

2016 Florida National High Adventure Sea Base Participant Guide

Coral Reef • Sea Exploring • Scuba Certification
Scuba Adventure • Scuba Live Aboard • Out Island
Eco Adventure • Keys Adventure • Fishing Adventure
St Thomas and Bahamas Sailing Adventures



Sea Base Blessing

Bless the creatures of the Sea

Bless this person I call me

Bless the Keys, You make so grand

Bless the sun that warms the land

Bless the fellowship we feel

As we gather for this meal.

Amen





Boy Scouts of America

Mission Statement

It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and, in other ways, to prepare them to make ethical choices during their lifetime in achieving their full potential. The values we strive to instill are based on those found in the Scout Oath and Law.



National High Adventure Sea Base

Mission Statement

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

Sea Base programs are designed to achieve the principal objectives of the Boy Scouts of America:

- To build character
- To foster citizenship
- To develop physical, mental and emotional fitness

Sea Base History & Overview

Florida Gateway to High Adventure

In 1974 a collection of Boy Scout volunteers from Miami and Atlanta along with South Florida Council District Executive Sam Wampler began offering ocean based aquatic programs via rented and borrowed equipment in South Florida and the Bahamas. In consecutive summers seventy to eighty individuals were certified in scuba diving and in 1977 the program was extended to include sailing aboard chartered vessels.

Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base

Given significant growth 1974- 1978, it became evident that a permanent site was needed to facilitate Florida Gateway to High Adventure programs. With a legacy gift by the Fleishman Foundation in 1979, Toll Gate Inn and Marina on Lower Matecumbe Key was secured, its buildings renovated and dormitories built. Florida National High Adventure Sea Base was born.

In 1982 Homer Formby donated Big Munson Island launching the Sea Base Out Island program.

Bahamas Sea Base officially began as a Florida National High Adventure Sea Base program in 1990.

Florida Sea Base Conference and Training Center opened in 1995 in the

newly constructed Adams Building gifted in honor of BSA volunteer William L. Adams. Glenn Adams continues his father's legacy as a member of the Sea Base Committee.

With donated funding from the Brinton Trust, in honor of J. Porter Brinton, the Brinton Environmental Center opened in 2001.

Under the direction of General Manager Captain Paul Beal, Program Directors Captain Mike and Kelly Lucivero, St. Thomas Sea Base began operation in 2014.

Florida National High Adventure Sea Base

Florida National High Adventure Sea Base is blessed to boast the largest Newton Dive Vessel Fleet in South Florida, operate one of the largest 5 Star PADI Dive IDC Resorts in the world, charter more crewed sailing vessels than any other single entity in North America providing opportunities for discovery in the Florida Keys, Bahamas and US Virgin Islands.

Looking forward to 2016, Florida National High Adventure Sea Base including the Brinton Environmental Center, Munson Island, Bahamas Sea Base, St. Thomas Sea Base and Florida Sea Base Conference Center will serve an estimated 15,000 traditional Scout participants. The most in Sea Base history.

SEA BASE TALENT AND PHOTO RELEASE

All Sea Base BSA participants and parents- legal guardians of participants are informed that photographs, film, video, electronic representations and/or sound recordings may be made- captured during their Sea Base Adventure. These images, recordings may be used for training and promotion purposes for Sea Base.

Each Sea Base participant and parent- legal guardian of participant, by completing the required Annual Health and Medical Record "Part A: Informed Consent, Release Agreement, and Authorization," will fulfill the necessary Talent Release requirements for Sea Base BSA. For complete statement refer to BSA Annual Health and Medical Record.

Sea Base Social Media

Posts made by units or individuals to Sea Base Social Media Channels; Twitter, Facebook, Instagram, YouTube may be shared, as is standard, to other Sea Base and BSA Social Media Channels.

A Personalized Guide to Your Sea Base High Adventure

Name _____ BSA-LFL Registration Number _____

Sea Base Adventure _____ Adventure Number _____

Adventure Location _____

Sea Base Adult Crew Leader Name _____ Phone _____

Sea Base Youth Crew Leader _____ Phone _____

Arrival Date _____ Departure Date _____

Travel Plans:

Names of your crew mates:

Emergency Contact Information

Personal Emergency Contact (Spouse/Parent) _____

Emergency Contact Address _____

Emergency Contact Phone Number _____

Sea Base- Islamorada 305-664-4173, Duty Officer (In season only) 305-664-7766

Brinton Environmental Center 305-664-5640, Duty Officer (In season only) 305-664-5641

Bahamas Sea Base 305-664-4173

St. Thomas Sea Base 305-664-4173

Medical Emergency Florida & USVI 911

Medical Emergency Marsh Harbour, Bahamas 911 or 242- 367- 2911



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Florida Keys, United States

Home to the Florida Keys National Marine Sanctuary and Earth's third largest coral barrier reef, the Florida Keys stretch from Key Biscayne, past the Dry Tortugas to the Marquesas Keys.

A unique ecosystem of mangroves, sea grasses and coral support more than 500 unique species.

The original human inhabitants of the Keys were the Native Calusa. Known for their prowess as seafarers, it is possible that the Calusa were the first North Americans to established trade with Cuba.

Ponce De Leon became the first European to discover the Florida Keys in 1513 which he claimed along with all of Florida for the Spanish Monarch. Following discovery the Keys became home to pirates, privateers, wreckers and eclectic individuals seeking to make their mark.

Today the Florida Keys remain unique. Though only a few miles away from Miami, the islands remain unto themselves. Replacing pirates of old; treasure hunters, conservationists, marine biologists, boat captains and Scuba divers continue to seek adventure through exploration.

It is cloaked in this history and special marine environment, the most diverse in the United States, that one finds the Florida National High Adventure Sea Base. Trade winds blow slightly each afternoon carrying the whispers of the Calusa and Ponce De Leon beckoning- Set Sail! Are you ready for adventure?

Florida Sea Base

73800 Overseas Highway, Islamorada, Florida

Located in the heart of the fabulous central Florida Keys, on a subtropical island south of Miami lies the Florida National High Adventure Sea Base.

Florida Sailing and Scuba programs are administered from Florida Sea Base in Islamorada.

Sailing Programs include Coral Reef Sailing, Sea Exploring and STEM Eco Adventure.

Scuba Programs include Scuba Certification, Scuba Adventure and Scuba Live Aboard.

P 305-664-4173 **F** 305-664-2039

Mail P.O. Box 1906, Islamorada, FL 33036

Please do not mail packages or letters to participants*



Brinton Environmental Center
23800 Overseas Highway, Summerland Key, Florida

The Brinton Environmental Center (BEC), located on Summerland Key- 20 miles east of Key West, provides access to Big Munson Island.

All BEC programs and Order of the Arrow Ocean Adventure programs are administered from Brinton Center.

Brinton Environmental Center programs include Fishing Adventure, Keys Adventure and Out Island Adventure.

Order of the Arrow programs include Order of the Arrow Ocean Adventure.

P 305-664-5640 **F** 305-664-5650

Mail P.O. Box 1906, Islamorada, FL 33036

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Abaco, Bahamas

Spanning 120 miles, the Abacos are a collection of Islands and Cays in North East Bahamas often referred to as The Family or Friendly Islands. Originally inhabited by native Lucayan, the Bahamas were first visited by Christopher Columbus on behalf of Spain in 1492.

Buccaneers, privateers and pirates controlled the waters of the Caribbean, including the Abacos, throughout the late 1600 and early 1700's. The likes of Calico Jack Rackam, Henry Morgan and Blackbeard- Henry Teach all held port in the Abacos for durations until Woodes Rogers was appointed Bahamian Governor by England in 1718 and eradicated piracy.

English Loyalists escaping the American Revolution sought refuge and began to settle Abaco in 1783. These islands and cays, part of the Bahamian Archipelago, form the Sea of Abaco; a calm body of water providing protection from the tumultuous seas that lay beyond. Finding peaceful waters and respite from war, the English built settlements that continue to present. Hopetown, Man-o-war, Cherokee Point have a distinct European flair evidenced in architecture, food, customs and persons.

Treasure resides in Abaco's unique history and peoples but the islands riches lay in its waters. Home to the fourth largest barrier coral reef on Earth and regarded by some as the boating capital of the world, opportunities for adventure and discovery abound.

Is your crew ready to explore the steps of Christopher Columbus, pirates and colonialists? Unspoiled reefs, gentle seas and a unique people await you in the Abacos. Bahamas Sea Base awaits!



Bahamas Sea Base- Conch Marina, Marsh Harbour, Great Abaco, Bahamas

Marsh Harbour is the largest settlement in the Abacos and home to Bahamas Sea Base. Provided your crew has passports and correct documentation for minors; participants will take a prepaid taxi from MHH- Marsh Harbour Airport to Conch Inn and Marina where they will embark on the Sea of Abaco.

Bahamas Sea Base Sailing Programs are conducted from Conch Inn Marina, Marsh Harbour, Abaco, Bahamas. Inquiries should be directed to Sea Base in Islamorada.

Sailing Programs Include Bahamas Adventure for crew size 6-8, Bahamas Adventure for crew size 10- 12, Bahamas Tall Ship Adventure for crew size 18- 20.

P 305-664-4173 **F** 305-664-2039

Mail P.O. Box 1906, Islamorada, FL 33036

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St. Thomas, United States Virgin Islands

United States Virgin Islands became a US Territory in 1917, secured much of St. John as a National Park in 1956 and added Virgin Islands Coral Reef National Monument in 2001. Located in the Lesser Antilles; USVI is comprised of St. Thomas, St. John, St. Croix and 50 smaller islets and cays stretching 133 square miles.

Native Cibony were the first inhabitants of USVI, later to be followed by the Arawaks who remained the dominate culture until being conquered by the warrior tribe Caribs for whom the Caribbean and cannibalism is named.

After discovering the New World- Bahamas in 1492, Christopher Columbus once again set sail in 1493 and after being blown off course landed in the Virgin Islands. Caribs promptly attacked and repelled Columbus.

Though repelled, Columbus claimed the Virgin Islands for Spain. After nearly a century of war with the Caribs, poor weather and little return, Spain abandoned the islands in 1596.

Since 1596, prior to 1917; Dutch, English, Spanish, French, Knights of Malta and Denmark all claimed ownership to the Virgin Islands. Additionally; pirates and privateers, including Sir Francis Drake and Edward Teach-Blackbeard, held port in St. Thomas and St. John.

Discovered by Columbus, coveted by seven nations, surrounded by National Treasures, is where you will find USVI and Sea Base St. Thomas. Set sail towards adventure!



Sea Base St. Thomas

St. Thomas is surrounded by culture, history, National Parks and home to Sea Base St. Thomas. Either US Passports or Birth Certificates (photo copies are acceptable) and State Issued ID are required; participants will take a prepaid taxi from STT Airport to Sapphire Beach Resort and Marina.

St. Thomas Sea Base Sailing Programs are conducted from Red Hook on St. Thomas, USVI. Inquiries should be directed to Sea Base in Islamorada.

Sailing Programs include the St. Thomas Adventure for crews of 6-8.

P 305-664-4173 **F** 305-664-2039

Mail P.O. Box 1906, Islamorada, FL 3303

Please do not mail packages or letters to participants*



Eligibility Requirements All Programs

No Exceptions Granted

In accordance with BSA Policy, all rules for participation are the same for everyone without regard to race, color, national origin, age, sex, sexual orientation, or special needs.

Due to the nature of Sea Base programs and locations all Sea Base Eligibility Requirements are mandatory and no exceptions will be granted. Please do not expect or request exceptions. Units should prescreen all youth and adult participants well in advance of their Sea Base Adventure. It is the Units responsibility to comply- ensure compliance to Eligibility Requirements.

Individuals who do not meet Sea Base Eligibility Requirements will not be permitted to participate in a Sea Base Adventure. Anyone arriving at Sea Base who does not meet the listed criteria will be sent home.

Registered- All participants must be registered members of the BSA or Learning for Life Incorporated.

Proper Adult Supervision- Have (2) adult leaders per Sea Base Crew; Troops, Teams must have (1) adult over 21 and another over 18. Venture Crews, Posts, Ships must have (2) adults over 21. Crews, Posts, Ships with both male and female participants must have male and female leadership.

Minimum Age Requirement- Sea Base participants must be 13 years of age and graduated- graduating from the 8th grade in the season of their arrival OR be 14 years of age by September 1 in the year of their adventure as evidenced on their Annual Health and Medical Review.

Annual Health and Medical Records-

Sea Base participants must be in good health. All participants must provide a current and complete BSA Annual Health and Medical Record signed by a physician. BSA Annual Health and Medical Records are good for 12 months from the end of the month in which they were completed. The form can be found on the Sea Base website www.bsaseabase.org/resources/forms. No other form will be accepted. Out of date forms will not be accepted.

Insurance- All participants must provide a front and back copy of their current Health Insurance Card.

Maximum Weight- No Sea Base participant, youth or adult, may weigh over 295 pounds. Individuals exceeding the weight limit will vacate their adventure and be sent home at their own expense.

