

*Florida National High
Adventure Sea Base
2007 Leader's Guide*



Sea Base

Coral Reef, Sea Exploring,
Scuba Adventure,
Scuba Certification and Scuba Live
Aboard Adventure

Welcome to The Florida National High Adventure Sea Base!

We at The Florida High Adventure Sea Base are anticipating your crew's arrival and are hoping that the unique aquatic programs we offer will more than meet your crew's expectations. The Florida Sea Base staff is dedicated to our mission of providing unique aquatic programs to our participants in a positive environment of teaching, encouragement and acceptance. But no matter how great the facilities and staff, a young person's perception of his experiences is largely up to you, the guiding force behind this trip.

Please read this guidebook from cover to cover and share the information with parents and Scouts even if you have been to Sea Base before. Some things have changed. This guidebook provides you with all the necessary information to plan your High Adventure. A Scout is prepared! As an adult leader, this book guides you in getting the crew ready, assuring a great high adventure. Your organization, planning, forethought and enthusiasm will make the dream of a Sea Base adventure come true.

A new section has been added following the table of contents. It is our **Sea Base Top 15 Frequently Asked Questions**. Our most common questions and answers have been put her for your convenience.

There's lots on the "what to bring" list that should be provided to every participant well in advance of your crew's departure for the Florida National High Adventure Sea Base. But three are so essential they merit special emphasis.

Sun Block with a rating of SPF 30. Sun tanning oil is not permitted on boats as it makes decks dangerously slippery. It must be lotion. Two large plastic containers should be required if applied properly.

Plastic or Metal Water Cup. Any outdoor activity in a subtropical environment requires constant rehydration (drinking lot's of water). While freshwater is provided during all activities at Sea Base, disposable paper cups are not provided for environmental reasons. All participants must bring their own water conveyance or purchase one at our ship's store upon arrival. As an example, Nalgene bottles are perfect. Additionally, having a clip on your cup is a great plus—you can clip it so it doesn't go overboard.

Sun Glasses. Participants will be outdoors almost always and on and in the water a lot. To protect eyesight and save on squinting, participants should do as the staff here do and wear sunglasses whenever outdoors. Those that offer 100% UVB protection are best and polarized lenses help reduce glare. A comfortable safety strap will prevent the glasses from becoming "Gone with the Wind".

The Florida Sea Base offers partial scholarships to those individuals who wish to attend the Sea Base but cannot do so due to financial constraints. Scholarships will be awarded based upon need and Scouting background/involvement. An application is enclosed in your notebook should anyone need financial assistance.

Do not hesitate to call or write our office with any questions you might have.

The Florida National High Adventure Sea Base staff is looking forward to your visit to our base and sharing our aquatic programs and the Florida Keys with your crew.

Yours in Scouting,

Paul Beal
General Manager

[Check out our Web Page - www.bsaseabase.org](http://www.bsaseabase.org)

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Sea Base Top Fifteen Frequently Asked Questions

Question: Do I have to be able to swim well?

Answer: Yes, all participants (both youth and adults) are required to pass the standard BSA swim test before arriving at Sea Base: jump feet first into water over your head, swim 75 yards in a **strong manner** using a forward stroke, turn over, swim 25 yards on your back using a resting back stroke, float motionless on your back. All participants must take a BSA swim review upon arrival to ensure swimming ability.

Question: Can I use a medical other than the special Sea Base Class III Medical?

Answer: No, Sea Base can only accept a Sea Base Class III Medical. A regular BSA Class I, II or III medical is not acceptable, another high-adventure base is not acceptable, nor is another “sports” medical or anything other than a Sea Base Class III Medical Form. The unique tropical environment has very different requirement from most Scouting and outdoor activities.

Question: How old do you have to be to participate?

Answer: Participants must be Fourteen (14) years old by September 1 of the year of their participation for all programs **except SCUBA**. SCUBA program participants must be fourteen (14) years old by date of attendance. If you are attending an adventure with a start date between September 2nd and December 31st, the minimum age for all adventures is 14 by the adventure’s arrival date.

Question: Are there medical restrictions for participation?

Answer: Yes, and there are different restrictions for different adventures. Make sure you look at the Sea Base Risk Advisory to make sure you have the medical qualifications for participation on your adventure. Specifically, SCUBA programs have unique requirements that you need to be aware of that exclude a number of people every year. Also, regardless of height and condition, no participant may exceed 300 pounds.

Question: What should I pack for my adventure?

Answer: Near the end of the Leader’s Guide book, there is a Parent and Participant Guide Sheet that will have two pages describing your adventure, and giving a list of suggested items to bring for your adventure.

Question: What information should I hand out to everyone?

Answer: The Leader’s Guide book is packed with information to hand out to your youth and their parents. Specifically, many of the pages in this book are marked with: “*Copy this page for all participants*”. Please copy them and distribute these pages.

Question: For Florida programs, should I rent a vehicle or use an airport shuttle service to get to the base?

Answer: It depends. For crews that plan on sightseeing before or after their adventure, a rental vehicle may be worth the expense and work of picking it up and dropping it off. For crews that are taking a trip to Sea Base only, we usually recommend a shuttle or airport shuttle service to keep things simple and cost effective. There is a list of recommended shuttle service providers in your Leader’s Guide book.

Question: At the Bahamas base, how do I get from the airport to the dock?

Answer: After clearing customs take the first taxi in line and tell them you are Scouts. Sea Base personnel will meet you at the dock and will pay and tip the taxi driver. Please do not tip the taxi drivers additional money as this causes problems between the drivers.

Question: What time should we arrive?

Answer: For Coral Reef crews, as close to 1 PM as possible on your arrival day. For all other adventures, as close to 2 PM as possible on your arrival day. We also understand that due to travel challenges this is not always possible; we will work with you as much as possible to try and accommodate your arrival without your crew losing out on too much program time.

Question: What is our itinerary?

Answer: Because our programs are often driven by weather and tide conditions, we do not have a set itinerary for any of our adventures. We can tell you the day you'll start and the day you end your adventure, but with so many variables in the schedule we are unable to give you a detailed itinerary for your adventure.

Question: What about hurricanes?

Answer: Even though Sea Base's summer season operates during hurricane season (hurricane season is June 1 to November 1), program interruption due to hurricanes is very rare. If our area is under evacuation orders (which are generally given 24-36 hours before a potential landfall), we cancel our program operations and evacuate participants and staff. We recommend you purchase trip insurance to cover your travel expenses if you are attending a Sea Base adventure during hurricane season.

Question: Do I need a passport?

Answer: If you are participating in a Bahamas-based adventure, you must have a valid US passport to travel to and from the Bahamas. If you are participating in a Florida-based adventure, you must have photo ID with proof of age to check in for your adventure.

Question: Should we travel in our uniform?

Answer: We have found that traveling in uniform not only helps identify you to others but will help keep your group together while you travel. We strongly recommend wearing your uniform for travel to and from Sea Base, especially to the Bahamas base.

Question: Do we really need a tour permit?

Answer: Yes, you must present a properly completed and approved tour permit. For trips under 500 miles you may present a Local Tour Permit. For any trip over 500 miles you must present a National Tour Permit; please note that you must allow at least 30 days for National Tour Permit approvals. Your crew will not be allowed to begin their adventure without an approved tour permit.

Question: If we're on an adventure other than SCUBA, can we still SCUBA dive as part of our own adventure?

Answer: No. If you are on an adventure other than SCUBA, you may not dive as part of your adventure. If you wish to dive you need to arrive early or stay after your adventure and dive on your own.

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Leader Requirements and Responsibilities

Congratulations for having accepted leadership of a Sea Base crew! This reflects great credit on you and your leadership ability. You have assumed a great responsibility. Parents are entrusting their youth to your care. The Boy Scouts of America is placing its faith and confidence in your leadership. Most important, the young people in your crew are depending on you to realize their hopes, aspirations and dreams of Sea Base.

Adult Leader Responsibilities

1. Recruit Scouts and Venture crews who meet the participation requirements; this includes being a swimmer.
2. Organize the expedition.
3. Designate a Youth Crew Leader prior to arrival.
4. Train the crew members so they will be prepared for the high adventure experiences at Sea Base.
5. Collect participant fees and make all payments on time.
6. Be physically fit and insure all crew members have a current **Sea Base Class III Medical** evaluation. Other medicals are not accepted.
7. Remain with the crew the entire week (no swapping during the week).
8. Make sure every youth participant has proof of age with a photo ID.

NOTE: The required medical history and evaluation do not always screen out participants for our High Adventure programs. For example, individuals who are obese will not function well on a boat. Access to below decks is limited, getting in and out of the water is extremely difficult, and the sleeping quarters are small. Individuals with physical disabilities may be able to enjoy our programs if the disabilities are known and necessary precautions are taken. Further, individuals with respiratory problems must discuss with their doctors the challenges of snorkeling or SCUBA diving.

