

# Sea Base Adventure

## All-In-One Costs, Ordering, Packing Checklist

[www.roadtrippingandcamping.com](http://www.roadtrippingandcamping.com)

The free ONLINE version of this PDF Checklist is an interactive spreadsheet that will do all the math for you! See it here:

<https://www.roadtrippingandcamping.com/sb-all-in-one-checklist.php>

Below is Cost Calculator Spreadsheet for everything you will need for your Sea Base High adventure trip. Use this to calculate estimated total costs and track actual costs. There are links for last minute ordering online for overnight or sameday shipping from Amazon






1. If you have more than ONE of an item, enter the quantity to be sure you have them all.
2. Check each item off to confirm you have it in hand, and
3. Finally, AS YOU PACK each item into the duffle bag, check them off!







The online version performs the calculations and is printable, it will save your entries and selections and you can email it to yourself, and come back as you need, to update it! Your own personal checklist ready whenever and wherever you need to access it.

Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
Basic Sea Base Expenses						
					Basic Sea Base program fee	Base program fee ranges from \$1,200-\$1,600
					Travel to Sea Base: Airfare to Florida Keys/Miami/Fort Lauderdale or Bahamas or St.Thomas	~\$300-\$1500
					Airport shuttle/local transportation	~\$50-\$150
					Spending money/souvenirs	~\$50-\$200
					Meals during travel days	~\$30-\$100
					Optional scuba certification before trip	~\$300-\$700
					Wilderness First Aid (as needed)	~\$300-\$700
					CPR and any other training (as needed)	~\$50-\$100
					Miscellaneous costs	

[Sea Base Islamorada Sailing Packing List: What To Bring & What To Skip](#)







See <https://roadtrippingandcamping.com/seabase-islamorada-sailing-master-packing-list.php>

Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
<a href="#">Duffle bags</a>						
					<a href="#">40L waterproof duffle</a> - Order it online and use as your carry on bag for travel, too.	BAG 1 - CONVERTIBLE 
					<a href="#">Sea Base camp bag</a> - Receive at Sea Base when you arrive	4. Sea Base 37L duffle, in blue or red, not waterproof 
					Other bag(s)	
<a href="#">Mask / Snorkel</a>						
					Mask: like the <a href="#">Cressi F1 Frameless Mask</a> , or a <a href="#">Generic inexpensive mask</a> , another mask, or getting the mask and snorkel at Sea Base when you arrive	CRESSI F1 MASK 
					Defog solution, like <a href="#">GEAR AID Sea Gold</a> or 50/50 baby shampoo/water,	ANTI-FOG SCRUB 
					Scrub solution <a href="#">VIZ 200ft Power Scrub</a> or <a href="#">GEAR AID Sea Buff</a> or Plain toothpaste	200FT VIZ DEFOG AND SCRUB 

Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
					Snorkel, like a <a href="#">Cressi Supernova dry snorkel</a> OR ordering/buying the snorkel/mask combo AT Sea Base	 CRESSI SUPERNOVA DRY TOP SNORKEL
<u>Clothing:</u>						
					<a href="#">Wide-brimmed sun hat</a>	
					<a href="#">UPF30+ long-sleeve shirts</a>	 Ultra-lightweight polyester UV sunshirt with hood
					<a href="#">Sailing / Paddling / Snorkeling / Dive gloves</a> - good for paddling and SCUBA	<a href="#">Dive gloves</a>
					<a href="#">Dive socks</a>	 Neoprene 3 mm gloves Neoprene socks / booties for wearing in fins, water and on deck
					Sandals: <a href="#">Teva</a> , <a href="#">Keen</a> , <a href="#">Chaco</a> sandals or inexpensive <a href="#">sandals</a>	
					<a href="#">Hawaiian Luau shirt</a> ,	 Conch Luau Shirt




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Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
Miscellaneous gear						
					<a href="#">Nalgene 32 oz BAP-Free Wide Mouth Water Bottle</a>	 <p>Nalgene, BPA-FREE</p>
					<a href="#">insulated matching insulated carrier / cozy</a>	 <p>INSULATED WATER BOTTLE CARRIER WITH SHOULDER STRAP</p>
					<a href="#">Polarized sunglasses with a floating strap</a>	 <p>FLOATING SUNGLASSES STRAP</p>
					<a href="#">Neck Gaiter (aka, a "Buff")</a>	 <p>This is a "Buff", aka, Gaiter</p>
					<a href="#">Rain poncho</a>	 <p>RAIN PONCHO</p>
					<a href="#">Fast Drying Lightweight Microfiber Travel Towels</a>	 <p>Fast Dry Towels</p>
					Personal hygiene kit - razor, shaving cream, soap, shampoo, etc.	