BSA Swim Test- All Sea Base participants must complete a BSA Swim Test in a **STRONG** manner prior to arrival. Participants will be required to complete a Swim Review upon arrival. www.bsaseabase.org/videos.aspx

Adult Leader Training- Every adult participant must be registered with the BSA and complete Boy Scout or Venturing Youth Protection Training, BSA Safe Swim Defense and BSA Safety Afloat. It is strongly recommended that each adult participant completes BSA Adult Leader Training "This is Scouting."

Adult Leader Training- It is required that one adult leader in each crew completes Wilderness First Aid & CPR or hold a higher professional

certification. Multiple crews require multiple trained leaders. It is recommended that every adult leader in each crew completes WFA and CPR.

SCUBA Eligibility Requirements- Reservations are subject to cancellation if due dates are not met.

Scuba Participants are held to a high medical standard due to the inherent risks associated with Scuba Diving. Individuals seeking to participate in Scuba programs must meet Seas Base Eligibility Requirements, Scuba BSA requirements, Sea Base Risk Advisories and be approved by their physician. *Final decisions for clearance rest with Sea Base Medical Director.*

Scuba Certification Participants- All

Scuba Certification Participants must complete PADI Standard Safe Diving Practices Statement of Understanding, PADI General Training Release along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Record Part C and PADI Medical Statement is due 30 days prior to arrival.



All Scuba Adventure and Scuba Live- Aboard Participants- All Scuba Adventure and Scuba Live- Aboard Program participants must complete PADI Release for Certified Divers along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Record Part C is due 30 days prior to arrival. All Scuba participants must provide a copy of their Dive Certification Card from a Scuba BSA recognized agency.

Policies and Procedures

All participants and crews must adhere to Sea Base Eligibility Requirements and provide necessary paperwork including; Sea Base Crew Roster, copy of each participants BSA or Exploring Membership Card, copy of BSA Tour Plan, complete and current BSA Annual Health and Medical Record signed by physician for each participant, Wilderness First Aid Training and CPR cards for one leader per crew, Youth Protection, Safe Swim and Safety Afloat Training Certificates for every adult leader.

Sea Base Crews must adhere to Youth Protections policies and have at least (2) adult leaders per crew; Troops, Teams must have (1) adult over 21 and another over 18. Venture Crews, Posts, Ships must have (2) adults over 21. Crews, Ships, Posts with male and female participants must have both male and female leadership. NYLT, NAYLE trained recommended

Sea Base Crews must elect a seasoned, responsible Youth Crew Leader.

★ **Sea Base Scuba Participants** must complete additional forms and as dictated by Sea Base Eligibility Requirements.

★ **BSA Recognized Scuba Training Agencies** The Boy Scouts of America only accepts certification from R.S.T.C. or W.R.S.T.C. recognized training agencies including; IDEA, NASDS, PADI, PDIC, SSI, YMCA and NAUI.

★ **Sea Base Bahamas Participants** must obtain a US Passport and unaccompanied minors must complete and have notarized the Sea Base Unaccompanied Minor Travel Form www.bsaseabase.org/resources/forms.

★ **Sea Base St. Thomas Participants** must obtain a US Passport OR bring a State Issued ID and Birth Certificate.

★ **Sea Base St. Thomas & Bahamas Sea Base Crews** must provide a complete Sea Base Travel Form 90 days prior to arrival.

★ **Packing for Bahamas Sea Base and St. Thomas Sea Base** Crews must bring no more than (1) 24 inch duffel bag per person and no more than (1) oversized military style duffel bag per crew. Luggage, framed backpacks, wheeled bags are not permitted. Storage is not available. Custom Crew duffel bags are available for purchase at www.fsbshipstore.com.

Sea Base Crews must have more youth than adult participants.

All Sea Base Crews must adhere to Sea Base payment schedule. Including; \$100 per person deposit, Spring Crew ½ payment September 1 of current year, Summer Crew ½ payment October 1 of current year, 90 days prior to arrival final payment due.

Sea Base Crews must provide a Sea Base Specific First Aid Kit. Multiple crews require multiple First Aid Kits.

All participants, all locations are expected to arrive in uniform.

Crews should arrive at Sea Base as close to 1pm as possible and not after 3pm.

Once checked in Sea Base crews are expected to remain onsite- actively participating in their adventure. Crews or individuals who violate this policy vacate their Sea Base Adventure. *Exceptions are made for religious or medical reasons only.*

Parking: Sea Base has limited parking. Crews choosing to rent vehicles should consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base in Islamorada provides daily transport to Marathon Airport and Brinton Environmental Center to Key West Airport to secure or drop off rental vehicles.

Absolutely No Alcoholic Beverages or Illegal Substances; There is no place in the Boy Scouts of America for the possession or use of alcohol or illegal substances. Anyone found in violation of this policy will be asked to vacate their Sea Base Adventure and may be reported to local law enforcement and local council.

Smoking is permitted **ONLY** in designated areas.



All language must be Scout appropriate. Sexual conversations of any nature, including "jokes", are prohibited. Racial, ethnic, religious, sexist- directed at either sex and sexual orientation slurs are prohibited. Coarse language is prohibited.



Bullying, Hazing, Fighting, Play Fighting, Wrestling is strictly prohibited.

Sexual Contact of any nature including Public Display of Affection is prohibited at Sea Base.

Age Restrictions & Showers: At age 18, Sea Base participants are considered adults. Adult males may only shower in adult male showers, youth males may only shower in youth male showers. Adult females may only shower in adult female showers, youth females may only shower on youth female showers.

Dormitories including common areas: Males may not enter female dormitories. Females may not enter male dormitories.



Swimming attire must be modest. For males, tight fitting swim bottoms or bottoms short enough to potentially cause exposure are not allowed. For females, bikinis are not allowed. Modest tankinis and one piece swimsuits are appropriate.

Attire worn by participants should not promote use of illegal drugs, alcohol, violence, sexual activity, racism, sexism, or bigotry.

Footwear is required for all participants while onshore.

All Sea Base participants must be conservation minded. Sea Base participants must not touch or harm wildlife including coral. Sea Base participants must not take or collect rocks, shells, marine species from prohibited or environmentally sensitive environments. Trash and refuse should be properly recycled or discarded.

Cleanliness of Dorms, Base, Galley and Vessels are expected to be maintained by participants.

Disposal of Trash; Litter becomes marine debris and negatively impacts the Florida Keys NMS, Everglades National Park, USVI Coral Reef National Monument, Sea of Abaco and our ocean. Ensure that all recycling and garbage is secured and placed in the correct receptacle.

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

Open Scuba Only individuals participating in Scuba Certification, Adventure and Live Aboard may Scuba dive at FSB.

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

Documenting your Adventure: Sea Base recommends you document your adventure. Go Pro Rentals and water proof cameras are available at Sea Base Ship Store www.fsbshipstore.com

Food Restrictions Alert Sea Base Food Service to known allergies and restrictions via email (2) weeks prior to arrival FSB.Galley@scouting.org. Crew must verify correct provisions upon arrival.

Custom Crew Apparel Sea Base provides units the opportunity to purchase Official Sea Base Custom Crew- SPF 45 Activity Uniform long sleeve shirts, short sleeve shirts and wide brimmed hats. www.fsbshipstore.com



Mail Please do not mail packages or letters to Sea Base participants.

Scout Oath and Law Participants must know and abide by the Scout Oath and Law.



Preparing for Sea Base

Congratulations on your Sea Base lottery selection.

Epic adventures begin with preparation. Long before arriving at Sea Base you and your unit should begin to physically, mentally and logistically prepare for your adventure.

In addition to Sea Base Requirements and Recommendations units should consult the Guide to Safe Scouting, BSA Safe Swim, BSA Safety Afloat, BSA Tour Plan, BSA Tours and Expeditions, BSA Fieldbook, Troop Committee Guidebook, Scuba BSA.

Step 1- Eligibility

The first and perhaps most important step in preparing for your adventure is to ensure that all participants understand and are committed to meeting Sea Base Eligibility Requirements and have been medically cleared by a licensed physician to participate.

Step 2- Selecting Appropriate Leadership

All Florida Sea Base Crew Adult Leaders must be registered members of the BSA, completed Boy Scout or Venturing Youth Protection Training, completed BSA Safe Swim and Safety Afloat, be in good health weighing less than 295 pounds, be competent swimmers, and at least one must have completed Wilderness First Aid and CPR. Every Sea Base Crew must adhere to Youth Protections policies and have at least (2) adult leaders per crew; Troops, Teams must have (1) adult over 21 and another over 18. Venture Crews, Posts, Ships must have (2) adults over 21. Crews, Ships, Posts with male and female participants must have both male and female leadership. "This is Scouting" is recommended for all adults.

Florida Sea Base Crew Youth Leaders should be seasoned and capable. Sea Base Recommendation; Senior Patrol Leader, Venture President type position along with Kodiak, NYLT, SEAL, NAYLE or equivalent experience when possible.

Step 3- Create a Sea Base Preparation Plan and Calendar

It is essential that you and your crew create a plan to prepare for Sea Base. A good plan will include but not be limited to:

Crew Physical and Program Specific Training

Physical Training - Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers weighing less than 295 pounds. It is recommended that your unit, in consultation with physicians and local council BSA Aquatics Director or a qualified aquatics professional, develops a crew training regimen. This regimen should include frequent pool training sessions, basic snorkeling instruction and the BSA Swim Test which is required.

Sailing Program Specific Training: Bahamas, Florida Keys, St. Thomas

Crews participating in Sea Base Sailing programs should 1) Review Sea Base Guide to High Adventure Sailing and become acquainted with terms, techniques, marine heads and knots 2) Seek local sailing instruction 3) Become proficient with nautical map and compass navigation 4) Seek local instruction regarding the use of VHF marine radios, safety flairs, man overboard procedures and drill potential emergency situations 5) Watch *Coral Reef Packing video** 6) Watch *A Reef Etiquette Video* produced by NOAA*

★ Due to heat and humidity most sailing participants will choose to sleep on deck under the stars.

★ Sailing Adventure boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

Scuba Certification Program Specific Training- Crews participating in Scuba Certification should 1) Read PADI

Open Water Diver Manual, complete Open Water Knowledge Reviews and Watch PADI Open Water Diver Video 2) Become competent utilizing map and compass for navigation 3) Learn proper equalization techniques 4) Complete BSA Snorkel 5) Consider attending PADI Discover Scuba course 6) Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures 7) Watch *A Reef Etiquette Video* produced by NOAA*

Scuba Adventure Program Specific Training- Crews participating in Scuba Adventure should 1) Scuba dive regularly 2) Review prior learning and consider a Scuba Review program 3) Become proficient with map and compass navigation 4) Seek local instruction regarding the use of VHF marine radios, safety flairs, man overboard procedures 5) Watch *A Reef Etiquette Video* produced by NOAA*

Scuba Live Aboard Program Specific Training- Crews participating in Scuba Adventure should 1) Scuba dive regularly 2) Review prior learning and consider a Scuba Review program 3) Become proficient with map and compass navigation 4) Review Sea Base Guide to High Adventure Sailing and become acquainted with terms, techniques, marine heads and knots 5) Seek local sailing instruction 6) Seek local instruction regarding the use of VHF marine radios, safety flairs, man overboard procedures and drill potential emergency situations 7) Watch *Coral Reef Packing** 8) Watch *A Reef Etiquette Video* produced by NOAA*

★ Due to heat and lack of bunk space most sailing participants will sleep on deck under the stars.

★ Scuba Live Aboard boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

Out Island & Keys Adventure

Program Specific Training- Crews participating in Out Island or Keys Adventure should 1) Go camping-preferably in aquatic settings 2) Become proficient flat water paddlers 3) Learn basic fishing skills including knots 4) Learn and review Leave No Trace Principals 5) Seek local instruction regarding the use of VHF marine radios, safety flairs, man overboard procedures and drill potential emergency situations 6) Watch *Out Island and Keys Adventure packing video** 7) Watch *A Reef Etiquette Video* produced by NOAA*

Florida Fishing Adventure Program

Specific Training- Crews Participating in Fishing Adventure should 1) Go Fishing 2) Schedule fishing instruction with local professionals 3) Seek local instruction regarding the use of VHF marine radios, safety flairs, man overboard procedures and drill potential emergency situations 4) Watch *A Reef Etiquette Video* produced by NOAA*

*Available: www.bsaseabase.org/videos

Sea Base Specific Unit Health and Safety Plan

Risk Advisory- Sea Base has an outstanding health and safety record. This is in part because crew leaders understand that Sea Base programs are remote and arrive prepared- trained to assume leadership responsibilities in emergency situations. Sea Base parents, guardians, adult leaders and participants are advised that Sea Base Adventures, including travel to and from Sea Base, can involve exposure to accidents, illness, injury associated with a physically demanding high

adventure program conducted in a sometimes hostile aquatic environment. Participants may be confronted with severe weather conditions including extreme heat and humidity, tropical force storms and intense tropical sun. In addition to weather; the Florida Keys, Bahamas and USVI are home to sea creatures such as rays, jelly fish, sea urchins, coral, barracuda and sharks that pose a limited risk.