Crew Requirements

1. Exceptions to these requirements will not be made.
2. In keeping with the policies of the Boy Scouts of America, requirements for acceptance and participation at Sea Base are without regard for race, color, creed or national origin.
3. At least half of the members in every crew must be youth.
4. Be registered members of a chartered unit, a Scout troop or team, with proper leadership, a Venture crew (if co-ed, must have male and female adult leaders, age 21 or over) or be a Council or District contingent with proper leadership.
5. All registered adults must have completed the B.S.A. Youth Protection Training or Venturing Youth Protection Training. (This is required for the National Tour Permit.)
6. At least one person must be trained in first aid and CPR from any recognized agency and in Safety Afloat – this is for your tour permit.

NOTE: Please remember that a troop or team is not a co-ed unit. The only way that a female under the age of eighteen (18) may attend Sea Base is with a Venture crew with proper co-ed leadership or as a member of an approved council contingent with proper co-ed leadership.

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IMPORTANT: The National Council of the Boy Scouts of America requires two (2) adult leaders on all trips, regardless of length, conducted by your unit. All crews arriving at Sea Base **MUST HAVE AT LEAST TWO ADULT LEADERS**. For troops and teams, one of the adults must be over the age of twenty-one (21), the other must be at least eighteen (18) years of age. For venture crews, both leaders must be at least 21 years old, and if the crew is co-ed, you must have co-ed leadership. If you have more than one crew attending, each crew must have at least two adult leaders.

Participation Requirements

Eligibility for all participants (youth and adult)

1. Must be a registered Boy Scout, Varsity Scout, Venture Scout, Sea Scout or Adult Leader.
2. Participants must be Fourteen (14) years old by September 1 of the year of their participation for all programs **except SCUBA**. SCUBA program participants must be fourteen (14) years old by date of attendance. **AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs.** (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements or do not present appropriate ID will be sent home, no exceptions. Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.**
3. All participants must pass the B.S.A. swim test upon arrival.
4. Must be in good health evidenced by a **Sea Base Class III medical form** filled out and signed by your doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another "sports" medical or anything other than a Sea Base Class III Medical Form. The unique tropical environment has very different requirement from most Scouting and outdoor activities. (SCUBA Cert. participants have additional medical form requirements. See SCUBA section.)
5. **No participant may weigh in excess of 300 pounds.** Please refer to height/weight chart on Sea Base Class III Medical for recommended weight limits. Participants weighing in excess of 300 pounds will be sent home at their own expense.
6. All crew members must know and use the Scout Oath and Law as their guide to appropriate behavior at the Sea Base.

Crew Size

Crew size varies among programs. If in doubt as to the exact number of participants, please indicate the minimum crew size. Additional crew members may be added to your crew up until your final payment (up to your maximum).

Swimming Ability

All participants (both youth and adults) are required to pass the standard BSA swim test before arriving at Sea Base: jump feet first into water over your head, swim 75 yards in a **strong manner** using a forward stroke, turn over, swim 25 yards on your back using a resting back stroke, float motionless on your back. Because of the nature of our programs, all participants should be comfortable in the water. **All participants must take a BSA swim review upon arrival to ensure swimming ability.**



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RISK ADVISORY - FLORIDA SEA BASE

The Florida Sea Base has had an excellent health and safety record from its inception in 1980. The Sea Base strives to minimize risks to participants and adult leaders through emphasizing proper safety precautions. Most Sea Base participants do not experience injury during their adventure precisely because they are aware of the risks involved and because they exercise proper safety precautions. To attend the Sea Base you should be physically fit, have proper clothing and equipment, be willing to follow the instructions of your staff members, work as a team and take responsibility for your own health and safety. By studying this Leader's Guide, the itinerary for your specific program and the Guide to Safe Scouting, a crew can be properly prepared for the contingencies that may arise during their adventure.

Parents, guardians, adult leaders and participants in Sea Base programs are advised that Sea Base programs and journeying to and from the Sea Base can involve exposure to accidents, illness and/or injury associated with a physically demanding high adventure program conducted in a sometimes hostile aquatic environment. Participants may be exposed to severe weather conditions such as high heat and humidity, tropical weather and intense tropical sun. Other possibilities include sunburn, heat exhaustion and heat stroke, dehydration, asthma and heart attacks. For participants in the SCUBA programs please read, study and review the special medical constraints.

Sea creatures such as rays, anemones, sea urchins, coral, barracuda and sharks, pose little or no threat if safe distances and respect are given them. Be aware that Sea Base has a no-touch/no-take policy with regard to the coral and creatures of the reef.

The Florida Sea Base is dedicated to the mission of serving young people in a safe, educational, enjoyable, aquatic environment. We are trained for emergencies and able to act in an expedient manner. Furthermore, professional medical services such as hospitals and physician's offices are a short distance from Sea Base programs and the Sea Base maintains a fine working agreement with these facilities.

We hope this information will motivate leaders, parents, guardians and participants to be prepared and informed. By working together as well-prepared and informed Scouters, we can all enjoy a safe Florida Sea Base High Adventure experience.

Recommendations Regarding Chronic Illnesses

CARDIAC OR CARDIOVASCULAR DISEASE

Adults who have had any of the following must undergo a thorough evaluation by a physician before considering participation in a Sea Base High Adventure program:

1. Angina (chest pain caused by coronary artery disease or congenital heart disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease
4. Stroke or transient ischemic attacks



5. Claudication (leg pain felt during exercise; caused by hardening of the arteries)
6. Family history of heart disease in individuals under age 50
7. Weight in excess of recommended guidelines

The physical exertion during a high adventure may cause a heart attack or stroke in susceptible persons. Adults 40 years of age or older or any person who has experienced any of the conditions above must speak with their doctor about an exercise stress test with thallium (a metallic element that helps in the diagnosis of stress) within three to six months before the scheduled trip to assess the adequacy of the heart muscle's blood supply. It is recommended that an adult who is over 40 years of age who has not experienced any of the conditions above have an ordinary stress test without thallium. **Even if the stress test is normal, the results of testing done without the exertions of a high adventure program do not guarantee safety.** If test results are abnormal, the individual will not be allowed to participate.

HYPERTENSION (High Blood Pressure)

The combination of stress and heat appear to cause a significant increase in blood pressure in many individuals participating in high adventure. Occasionally, hypertension reaches such a level that it is no longer safe for an individual to engage in strenuous activity. Persons with mildly increased blood pressure (greater than 135/85) may benefit from treatment before coming to a high adventure base and during the program. Individuals who are hypertensive (having blood pressure greater than 140/90) must be treated and have normal blood pressure (less than 135/85) before arriving. Medications must be continued during the high adventure program.

INSULIN-DEPENDENT DIABETES MELLITUS

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus must be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also must be able to give a self-injection. Both the diabetic person and one other person in the group must be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and at least one other individual in the group must be able to begin the appropriate initial responses for these conditions. Arrangements for cool storage of insulin can be made upon your arrival.

A diabetic person with frequent hospitalizations for diabetic ketoacidosis or who has frequent problems with hypoglycemia may not participate in a Sea Base high adventure program until control of the diabetes has been achieved. **Any form of diabetes requiring insulin control with medication disqualifies an individual from participation in any SCUBA programs.**



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EXCESSIVE BODY WEIGHT

Each participant and advisor who will take part in a Sea Base high adventure program is encouraged to meet the recommended guidelines in the height/weight chart below. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks.

The right hand column shows the **maximum recommended weight** for participating in a Sea Base high adventure program. Anyone who exceeds these limits is at extreme risk for health problems. **Individuals who exceed these limits may want to reconsider participation** in a Sea Base high adventure program.

Recommended Weight (lbs.)

Height	19-34 Years	35+ Years	Maximum
5'0"	97-128	108-138	166
5'1"	101-132	111-143	172
5'2"	104-137	115-148	178
5'3"	107-141	119-152	183
5'4"	111-146	122-157	189
5'5"	114-150	126-162	195
5'6"	118-155	130-167	201
5'7"	121-160	134-179	207
5'8"	125-164	138-178	214
5'9"	129-169	142-183	220
5'10"	132-174	146-188	226
5'11"	129-169	151-194	233
6'0"	140-184	155-199	239
6'1"	144-189	159-205	246
6'2"	148-195	164-210	252
6'3"	152-200	168-216	260
6'4"	156-205	173-222	267
6'5"	160-211	177-228	274
6'6"	164-216	182-234	281

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.**



SEIZURE DISORDERS OR EPILEPSY (ALL PROGRAMS EXCEPT SCUBA)

A seizure disorder or epilepsy does not exclude an individual from participating in high adventure. However, the seizure disorder must be controlled by medications. A seizure-free period of at least one year is the minimum. Exceptions to this guideline may be considered by medical staff and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. Any current seizure activity, regardless of control, disqualifies an individual from participation in any SCUBA program.

