

## T20 Packing for Sea Base: ECO Sailing (Updated 11/17/2024)

**Required Medical Item:** Seasickness medication of choice such as Dramamine, Bonine, Scopolamine.

### Medical Items (If Needed):

- 2 Sets of medication in separate containers.
- 2 to 3 Epi-pens.
- 2 to 3 Inhalers.
- 2 Paper copies of all prescriptions.
- Lens cleaner wipes for eyeglasses.
- Contact lens supplies (lenses, solution, case, etc.).
- Auxiliary seasickness aids: Pressure bracelets, ginger candy, etc.
- Ear Plugs.
- Make sure health form details match prescriptions.
- MEDICATIONS MUST NOT EXPIRE before end of trip.
- Liquid Electrolyte Drink Concentrate (i.e. Mio Sport).

### Sun Protection:

- SPF 35+ Lip Balm.
- PLASTIC water bottle w/ carabiner & leash.
- Wide-brimmed hat (bucket or bigger, chin strap).
- Synthetic neck gaiter for boat and snorkeling.
- Polarized Sunglasses with floating strap.

### Clothing (Footwear):

- Sandals and/or easy-dry tennis shoes.
- 2 pairs of short/mid length socks.
- Flip Flops (opt – shower & backup pair of shoes).

### Clothing (Bottoms) NO COTTON:

- Light belt (if needed).
  - 2-3 Pairs underwear (different styles = no chafing).
  - Rain Pants (opt).
  - Need 3-4 bottoms total:
- \*1 Pair trunks/swim suit.
  - 1 Pair hiking shorts.
  - 1 Long, thin pants (zip-off legs recommended).
  - 1 extra pair from the above list.

### Clothing (Shirts) NO COTTON:

- 1 Short sleeve T-Shirt.
- 1 Short sleeve Hawaiian or fishing shirt.
- \*2 UPF 30+ Long sleeve shirts.
- Durable rain jacket (not thin plastic).
- 2 Sports bras (if needed).

### Toiletries (Small mesh or cloth bag):

- Toothpaste (mini tube).
- Toothbrush.
- Shampoo, Body Wash (or soap bar), Conditioner (Recommend small bottle of 3-in-1).
- Deodorant.
- Gold Bond powder or stick (recommended).
- Personal first aid kit (Small).
- 2 Towels (recommend microfiber quick-dry).
- Feminine hygiene products (if needed).

### Sleeping Gear:

- Stuff sack for sleeping gear.
- Sleeping cover (sleeping bag liner, twin-size sheet, poncho liner, etc.).
- Sleeping pad.
- Small Pillow.

### Other Gear:

- 2-3 Carabiners, various sizes.
- Headlamp with extra batteries.
- Pocketknife with leash / carabiner.
- Compact book (opt).
- Waterproof camera (opt) w/ batteries & float strap.
- Thin nylon gloves for sun / rope protection (opt).
- Mug with lid for coffee / tea (opt).
- Watch.
- Notepad and pen.
- Swim Mask & Snorkel (recommend buy from Base).
- Neoprene socks or booties (recommended).
- Mesh bag to carry your snorkel gear to base.

### Packing:

- 20L duffel bag for Boat.
- Cloth / mesh ditty bags (opt).

### Travel Gear (in small daypack for travel):

- Comfortable Glass B's when leaving Cookeville:
  - T-Shirt.
  - Shorts.
  - Underwear.
  - \*Sandals or tennis shoes.
  - Socks (if wearing tennis shoes).
- 2 sets Class B's for return travel.
- Travel distractions.
- Arrival clothes:
  - \*T20 Sea Base shirt & trunks.
- \*Full toiletries bag for travel & base (Mini bottles).
- Money for travel meals & snacks, and Sea Base Shop.

Crew Gear (Can work together to bring as a crew):

- Indoor Distractions (Mini board / card games, etc.).
- Compact pair of binoculars.
- 1 to 2 hammocks with straps (opt).

Troop Gear (Crew will bring - per boat):

- First aid / sewing / repair kits.
- 2 to 3 Reef Safe, waterproof, **lotion** sunscreen >35 SPF
- Insect Repellent Lotion (Picardin recommended)
- Aloe Burn Gel.
- Paracord.
- Deck Bag

Do Not Bring:

- No plastic bags.
- No cotton clothing.
- No personal fishing gear (All fishing gear is provided).
- No fishing license (The boat has an umbrella license).
- No snorkeling fins or snorkeling PFDs (Base provides).
- No boat shoes.
- No spray cans or spray bottles (No spray sunscreen).
- No glass containers.
- No cell phones or other electronics on base or boat.
- If it's not on the previous page, don't bring it.