To limit risk and possibility of harm Sea Base requires:

- Prospective participants who are prescribed **medication**, for any purpose, should continue use as prescribed while at Sea Base. Participants should not discontinue use of medication prior to arriving or while at Sea Base unless directed by his/her treating physician.
- Prospective participants who have experienced any of the following conditions, relating to **Cardiac-Cardiovascular Disease**, to undergo a thorough evaluation by their treating physician and be medically cleared for high adventure before participation at Sea Base:
 - 1) Angina- Chest pain caused by coronary artery or congenital heart disease
 - 2) Myocardial Infarction- Heart Attack
 - 3) Heart Surgery including angioplasty to treat coronary artery disease
 - 4) Stroke or Transient Ischemic Attacks
 - 5) Claudication
 - 6) Family history of heart disease in individuals under 50
 - 7) Weight in excess of recommended guidelines
- Prospective participants who are **Hypertensive**; blood pressure greater than 140/90 should be treated and lower blood pressure to 140/90 prior to arrival at Sea Base. If medications are taken they must be continued while at Sea Base as prescribed.

- Prospective participants with **Diabetes** may participate in Sea Base Adventures if:
 - 1) They have been medically cleared by their physician.
 - 2) When taking insulin; they can give a self-injection.
 - 3) They are experienced to self-monitor, manage diabetes in remote physically challenging environments. Sea Base should not be the first adventure for an individual with diabetes or for an individual with newly diagnosed diabetes.
 - 4) They can adequately recognize hyperglycemia or hypoglycemia and can begin the appropriate initial response for these conditions.
 - 5) At least one other crew member can adequately recognize hyperglycemia or hypoglycemia and can begin the appropriate initial response for these conditions.
 - 6) They are not frequently hospitalized for diabetic ketoacidosis.
 - 7) **SCUBA ONLY-** They do not use insulin to control diabetes. They have been medically cleared by their physician in consult with DAN- Divers Alert Network and Sea Base Medical Director. **Final decision for participation rests with Sea Base Medical Director.**
- Prospective participants with a seizure disorder or **Epilepsy** may participate in Sea Base Adventures if:
 - 1) They have been medically cleared by their physician.
 - 2) Seizures are controlled with medication.
 - 3) They have been seizure free for one year.
 - 4) **SCUBA ONLY-** They have not had seizure activity within the previous 5 years. They do not take seizure medications. They have been medically cleared by their physician in consult with DAN- Divers Alert Network and Sea Base Medical Director. **Final decision for participation rests with Sea Base Medical Director.**
- Prospective participants with **Asthma** may participate in Sea Base Adventures if:
 - 1) They have been medically cleared by their physician.
 - 2) They have not required frequent hospitalizations for asthma in the previous 6 years.
 - 3) They are experienced to self-monitor, manage asthma in remote physically challenging environments.
 - 4) Asthma is controlled to normal-essentially normal lung function with the use of oral or aerosol bronchodilators and does not require the use of a nebulizer.
 - 5) Exercise induced asthma can be controlled with bronchodilator premedication and do not require systemic corticosteroid therapy.
 - 6) They bring sufficient medication for the entire adventure; **all persons having been treated for asthma in the previous 6 years** must carry a full size prescribed inhaler for the length of the adventure.
 - 7) **SCUBA ONLY-** They have not been prescribed medication including rescue inhalers within the previous 5 years. They have not had asthma symptoms within the previous 5 years OR have taken and passed a Methacholine Test and have been medically cleared by their treating physician in consult with DAN- Divers Alert Network and Sea Base Medical Director. **Final decision for participation rests with Sea Base Medical Director.**
- Prospective participants with **Mobility Limiting Diseases** including arthritis may participate at Sea Base if:

- 1) They have been medically cleared by their physician.
 - 2) Can pull themselves out of the water using a ladder.
 - 3) At least one member of the crew understands the individuals' limitations and is available to assist.
- Prospective participants with **Sleep Apnea** may participate at Sea Base if:
 - 1) They have been medically cleared by their physician.
 - 2) They understand that **they are responsible to provide battery support** and will not have access to electricity if participating in Bahamas Sea Base, Coral Reef Sailing, STEM- ECO Sailing, Out Island, Scuba Live Aboard, Sea Base St. Thomas, Sea Exploring Adventures.
 - Prospective participants with **Excessive Body Weight** may participate in a Sea Base Adventure if:
 - 1) They have been cleared by their physician.
 - 2) They weigh less than 295 pounds. No exceptions should be requested, none will be granted.
 - **SCUBA ONLY**- SCUBA participants MUST NOT fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for 8:00 am or later.

Campers Insurance- All participants are covered by limited Campers Accident and Sickness Plan. This insurance is a secondary policy. *Please See Plan for Details*

Health Insurance- Every Sea Base participant should have Health Insurance and provide front and back copies of their insurance card. When not insured, Campers Accident and Sickness Plan becomes the primary provider. *Please See Plan for Details*

Training- Sea Base Adventures take place in remote settings. Each crew

is responsible to provide trained leadership capable of dealing with medical emergencies until EMS-emergency medical personnel arrive. At least one adult crew leader must complete Wilderness First Aid and CPR. It is strongly recommended that every adult leader completes Wilderness First Aid and CPR and that every youth completes Wilderness First Aid or Basic First Aid and CPR.

Sea Base Specific First Aid Kit-

Along with WFA and CPR trained adult leadership, each crew must provide a Sea Base specific First Aid Kit which should include supplies found in the **Guide to Safe Scouting** and:

- 1) SPF 45 or greater biodegradable-reef safe sunscreen. Available in the Ship Store onsite and online
- 2) Vinegar- small plastic bottle
- 3) Aloe Vera Cream. Available in the Ship Store onsite and online.
- 4) Sea Sickness Medication- Bonine®. Available in the Ship Store onsite and online.
- 5) SPF 45 or greater lip balm. Available in the Ship Store onsite and online.
- 6) Non- aerosol, non- spray insect repellent. Available in the Ship Store onsite and online.
- 7) Swimmers Ear Drops. Available in the Ship Store onsite and online.
- 8) Benadryl® Available in the Ship Store onsite and online.

Hydration- The number one reported health concern at Sea Base is dehydration. Severe dehydration can lead to significant illness and in extreme cases death. Crews should establish and utilize a clear hydration policy and ensure that each crew member has or purchases a Nalgene style bottle with carabineer that can be fixed- clipped to the vessel. Sea Base branded Nalgene's and carabineers are available at www.fsbshipstore.com.

★ Sailing Crews should not bring metal or aluminum water bottles.

Sunscreen and Coverage-

Overexposure to sun can cause burns, blisters, and illness leading to discomfort and in some cases suspension or cancellation of crew adventures. Medical professionals and Sea Base strongly recommend that individuals taking part in activities like those at Sea Base utilize sun coverage in addition to sunscreen.

Every Sea Base participant should have a Long Sleeve SPF 45 or greater shirt, Short Sleeve SPF 45 or greater shirt, Wide Brimmed Hat, Polarized Sunglasses and SPF 45 or greater biodegradable sunscreen (suntan lotion, aerosol and spray sunscreens are prohibited). Sea Base Custom Crew shirts and hats along with biodegradable sunscreen can be purchased at www.fsbshipstore.com.

Special Note- 60,000 gallons of sunscreen wash over coral reefs in the Florida Keys each year causing significant damage. Please plan to use biodegradable- reef safe sunscreen during your Sea Base Adventure.

Ear Care- Given the aquatic nature of Sea Base programs, special consideration must be given to ear care. After snorkeling, diving or swimming participants should attempt to dry their ears to limit the possibility of **Swimmers Ear**. This can be done by tilting ones head to the side and pulling on the earlobe until confined water is released. Additionally, each participant should speak with to a physician regarding proper ear care and whether or not "swimmers ear drops" are appropriate for them and use- not use them as directed. Sea Base participants should never use cotton swabs or remove ear wax.

Motion Sickness- Due to the nature of ocean based adventures it is inevitable that some crew members

will get seasick. Vessels do not return to Sea Base because of sea sickness. Participants should speak with their physicians regarding the use of sea sickness medication. The only medication permitted for use in Sea Base Scuba programs is Bonine®.

Cleanliness- Participants should properly wash hands whenever afforded the opportunity and always after 1) using the restroom 2) prior to cooking 3) prior to putting hands in mouth. Showers are available at each Sea Base Facility- rented marina and should be used.

Marine Heads- Participants are seldom accustomed to utilizing a marine head. Nothing other than bodily waste, including toilet paper, should be placed in the marine head. Paper waste should always be properly disposed of in the waste basket. Following use of the head every participant is expected to properly wash their hands.

Sea Base Travel Plan

Each crew is responsible to plan, secure, finance travel to Sea Base and should note that traveling to Sea Base can be an adventure for the most prepared. Travel Insurance is strongly recommended. The Unit Chartering Organization, Unit Committee, participant parents and participants should all be involved and aware of travel preparation and plans. Every Sea Base crew must complete a BSA Tour & Activity Plan. A copy of each crews BSA Tour Plan must be presented upon arrival.

Packing for your Adventure- Limited storage is provided for Florida based programs. **No storage is provided at either Bahamas Sea Base or Sea Base St. Thomas. Crews must bring no more than (1) 24 inch duffle bag per person and no more than (1) oversized military style duffle bag per crew. Luggage, framed backpacks, wheeled bags are not**

permitted. Over packing for either adventure may cause you to discard items at the dock or greatly decrease available space on the vessel. Sea Base is not responsible for discarded items due to over packing.

Custom Crew duffle bags are available for purchase www.fsbshipstore.com.

Arrival- It is essential for Sea Base Crews to arrive after 1:00 pm, having already eaten lunch, and not later than 3:00 pm. Crews arriving after 3:00 pm will be unable to complete necessary pre-adventure training and will force their adventure to be delayed.

Departure- Florida Sea Base Crews may depart Sea Base as early as travel dictates. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. All crews must vacate Sea Base before 11:00 am.

Airports- Florida Sea Base Crews can choose from multiple S. Florida Airports. Sea Base Bahamas and St. Thomas Crews must fly into airports as listed. All locations are listed below:



- Key West International Airport (EYW)- Florida Sea Base Locations
- Miami International Airport (MIA)- Florida Sea Base Locations and connections to Marsh Harbour, St. Thomas
- Ft. Lauderdale International Airport (FLL)- Florida Sea Base Locations and connections to Marsh Harbour, St. Thomas
- West Palm Beach (PBI)- Florida Sea Base Locations and connections to Marsh Harbour
- **St. Thomas Cyril E. King Airport (STT)- Must have US Passport or State Issued ID and copy of Birth Certificate**
- **Marsh Harbour Airport (MHH)- Must have US Passports and Unaccompanied Minor Travel Form**

Car Rental- Due to parking restrictions it is important that Crews renting vehicles consider securing a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base provides daily transport to Marathon Airport *only* and Brinton Environmental Center to Key West Airport *only* to secure drop off and pickup of rental vehicles. Below are a list of rental car companies with locations on the mainland and in the Florida Keys:



- Avis Rental Car 1-800-230-4898
- Budget Rental Car 1-800-218-7992
- Enterprise Rental Car 1-800-261-7331

Shuttle Service- Several agencies provide travel to and from the Florida Keys. 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 Sea Base between 1:00 pm and 3:00 pm. Units arriving late may have their Sea Base Adventure delayed. Below is a comprehensive list of service providers.

- Key West Transit- Service from Key West Airport to BEC only www.kwtransit.com
- Blue Sky Adventures 1-877-225-8375
- Emerald Transport Service 1-305-852-1468
- Keys Shuttle 1-888-765-9997
- Florida Keys Express Shuttle 1-305-743-7454
- Southern Bus Line 1-888-352-2873
- Spring's Island Taxi 1-305-664-4331
- Davis Tours 1-954-472-2858

Side Trips and Additional Adventures- South Florida, USVI, and Abacos Bahamas are amazing locations for discovery. Pre and post BSA Sea Base trips can add depth to your unit experience. Please include all side trips, stops and locations on your BSA Tour plan. Additionally, do not plan to leave Sea Base until your adventure is

complete. If you or your unit choose(s) 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.

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

Sea Base Payment Schedule, Cancellation Policy, Refund Policies

Each crew is responsible to meet all financial obligations within the allotted timeframe. Failure to provide on time payment will result in your crews cancellation. Deposits are nonrefundable. Fees are nonrefundable unless Sea Base is able to rebook the cancelled crew. All cancelled crews are subject to a \$100 processing fee.

Payment Schedule- Crews are responsible to know, understand and adhere to this payment schedule.

- \$100 deposit per individual is due within 3 weeks of reservation. Minimum crew sizes apply.
- Spring Crew First ½ Payment is due on or before September 1.
- Summer Crew First ½ Payment is due on or before October 1.
- Final Payment for all crews are due 90 prior to arrival.