ASTHMA (ALL PROGRAMS EXCEPT SCUBA)

It is expected that an individual with asthma will have consulted a physician in order to establish control of the condition. The asthma must be controlled to essentially normal lung function with the use of oral or aerosol bronchodilators. There is no power available for nebulizers. The patient must bring ample supplies of medication for the entire program. Individuals undergoing allergic desensitization therapy who require injections on the trek must bring their medications and store a portion at Sea Base upon arrival.

At least one other crew member must know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who is approved to go to Sea Base who has received medical treatment for asthma within the past six years must carry a full-size prescribed inhaler for the length of the program. Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication, who require systemic corticosteroid therapy, or who have required multiple hospitalizations for asthma will not be allowed to participate in Sea Base programs.

MEDICATIONS

Each high adventure participant who has a condition requiring medication should bring an appropriate supply in a locked pouch. In certain circumstances, duplicate supplies of vital medications are appropriate. Leaders must be aware of medications needed and monitor their use. An individual should always contact the family physician first about the advisability of participation. The staff of the Sea Base high adventure program reserves the right to make medical decisions regarding any individual's participation.

ARTHRITIS OR OTHER MOBILITY LIMITING DISEASES

Due to the nature of our programs and that they occur on boats that are constantly moving, can have small passageways, and require use of ladders to gain access to the boat or interior of the vessel, all participants should have the ability to pull themselves out of the water using a ladder and be comfortable on a moving platform for days at a time.



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SCUBA PARTICIPANTS MEDICAL AND RELEASE INFORMATION

Insulin-Dependent Diabetes Mellitus (for SCUBA only)

Any form of diabetes requiring insulin control with medication disqualifies an individual from participation in any SCUBA programs.

Seizure Disorders or Epilepsy (for SCUBA only)

Any seizure activity within one year of participation, regardless of control, disqualifies an individual from participation in any SCUBA program.

Asthma (for SCUBA only)

Any SCUBA participant whose Sea Base Class III medical indicates a history of asthma must provide proof of a methacholine challenge test within the last 6 months and a doctor's written statement indicating that the participant is cleared to dive without restrictions. Failure to provide this will result in the participant having to take and pay for a test here resulting in a large medical bill and loss of dive time.

SCUBA Paperwork and Forms

There are five forms required for the Scuba Certification Adventure.

Two Florida Sea Base forms:

1. Florida Sea Base Class III Medical form
2. Florida Sea Base Scuba Waiver

These two forms are included on the enclosed disk.

Three PADI forms:

3. PADI/RSTC Medical Statement
4. PADI Standard Safe Diving Practices and Statement of Understanding
5. PADI Liability Release and Assumption of Risk Agreement

These three forms are printed inside the blue Student File Folder that is contained in the "Go Dive" box sent to each Scuba Certification participant. Each must be filled out completely and signed by the participant AND a parent if the participant is a minor. When completing the forms, please note that they must be dated day/month/year. For example, November 9, 2006 would be written 09/11/06 or 09/Nov/06. A copy of the PADI/RSTC Medical Form is also included on the enclosed disk; a physician must review and sign this form.

If any of these five forms is incomplete, the participant can not be allowed to participate in the Scuba Certification program.



COPY THIS PAGE FOR ALL SCUBA PARTICIPANTS

There are two forms required for the Scuba Adventure and Scuba Live Aboard Adventures.

Two Florida Sea Base forms:

1. Florida Sea Base Class III Physical
2. Florida Sea Base Scuba Waiver

These two forms are included on the enclosed disk.

In addition, if any participant of the Scuba Adventure or Scuba Live-aboard Adventure wants to participate in any PADI Specialty Certification course, they must complete three additional forms.

Three additional PADI forms:

1. PADI/RSTC Medical
2. PADI Standard Safe Diving Practices and Statement of Understanding
3. PADI Adventures in Diving and Correlating Specialty Diver Programs Liability Release and Assumption of Risk Agreement

These three forms are included on the enclosed disk. Each must be filled out completely and signed by the participant AND a parent if the participant is a minor. When completing the forms, please note that they must be dated day/month/year. For example, November 9, 2006 would be written 09/11/06 or 09/Nov/06. A copy of the PADI/RSTC Medical Form is also included on the enclosed disk; a physician must review and sign this form.

If any of these five forms is incomplete, the participant can not be allowed to participate in the PADI Specialty Certification courses except the PADI Project AWARE Coral Reef Conservation Specialty. This is a non-diving course and requires no PADI forms.

SCUBA Paperwork Deadlines

Prior to arrival, the entire crew's paperwork (all applicable ones listed above) must be sent no later than January 1st (for Spring crews), March 1st (for Summer crews), October 1st (for December crews). If there are any questions, participants and their physicians should contact the Sea Base SCUBA Director at (305) 664-4173 or Divers Alert Network at (919) 684-2948.

Scuba crews that miss these deadlines are subject to cancellation and forfeiture of all fees.

Medical Treatment

The Tour Permit requires that each crew (bring multiple first aid kits if you have multiple crews attending) bring its own **First Aid Kit**. A first-aid kit, well stocked with the basic essentials, is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents available for easy refilling. Keep the kit in a convenient location. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions. Your first aid kit should be in a waterproof box or bag. It will get wet.

This first aid kit is for the treatment of minor injuries. All Sea Base vessels carry an additional first aid kit as well. The treatment of minor injuries is up to the crew leader or the crew's trained first-aider. The decision for treatment of more serious injuries will be referred to the appropriate Sea Base staff leader or medical person.

Suggested Supplies For Your Crew First Aid Kit

Review and include recommended supplies as suggested in the *Guide to Safe Scouting* (#34416). **Each crew needs their own first aid kit**. If you are bringing more than one crew, you need more than one first aid kit.

The following items are recommended additions for your first aid kit:

- ◆ Aloe vera cream*
- ◆ Sea Sickness Medicine (we recommend non-drowsy Bonine®)*
- ◆ Sunscreen* (30 SPF minimum)
- ◆ Chapstick* (30 SPF minimum)
- ◆ Insect Repellent*
- ◆ Hydrocortisone Cream
- ◆ Medicated Powder*
- ◆ Swimmer's Ear Drops
- ◆ Benadryl (anti-itch, anti-inflammatory)
- ◆ Vinegar (for sea-creature stings)

*These items are available in the Ship's Store at Sea Base.

Camper Insurance

All campers and leaders are covered by a limited Accident and Sickness plan. Enclosed you will find a Campers Accident and Sickness Insurance pamphlet. Be sure to read and understand the policies, coverage, and limitations that are described in your pamphlet.

Camper's Insurance Non-Duplication Provision

When surgical treatment or hospital care is involved, benefits in excess of \$300.00 will be paid only if they are unrecoverable from any other insurance policy or service contract. Because of this, it is imperative that the adult crew leader come prepared with the pertinent insurance policy information for every member of the crew. (There is a complete section for this on the Sea Bass Class 3 medical form.) If no other collectable insurance is available, then this non-duplication provision will not apply.

Motion Sickness

Crews will spend a great deal of time aboard boats, especially those in the sailing programs. Inevitably motion sickness will occur with some members. We recommend all crews carry Bonine® or *Sea Bands*®. Further, we suggest that your crew members check with their personal physicians regarding motion sickness medication. **NOTE: Bonine® is the ONLY medication that is permitted in the SCUBA programs.** Bonine® and *Sea Bands*® can be purchased in the Sea Base Ship's Store. *Boats do not return because of sea sickness.*

Sunburn

Sunburn can be quite dangerous as well as uncomfortable and can ruin your entire trip. Don't be stuck on the idea that you must return from Florida with an outstanding tan as a sign that you had a good time. Use a good non-oily sunscreen (30+ SPF), and cover those parts of your body that are burned or burn easily. **DO NOT** bring sun tan oil; it makes boat decks very slick, and can be dangerous. *A severe sunburn may cause a participant to be removed from the program.*

Medical Forms

ALL MEMBERS OF YOUR CREW must furnish the Sea Base with a current **Sea Base Class III MEDICAL FORM**. (Not the standard BSA form, but a Sea Base Class III form.) **The Sea Base Class III medical is the ONLY medical we will accept; no school medicals, military medicals, other BSA high adventure base medicals, or other medicals will be accepted.** This form must be completed and signed by a physician within one calendar year of the date that you will arrive back home from Sea Base. All participants must also provide a front and back photocopy of a current insurance card.

During the Crew Check-in on arrival day, a key staff member will review all medical forms to record individual medical information of concern and to insure that all medical forms are in order.