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Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
					Mini first aid kit with large bandages, tape, <a href="#">Hydrocortisone lotion</a> , <a href="#">antihistimine</a> , <a href="#">moleskin</a> , <a href="#">triple antibiotic cream</a> , ink pen, notepad, <a href="#">Advil/Ibuprofen</a> , <a href="#">Tylenol/Acetaminophen</a> , <a href="#">Benadryl lotion</a> , <a href="#">pepto bismol</a> , <a href="#">Tums antacid</a> , <a href="#">swimmers ear treatment</a> , <a href="#">Dramamine</a> or <a href="#">Bonine</a>	
<a href="#">Sunscreen and bug protection</a>						
					<a href="#">Avon Skin So-Soft lotion</a> (Troop may get one or two large bottles, check with your leader)	
					<a href="#">Blue Lizard Sport SPF 50 Lotion</a> (Troop may get several large bottles, check with your leader, but I'd want to bring at least one small tube!)	
					<a href="#">Lip balm with sunscreen</a>	
					<a href="#">Aloe Vera lotion - Gold Bond Healing Hydrating Body Lotion with Aloe</a> (Troop may get one or two large bottles, check with your leader)	
					<a href="#">Deet</a> (non-aerosol) (Troop may get one or two large bottles, check with your leader)	
					Mesh no-seeum suits or a mesh tent for island camping: a. <a href="#">Whole body</a> , b. <a href="#">Head Net</a> c. <a href="#">Fine mesh jacket</a> , d. <a href="#">Fine mesh pants</a> ,	e. <a href="#">1-Person fine mesh sleeping tent</a>

Your Name:						
Quantity	Price each	Total cost:	Got it	Packed it	Item - The link is to the recommended one	Photo (of sample recommended item)
<a href="#">Sleeping gear</a>						
					<a href="#">Clamps with paracord</a> And <a href="#">6' by 8' waterproof tarp</a> as a rain shelter	HEAVY DUTY PLASTIC CLAMPS WITH PARACORD 
					<a href="#">Sleeping bag insert / liner</a> or <a href="#">this version sleeping bag liner</a>	SLEEPING BAG LINER WITH FULL SIDE ZIPPER, SHOWN WITH A PILLOW IN THE PILLOW POCKET 
					<a href="#">Pillow, inflatable</a>	INFLATABLE PILLOW 
					<a href="#">Self-inflating foam mat, Therm-a-Rest,</a> <a href="#">Folding Foam Sleeping Pads,</a> <a href="#">Inflatable air mattress</a> or <a href="#">Klymit Static V</a>	SELF-INFLATING FOAM MATTRESS 
					<a href="#">Ear plugs</a> and <a href="#">snore strips</a>	FOAM EAR PLUGS 

<u>Electronics</u>						
					<a href="#">Waterproof phone pouches.</a>	
					<a href="#">Headlamp</a> - rain and splash-proof, including red to prevent sea turtle confusion	
					<a href="#">Portable Power Bank 10 to 50,000 mAh, Ultra-High Capacity Battery Pack,</a>	
<u>Cameras</u>					See <a href="#">this page</a> for ALL of the <a href="#">waterproof camera options</a>	
Quantity			Got it	Packed	Item	Photo
					<a href="#">Dive case or enclosure for camera or phone</a>	
					<a href="#">Fujifilm One-Time-Use</a>	
					<a href="#">Underwater digital camera</a> like a <a href="#">Fujifilm XP-80</a> o	
					<a href="#">Underwater action camera</a> like <a href="#">GoPro Hero 13</a> or <a href="#">GoPro Mission 1 Pro</a> ,	
					<a href="#">Camera accessories</a> , like photo gear (cables, filters, batteries, SD cards, etc)	

Forms, documents, paperwork						
Quantity	Price	Total	Got it	Packed	Item	Photo
					Driver's License	
					Passport (for Bahamas, or in place of a driver's license)	
					<ul style="list-style-type: none"> <li>Scouting America Membership Cards</li> <li>BSA Unit Swim Classification Record</li> <li>2019 Version of Scouting America Annual Health and Medical Record (ABC)</li> <li>Copies of Health Insurance Cards</li> <li><a href="#">Pre-Event Medical Screening Checklist</a></li> <li><a href="#">Florida Keys/ St. Thomas Vessel Liability Waiver</a></li> </ul> <p><b>Adult Leader Training Documents:</b></p> <ul style="list-style-type: none"> <li>Safety Afloat Training</li> <li>Safe Swim Defense Training</li> <li>S.A.F.E. Guarding Youth Training</li> </ul> <p>Plus one leader per crew:</p> <ul style="list-style-type: none"> <li>Hazardous Weather Training</li> <li>Wilderness First Aid Certification</li> <li>CPR /AED Certification</li> </ul>	<p>See this page for <a href="#">Sea Base forms and tips to organizing them for a speedy check-in</a>.</p> <p><b>Leaders:</b> Crew Roster is due 90 days prior to arrival. <a href="#">2026 roster instructions linked here.</a></p> <p>See <a href="#">Sea Base FORMS and tips to organizing them for a speedy check-in!</a></p>
Miscellaneous They better be small, light and fit in the 40L duffle bag!					Add your own items here!	
Quantity	Price	Total	Got it	Packed	Item - Below, enter any other items that are not described above	


## ISLAMORADA SAILING PACKING LIST

# 2026

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.

Pre-Event Screening Checklist: The [Pre-Event Medical 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. Please bring one copy per crew

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