Cancellation Policy- Please notify Sea Base immediately if your crew intends to cancel. Early notification **may** enable Sea Base to rebook your cancelled adventure and provide a partial refund.

- \$100 deposit per individual is not refundable.
- \$100 deposit is transferable within a **crew** during the **same calendar year** (the names may change as long as the count remains the same). These funds may not be applied to any other crew.
- Crews cancelling between deposit and first ½ payment will forfeit deposit.

- Crews cancelling after first ½ payment will forfeit 100% of funds paid.
- Crews cancelling after final payment will forfeit 100% of funds paid.
- However, if the cancelled crew is rebooked; Sea Base will provide a full refund of fees paid minus \$100.

Hurricane- If any Sea Base facility is under evacuation orders, generally given 24- 36 hours prior to potential landfall, programs are cancelled. Sea Base refunds program fees for missed program dates only. Travel insurance is highly recommended to cover the cost of travel expenses.

Inclement Weather- Participant 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 program activities cancelled due to inclement weather.

Scholarships- Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position. Limited scholarships are available to individuals with a demonstrated need. www.bsaseabase.org/resources/forms

Step 4- Create a Unit Sea Base Crew Adventure Folder

Participation at Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents as outlined by Sea Base Eligibility Requirements, Policies and Procedures, and Crew Requirements in addition to necessary travel information in an easy to use- understand format.

Sea Base Crew Number, Participant Emergency Contacts, BSA Tour Plan, Travel Information, Training Certificates, BSA Membership Cards should be duplicated and placed into a secondary book held by a unit leader or parent who is not accompanying the crew to Sea Base. Parents, guardians, spouses should keep a copy of the BSA Annual Health and Medical Record.

Step 5- Adventure in Learning- Accentuating your Sea Base experience

What is the largest wilderness on Earth? The Ocean. Oceans cover 71 percent of our planet's surface and is the primary driving force of weather, temperature and life. 95 percent of the ocean remains unexplored.

Of the entire ocean, less than 1 percent is comprised of coral reef and yet coral reefs support 25 percent of all sea life. This is the environment in which Florida Sea Base, Sea Base St. Thomas and Bahamas Sea Base provides adventure. Want to learn more?

Visit www.bsaseabase.org for educational aids and videos.

Step 6- Sea Base Traditions and Awards

Conservation- Take only memories, leave only bubbles- Sea Base Adventures are conducted in marine and historic sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, shells from the Florida Keys National Marine Sanctuary or US Virgin Islands Coral Reef National Monument or any marine or historical sensitive environment. Participants must properly dispose of and when possible recycle all trash and refuse.

Flag Ceremonies- Florida Adventures Only- Assembly for raising begins each morning at 7:45. Assembly for retreat begins at 5:45.

Council Shoulder Patches and unit numbers- Units completing a Sea Base Adventure may affix or have its unit numbers affixed to the galley walls at Sea Base. BSA unit numbers are available for purchase in the Sea Base Ship Store.

Uniforms- BSA Sea Base requires units arrive onsite in uniform. Uniforms, field or activity, must be worn to flags.

Sea Base Custom Crew Gear- Every Sea Base participant should arrive with a long sleeve SPF 45 or greater shirt and wide brimmed hat. Sea Base provides the opportunity for units to order customized, *Official BSA Sea Base* apparel. www.fsbshipstore.com

Conch LUAU- Florida Adventures Only- On the last night of your Florida Sea Base Adventure your crew will participate in a Conch LUAU. This is a special dinner festival complete with fun, music and games. Dress for the Conch LUAU should be Keys- Hawaiian style. Floral shirts are available for purchase onsite at the Ship Store.

Advancement and Merit Badges- Advancement is not part of the formal at Sea Base experience. Sea Base does not have structured merit badge programs or merit badge instructors. Advancement is however a key component in ensuring that your unit is prepared for your Sea Base Adventure.

For a complete list of recommended merit badges and advancement visit www.bsaseabase.org.

★ **Project S.C.E.N.E-** Does your unit participate in service? Florida Sea Base became the first Scouting facility in the US to be designated as a Scout Center for Excellence of Nature and Environment (S.C.E.N.E.). Through participation in environmental programs like exotic plant eradication, potential and actual marine debris removal, fish ID and counts and by completing a project prior to arrival at Sea Base crews can earn a Project S.C.E.N.E Award. For a copy of Project S.C.E.N.E requirements and to learn more about the Project S.C.E.N.E Award visit www.bsaseabase.org.

★ **Captains Club- Florida, Bahamas and St. Thomas Sailing Adventures-** BSA Sea Base Crews participating in any sailing program will have the opportunity to earn Sea Base Captains Club Awards. To earn this award units must: properly

prepare for the adventure, elect a seasoned Youth Crew Leader, assume all vessel responsibilities, utilize proper sailing techniques, become proficient snorkelers and adhere to the Scout Oath and Law. For a copy of Captains Club Requirements and to learn more about the award visit www.bsaseabase.org.

★ **Castaway Club- Out Island Crews-** BSA Sea Base Crews participating in Out Island Adventure will have the opportunity to earn Sea Base Castaway Club Awards. To earn this award units must: properly prepare for the adventure, elect a seasoned Youth Crew Leader, assume all base and campsite responsibilities, utilize proper paddling and fishing techniques, become proficient snorkelers, exhibit enthusiasm and a positive attitude while adhering to the Scout Oath and Law. For a copy of Castaway Club Requirements and to learn more about the award visit www.bsaseabase.org.

★ **Cayo Hueso Club- Keys Adventure Crews-** BSA Sea Base Crews participating in Keys Adventure will have the opportunity to earn Sea Base Cayo Hueso Club Awards. To earn this award units must: properly prepare for the adventure, elect a seasoned Youth Crew Leader, assume all base and campsite responsibilities, utilize proper adventure techniques, become proficient snorkelers and exhibit a positive attitude while adhering to the Scout Oath and Law. For a copy of Cayo Hueso Club Requirements and to learn more about the award visit www.bsaseabase.org.

★ **Duty to God-** BSA 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 interdependence of species. For an online copy of Majestic Depths and Duty to God Award requirements visit www.bsaseabase.org.

★ **Snorkeling BSA-** Every Sea Base participant should arrive at BSA Sea Base having already become a proficient snorkeler. Upon arrival each participant will complete the BSA Snorkel Award. For an online copy of Snorkeling BSA Requirements visit www.bsaseabase.org.

BSA Stand Up Paddle Board- Limited Florida Programs Only- A limited number of Florida Sea Base participants will have the opportunity to earn the BSA Stand Up Paddleboard Award. For an online copy of requirements visit www.bsaseabase.org.

BSA Kayaking Award- Limited Florida Programs Only- For an online copy of Kayaking BSA Requirements visit www.bsaseabase.org.

Step 6- Be Prepared- Answering Frequently Asked Questions

Are scholarships available at Sea Base? Yes! Scholarships are available for those with demonstrated need. Visit www.bsaseabase.org/resources/forms.

Who can be awarded a Sea Base Scholarship? Scholarships are available to individuals- units with a demonstrated need.

Must parents register with the BSA to participate at Sea Base? Yes. Without exception every adult leader participating in a Sea Base program must be registered with the BSA and complete Youth Protection Training, BSA Safe Swim, BSA Safety Afloat.

How old must I be to participate in a Sea Base program? 13 years of age and graduated or graduating from the 8th grade in the season of arrival OR be 14 years of age by September 1 as evidenced by Annual Health and Medical Record.

What if I am not a strong swimmer? The Sea Base has no programs for

non-swimmers or beginners. For your protection; if you are unable to complete the BSA Swim test in a strong manner you will not be allowed to participate.

Do we really need a BSA Tour and Activity Plan? Absolutely. Your crew cannot participate in Sea Base Adventures without a complete BSA Tour and Activity Plan.

Is it possible to use a sports or work medical instead of the BSA Annual Health and Medical Record? No. You will not be allowed to participate in Sea Base programs unless you use the BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms.

What if my doctor has not or will not sign Part C of the BSA 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 a BSA 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 weight limit of 295 pounds? You will not be permitted to participate at Sea Base.

I am participating in a Bahamas Sea Base Adventure. Where does my crew check in? Your crew will fly to Marsh Harbour (MHH), Abaco, Bahamas and then board a prepaid taxi to Conch Inn and Marina.

I am participating in a Sea Base St. Thomas Adventure. Where does my crew check in? Your crew will fly to St. Thomas (STT), USVI and board a prescheduled taxi to Sapphire Resort and Marina.

I am participating in a Florida Fishing, Keys Adventure or Out Island Adventure. Where does my crew check in? Brinton Environmental

Center, Summerland Key, Florida, Mile Marker 23.8

I am participating in a Florida Sailing, Sea Base Scuba, STEM/Eco Adventure. Where do I check in? Florida Sea Base, Islamorada, Florida, Mile Marker 73.8

What time should my crew check in? See Base Crews should check in no earlier than 1pm and no later than 3pm.
Should our unit travel in uniform? Absolutely. Units must arrive in BSA Uniform.

What should I pack for my adventure? A packing list is provided for each adventure. Crews traveling to St. Thomas Sea Base or Bahamas Sea Base should bring
(1) 24 inch duffle bag per person and
(1) oversize duffle bag per crew containing necessary items only.



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

Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel? Onsite optional night stays are never available for Summer Season, Bahamas Sea Base, St. Thomas Sea Base crews. Optional night stays are sometimes available for Spring Season crews in Florida.

What about hurricanes? Program interruption 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- trip insurance is highly recommended to cover the cost of travel expenses, especially July- August.



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.

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

How much money should I bring to Sea Base? The average participant spends between \$85 and \$125 while at Sea Base.

Where can I find a detailed itinerary?

One is not provided. Programs at Sea Base are largely weather dependent. There are no required destinations other than arrival and departure points. General outlines are provided by section in this publication.





Bahamas Sea Base Sailing Programs

Greetings from Bahamas Sea Base! You are about to set sail on the adventure of a lifetime. In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Sea Base Bahamas Requirements- Every member of your crew must be registered with the BSA and your unit must provide copies of their BSA Membership Card. Every Adult Leader must complete BSA Youth Protection, Safe Swim and Safety Afloat and your unit must provide copies of their certificates. One adult leader must complete Wilderness First Aid Training; it is recommended that every youth and adult complete the training. Every participant must provide a complete BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms signed by a physician. Every crew member must be 13 years of age and graduated or graduating from 8th grade in the season of your arrival or 14 years of age by September 1. Every crew member must weigh less than 295 pounds as evidenced on their BSA Annual Health and Medical Record.

Packing for Bahamas Sea Base- IMPORTANT One 24 inch duffel bag is permitted per person and one oversize military style duffel bag is permitted per crew. Suitcases, hard luggage, framed backpacks, or wheeled bags are prohibited. No storage is provided.

Traveling to Abaco, Marsh Harbour Bahamas- While traveling, please remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at Marsh Harbour Airport (MHH), Abaco, Bahamas before 2:00 pm. Upon arrival you will need to produce a US Passport and every youth participant traveling without a parent must also produce the original notarized Sea Base Unaccompanied Minor Form found at www.bsaseabase.org/resources/forms.

After clearing Bahamian Customs your unit will board a pre-paid taxi from the Marsh Harbour Airport to Conch Inn and Marina where a staff member will greet you.

Sea Base Bahamas Vessel Assignments and Itinerary- Final vessel assignments are made just prior to arrival. Weather and arrival time permitting, you will embark on your adventure day 1 and return day 6. Your itinerary at Sea will be based upon your crews desire for adventure- which you should share with your captain, your crews physical ability and sailing knowledge, weather and tides.

Sea Base Bahamas Adventure- Sea Base Bahamas is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. There are limited services in Abaco, you must ensure that paperwork is correct and accurate prior to arrival.

The only gear allowed aboard Bahamas Sea Base vessels is gear stored in (1) 24 inch duffel bag per person and (1) oversized military style duffel bag.

Following completion of paperwork- shakedown; your crew will board its vessel and begin an amazing voyage on the Sea of Abaco where crew members will snorkel, fish, sail, visit settlements and experience the one of a kind adventure that is Sea Base Bahamas. Sea Base Bahamas boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader or Crew Chief will assign duties to youth and adult crew members which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Settlements- Daily you will have the opportunity to explore the islands & settlements of Abaco. Travel as a unit. While onshore please remember that you are guests of a very small community and represent not only yourselves but the BSA. Public restrooms are available in each settlement, please only use public restrooms. Enter stores and restaurants only if you intend to place an order or shop. Do not take fruit or coconuts off trees or out of yards. Do not litter. Greet people kindly and be polite.

Departing Sea Base Bahamas- On your departure day, having spent the previous night at the dock, your crew is responsible to clean and re-provision the vessel. There is no lost and found at Sea Base Bahamas, so please take all your belongings with you. Sea Base Bahamas will schedule and pay for a taxi which will take you to the airport. Depending on your airline you may be responsible to pay a \$32 per person Departure Tax. Please consult with your airline.