Failure to come prepared with **COMPLETE CREW MEMBER MEDICAL FORMS** will delay your crew's Sea Base experience. **EMERGENCY ROOM FEES** for physicals in the Florida Keys are generally \$150.00. Sea Base **DOES NOT** have a physician on staff. *Individuals without a complete and current Sea Base Class III Medical will not be allowed to participate in any program until one is received.*

PRE-TRIP PLANNING

Cancellation Policy

Please notify Sea Base **immediately** if your crew intends to cancel. Early notification of cancellation may result in the loss of the minimum amount of fees and will allow other Scouts the opportunity to attend Sea Base.

1. The \$100 per person reservation 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.
2. Crews canceling between the time of application and first 1/2 payment will lose the non-refundable deposit per cancelled crew.
3. Crews canceling after first 1/2 payment has been made will lose 100% of fees paid.
4. Crews canceling after second 1/2 payment has been made will lose 100% of fees paid.
5. If your cancelled crew is rebooked you will be refunded all your fees paid to date **except** the \$100 per person non-refundable deposit.
6. Within a crew, cancellation of individual participants will result in forfeiture of their deposit fee and all fees paid to date for that individual.



Adult Leader "Must Do on Time" Schedule

The following is a basic time schedule of items that need to be completed prior to your arrival at Sea Base.



<u>When</u>	<u>What</u>	<u>Who</u>
September 1, 2006	First 1/2 payment due	Spring 2007 crews
October 1, 2006	First 1/2 payment due	Summer 2007 crews
October 1, 2006	First 1/2 payment due	December 2007 crews
January 1, 2007	Scuba paperwork due	Spring 2007 Scuba crews
March 1, 2007	Scuba paperwork due	Summer 2007 Scuba crews
October 1, 2007	Scuba paperwork due	December 2007 Scuba crews
90 days prior to arrival	Final payment due	All Crews
90 days prior to arrival	File National Tour Permit	All Crews
30 days prior to arrival	Crew roster submitted	All Crews
30 days prior to arrival	All participants pass BSA Swim Test	All Crews

Additional Planning Aids

To aid you in your pre-trip planning, we suggest that you do not rely **only** on the information that you will receive from Sea Base. Some other reference material might include Merit Badge pamphlets on **Lifesaving** (#3278), **Swimming** (#3229), and **First-Aid** (#3276). Your **Scoutmaster's Handbook** (#6501), **Fieldbook** (#3200), the **Boy Scout Handbook** (#3227), and the **Guide to Safe Scouting** (#34416) can also be helpful.

Arrival Time

Coral Reef Sailing Crews need to arrive at Sea Base between 1 PM and 3 PM. All other crews must plan to arrive at Sea Base between 2 PM and 4 PM of their arrival day. Crews arriving before 2 PM will be on their own to feed and entertain themselves as we are still preparing for their arrival; dinner is at 6 PM and is the first meal provided. Please provide us with an accurate estimate of your arrival time. This should be noted on your crew roster.

Departure Time

All crews have breakfast provided on their last day, and must depart by 11 AM so we can get ready for the next crew arrivals.

Organize Information

Please verify that your reservation is correct, is the number of people correct? Are your arrival and departure dates correct? Is the fee correct? If you have any questions at all, please call the Sea Base office at (305) 664-4173.

Budget

Plan for travel expenses. Include money for overnight stops, meals, charts, side trips, souvenirs, and emergencies. Most individuals spend \$100 to \$125 for personal expenses during their week.

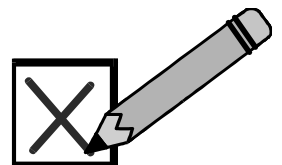


Involve Parents

Schedule times when the parents of your crew members can get together and gather information on the adventure. Keep them informed and their questions answered. Go through the suggested equipment list. If you have an “experienced individual(s)” who has been with us before, gain his/her input. Share the emergency telephone numbers for Sea Base. Emphasize the importance of prompt completion of medical forms, front and back photocopy of current insurance card and emergency contact information. Pass out individual sheet for each participant.

Tour Permit:

Not just another piece of paperwork. All crews must complete the **National Tour Permit** (#4419). **The permit must be filed with your local council at least ninety (90) days prior to your leaving for Sea Base.** We suggest that you give the process a little more time. It is an excellent planning outline to help you have a safe and enjoyable trip. If your crew is within 500 miles of the Florida Sea Base a **Local Council Tour Permit** is acceptable. **Remember, you must have the signed original permit when you arrive at Sea Base.** Crews that fail to do so will not be able to begin their adventure.



Please note that different crews on different adventures or adventure days need different Tour Permits. If you have one crew arriving on a Saturday, and another crew arriving on a Sunday, you need two separate tour permits. Each crew checking in will be asked for their original approved Tour Permit.

THESE CONTACTS AND NUMBERS WERE CORRECT AT THE TIME OF PUBLICATION. THE BOY SCOUTS OF AMERICA ASSUMES NO RESPONSIBILITY FOR THE QUALITY OR RELIABILITY OF THESE CARRIERS.

Your Travel Arrangements

Traveling from home to the Sea Base can be an adventure in itself. Most crews find that the transportation is the largest part of their unit's expense. For this reason, it is important to study all of the various modes of travel available before choosing the one that is most enjoyable and affordable for your crew. BSA publication #3734, **Tours and Expeditions**, may provide you with assistance in planning your trip and filling out the Tour Permit application.

Due to logistical and insurance considerations, the Sea Base does not provide transportation from the airport to the Base. There are several ways to "get here from there":



Airport	Distance to Sea Base	Distance to Brinton Center	Notes
Miami International	2 hours	3 hours	Connecting flights to Bahamas also.
Ft. Lauderdale	2 ½ hours	3 ½ hours	Connecting flights to Bahamas also. Sometimes flights are cheaper. North of Miami airport.
W. Palm Beach	3 ½ hours	4 ½ hours	North of Ft. Lauderdale airport.
Marathon Airport	45 minutes	45 minutes	Smaller commuter airport in the Middle Keys.
Key West	1 ½ hours	½ hour	Some domestic flights. Located in the Lower Keys.

Private vehicles are often the most economical mode of travel to Sea Base. Cars or vans loaned to the unit by family members, churches, or private businesses can be a great expense saver. Check with your local council for the availability of buses owned by troops in your area. Parking is available at the Sea Base.



Chartered buses are a very convenient mode of travel. Buses can pick your group up at a central location in your town, and drop you off right at the Sea Base. Great flexibility can also be afforded with buses, because you could take other side trips in addition to your Sea Base adventure. Bus parking is available here, but we do not have accommodations available for bus drivers.



Air travel

You have a variety of travel options available to you in your trip. Listed here are the airports serving South Florida. Depending on your adventure, you will want to know the best way to get to your destination.



Crews attending a Scuba Certification, Scuba Adventure, Coral Reef Adventure or Sea Exploring Adventure will be traveling to Sea Base, located in the Florida Keys at Mile Marker 73.8 (Key West, the southernmost point in the Keys, is located at Mile Marker 0.)

Continued on page 22.

Davis Bus Tours

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- ◆ Davis Tours is located in Ft Lauderdale which means that we do not charge extra for Ft Lauderdale or Miami Airport pickups
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TO OUR COMPETITION**

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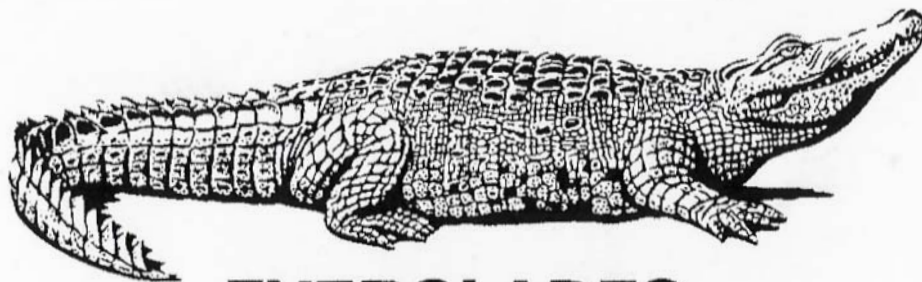
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\$69.00 *

Per room, per night – 1 to 4 persons in the room

*This rate is available 5/12/07– 12/22/07
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Rate is based on availability of rooms.

Our Hotel Features:

FREE deluxe continental breakfast with Belgian Waffles.
FREE Shuttle to and from the Fort Lauderdale Airport and Cruise Port.
24 hour coffee and microwave use.
All suites feature an in-room coffee maker, AM/FM radio alarm clock, refrigerator, hair dryer, iron/ironing board, free movie channel and cable/pay-per-view.
FREE High Speed Internet Access throughout the hotel.
Fitness Center – open 24 hours.
Standard Suite has 1 queen-size bed and a sitting area with a queen-size pull-out bed.

