival, the captain will brief you when the vessel will stop for a midweek.

Final Full Day: Crews will return to Sea Base and stay in dormitories or deluxe tents the final night of their adventure. Prior to departing the vessel each crew is responsible for cleaning and disposing of trash. Then, crews will ride back to Sea Base and check into their dorms or tents. From there, they'll be able to visit the Ship Store, pick up their crew photo, shower, and utilize laundry facilities. They will participate in a luau dinner that evening.

Departure Time: Crews may leave as early as needed but must depart by 11:00am.

PROGRAM INFO

SEA BASE TRADITIONS AND AWARDS

Leave No Trace: Take only memories and leave only bubbles. Sea Base Adventures are conducted in ecologically sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, or shells from the Florida Keys National Marine Sanctuary. Participants must properly dispose of and when possible, recycle all trash.

Flag Ceremonies: Flags Ceremonies Assembly for raising begins each morning at 7:45 am. Assembly for retreat begins at 5:45 pm.

Council Shoulder Patches and Unit Numbers: Units completing a Sea Base Adventure may affix its unit numbers to the galley walls. Scouting America unit numbers are available for purchase in the [Ship Store](#).

Uniforms: Sea Base requires units to arrive on site in uniform. Uniforms, field or activity, must be worn to flag ceremonies.

Scholarships/Camperships: Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position.

Camperships are available to individuals with a demonstrated need. Learn more here: [Forms & Documents Page](#)

Sea Base Custom Crew Gear: Sea Base provides the opportunity for units to order customized, official apparel at [Sea Base Ship Store](#), like long sleeve UPF shirts. Designs and Colors are subject to change. Go to www.store.bsaseabase.org for updated information on making your crew order.

Advancement and Merit Badges: Advancement is not part of the Sea Base experience. Sea Base does not offer merit badge programs or merit badge instructors. If your unit is interested in advancement while at Sea Base, your crew will need to develop a plan for advancement prior to arrival.

Triple Crown and Grand Slam Award: Individuals who attend Sea Base and two other Scouting America National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four Scouting America National High Adventure Bases are eligible for the Grand Slam Award. Applications for these awards can be found at www.nationalhighadventureawards.org.



SCENES Ambassador Award: Founded in 2022 at Sea Base, Scouting America; Scouting for Clean Waterways is a nationwide Scouting effort to inspire Scouts to reduce personal consumption of disposable plastics, properly dispose of trash, recycle, and actively participate in cleaning waterways in their local communities. Joining Sea Base in 2024; Philmont Scout Ranch, Northern Tier, and Summit Bechtel Reserve, encourages every Scout to participate in environmental education while onsite and then return to their communities, share the harmful effects of waterway debris, and then schedule and participate in a waterway clean up using the NOAA Marine Debris Tracker. Any Scout attending a National High Adventure Base can earn the World Organization of Scouting Movement (WOSM) NHAB SCENES Ambassador Award. Learn more here: [S.C.E.N.E.S Ambassador Award Requirements & NHAB SCENES Ambassador Award Online Form](#). Patches are available for purchase at the [Sea Base Ship Store](#).



Duty to God Award: Sea Base encourages individuals and units to celebrate creation while at Sea Base. Sea Base Duty to God Award is designed to enhance adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs, and marine species encountered at Sea Base. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Duty to God](#)



Snorkeling Award: Every Sea Base participant should arrive at Sea Base having already become a proficient snorkeler. Upon arrival each participant will have the opportunity to earn Scouting America Snorkel Award, and throughout their Sea Base Adventure. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Snorkeling Award](#)



PROGRAM INFO

Stand-Up Paddle Boarding Award:

A limited number of Florida Sea Base participants will have the opportunity to earn the Stand-Up Paddleboard Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [SUP Award](#)



Kayaking Award: Some Florida Sea Base participants will have the opportunity to earn the Kayaking Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Kayaking Award](#)



Captain's Club: A limited number of Florida Sea Base participants will have the opportunity to earn the Captain's Club Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Captain's Club Award](#)



Sea Base Islamorada Sailing Program Frequently Asked Questions

Why Doesn't Sea Base allow 12-year-old participants to participate in Bahamas or St. Thomas Sea Base programs? Offshore (outside of the continental United States) programs require a high level of physical, mental, and emotional maturity to successfully travel and participate.

Why does Sea Base require 12-year-old participants to be physically, mentally, and emotionally mature to participate? Sea Base is a high adventure program that can be physically, mentally, and emotionally challenging. Programs are offered in sometimes harsh marine environments. Youth must be capable and prepared to safely navigate travel and programs.

Why does Sea Base strongly suggest that all 12-year-old participants be accompanied by a parent or guardian? High adventure programs are challenging. Having a parent or guardian present who best understands a Scout's needs better prepares them for success.

What if I am not a strong swimmer? Sea Base has no programs for non-swimmers or beginners. For your protection, if you are unable to complete the [Scouting America Swim Test and/or Sea Base Swim Review](#) in a strong manner you will not be allowed to participate and will be sent home at your own expense.

Where do I check in? 73800 Overseas Highway, Islamorada, Florida 33036, Mile Marker 73.8

What time should my crew check in? Sea Base Crews should check in no earlier than 1:00 pm and no later than 3:00 pm.