Sea Base Bahamas Packing List- One 24 inch duffel bag is permitted per person and one oversize military

style duffle bag is permitted per crew. Suitcases, hard luggage, framed backpacks, or wheeled bags are prohibited. No storage is provided. Custom Crew duffle bags are available for purchase www.fsbshipstore.com.

Sea Base Bahamas provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. The Bahamian Dollar is equal to the US Dollar. The US Dollar is readily accepted. BePrepared, everything is more expensive in the Bahamas.

! If you plan to bring your cell phone to the Bahamas it is essential that you consider an international plan from your cell phone carrier. Normal usage without an international plan could result in a bill of \$1,000 or more.



IMPORTANT! CLEARING CUSTOMS

Every Sea Base Bahamas participant must have a valid US Passport. Sea Base Bahamas youth participants traveling without a parent must also have a notarized Sea Base Unaccompanied Minor Travel Form (www.bsaseabase.org/resources/forms).



What to Bring Packed in 24 inch duffle bag	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended*	1 sleeping cover- sleeping bag insert recommended
1 SPF +45 Short Sleeve Shirt- Activity Uniform recommended*	1 lightweight sleeping pad, 1 small pillow
Wide Brimmed Hat*	2 towels (1) regular (1) microfiber- sham*
Polarized Sunglasses with strap*	Toiletry Kit
16 oz. +45 SPF biodegradable sunscreen- no sprays*	Flashlight- headlamp recommended*
2 pairs of shorts: (1) swim (1) boat- land Ladies should bring a modest tankini or one piece swimsuit	Camera- waterproof recommended*
Light Pants- Zip off trek pants recommended*	24 inch duffle bag*
Light Rain Jacket*	Copy of Insurance Card & Prescription Medication
3 pairs sock (2) regular (1) neoprene swim socks*	Unit First Aid Kit*
1 pair of versatile water/land shoes- examples TEVA or Keen	Spending Money (\$100- \$150)

* Indicates items available at www.fsbshipstore.com. Please allow 4-6 weeks shipping



What Not to Bring	
Luggage- prohibited	Aerosol sunscreen or bug spray- prohibited
Framed Backpacks- prohibited	Personal music player
Spearguns- prohibited	Personal video games
	Valuable or unnecessary items



Brinton Environmental Center Programs

Brinton Environmental Center Requirements

Every member of your crew must be registered with the BSA and your unit must provide copies of their BSA Membership Card. Every Adult Leader must complete BSA Youth Protection, Safe Swim and Safety Afloat and your unit must provide copies of their certificates. One adult leader must complete Wilderness First Aid Training; it is recommended that every youth and adult complete the training. Every participant must provide a complete & current BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms signed by a physician. Every crew member must be 13 years of age and graduated or graduating from 8th grade in the season of your arrival or 14 years of age by September 1. Every crew member must weigh less than 295 pounds as evidenced on their BSA Annual Health and Medical Record. Participants must purchase a Florida Fishing License as listed.



Keys Adventure Program

Greetings from Brinton Environmental Center! You have chosen to participate in the most diverse program offered by Sea Base. Get ready to hoist sails, fish the depths, snorkel coral reefs, overnight on a mangrove island and explore the Florida Keys.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Keys Adventure- While at Brinton Environmental Center you will be spending all but one night in air conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items should be packed into a small checked bag or backpack. Please do not bring large suitcases. Limit items to those listed in "What to Bring."

Traveling to Brinton Environmental Center- While traveling, please

remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at Brinton Environmental Center between 1:00 and 3:00 pm. If flying, your crew has several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttle service to drop and pick up rental vehicles in Key West.

Keys Adventure Arrival and Brief

Overview- Keys Adventure is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown; your crew will receive a tour of BEC, move into their dormitory, complete a FSB Swim Review, complete snorkeling lesson, eat dinner and begin to experience the one of a kind adventure that is Keys Adventure. Days will be spent fishing, sailing, snorkeling, paddle boarding, kayaking, overnighting on BIG MUNSON Island and visiting Key West. Your final evening will be spent participating in a Conch LUAU. The Adventure Never Stops!

Key West- Key West is the southernmost point in the continental United States and is rich in history and culture. Units participating in Keys Adventure should pre-plan their Key West day prior to arrival at BEC. Brinton Environmental Staff will provide lunch and transportation to Key West, the

remainder of the day is yours. While touring Key West it is important to remember that this is a unit activity. Stay together. Also remember that it is a BSA activity and that all activities must align with the Guide to Safe Scouting and Youth Protection Guidelines; jet skis, scooters, bikes without helmets, parasailing and alcohol are prohibited. Dinner in Key West is the only meal not provided during your adventure so prepare accordingly.

Fishing License- Keys Adventure participants **16 years of age and**

older must purchase a 3 day fishing license. Your license must begin 2 days after your arrival day at BEC and can be purchased at www.myfwc.com/license. For instance; if you arrive on the 1st of the month your license will need to begin on the 3rd. Additionally, units arriving between August 6 and March 31 must also purchase a lobster tag. Note: Keys Adventure **does not** participate in Lobster Mini Season the last Wednesday- Thursday of July.



Departing Brinton Environmental

















Center- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at BEC will be donated to local charities.

Keys Adventure Packing List- Sea

Base provides meals (except for your Key West day dinner), fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.


! Participants 16 and older must purchase a Florida Fishing License and Lobster Tag (Aug 6- March 31) prior to arrival at BEC. Units must supply a Sea Base specific First Aid Kit and padlock



What to Bring	
1 SPF +45 Long Sleeve Shirt- Custom Crew offered 	Water bottle with carabineer, coffee mug 
1 SPF +45 Short Sleeve Shirt- Custom Crew offered 	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap 	1 lightweight sleeping pad or hammock 
Polarized Sunglasses with strap 	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays 	2 towels (1) regular (1) microfiber- sham 
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land 	Toiletry Kit 
Light Pants- Zip off trek pants recommended 	Flashlight- headlamp recommended 
Female participants should have a one piece or modest tankini	Camera- waterproof recommended 
3 pairs sock (2) regular (1) neoprene swim socks 	Insect Repellent- Skin So Soft recommended 
	Copy of Insurance Card & Prescription Medication

2 pairs of shoes (1) athletic (1) hard soled water shoes *	Fishing license for individuals 16 and older www.myfwc.com/license
Light Rain Jacket *	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.

What Not to Bring		Aerosol sunscreen or bug spray- prohibited
Spear Guns- prohibited		Personal music player or video games
Firearms or Fireworks- prohibited		Mess Kits
Skateboards or bicycles- prohibited		Valuable or unnecessary items

Florida Fishing Adventure

Greetings from Brinton Environmental Center! Your week will be spent fishing the shores and backcountry of the Florida Keys and the depths of the Atlantic Ocean.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Florida Fishing Adventure- While at Brinton Environmental Center you will be spending your nights in air conditioned dormitories overlooking the Atlantic Ocean and Gulf of Mexico. Showers and laundry facilities are available. Limited crew storage is available onsite. All items should be packed into a small checked bag or backpack. Please do not bring large suitcases. Limit items to those listed in "What to Bring."

Traveling to Brinton Environmental Center- While traveling, please remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at Brinton Environmental Center between 1:00pm and 3:00pm. If flying, your crew has

several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttle service to drop and pick up rental vehicles in Key West.

Florida Fishing Adventure Arrival and Brief Overview- Florida Fishing Adventure is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown; your crew will receive a tour of BEC, move into their dormitory, complete a FSB Swim Review, complete snorkeling lesson, eat dinner and begin to experience the one of a kind adventure that is Florida Fishing Adventure.

Every Fishing Adventure schedule is different due to weather and season. Ideally you will spend one day offshore fishing for mahi-mahi, tuna, sailfish and

wahoo. Another targeting snapper and grouper. Another in the Florida Keys backcountry stalking tarpon, bonefish, permit and barracuda. Another day will be spent in pursuit of the greatest apex predator of the planet- sharks. In addition to fishing your crew will snorkel, paddle board, kayaking and spend a day visiting Key West. Your final evening will be spent participating in a Conch LUAU.

Key West - Key West is the southernmost point in the continental United States and is rich in history and culture. Units participating in Keys Adventure should pre-plan their Key West day prior to arrival at BEC. Brinton Environmental Staff will provide lunch and transportation to Key West, the remainder of the day is yours. While touring Key West it is important to remember that this is a unit activity. Stay together. Also remember that it is a BSA activity and that all activities must align with the Guide to Safe Scouting and Youth Protection Guidelines; jet skis, scooters, bikes without helmets, parasailing, and alcohol are prohibited. Dinner in Key West is the only meal not provided during your adventure so prepare accordingly.

Fishing License- Fishing Adventure participants **16 years of age and older**



must purchase a 7 day fishing license. Your license can be purchased at www.myfwc.com/license. Additionally, units arriving between August 6 and March 31 must also purchase a lobster tag. Note: Florida Keys Fishing Adventure **does not** participate in Lobster Mini Season the last Wednesday - Thursday of July.

Departing Brinton Environmental Center - A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at BEC will be donated to local charities.

Florida Fishing Adventure Packing List - Sea Base provides meals (except for your Key West day dinner), fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

! Participants 16 and older must purchase a Florida Fishing License and Lobster Tag (Aug 6- March 31) prior to arrival at BEC. Units must supply a Sea Base specific First Aid Kit and padlock.



What to Bring	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended ⚡	Water bottle with carabineer, coffee mug ⚡
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended ⚡	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap ⚡	1 set of bunk bed sheets and pillow case ⚡
Polarized Sunglasses with strap ⚡	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays ⚡	2 towels ⚡
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land ⚡	Toiletry Kit ⚡
	Flashlight- headlamp recommended ⚡

Light Pants- Zip off trek pants recommended*	Camera- waterproof recommended*
Female Participants should have a full piece or conservative tankini	Insect Repellent- Skin So Soft recommended*
3 pairs sock*	Copy of Insurance Card & Prescription Medication
1 pair of versatile water/land shoes- examples TEVA or Keen	Fishing license for individuals 16 and older www.myfwc.com/license
Light Rain Jacket*	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping

What Not to Bring	Aerosol sunscreen or bug spray- prohibited
Spear Guns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Mess Kits
Skateboards or bicycles- prohibited	Valuable or unnecessary items

Out Island Adventure

Greetings from the Brinton Environmental Center! You have chosen to participate in the high adventure experience of a lifetime; Out Island Adventure on Big Munson. Your crew will learn that the difference between adventure and ordeal is attitude. Together you will accept your adventure as your own. Together you will Live Adventure!

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Out Island Adventure -

All items going to Big Munson will be packed into a dry bag. While no showers or laundry facilities are available on the island, they are at Brinton Environmental Center. Limited crew storage is available onsite. All items should be packed into a small checked bag- backpack. Please do not bring large suitcases. Limit items to those listed in "What to Bring."

Traveling to Brinton Environmental Center-

While traveling, please remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at Brinton Environmental Center between 1:00 and 3:00 pm. If flying, your crew has several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttle service to drop and pick up rental vehicles in Key West.

Out Island Adventure Arrival and Brief Overview- Out Island Adventure is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that

paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown; your crew will receive a tour of BEC, move into their dormitory, complete a FSB Swim Review, complete snorkeling lesson, eat dinner and begin to experience the one of a kind adventure that is Out Island Adventure. Day 2 your crew will paddle aboard a Polynesian War Canoe 5 miles through the Atlantic Ocean to Big Munson Island. You will have 3 full days of adventure on Big Munson Island. Day 3 will be spent exploring the island by land, snorkel, kayak and shark fishing. Day 4, weather permitting, will be spent fishing from a power boat off shore of the Florida Keys with the hope of adding fish and- or lobster to your evening meal. The last full day, Day 5, will be spent snorkeling at Looe Key or the patch reef Munson Rocks and working on an environmental project. Your final evening will be a celebration of adventure and a closing campfire. Day 6 your crew will bid farewell to Big Munson Island and paddle 5 miles back to BEC for closing Conch LUAU.

Big Munson Island- Big Munson Island is comprised of hardwood hammocks, low mangrove swamps and a sandy beach. Your crew will wade ashore with your food, water and equipment. Hard soled water shoes are essential. Depending on tide and weather, water may be knee high or up to your chest. Four man tents, already set up, are provided for each two participants along with a complete campsite including cooking equipment.

★ Hammocks can be used in most campsites on Big Munson Island and are available in the Ship Store for purchase.

Fishing License- Out Island Adventure participants **16 years of age and older** must purchase a 3 day fishing license. Your license must begin 2 days after your arrival day at BEC and can

be purchased at www.myfwc.com/license. For instance; if you arrive on the 1st of the month your license will need to begin on the 3rd. Additionally, units arriving between August 6 and March 31 must also purchase a lobster tag. Note: Out Island **does not** participate in Lobster Mini Season the last Wednesday- Thursday of July.



Departing Brinton Environmental Center-

A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at BEC will be donated to local charities.