Our central location is convenient to all of South Florida's many attractions:

ONLY 2.5 miles to the beach!
Walking distance to many restaurants.

For Reservations
Call 954-767-8700 or 800-760-0000

ASK FOR THE 'SEA BASE RATE'

For a group block of 5 or more rooms ask for the Sales Department.

Going to Sea Base??

Stay with us the night before or after...



“Five Sunburst Rating”
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per room, per night for up to four people

(Ask for the Boy Scouts of America Rate)

Our award winning property features:

- Complimentary Ft. Lauderdale Airport shuttle and free parking (including motor coach parking)
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- Pool and fitness center
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- Internet access in every room
- Meeting room available

Stay with us an extra night (or two!) and visit these nearby attractions:

- Hollywood Beach – family-friendly with 2.5 mile boardwalk, bike/roller blade rental
- Dave and Busters - 58,000 SF of interactive games
- Boomers! - features a wooden roller coaster, go-karts, mini-golf and more
- Ann Kolb Nature Center – offers kayak and canoe rentals
- International Game Fish Association Hall of Fame– patch programs available
- The Museum of Discovery and Science
- The Everglades

Call us at 954-923-7300 or toll-free at 800-593-0104 for reservations.

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TRANSPORTING SCOUTS SAFELY

Do all you can to keep Scouts Safe ...

- ✓ ALWAYS USE SEATBELTS
- ✓ TURN YOUR HEADLIGHTS ON FOR SAFETY
- ✓ DON'T DRIVE FATIGUED
- ✓ LOAD-HITCH-TOW TRAILERS CORRECTLY
- ✓ AVOID NIGHT DRIVING

DRIVER'S PLEDGE

- I will not drive when I feel fatigued, I realize that when I am fatigued, I process information more slowly and less accurately and this impairs my ability to react in time to avoid accidents.
- I will arrange my schedule so that several days before a Boy Scout "driving trip", I will get a good night's sleep every night to avoid the cumulative effect of not getting enough sleep.
- I will make trip preparations far enough in advance so that last-minute preparations don't interfere with my rest.
- I will make travel plans that take into account my personal biological clock and only drive during the part of the day when I know I will be alert.
- I will be smart about engaging in physical activities during Scouting outings and will make sure that I will be ready to drive alertly.

CHECK FOR GOOD MECHANICAL CONDITION

TIRES BRAKES WINDSHIELD WIPERS ALL LIGHTS

NO FLUID LEAKS HORN TURN SIGNALS

CLEAN WINDSHIELDS AND WINDOWS

DO ALL THAT YOU CAN
TO KEEP SCOUTS SAFE

Continued from page 16.

For crews participating in SCUBA programs, plan your return flights accordingly, After a Scuba dive, you must not fly for at least 18 hours. To avoid any possibility of Decompression Sickness, your departing flight for home should be scheduled for 8:00 AM or later.

Auto Rentals and Shuttle Services

The staff of the Florida Sea Base have researched and provided the enclosed travel information to help you plan an exciting and safe trip to Sea Base (all information was current at the time of publication, September 2006.) It is the responsibility of each crew to contact and contract their own means of transportation to Sea Base.

Auto Rental agencies have locations near most of the airports on the mainland, and in the Keys. For your convenience, the phone numbers for rental car agencies are:

Avis	(800) 331-1212
Budget	(800) 527-0700
Enterprise	(800) 325-8007

Sea Base staff will assist you with a shuttle for your rental car return and pickup at the **Marathon Airport ONLY**. Please ensure that your rental car can be dropped and picked up at the Marathon Airport. Sea Base staff cannot assist with rental returns to Key West or Miami. The Sea Base courtesy shuttle van is only available **after** 4:30 PM on your arrival day.

Bus, Taxi and Limo services also have service to the Keys from the airports. For your convenience, a list of their phone numbers follows:



Bone Island Shuttle	(305) 293-8710
Cadillac Jack	(305) 853-5550 or (888) 233-5550
Davis Tours	(954) 472-2858
Emerald Transportation Service	(800) 524-7894
Greyhound Bus Lines	(800) 410-5397
Key Largo Charter Service	(305) 853-0661
Keys Shuttle	(305) 289-9997
To 'n' Fro	(305) 852-4514, http://tonfro.com

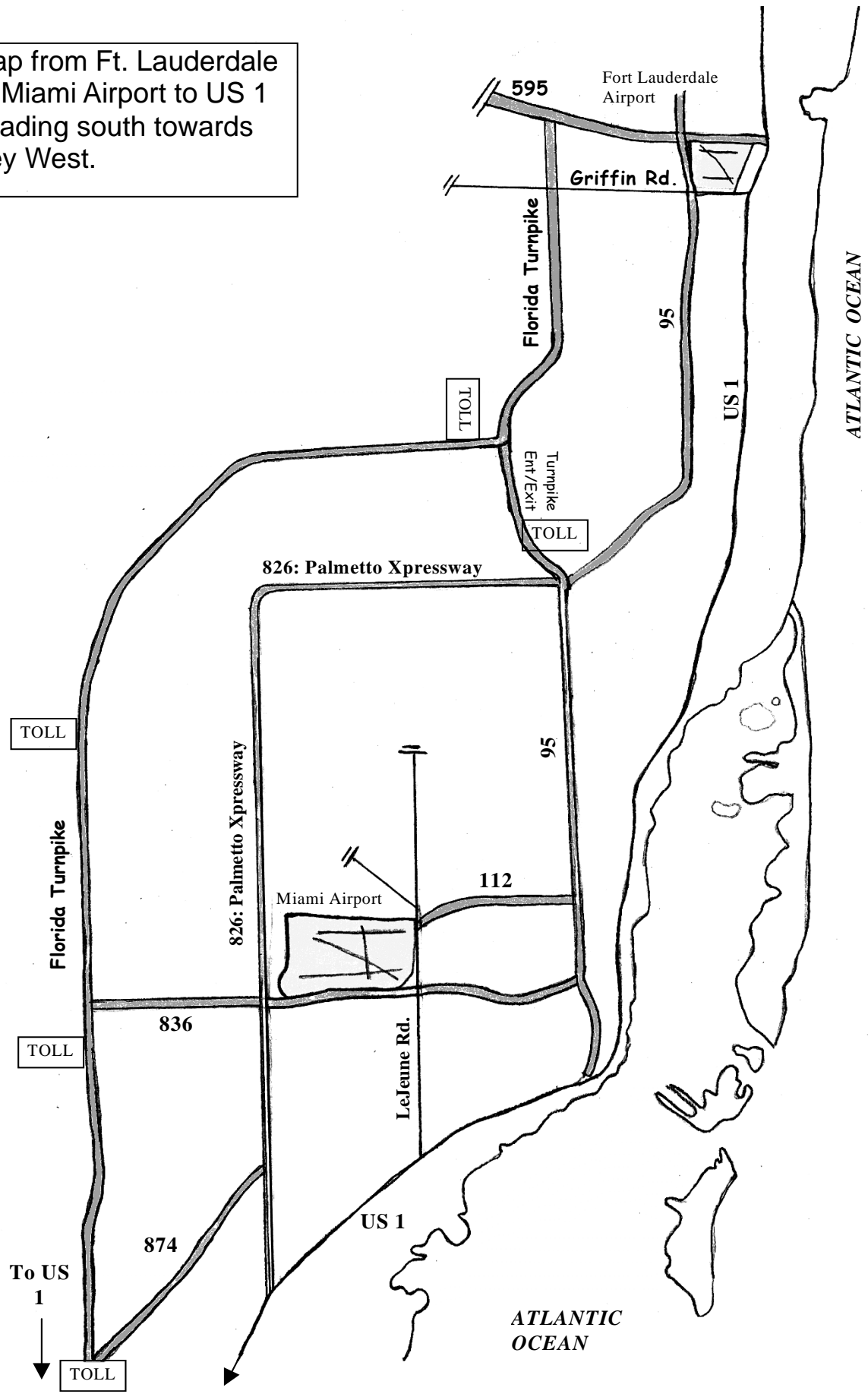
Additional Information

Additional information about the Florida Keys and its various offerings can be obtained from the local Chamber of Commerce offices.

Islamorada Chamber of Commerce: (800) 322-5397
<http://www.islamoradachamber.com/>

Key West Chamber of Commerce: (800) 648-6269
<http://www.keywestchamber.com/>

Map from Ft. Lauderdale or Miami Airport to US 1 heading south towards Key West.



Housing at Homestead Air Reserve Base

If your group finds that they will be arriving the night before your Adventure date, **Homestead Air Reserve Base** is a good place to spend the night: (305) 224-7168 or http://www-p.afsv.af.mil/LD/VT_Homestead.htm. You must have someone in your crew who is in the military make reservations; this is not available to the general public due to security concerns.