Can my crew skip part of its adventure and go to Key West, Key Largo or South Beach? No. Once your unit chooses to leave Sea Base your adventure is forfeited, and you may not return.

PROGRAM INFO

Sea Base Islamorada Sailing Program Frequently Asked Questions CONT.

Is it possible to use a sport or work medical instead of the 2019 version of the Scouting America Annual Health and Medical Record? No. You will not be allowed to participate in Sea Base programs unless you use the [2019 Scouting America Annual Health and Medical Record](#).

What if my doctor has not or will not sign Part C of the 2019 Scouting America Annual Health and Medical Record? You will not be permitted to participate at Sea Base.

What if I arrive at Sea Base without having completed 2019 Scouting America Annual Health and Medical Record? You will not be permitted to participate at Sea Base.

What if I arrive at Sea Base and exceed the maximum weight limit of 295 lbs.? You will not be allowed to participate. Those weighing 295lbs or greater will be sent home at their own expense. No refund will be given.

What should I pack for my adventure? Only those items listed on the Sea Base Sailing packing list. Please keep in mind that we provide limited storage for any items brought with you but not traveling with you aboard your vessel.

How much money should I bring to Sea Base? \$150-\$200.

Where do I sleep on the sailing vessel? Due to heat and humidity most participants will choose to sleep on deck.

What about hurricanes? Program interruptions due to hurricanes are extremely rare. If Sea Base is under evacuation orders, generally given 24- 36 hours prior to potential landfall, programs are cancelled, and participants are evacuated. Sea Base refunds program fees for missed program dates only. Travel Insurance is highly recommended to cover the cost of travel expenses, especially June- November.

What about inclement weather that keeps us off the water while at Sea Base? Your safety is paramount. Occasionally inclement tropical weather forces Sea Base to delay or cancel activities. Attempts will be made to reschedule activities when possible. Refunds will not be issued for activities including sailing, scuba diving, paddle-boarding, kayaking, fishing, camping or others cancelled due to inclement weather.

Should I buy deck shoes? No. Most captains do not allow shoes of any kind, including deck shoes, while on-board.

Why should sailing crews not bring metal or aluminum water bottles? They clang against the side of the vessel making it difficult for participants to sleep. Additionally, they tend to damage the decks of vessels.

Should my crew buy snorkeling or fishing gear? Fishing Gear is provided as part of your adventure. Participants must bring their own mask & snorkel. *Full face masks are not permitted at any Sea Base location.*

Where can I find a detailed itinerary? One is not provided. Programs are weather and tide dependent. There are no required destinations other than arrival and departure points. We make every attempt to include sailing, snorkeling, and fishing in every adventure.

Do we need to purchase a fishing license? All sailing vessels carry their own fishing license. You do not need to purchase fishing licenses for these adventures. The boats carry charter fishing licenses that cover the crew while fishing during this adventure.

What is the recommended dimensions of the duffel for Sea Base Sailing programs? 12in. x 12in. by 20in. Space on a sailing vessel is extremely limited. [Sea Base Duffel Bags can be purchased here.](#)

PROGRAM INFO

Does Sea Base provide drinking cups or coffee mugs for on base meals? No. Participants must bring a Nalgene-style water bottle. Adult Leaders wishing to drink coffee or tea must bring their own mug or [purchase one from the Ship Store](#).

Can I bring my CPAP Machine on my Adventure? Participants who sleep with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. *CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity* if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out Island programs.



ISLAMORADA SAILING QUICK REFERENCE

PROGRAMS IN THIS GUIDE:

Program	Max Crew Size	# of Days	Check-In Time	Check Out Time
Coral Reef Sailing (CR)	8	6 days - 5 nights	1 PM-3PM	Before 11:00 AM
ECO Sailing (ES)	12	6 days - 5 nights	1 PM-3PM	Before 11:00 AM
Keys Adv. Islamorada (KI)	8	6 days - 5 nights	1 PM-3PM	Before 11:00 AM
Key Adv. Sailing (KS)	8	6 days- 5 nights	1PM-3PM	Before 11:00 AM
Sea Exploring (SE)	20	7 days- 6 nights	1 PM-3PM	Before 11:00 AM

CHECK IN LOCATION & TRAVEL:

Check in Location: Sea Base, 73800 Overseas Hwy, Islamorada, FL 33036

Air Travel: Crews must fly into MIA, FLL, or EYW. [Learn more here.](#)

Ground Transport: Crews can either find a shuttle service or bring their personal vehicles. If bringing personal vehicles please consolidate passengers and gear. [Learn more here.](#)

ON SITE CONTACT

Capt. Lindsey Smith, Islamorada Sailing Director

Phone: 305-664-5630

Email: Lindsey.Smith@Scouting.org

You will be contacted by a Sea Base Staff Member the day of your arrival to confirm your crew's ETA

2026 Reservation
Info Page

Sea Base
Pre & Post

Sea Base
Ship Store

Eligibility

Delivering Ocean Adventures that Make a Lifetime Difference



CONTACT

Phone: 305-664-4173

Fax: 305-664-2039

Email: SeaBase.Events@Scouting.org

Address: 73800 Overseas Highway, Islamorada, FL 33036

Stay Connected



@SeaBaseHA