Out Island Adventure Packing List-

Sea Base provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.


! Participants 16 and older must purchase a Florida Fishing License and Lobster Tag (Aug 6- March 31) prior to arrival at BEC.

Units must supply a Sea Base specific First Aid Kit and padlock.



What to Bring 	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended*	Water bottle with carabineer, coffee mug*
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended*	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap*	1 lightweight sleeping pad*
Polarized Sunglasses with strap*	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays*	2 towels (1) regular (1) microfiber- sham*
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land*	Toiletry Kit*
Light Pants- Zip off trek pants recommended*	Flashlight- headlamp recommended*
Female Participants should have a full piece or conservative tankini	Camera- waterproof recommended*
3 pairs sock (2) regular (1) neoprene swim socks*	Insect Repellent- Skin So Soft recommended*
2 pairs of shoes (1) athletic (1) hard soled water shoes*	Copy of Insurance Card & Prescription Medication
Light Rain Jacket*	Fishing license for individuals 16 and older www.myfwc.com/license
Medicated Powder*	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping

What Not to Bring 	
Spear Guns- prohibited	Aerosol sunscreen or bug spray- prohibited
Firearms or Fireworks- prohibited	Personal music player or video games
Skateboards or bicycles- prohibited	Mess Kits
	Valuable or unnecessary items

Florida Sea Base Sailing Programs

Florida Sea Base Requirements

Every member of your crew must be registered with the BSA and your unit must provide copies of their BSA Membership Card. Every Adult Leader must complete BSA Youth Protection, Safe Swim and Safety Afloat and your unit must provide copies of their certificates. One adult leader must complete Wilderness First Aid Training; it is recommended that every youth and adult complete the training. Every participant must provide a complete and current BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms signed by a physician. Every crew member must be 13 years of age and graduated or graduating from 8th grade in the season of your arrival or 14 years of age by September 1. Every crew member must weigh less than 295 pounds as evidenced on their BSA Annual Health and Medical Record. Participants do not need to purchase a Florida Fishing License.





Coral Reef Sailing

Greetings from Florida Sea Base! You are about to embark upon a sailing, snorkeling, fishing adventure unlike any other.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Coral Reef Sailing Program-

All items going aboard your vessel will be packed into a 24 inch duffel bag provided by Sea Base. Custom Crew duffel bags are available for purchase at www.fsbshipstore.com. While no showers or laundry facilities are available aboard, there are at Florida Sea Base. Limited crew storage is available onsite. For travel; all items should be packed into a small checked bag- backpack. Please do not bring large suitcases. Limit items to those listed in "What to Bring."

Traveling to Florida Sea Base- While traveling; please remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International, Miami International, Hollywood- Fort Lauderdale International airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

Coral Reef Sailing Arrival and Brief Overview- Coral Reef Sailing is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown your crew will have its picture taken, receive a tour, check out snorkel gear, complete a FSB Swim Review, complete BSA Snorkeling, provision your vessel, eat dinner and begin to experience the one of a kind adventure that is Coral Reef Sailing. Coral Reef boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader will assign duties to youth and adult crew members which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Each Coral Reef Sailing Adventure itinerary is different due to weather, season and your arrival time. All crews will board their vessel Day 1, but some may not leave the dock until morning of Day 2.

After a few days on the water you will return to Sea Base to provision ice, water, refuel and take part in mid-week activities. Crews will spend their mid-week night aboard their vessel at the dock and set sail again the next morning.

Day 6 crews will return to Sea Base. Once docked your crew will clean the vessel, return snorkel gear and move into your dorm room and then onto Conch LUAU!

Departing Florida Sea Base- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be donated to local charities. Once packed your crew may leave Sea Base as early

as necessary. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. Crews may remain onsite no later than 11:00 am.

Coral Reef Adventure Packing

List- Sea Base provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.bsaseabase.org.

Units must supply a Sea Base specific First Aid Kit and padlock. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

What to Bring	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended*	Water bottle with carabineer, coffee mug*
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended*	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap*	1 lightweight sleeping pad*
Polarized Sunglasses with strap*	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays*	2 towels (1) regular (1) microfiber- sham*
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land*	Toiletry Kit*
Light Pants- Zip off trek pants recommended*	Flashlight- headlamp recommended*
Female Participants should have a one piece or conservative tankini	Camera- waterproof recommended*
3 pairs sock (2) regular (1) neoprene swim socks*	Insect Repellent- Skin So Soft recommended*
2 pairs of shoes (1) athletic (1) sandals*	Copy of Insurance Card- front/back & Prescription Medication
Light Rain Jacket *	Unit First Aid Kit*
	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.



What Not to Bring	
Spear Guns- prohibited	Deck shoes, water shoes
Firearms or Fireworks- prohibited	Personal music player or video games
Skateboards or bicycles- prohibited	Mess Kits
Aerosol sunscreen or bug spray- prohibited	Metal or aluminum water bottles
	Valuable or unnecessary items

STEM/ECO Adventure

Greetings from Florida Sea Base! The largest and most ecologically diverse wilderness on Earth awaits your exploration. Covering 71% of the planet, oceans remain 85% undiscovered. During your adventure you will study and explore four unique ecosystems; mangrove hammocks, sea grass beds, hardpan sea floor and the beautiful Florida Coral Reef.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for STEM/ECO Adventure Sailing Program-

All items going aboard your vessel will be packed into a 24 inch duffel bag provided by Sea Base. Custom Crew duffel bags are available for purchase at www.fsbshipstore.com. While no showers or laundry facilities are available aboard, there are at Florida Sea Base. Limited crew storage is available onsite. For travel; all items should be packed into a small checked bag- backpack. Please do not bring a large suitcase per person. Limit items to those listed in "What to Bring."

Traveling to Florida Sea Base- While traveling; please remember that you are representing not only your unit but the whole of the Scouting. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International (EYW), Miami International

(MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

STEM/ECO Adventure Sailing Arrival and Brief Overview-

STEM/ECO Adventure is a 7 day program- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown; your crew will have its picture taken, receive a tour, check out snorkel gear, complete a FSB Swim Review, complete BSA Snorkeling, provision your vessel, eat dinner and begin to experience the one of a kind adventure that is STEM/ECO Adventure. STEM/ECO boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader will assign duties to youth and adult crew members which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Each STEM/ECO Adventure itinerary is different due to weather, season and your arrival time. All crews will board

their vessel day 1, but many will not leave the dock until morning of day 2.

Over the course of the next 5 days your unit will explore the underwater wilderness of the Florida Keys via snorkel, kayak, sail and scientific instruments. STEM/ECO Participants do not have a midweek layover at Sea Base. Instead crews will paddle mangrove trails, walk nature trails and discover learning opportunities at John Pennekamp Coral Reef State Park.

Day 6 crews will return to Sea Base. Once docked your crew will clean the vessel, return snorkel gear and move into your dorm room and then onto Conch LUAU!

Departing Florida Sea Base- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be

donated to local charities. Once packed your crew may leave Sea Base as early as necessary. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. Crews may remain onsite no later than 11:00 am.

STEM/ECO Adventure Packing

List- Sea Base provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Units must supply a Sea Base specific First Aid Kit and padlock. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.



What to Bring	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended ✨	Water bottle with carabineer, coffee mug ✨
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended ✨	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap ✨	1 lightweight sleeping pad ✨
Polarized Sunglasses with strap ✨	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays ✨	2 towels (1) regular (1) microfiber- sham ✨
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land ✨	Toiletry Kit ✨
Light Pants- Zip off trek pants recommended ✨	Flashlight- headlamp recommended ✨
Female Participants should have a one piece or conservative tankini	Camera- waterproof recommended ✨
3 pairs sock (2) regular (1) neoprene swim socks ✨	Insect Repellent- Skin So Soft recommended ✨
	Copy of Insurance Card & Prescription Medication

2 pairs of shoes (1) athletic (1) sandals *	Note pad and pen
Light Rain Jacket *	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.

What Not to Bring	
Deck shoes, water shoes	
Spearguns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Mess Kits
Skateboards or bicycles- prohibited	Metal or aluminum water bottles
Aerosol sunscreen or bug spray- prohibited	Valuable or unnecessary items

Sea Exploring Adventure

Greetings from Florida Sea Base! Your crew of 18–20 is about to set sail on an epic adventure.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in “Preparing for Sea Base.”

Packing for Sea Exploring- All items going aboard your vessel will be packed into a 24 inch duffel bag provided by Sea Base. Custom Crew duffel bags are available for purchase at www.fsbshipstore.com. While no showers or laundry facilities are available aboard, there are at Florida Sea Base. Limited crew storage is available onsite. For travel; all items should be packed into a small checked bag- backpack. Please do not bring large suitcases. Limit items to those listed in “What to Bring.”

Traveling to Florida Sea Base- While traveling; please remember that you are representing not only your unit but the whole of the Scouting. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International (EYW), Miami International

(MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

Sea Exploring Arrival and Brief Overview- Sea Exploring Adventure is an 8 day program including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and gear shakedown. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown your crew will have its picture taken, receive a tour, check out snorkel gear, complete a FSB Swim Review, complete BSA Snorkeling, provision your vessel, eat dinner and begin to experience the one of a kind adventure that is Sea Exploring. Sea Exploring boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader will assign duties to youth and adult crew members

which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Each Sea Exploring itinerary is different due to weather, season, experience, desire for adventure. All crews will overnight at Sea Base in Islamorada and board their vessel Day 2 in Key West.

Over the course of the next 5 days your unit will explore the waters and reefs surrounding Key West and Key West itself.

Day 7 crews will return to Sea Base, return snorkel gear and move into your dorm room and then onto Conch LUAU!


Key West - Key West is the southernmost point in the continental United States and is rich in history and culture. Units participating in Sea Exploring should pre-plan their Key West day prior to arrival at FSB. While touring Key West it is important to remember that this is a unit activity. Stay together. Also remember that it is a BSA activity and that all activities must align with the Guide to Safe Scouting and Youth Protection Guidelines; jet

skis, scooters, bikes without helmets, parasailing, and alcohol are prohibited.

Departing Florida Sea Base - A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be donated to local charities. Once packed your crew may leave Sea Base as early as necessary. Early breakfast is served at 7am and regular breakfast at 8am. Crews may remain onsite no later than 11am.

Sea Exploring Packing List - Sea Base provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.bsaseabase.org.

Units must supply a Sea Base specific First Aid Kit and padlock. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

What to Bring	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended *	Water bottle with carabineer, coffee mug *
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended *	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap *	1 lightweight sleeping pad *
Polarized Sunglasses with strap *	1 small pillow- backpacking recommended
16 oz. +45 SPF biodegradable sunscreen- no sprays *	2 towels (1) regular (1) microfiber- sham *
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land *	Toiletry Kit *
Light Pants- Zip off trek pants recommended *	Flashlight- headlamp recommended *
	Camera- waterproof recommended *

Female Participants should have a one piece or conservative tankini	Insect Repellent- Skin So Soft recommended *
3 pairs sock (2) regular (1) neoprene swim socks *	Copy of Insurance Card & Prescription Medication
2 pairs of shoes (1) athletic (1) sandals *	Unit First Aid Kit *
Light Rain Jacket *	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.

What Not to Bring	
Deck shoes, water shoes	
Spear Guns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Mess Kits
Skateboards or bicycles- prohibited	Metal or aluminum water bottles
Aerosol sunscreen or bug spray- prohibited	Valuable or unnecessary items



Florida Sea Base Scuba Programs

Florida Sea Base Requirements

Every member of your crew must be registered with the BSA and your unit must provide copies of their BSA Membership Card. Every Adult Leader must complete BSA Youth Protection, Safe Swim and Safety Afloat and your unit must provide copies of their certificates. One adult leader must complete Wilderness First Aid Training; it is recommended that every youth and adult complete the training. Every participant must provide a complete & current BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms signed by a physician. Every crew member must be 13 years of age and graduated or graduating from 8th grade in the season of your arrival or 14 years of age by September 1. Every crew member must weigh less than 295 pounds as evidenced on their BSA Annual Health and Medical Record.

Scuba Participants are held to a high medical standard due to the inherent risks associated with Scuba Diving. Individuals seeking to participate in Scuba programs must meet Sea Base Eligibility Requirements, Scuba BSA requirements, Sea Base Risk Advisories and be approved by their physician. **Final decisions for clearance rest with Sea Base Medical Director.**

Scuba Certification Participants- All Scuba Certification Participants must complete PADI Standard Safe Diving Practices Statement of Understanding, PADI General Training Release along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Record Part C and PADI Medical Statement is due 30 days prior to arrival.

All Scuba Adventure and Scuba Live- Aboard Participants- All Scuba Adventure and Scuba Live- Aboard Program participants must complete PADI Release for Certified Divers along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Record Part C is due 30 days prior to arrival. Scuba Adventure and Live Aboard participants must provide a copy of their Dive Certification Card from a Scuba BSA recognized agency and personal dive log upon arrival.