Housing at the Everglades International Hostel

Near the Everglades, this is another place to stay prior to arrival at Sea Base. Call (800) 372-3874 or (305) 248-1122, or check the web at www.evergladeshostel.com.

Traveling from the Miami Airport

It is approximately a 2-hour trip by car to Florida Sea Base. Leave airport (sign reads "Exit to City") and take the 1st right to *South LeJune Road*. You must get immediately in the right lane to make this exit. Keep to the right entering the exit, as the left lane takes you to North LeJeune Road. Head south on LeJeune through two traffic lights, getting into the right lane.

Immediately after the 2nd traffic light take the *exit 836* on your right (sign reads "836 West: The Keys/Key West"). Follow 836 west to Turnpike exit. The Florida Turnpike is a toll road and you will pass through two toll gates at \$1 apiece. (Each additional axle is another \$1). If you're traveling from the Fort Lauderdale Airport you will pass through five toll gates. Take the Turnpike south; it ends in Florida City (last city on the mainland) and turns into U.S. 1. Continue south on U.S. 1. You will be crossing an 18-mile stretch of the Florida Everglades on this road, and then you will come to the first Florida Key, Key Largo, at Mile Marker (MM) 106. (Key West, the southernmost point in the Keys, is located at MM 0.)

Continue south through several islands linked by the highway - Plantation Key, Windley Key, Upper Matecumbe (which is known as Islamorada) and finally Lower Matecumbe, the island where Sea Base is located. You are looking for MM 74. This is located at the south end of Lower Matecumbe. If you cross one more bridge you've gone too far. The landmark on your left (across the street from Sea Base) will be a large rhinoceros (yes, a rhino) atop a sign for Caloosa Cove. Turn right onto Toll Gate Shores Blvd. Sea Base is on both sides of this road. A very quick left will take you to a one-story building with an "office" sign. Our staff will be waiting for you!

Seasonal Planning Tips

Sea Base has **three** program seasons: **Spring** (February through April), **Summer** (May through August) and **Christmas** (the week before and after Christmas).

Christmas and Spring temperatures vary from 50°F possible in the evenings, to 80°F during the day, with varying wind speeds and a humid climate. Water temperatures in winter dip to 72°. A wool shirt under a rain jacket is advisable during chilly, wet days on the water. In clothing preparation, please keep these factors in mind. Hypothermia is a potential concern during this time of year on the water. **For SCUBA crews, Sea Base does have wetsuits available for rent at a cost of \$30 per week (\$5/day).**



Summer temperatures vary from 85°F to 95°F night and day, with high humidity and light breezes, and afternoon rain squalls. The water temperature averages 84° in summer. Concerns are to dress cool, have rain protection and sun protection. The official B.S.A. uniform is highly recommended for use traveling to and from Sea Base, and is required during flag raising, and breakfast and evening meals at Base. You will find yourself primarily dressed in T-shirts and swim trunks the rest of the time. Many crews choose a “Class B” troop or Sea Base T-shirt for daily wear.

Policies of the Florida Sea Base

Damage Deposit:

Each crew is required to post a \$100 damage deposit during leader check-in. If you have multiple crews, you must have a deposit for each one. The funds will be returned during check-out, less any damages. The deposit may be in the following forms:

- * Visa/MasterCard
- * Check, made out to Florida Sea Base
- * Unsigned Travelers Check
- * Cash

Alcoholic Beverages and Illegal Substances

There is no place in the program of the Boy Scouts of America for the possession or use of these substances. Anyone, youth or adult, violating this policy will be asked to leave Sea Base immediately **without** refund. This policy applies while in Key West.

Smoking

Smoking is confined to designated areas at Sea Base. The minimum age for smoking is 18 years of age. **SMOKING IS NOT PERMITTED ON ANY VESSEL OR IN ANY BUILDING.**

Things to leave at home

Portable stereos, “walkmen”, MP3s, iPods, skateboards, etc. distract from the Sea Base experience. Leave them at home.

Fireworks and firearms

Boy Scouts of America policy prohibits possession and discharge of fireworks or possession of firearms not used in Scout program. Fireworks or firearms found on Sea Base property will be confiscated and destroyed.

Leaving Base

All participants are expected to remain on Base. This includes all adult leaders as well as youth members. Sea Base may sponsor some trips off the Base as part of the regular program.

SCUBA Diving

SCUBA diving is permitted *only* on the SCUBA Certification, SCUBA Adventure and Scuba Live Aboard Adventure programs.

If you are a certified diver wishing to dive and are not in one of these programs, it is suggested that you arrive in the area a few days early, rent a motel room, and dive with a local charter diving firm.

Swimsuits

ALL SWIMMING ATTIRE MUST BE MODEST. For men, Speedo-type swimsuits are not appropriate; swim suits should have liners in them. For women, bikinis are not appropriate; one-piece swimsuits and modest tankini suits are considered appropriate.

Frequently Asked Questions

Recognized SCUBA Agencies

Divers from a B.S.A. recognized agency will be permitted to participate in the Sea Base SCUBA Adventure programs. The agencies are:

NAUI NASDS PADI SSI YMCA IDEA PDIC SDI

Exceptions (additions) to the above list must be approved by the Sea Base Program Director.

Crew Roster

You must submit your crew roster to Sea Base at least 30 days **prior** to arrival. The advance rosters are important so that we may more effectively prepare for your crew's arrival and provide quality program delivery. It is also vital in the event we need to make contact prior to your arrival. Crews may also submit their roster electronically through their Sea Base reservation account.

Lodging

The Sea Base sleeping quarters consist of a large sleeping room area with individual showers. Your crew will be sharing this barracks-style room with several other crews. Sea Base insists that each crew member clean up around his/her own bunk daily and that the cleaning of the bathroom be performed by the crews. (A Scout is Clean.) For your comfort during the warm summer months, the rooms are air-conditioned.

Program Menu

Your Sea Base menu consists of a wide variety of fresh foods, canned products, and frozen meats. The meals are not only nutritional but considerably more appealing than what you will find on most Scout functions. The menu does not take into account special concerns such as diabetes, vegetarians, religious, allergies, etc. **If you have**

special requirements, please bring food to supplement your particular needs.

This becomes especially important for those participants camping or sailing off base for several days.

Weather Cancellations and Delays

Occasionally here in the sub-tropics the weather can force the cancellation of some of our scheduled activities for safety reasons. For example, we do not SCUBA dive in a thunder storm. The staff will always try to “make up” missed program time but unfortunately that doesn’t always happen. The Sea Base does not provide any sort of refund for these types of events.

Valuables

Please leave non-essentials at home. If you must bring valuables, bring a large envelope to collect watches, wallets, etc., from your crew members for storage in the Sea Base safe.

Storage

Each sailing crew is provided a 2’x2’x4’ storage accommodation. You must bring a lock for your crew’s locker. Personal vehicles are another way to store equipment. If you are arriving by other modes of transportation, plan your “what to bring” items very carefully, and only bring what is necessary. (Sea Exploring crews have two lockers.)

How much stuff should I bring?

Pack only what you will need. Space is very limited, especially on sailboats. For crews on sailboats you will have a shakedown of your gear, and repack your items into a 24” X 12” mesh bag which will be issued to you at Sea Base.



Parking

There is limited secured parking on the grounds for cars, vans, and buses.

Money

Since your fees cover all of your program expenses, theoretically, you could attend Sea Base with no need of further finances. However, there are several opportunities requiring cash:

- | | |
|-------------------------------------|-------------------------------------|
| 1) Soft drink machines | 7) T-Shirts/Souvenirs |
| 2) Ship’s Store, as described below | 8) Film |
| 4) Coin operated laundry machines | 9) Key West attractions (See |
| 5) Crew photograph | <i>Leader’s Guide to Key West</i>) |
| 6) Meals in Key West | |

Ship’s Store

In case you have forgotten any personal items, the Sea Base has a well-stocked store with a wide range of items, from personal articles to souvenir items which will help you remember your adventure. Visa, Master Card and Discover cards are welcome. A Ship’s Store Manifest is in the back of this book for ordering special souvenirs, literature, clothing, etc. in advance of your Sea Base arrival.

Sleep Apnea

For individuals using a CPAP machine for the medical condition of Sleep Apnea, you should know that all our bunkhouse accommodations have 110-volt power plugs nearby. If your adventure takes you overnight on a sailing vessel, you will not have access to electricity for your CPAP machine.

Underwater Cameras

Cameras provide you the opportunity to record your experiences within the underwater wilderness, gliding by massive, coral formations, in clear blue water abounding with tropical fish. Disposable underwater cameras are available in the Ship's Store. For SCUBA Crews: please, no cameras on your first dive, or on the first half of your night dive.

Crew Photo

During your stay at Sea Base, a Sea Base photographer will take your crew picture. Even if you do not plan to purchase the photograph, we would like you to take the picture. This color 8x10 photograph is available for purchase through the Ship's Store for \$6, plus tax.