BSA- FSB Recognized Training Agencies- The Boy Scouts of America and Florida Sea Base only accept certification from R.S.T.C. W.R.S.T.C. recognized training agencies which include; IDEA, NASDS, PADI, PDIC, SSI, YMCA and NAUI.

Scuba Adventure

Greetings from Florida Sea Base! Your crew will dive the third largest coral barrier reef on the planet and experience the most diverse ecosystem in North America; Florida Coral Reef.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Scuba Adventure- While at Sea Base your crew will be housed in air conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items should be packed into a small checked bag or backpack. Please do not bring a large suitcase per person. Limit items to those listed in "What to Bring."

Sea Base provides dive equipment; mask, snorkel, fins, regulator, BCD, weight belt, weights. Individuals may bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by FSB.

Traveling to Florida Sea Base- While traveling please remember that you are representing not only your unit but the whole of the Scouting. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

Scuba Adventure Arrival and Brief Overview- Scuba Adventure is an 8 day program- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete Scuba Review- if time permits, eat dinner and then complete Scuba Adventure Orientation.

Each Scuba Adventure itinerary is different due to weather, season, experience and arrival time. Safety is the first priority of Sea Base. Provided optimal conditions your crew will participate in as many as 11 open water dives while at Sea Base including one night dive. All dives will be conducted within the PADI recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 of your adventure your crew will clean and return dive gear and participate in a Sea Base closing ceremony; Conch LUAU!

Departing Florida Sea Base- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items

with you. Gear left at FSB will be donated to local charities. Once packed your crew may leave Sea Base as early as necessary. Early breakfast is served at 7:00am and regular breakfast at 8:00am. Crews may remain onsite no later than 11:00am.

Scuba Adventure Packing List- Sea Base provides meals, Scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Units must supply a Sea Base specific First Aid Kit and crew padlock.

IMPORTANT!

SCUBA Adventure participants **MUST NOT** fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for 8am or later.



Scuba Certification

Greetings from Florida Sea Base! Your crew will learn to dive in crystal blue and

What to Bring 	
1 SPF +45 Long Sleeve Shirt- Custom Crew offered ✨	Water bottle with carabineer, coffee mug ✨ 1 sleeping cover-sleeping bag insert recommended
1 SPF +45 Short Sleeve Shirt- Custom Crew offered ✨	Top and bottom sheet
Wide Brimmed Hat with strap ✨	1 pillow and pillow case
Polarized Sunglasses with strap ✨	2 towels ✨
16 oz. +45 SPF biodegradable sunscreen- no sprays ✨	Toiletry Kit ✨
2 pairs of shorts: (1) swim trucks or swimsuit (1) land ✨	Dive logbook and certification cards ✨
Light Pants- Zip off trek pants recommended ✨	Copy of Insurance Card- front and back & Prescription Medication

Female participants should have a one piece or conservative tankini	Dive Watch *
3 pairs sock (2) regular (1) neoprene swim socks *	Sea Base Specific Crew 1 st Aid Kit and crew padlock *
Shoes or sandals *	Wetsuit- Rental available for Winter and Spring Crews *
Light Rain Jacket *	Spending Money (\$100-\$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.



What Not to Bring	Personal Scuba Tanks
Spearguns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Dive Knives
Aerosol sunscreen or bug spray- prohibited	Valuable or unnecessary items

turquoise waters amid coral reefs and the most diverse ecosystem in North America. Sea Base is one of the largest PADI 5 Star IDC Resorts in the world. There is no better place to learn to dive.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Prior to arrival- Scuba Certification participants must read PADI Open Water Manual, complete all PADI Open Water Knowledge Reviews and watch PADI Open Water Diver video.

Packing for Scuba Certification- While at Sea Base your crew will be housed in air conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items should be packed into a small checked bag or backpack. Please do not bring a large suitcase per person. Limit items to those listed in "What to Bring."

Sea Base provides dive equipment; mask, snorkel, fins, regulator, BCD,

weight belt, weights. Individuals may bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by FSB.

Traveling to Florida Sea Base- While traveling please remember that you are representing not only your unit but the whole of the Scouting. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

Scuba Certification Arrival and Brief Overview- Scuba Certification is an 8 day program- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork-shakedown your crew will have its picture taken, receive a tour, complete a FSB Swim Review, eat dinner and complete Scuba Certification Orientation.

Day 2- 3 your crew should complete classroom and pool sections. Given optimal conditions, Day 5- 7 your crew will participate in multiple open water dives daily. After your final dive on Day 7 our crew will clean and return dive gear and participate in a Sea Base closing ceremony; Conch LUAU!

Departing Florida Sea Base- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be donated to local charities. Once packed your crew may leave Sea Base as early as necessary. Early breakfast is served at 7:00 am and regular breakfast at

8:00 am. Crews may remain onsite no later than 11:00 am.

Scuba Certification Packing List- Sea Base provides meals, Scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Units must supply a Sea Base specific First Aid Kit and crew padlock.














IMPORTANT!

SCUBA Adventure participants **MUST NOT** fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for 8:00 am or later.



Scuba Live Aboard

Greetings from Florida Sea Base! Your crew is about to set sail upon a diving adventure of a lifetime. The Florida Keys National Marine Sanctuary and Florida Coral Reef boast the most diverse ecosystem in North America.

What to Bring	
1 SPF +45 Long Sleeve Shirt- Custom Crew offered 	Water bottle with carabineer, coffee mug 
1 SPF +45 Short Sleeve Shirt- Custom Crew offered 	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat with strap 	Top and bottom sheet
Polarized Sunglasses with strap 	1 pillow and pillow case
16 oz. +45 SPF biodegradable sunscreen- no sprays 	2 towels 
2 pairs of shorts: (1) swim trucks or swimsuit (1) land 	Toiletry Kit 
Light Pants- Zip off trek pants recommended 	Dive logbook and certification cards 
Female participants should have a one piece or conservative tankini	Copy of Insurance Card- front and back & Prescription Medication
	Diver watch 

3 pairs sock (2) regular (1) neoprene swim socks *	Sea Base Specific Crew 1 st Aid Kit and crew padlock
Shoes or sandals *	Wetsuit- Rental available for Winter and Spring Crews *
Light Rain Jacket *	Spending Money (\$100-\$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.

What Not to Bring	
Personal Scuba Tanks	
Spearguns- prohibited	Personal music player or video games
Firearms or Fireworks- prohibited	Dive Knives
Aerosol sunscreen or bug spray- prohibited	Valuable or unnecessary items

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Packing for Scuba Live Aboard- All items going aboard your vessel will be packed into a 24 inch duffel bag provided by Sea Base. Custom Crew duffel bags are available for purchase at www.fsbshipstore.com. While no showers or laundry facilities are available aboard, there are at Florida Sea Base. Limited crew storage is available onsite. For travel; all items should be packed into a small checked bag- backpack. Please do not bring a large suitcase per person. Limit items to those listed in "What to Bring."

Sea Base provides dive equipment; mask, snorkel, fins, regulator, BCD, weight belt, weights. Individuals may bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by FSB.

Traveling to Florida Sea Base- While traveling please remember that you are representing not only your unit but the whole of the Scouting. Please act in a responsible and kind manner.

Your crew will arrive at Florida Sea Base between 1:00 and 3:00 pm having already eaten lunch. If flying, your crew has several good options; Key West International (EYW), Miami International (MIA), Hollywood- Fort Lauderdale International (FLL) airports. Due to parking restrictions it is important that Crews choosing to rent vehicles consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base will provide shuttles to drop off and pick up rental vehicles in Marathon, FL.

Scuba Live Aboard Arrival and Brief Overview- Scuba Live Aboard is an 8 day program- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival.

Following completion of paperwork- shakedown your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete Scuba Review, eat dinner and then complete Scuba Live Aboard Orientation.

Each Scuba Live Aboard itinerary is different due to weather, season, and

experience. All crews will overnight at Sea Base in Islamorada and then travel to and board their vessel Day 2.

Scuba Live Aboard boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader will assign duties to youth and adult crew members which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Over the course of the next 5 days your unit will explore the waters and reefs surrounding the Florida Keys.

Safety is the first priority of Sea Base. Provided optimal conditions your crew will have 11- 15 dives while at Sea Base including one or more night dives. All dives at Sea Base are conducted within the PADI recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 your crew will return to Sea Base, clean and return dive gear and participate in a Sea Base closing ceremony; Conch LUAU!

Departing Florida Sea Base- A Scout is Clean. Prior to departure your crew will be responsible to clean your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be donated to local charities. Once packed your crew may leave Sea Base as early as necessary. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. Crews may remain onsite no later than 11:00 am.

Scuba Live Aboard Packing List- Sea Base provides meals, Scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money.


Below is a list of personal items required for your Adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Units must supply a Sea Base specific First Aid Kit and crew padlock. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

IMPORTANT!

SCUBA Adventure participants **MUST NOT** fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for 8:00 am or later.



What to Bring 	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended *	Water bottle with carabineer, coffee mug *
1 SPF +45 Short Sleeve Shirt- activity Uniform recommended *	1 sleeping cover- sleeping bag insert recommended & 1 small pillow
Wide Brimmed Hat with strap *	1 lightweight sleeping pad or hammock *
Polarized Sunglasses with strap *	2 towels (1) regular (1) microfiber- sham *
16 oz. +45 SPF biodegradable sunscreen- no sprays *	Dive watch *
2 pairs of shorts: (1) swim trucks or swimsuit (1) boat- land *	Toiletry Kit *
Light Pants- Zip off trek pants recommended *	Flashlight- headlamp recommended *
Female Participants should have a one piece or conservative tankini	Camera- waterproof recommended *
3 pairs sock (2) regular (1) neoprene swim socks *	Insect Repellent- Skin So Soft recommended *
2 pairs of shoes (1) athletic (1) sandals *	Copy of Insurance Card- front/back & Prescription Medication
Light Rain Jacket *	Dive logbook and certification cards *
	Spending Money (\$100- \$150)

* Indicates items available at FSB Ship Store and www.fsbshipstore.com. Please allow 4-6 weeks shipping.

What Not to Bring 	
Spear Guns- prohibited	Deck shoes, water shoes
Firearms or Fireworks- prohibited	Personal music player or video games
Skateboards or bicycles- prohibited	Mess Kits
Aerosol sunscreen or bug spray- prohibited	Metal or aluminum water bottles
	Unnecessary items



Sea Base St. Thomas Sailing Programs

Greetings from Sea Base St. Thomas! You are about to set sail on an adventure flanked by National Parks and historical ports.

In preparation of your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures and requirements outlined in "Preparing for Sea Base."

Sea Base St. Thomas Requirements- Every member of your crew must be registered with the BSA and your unit must provide copies of their BSA Membership Card. Every Adult Leader must complete BSA Youth Protection, Safe Swim and Safety Afloat and your unit must provide copies of their certificates. One adult leader must complete Wilderness First Aid Training; it is recommended that every youth and adult complete the training. Every participant must provide a complete BSA Annual Health and Medical Record found at www.bsaseabase.org/resources/forms signed by a physician. Every crew member must be 13 years of age and graduated or graduating from 8th grade in the season of your arrival or 14 years of age by September 1. Every crew member must weigh less than 295 pounds as evidenced on their BSA Annual Health and Medical Record. Participants must bring either a US Passport or a State Issued ID and copy of their Birth Certificate.



Packing for Sea Base St. Thomas- IMPORTANT

One 24 inch duffel bag is permitted per person and one oversize military style duffel bag is permitted per crew. Suitcases, hard luggage, framed backpacks, or wheeled bags are prohibited. **No storage is provided.**

Traveling to St. Thomas (STT), United States Virgin Islands-

While traveling, please remember that you are representing not only your unit but the whole of the Boy Scouts of America. Please act in a responsible and kind manner.

Your crew will arrive at St. Thomas airport (STT) before 2:00 pm.

After claiming luggage your unit will board an assigned prepaid taxi from the St. Thomas Airport to Sapphire Marina where a staff member will greet you.

Sea Base St. Thomas Vessel Assignments and Itinerary-

Final vessel assignments are made just prior to arrival. Weather and arrival time permitting you will embark on your adventure day 1 and return day 6. Your itinerary at Sea Base will be based upon your crews desire for adventure- which you should share with your captain, your crews physical ability and sailing knowledge, weather and tides.

Sea Base St. Thomas Vessel Adventure-

Sea Base St. Thomas is a 7 day adventure- including your arrival and departure date.

Your first activity, as with any Scout activity, will be a review of paperwork and introduction. There are limited services in St. Thomas, you must ensure that paperwork is correct and accurate prior to arrival.

The only gear allowed aboard Sea Base vessels is gear stored in (1) 24 inch duffel bag per person and (1) oversized military style duffel bag.

Following completion of paperwork and introduction your crew will board its vessel and begin an amazing voyage where crew members will snorkel, fish, sail, visit beaches, trails of the VI National Park, sugar plantations of the adjacent St. John and experience the one of a kind adventure that is Sea Base St. Thomas. Sea Base boats are working vessels; your unit, youth and adult, will learn what it is to crew aboard a sailing vessel.