Mail

Parents: Do not send mail. Most mail will arrive after your crew has left for home; service is slow in the Keys. Sea Base offers programs to hundreds of Scouts on the sea, on the land, and on the island. We are not able to deliver mail to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

Telephone Contact

Contact with participants in Sea Base programs is nearly impossible except by Sea Base Staff. Please do not attempt to contact a program participant. Pay phones are available for participants to contact home. The Sea Base business telephone lines are for use only in **extreme** emergency.

Religious Services

Sea Base encourages all Scouts and Scouters to comply with the twelfth point of the Scout Law: "A Scout is Reverent". During the Summer, a Sea Base Chaplain will offer a non-denominational service every day during the week. Formal faith services are also available in the local area; contact Sea Base ahead of time for locations/times.

Sea Base Equipment

Sea Base prides itself on providing quality equipment and facilities. This equipment belongs to the entire Scouting community. You are entrusted with the proper care and use of this equipment. (A Scout is Trustworthy.) Sea Base provides each participant snorkeling equipment for their adventure. This includes a mask, fins, snorkel, and gear bag. The equipment is top quality, however, Sea Base advises those who have their own snorkel gear to bring it.

Hurricane Season

Hurricane season begins June 1 and continues through November 30. In the event of extreme weather conditions, the Sea Base General Manager will make the final decision regarding whether to continue with the adventure or seek shelter on the mainland. In the unlikely event that conditions beyond our control prevent your scheduled trip, an alternative program will be offered. In the case of cancellation due to extreme weather conditions, fees will be refunded based on the percent of the programs cancelled. Crews that did not participate in any part of their program will be refunded 100% of their fees paid.

The Florida Sea Base is not able to refund any fees related to meals, lodging or transportation incurred as a result of an evacuation. These expenses remain the responsibility of the crew. **SEA BASE STRONGLY RECOMMENDS YOU PURCHASE TRIP INSURANCE TO COVER YOUR TRAVEL EXPENSES.**

Sea Base Traditions

Flag Raising

Sea Base Participants and staff gather in formation each morning at 7:45 AM for flag raising, and 5:45 PM for flag retreat. All crews must wear their Class A uniforms **or** matching crew uniform. Your crew may be asked to perform the flag ceremony.

Council Strips

Over the years, many units have affixed their council strip or troop number patches to the Galley (Dining Hall) rafters. If your unit is the first from your council to participate in a Sea Base program, you may want to bring a council strip for this purpose. No “plaques” or t-shirts, please; just simple patches.

Uniforming

Sea Base requires that your crew carry on the Scouting tradition by arriving at Sea Base in uniform. Crews must wear their Class A uniform **or** crew uniform to flag raising, breakfast, and dinner. A Class A uniform (Scout Field Uniform) is considered to be a Scout shirt and Scout shorts; Scout socks and hat are optional at the unit’s discretion. Varsity and Venturing units should consider as a Class A uniform their unit shirt and Scout shorts. Luau nights are exceptions to this tradition.

Luau

On the last night of your Sea Base adventure your crew will participate in a Sea Base Luau. This special dinner event will be a festive evening of fun, music and games. You are encouraged to bring Hawaiian/Tropical style clothing to help make this a memorable part of your stay at Sea Base. Experience has taught us that the crews that pre-plan for this event seem to have more fun. So practice the “Limbo” and a skit for your Luau!

Closing Reflections Ceremony

Your opportunity to share and reflect upon your experiences of the high seas. Each crew participates by adding a touch of creativity in the form of a song or skit related to their Sea Base experience.

Fishing at the Florida Sea Base

Participants in all Sailing programs are covered by the boat fishing licenses, and do not need to purchase an additional fishing license. Participants in SCUBA programs do not have fishing as part of their adventure.

The warm clear waters, tropical reef and abundance of fish make the Florida Keys an ideal area to try your fishing skills. Although none of the Sea Base programs are strictly fishing programs, this activity can and should be an integral part of your week's adventure at the Florida National High Adventure Sea Base.

Closed Fishing Seasons

These are the closed seasons when you **MAY NOT** catch the following marine creatures:

- *Florida Spiny Lobster.....April 1 to August 5
- *Stone Crab Claws.....May 16 to October 14
- *Snook.....Jan., Feb., June to August

Soft corals and hard corals, alive or dead, are protected by Florida Marine Law and therefore, cannot be collected or molested. Also, the Florida Sea Base does not sanction shell or marine specimen collection.

The waters of the Keys are not open to **spearfishing**. **DO NOT** bring spear guns with you. We do not allow the use of spear guns or Hawaiian slings on any of the Sea Base programs.

Additional Program Opportunities at Sea Base

Traditional advancements found in council camps are not emphasized at Sea Base. You may find other opportunities available to you at Sea Base.

Project S.C.E.N.E.

The Florida Sea Base became the first Scouting facility in the world 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, fish ID and counts, and other projects, and by completing a project at home, Scouts can earn a Project S.C.E.N.E. patch at no cost. Ask for more details on this program during your check in.

Snorkeling B.S.A.

Your passport to our underwater world is your snorkeling equipment (mask, fins, snorkel). You may earn the Snorkeling BSA award during your participation in Sea Base programs. However, we encourage the use of this award program as a means of advance preparation prior to your participation at Sea Base. Contact your local council regarding the requirements and application forms for Snorkeling B.S.A.

SCUBA B.S.A.

Due to time and staff constraints, Sea Base does not offer the SCUBA B.S.A. award as a Sea Base program. More information can be learned about this program through the BSA publication *SCUBA B.S.A.*, #19-515, available through your council office.

Duty to God Award

The Florida Sea Base has a full-time chaplaincy program that offers the Duty to God Award for youth and adult participants who complete requirements appropriate to their adventure. The requirements are designed to help the individual participants and their crews remember a Scout's Duty to God as they explore evidence of God's creation in the oceans around them. Persons who complete the requirements are eligible to purchase a unique award patch that can be worn on their uniform.

Merit Badges

The merit badge program is designed to be offered on the unit level during weekend campouts or at summer camp. The experience which is offered at the Sea Base is a unique, once-in-a-lifetime opportunity, and may or may not fulfill a merit badge requirement. The program that our staff offers is not designed to fulfill merit badge requirements.

Sea Base Boat Mate Award

For crews participating in Coral Reef Adventure, Sea Exploring Adventure, or SCUBA Live Aboard Adventure, both youth and adults will have the opportunity to earn an award based upon proficiency of learned and demonstrated sailing/boating skills during your adventure. An excellent reference for this award is the BSA Small Boat Sailing Merit Badge pamphlet; additional requirement specific to your vessel will also be required. The vessel captain or mate is the counselor for this award.

Stop-overs And Side Trips

There are many interesting sights to see and places to go between your home and Sea Base. Give special consideration to stopping in places unique to the state, such as Kennedy Space Center, Disneyworld, Cypress Gardens, Florida Everglades, etc.

Many crews that bring camping gear want to stay in the Keys area before or after their High Adventure. The following Florida State facilities have campgrounds and may be contacted at the telephone numbers listed for reservations:

Florida Keys Campgrounds, State Parks

John Pennekamp State Park, Key Largo, MM 103	(305) 451-1202
Long Key State Recreation Area, MM 70	(305) 664-4815
Bahia Honda State Recreation Area, MM 37	(305) 872-2353

Privately Operated Campgrounds

Boyd's Key West Campground, MM 6	(305) 294-1465
Sugarloaf Key Campground, MM 20	(305) 745-3549
Howell Key Campground MM 27	(305) 797-4789
Camp Sawyer, South Florida Council, BSA	(305) 364-0020
Sunshine Key Camping, MM 38.8	(305) 872-2217
Knights Key, MM 47	(800) 348-CAMP

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History of Diving Museum**

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305-872-7444

Free Delivery Big Pine Key
to Cudjoe Key



An Introduction to the Adventure of a Lifetime...

In the heart of the Fabulous Florida Keys, on a sub-tropical island, 75 miles south of Miami, you will find SEA BASE, home of the Florida National High Adventure program. The Florida Sea Base is Scouting's most complete aquatic facility offering sailing, sea kayaking, deep sea fishing, SCUBA diving, snorkeling, lobstering, and beach combing. You can explore the vast ecosystem of the Florida Keys and get a fish-eye view of oceanography and marine biology.

The Sea Base facilities include a large, fully equipped "galley". The elevated dormitories overlook Florida Bay and one of the major bridges that separates the Atlantic Ocean from the Gulf of Mexico. Our harbor has a 300 foot dock for the larger sailing yachts, as well as many shorter docks for our smaller vessels. The swim "review" area is complete with a step down deck and marker buoys. The Ship's Store, our Trading Post, sells many items that you may have forgotten, or that you would like to take home as a reminder of your exciting adventures.