The elected Youth Leader or Crew Chief will assign duties to youth and adult crew members which will include preparing meals, cleaning the boat- including the head, anchor watch and any other duties assigned by the captain. While aboard it is important to understand that the captain is the final authority figure.

Bays- You will have the opportunity to explore the islands of St. Thomas and St. John by swimming into shore via sheltered bays. Travel as a unit. While onshore please remember that you are guests in small communities. Use public restrooms whenever possible. Enter stores and restaurants only if you intend to place an order or shop. Do not take fruit or coconuts off trees or out of yards. Do not litter. Greet people kindly and be polite.

Departing Sea Base St.

Thomas Vessel- On your departure day, having spent the previous night at the dock, your crew is responsible to clean and re-provision the vessel. There is no lost and found at Sea Base St. Thomas, so please take all your belongings with you. Sea Base St. Thomas will schedule and pay for a taxi which will take you to the airport.

Sea Base St. Thomas Vessel Packing List- One 24 inch duffel bag is

permitted per person and one oversize military style duffel bag is permitted per crew. Suitcases, hard luggage, framed backpacks, or wheeled bags are prohibited and will be left at the dock. No storage is provided. Custom Crew duffel bags are available for purchase www.fsbshipstore.com.

Sea Base St. Thomas provides meals, fishing equipment, snorkeling equipment and everything you will need on your adventure but you will want to bring some additional spending money.

IMPORTANT! CLEARING CUSTOMS

Every Sea Base St. Thomas participant must have either a valid US Passport or State Issued ID and copy of their Birth Certificate. Note: While US Passports are not required, they are highly recommended.



What to Bring Packed in a 24 inch duffel bag 	
1 SPF +45 Long Sleeve Shirt- activity uniform recommended *	Nalgene style water bottle with carabineer- non aluminum *
1 SPF +45 Short Sleeve Shirt- Activity Uniform recommended *	1 sleeping cover- sleeping bag insert recommended
Wide Brimmed Hat *	1 lightweight sleeping pad, 1 small pillow
Polarized Sunglasses with strap *	2 towels (1) regular (1) microfiber- sham *
16 oz. +45 SPF biodegradable sunscreen- no sprays *	Toiletry Kit
2 pairs of shorts: (1) swim (1) boat- land	Flashlight- headlamp recommended *
Light Pants- Zip off trek pants recommended *	Camera- waterproof recommended *
Light Rain Jacket *	24 inch duffel bag *
3 pairs sock (2) regular (1) neoprene swim socks *	Copy of Insurance Card & Prescription Medication
1 pair of versatile water/land shoes- examples TEVA or Keen	Unit First Aid Kit *
	Spending Money (\$100- \$150)

* Indicates items available at www.fsbshipstore.com.
Please allow 4-6 weeks shipping.



What Not to Bring

Luggage- prohibited

Framed Backpacks- prohibited

Spear Guns- prohibited

Aerosol sunscreen or bug spray- prohibited

Personal music player

Personal video games

Valuable or unnecessary items





General Manager's Letter to Crew Leaders

Welcome to the Florida National High Adventure Sea Base!! We're excited that you will be joining us for what we know will be the adventure of a lifetime. The staff of the Florida National High Adventure Sea Base is dedicated to delivering one-of-a-kind ocean adventures in a positive, encouraging and accepting environment that enhances the Scouting experience of every participant in our program, youth or adult. However, the final key to the quality of your Sea Base experience is YOU and your preparation to take part in one of our amazing adventures.

Please read this guidebook from cover to cover and encourage all Scouts to do so as well, and then make sure that the information is shared with all parents. Even if you have been here before, it is vital that you go through this information – our programs are always evolving and changing and things may not be like they were in the past. This guidebook provides you with all of the information you'll need to plan and prepare for your high adventure. Remember – A Scout is Prepared! Your organization, planning, forethought and enthusiasm will make the magic of the Sea Base come true for each and every person in your crew.

Please understand that, due to the unique nature of our programs, the Sea Base has medical requirements that are often stricter than for other Scouting activities. This is solely for the safety and protection of every Sea Base participant. Scouts and leaders with a history of asthma, diabetes and seizure disorder need to pay special attention to these requirements, especially if they are participating in scuba programs. The BSA Annual Health and Medical Record has more detailed information.

Three other Sea Base safety issues that merit special emphasis are:

Sun Block with a rating of SPF 45 or higher, preferably Reef Safe: Let's face it – sunburn is a bummer and will ruin an otherwise great experience. Our sub-tropical sun is very different from what you're used to and you can burn easily if you don't take the proper precautions. In addition, please bring lotion ONLY – no spray bottles (even pumps) and make sure it is sun block, not suntan lotion.

Plastic or metal drinking container: All of the activities are outdoors and in the sub-tropics, it is vital that everyone hydrate well (that is – DRINK LOTS OF WATER!). There's always fresh water available, however all participants must bring their own water conveyance or purchase one in the Ship's Store. Bottles such as Nalgene® or similar products work great. You might want to have a clip like a carabiner so that it doesn't go to "Davy Jones' Locker" (that's nautical for in the ocean!).

Hat and Sunglasses: Do as our staff does – wear a hat and sunglasses whenever possible. Those that offer 100% UV protection are best and polarized lenses will help reduce glare on the water.

Also know that the Florida Sea Base offers partial *need based* scholarships to deserving Scouts who might not otherwise be able to attend. Scholarships are awarded based on need and Scouting background and involvement. Applications are available on our website www.bsaseabase.org.

The staff of the Florida National High Adventure Sea Base is looking forward to having you join us for an absolutely amazing aquatic experience! We do everything possible to live up to our slogan of "*Delivering Ocean Adventures That Make a Lifetime Difference.*"

See you soon!
Paul Beal
General Manager

For those who prefer having their own snorkel and gear bag, they can now be pre-purchased online at www.fsbshipstore.com and picked up on arrival at Sea Base, otherwise snorkels and gear bags are still available for checkout with other equipment.

As Sea Base Crew Leaders we have ensured that:

- We understand that all Sea Base Crews must adhere to Sea Base payment schedule. Including; \$100 per person deposit, Spring Crew ½ payment September 1 of current year, Summer Crew ½ payment October 1 of current year, 90 days prior to arrival final payment due and are committed to doing so.
- All Sea Base Crew Members, including myself, are registered with the BSA and have secured copies of BSA Membership Cards.
- Our Sea Base Crew has adequate adult leadership as outlined in Crew Leadership Requirements.
- Our Sea Base Crew has completed our Sea Base Crew Roster including Emergency Contact Information 90 days prior to our arrival at Sea Base.
- All Sea Base Crew Adult Leaders have completed Youth Protection Training, BSA Safety Afloat, Safe Swim Defense and we have secured copies of training certificates.
- At least (1) adult per Sea Base Crew has completed Wilderness First Aid- CPR and we have secured copies of both cards. As leaders we understand that every crew member should be trained.
- All crew members must be 13 years of age and graduated or graduating from 8th grade in the season of their arrival or 14 years of age by September 1 as evidenced by their Annual Health and Medical Record.
- All Sea Base Crew Members weigh less than 295 pounds and my crew understands that any individual over the weight eligibility requirement will be sent home at their own expense.
- All Sea Base Crew Members have passed BSA Swim Test in a STRONG manner which we have documented on BSA Unit Swim Classification Record administered by a BSA Lifeguard or Lifeguard from an approved agency.
- All Sea Base Crew Members have a complete BSA Annual Health and Medical signed by a physician.
- Our Sea Base Crew has completed a BSA Tour Plan and we have secured a paper copy.
- Our Sea Base Crew has ordered or secured a Sea Base specific First Aid Kit.
- Our Sea Base Crew has ordered Custom Crew Shirts and Crew Photos from FSB Ship Store- if desired.
- We have alerted Sea Base Food Service to known allergies and restrictions via email (2) weeks prior to our arrival. FSB.Galley@scouting.org. We are aware it is our responsibility to ensure that proper accommodations have been made upon arrival at Sea Base.
- All Sea Base Crew Members know and are prepared to follow the Scout Oath and Law.

Adult Crew Leader Signature _____

Youth Crew Leader Signature _____

Adult and Crew Leader Final Checklist

Crew Leader Additional Checklist- Scuba

- Scuba Certification Participants-** All Scuba Certification Participants have completed PADI Standard Safe Diving Practices Statement of Understanding, PADI Medical Statement and PADI General Training Release along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Record Part C is due 30 days prior to arrival.
- All Scuba Adventure & Scuba Live- Aboard Participants-** All Scuba Adventure and Scuba Live- Aboard Program participants have completed PADI Release for Certified Divers along with the BSA Annual Health and Medical Record Parts A, B no later than January 1 for Spring Crews, March 1 for Summer Crews. BSA Annual Health and Medical Review Part C is due 30 days prior to arrival.
- All Scuba Adventure & Scuba Live- Aboard Participants-** All participants have provided a copy of their certification card from a BSA recognized Scuba provider- confirmed by us.

Additional Crew Requirements Bahamas Sea Base only

- Our Sea Base Bahamas Crew has completed Sea Base Travel Form 90 days prior to arrival.
- Bahamas Crew Members have secured a US Passport and youth traveling without a parent have completed and had notarized the unaccompanied minor form listed on the www.bsaseabase.org.
- All Bahama Crew participants have limited gear to a sleeping pad, sleeping cover and 24 inch duffle bag.
- Our Sea Base Bahamas Crew will check one oversized Crew duffle bag in which we will store sleeping pads- covers, sunscreen, unit first aid kit and other required items. This duffle bag will not be substituted for luggage or any type of bag other than an oversized. duffle bag capable of being folded into a circumference no larger than a soccer ball.

Additional Crew Requirements St. Thomas Sea Base only

- St. Thomas Sea Base Crews have completed Sea Base Travel Form 90 days prior to arrival.
- All St. Thomas Sea Base Crew members have secured a US Passport or copies of their Birth Certificate and State Issued ID.
- All St. Thomas Crew participants have limited gear to a sleeping pad, sleeping cover and 24 inch duffle bag.
- Our Sea Base St. Thomas Crew will check one oversized Crew duffle bag in which we will store sleeping pads- covers, sunscreen, unit first aid kit and other required items. This duffle bag will not be substituted for luggage or any type of bag other than an oversized duffle bag capable of being folded into a circumference no larger than a soccer ball.



Resources

Bahamas Sea Base Unaccompanied Minor Travel Form

www.bsaseabase.org/resources/forms

BSA Annual Health and Medical Records www.bsaseabase.org/resources/forms

BSA Youth Protection www.scouting.org/Training/YouthProtection.aspx

BSA Field Book www.fieldbook.scouting.org/

BSA Guide to Safe Scouting www.scouting.org/filestore/pdf/34416.pdf

BSA Safety Afloat

www.scouting.org/scoutsorce/HealthandSafety/Aquatics/safety-afloat.aspx

BSA Safe Swim www.scouting.org/Home/OutdoorProgram/Aquatics/safe-swim.aspx

BSA Tour and Activity Plan

www.scouting.org/scoutsorce/HealthandSafety/TourPlanFAQ.aspx

BSA Troop Committee Guidebook

www.scoutstuff.org/guidebook-troop-committee.html#Vg7em_IViko

Florida Fishing License www.myfwc.com/license

Food Restrictions FSB.Galley@Scouting.org

NAYLE www.scouting.org/scoutsorce/BoyScouts/Resources/NAYLE.aspx

NYLT www.scouting.org/scoutsorce/BoyScouts/Resources/nylt.aspx

Sea Base Scholarships www.bsaseabase.org/resources/forms

Scuba BSA www.scouting.org/Home/OutdoorProgram/Aquatics/ScubaBSA.aspx

Scuba BSA Merit Badge

www.scouting.org/scoutsorce/BoyScouts/AdvancementandAwards/MeritBadges/scuba.aspx

BSA Swim Test

www.scouting.org/filestore/Outdoor%20Program/Aquatics/pdf/430-122.pdf

Sea Base Ship Store www.fsbshipstore.com



Gulf of Mexico

Homestead

Everglades National Park

Whitewater Bay

Key Largo

Florida Bay
Tavernier

Plantation Key
Islamorada
Upper Matecumbe Key
Lower Matecumbe Key
Windley Key
Lignumvitae Key

Atlantic Ocean

SEA BASE MM. 73.8

BRINTON CENTER MM. 23.8

BIG MUNSON ISLAND

↓ Cuba 90 Miles

Key West

Boca Chica Key

Saddlebunch Key

Sugarloaf Key

Ramrod Key

Little Torch Key

Big Pine Key

Pigeon Key

Bahia Honda Key

No Name Key

Conch and Duck Keys

Vaca Key

Grassy Key

Long Key

Seven Mile Bridge

Marathon



Reef Locations



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instagram.com/floridaseabasebsa

www.bsaseabase.org