Just a few miles offshore lies the only living coral reef in North America, forming a protective barrier around the islands. Here, among the pillars of living coral, you come face to face with thousands of multi-hued tropical fish.

The area abounds with legends and tales of unequalled adventure. To this day, the lure of discovering a buried treasure burns in the heart of all true adventurers.

A History of the Base

The Florida Sea Base is an ocean of adventure among the islands of the Florida Keys. Each year the Base serves over 10,000 Scouts and their leaders. Currently there are ten different programs with one basic characteristic: high adventure. The programs are Sea Exploring, Out Island Adventure, Keys Adventure, Coral Reef Sailing, SCUBA Certification, SCUBA Adventure, SCUBA Live-Aboard Adventure, Bahamas Adventure, Bahamas Tall Ship Adventure and OA Ocean Adventure.

The Sea Base program has not always been so large; it has not always been Sea Base either. In 1974, several volunteers from Miami and Atlanta offered aquatic programs to young people from throughout the country, utilizing leased and borrowed equipment. Seventy to eighty young people in two consecutive summers were certified in SCUBA diving and the idea caught on. In 1975, the program was extended to include sailing, using leased vessels. The program developed was appropriately named the Florida Gateway to High Adventure: a gateway to the underwater world and the Caribbean through sailboats and SCUBA diving.

During 1977 and 1978, it became apparent as the program and its popularity grew that the organization must have its own facilities. Consequently, in 1979, a proposal to the Fleishman Foundation produced a grant in the amount of \$1,352,000 to establish a land base for the Florida Gateway somewhere in the Keys. The following year, with the

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Fleishman funds, the committee selected the Toll Gate Inn and Marina, a run-down motel, marina, and restaurant on Lower Matecumbe Key. The buildings were renovated, dormitories were built, and the program was renamed: The Florida National High Adventure Sea Base. Since then, growth has been tremendous: from one staff person, a budget of \$19,000, and 160 participants in 1976 to a staff of 110 during the summer and over a \$6 million operating budget with more than \$6 million in capital assets. Today, Sea Base serves Scouts and conference participants from every state and from countries around the world.

The old Toll Gate of Lower Matecumbe was where the road used to stop in the early 1900's before the railroad was completed down the Keys in 1912. From here, travelers would have to pay their tolls to continue traveling down to Key West and Havana, Cuba by boat. The Inn and Marina were a perfect site for building the Base. The old Inn rooms became what are known as the Annex, staff housing. The old office to the Marina was at first the director's home and is now the Program Office. The present day Galley, or dining hall, was the first office for Sea Base and had been the bar and restaurant to the old Marina.

The quarterdeck and equipment loft next to the Galley were added in 1981 . The small building next to the quarterdeck was once the gas station and grocery store of the old marina. For the Sea Base, it was the old Ship's Store, the shop, and now is the Commissary. The new Ship's Store was built in 1988. Along the water, or Florida Bay, the T-dock and sea wall can accommodate dozens of sail and motor vessels. The T-dock, nicknamed "the diving board to high adventure", teems with activity during the summer when Coral Reef Sail vessels come and go every day. Walking along the sea wall you will find the marine habitat full of fish common to the area. Lobsters and eel can be seen if you look carefully. At the side of the sea wall and docks is the beautiful Sea Base Chapel built through the efforts of Scouting's National Religious Committee. With a waterfall and pond, it is a beautiful setting for any meeting.

The largest building at Sea Base is the dorm and bunkhouse building. The wings are the bunkhouses, built in 1982, where each room is named for famous ship wrecks located in the Keys. The center is the SCUBA dorms, added in 1996, where the participants for SCUBA programs stay all week and have classes and practice dives outside in the custom made dive tanks before heading out to open water. Below the rooms are classrooms, showers, and a laundry room. In 1992 the Thomas building was built to house conference participants and staff. This was through the contributions of John Thomas and his Eagle Scout sons. The new administration and conference center, the Adams Building, was built in 1994 through generous contributions from Bill Adams and Union Pacific.

The Sea Base also owns Big Munson Island, a 110 acre island off of Big Pine Key. This is the home to the Out Island program. Scouts experience the Keys Robinson Crusoe style. In 1984 it was donated to the Boy Scouts by then-owner Homer Formby of Formby Furniture polish.

COPY THIS PAGE FOR ALL PARTICIPANTS

It takes a tremendous amount of energy, organization, and planning for the continuing development of Sea Base and its programs. This is dependent on help from the dedicated enthusiasts of Sea Base. Their giving is rewarded in the building of character and lives of thousands who visit the Florida Sea Base each year.

J. Porter Brinton Jr.

September 12, 1902-April 11, 1980

The Brinton Environmental Center is the home of the Out Island Adventure and Keys Adventure programs. J. Porter Brinton Jr., was a chemical products executive, and Founder & President of Hydrocarbon Products from 1928 – 1961. Later, he was on the Board of Directors for Witco Chemical Co., Board of Directors for the Putnam Trust Co., Trustee & Advisor for the Greenwich Hospital, and President of the Greenwich Country Club from 1954 – 1961. He was always a gentlemen, gracious, courteous, and friendly in meeting others. He kept a promise to himself by retiring early. He kept active by becoming one of the top senior golfers in the country. He also was an avid fisherman, hunter, and outdoorsman. Mr. Brinton had a long association with Scouting, which began as a result of his friendship with Earnest Thompson Seton. In 1911, Mr. Seton was one of the five originators of the Boy Scouts of America. The Brinton Trust was responsible for the acquisition and development of the Brinton Center.



A Glossary of Sea Base Terms

Bayside

This refers to the right side of the Overseas Highway as you travel south. In the Upper Keys, it is Bayside because the body of water on the right side of the road is Florida Bay. In the Lower Keys, the Gulf of Mexico is on the right side of the road going south.

Oceanside

This refers to the left side of the Overseas Highway, as you travel south.

Crew Number

The “number” assigned to your chartered unit by Sea Base to identify your crew(s). A unit participating in the Coral Reef Sailing program, arriving at Sea Base on Thursday, June 7, 2007, bringing two crews, would have a Crew Number like this: CRTH060707AB. Please use your correct Crew Number on all your correspondence with Sea Base.

Islamorada

A small town eight miles northeast of Sea Base on Upper Matecumbe Key. Named in 1907 after a local schooner called the Island Home— *Ees la morada* in Spanish.

Keys

Derived from the Spanish word “cayos”, meaning islets.

Mate

The Sea Base staff member assigned to your crew during its stay at Sea Base. This could be an Island Mate, Program Mate, etc.

Mile Marker

Mile Markers can be seen on each mile along the Overseas Highway, U.S. 1. They will appear on the right side of the road as small green signs with white numbers and begin with Number 126, one mile past Florida city, on U.S. 1. They end with 0 Mile Marker on the corner of Fleming and Whitehead Streets, in Key West. Sea Base is at Mile Marker 74. The Brinton Environmental center is at Mile Marker 24.

Telephone Number

Sea Base office telephone number for questions is **(305) 664-4173**. The emergency telephone number is **(305) 664-7766**. Neither of these are for the contact of a crew member unless in an absolute emergency.

We also recommend you keep a copy of the crew roster with you and give copies to the parent(s)/guardian(s) of all crew members so that everyone has all the information regarding your adventure in the event emergency contact is necessary.

Books of Interest

To make your experience more meaningful, you may want to acquire one or more of the following books and booklets. These also serve as excellent literature for displays during promotional rallies.

B.S.A. Publications (available at local Council trading post)

Fieldbook
Environmental Science Merit Badge Pamphlet
Oceanography Merit Badge Pamphlet
Motorboating Merit Badge Pamphlet
Astronomy Merit Badge Pamphlet
Fishing Merit Badge Pamphlet
Canoeing Merit Badge Pamphlet
Small Boat Sailing Merit Badge Pamphlet
Lifesaving Merit Badge Pamphlet
Scout Master's Handbook
First Aid Merit Badge Pamphlet
Guide to Safe Scouting

Other Publications

Guide to Corals and Fishes (waterproof)
-Idaz and Jerry Greenberg
Fishwatcher's Guide
-Charles C. Chaplin and Peter Scott
SCUBA Divers Log Books (waterproof or regular)
The Coral Reef-Harwood Books
The Living Reef - Sea Hawk Press
Cruising Guide to the Florida Keys, by Captain Frank Papy

There are many other publications available, but these are some of the best. Many listed publications are available from the Sea Base Ship's Store.

Charts

Navigational charts published by the National Oceanic and Atmospheric Administration are available from the government or bookstores. Here are the specific chart numbers:

Miami to Marathon Strip Chart	11451
Bahia Honda to Key West	11445
Straits of Florida	11013

NOAA National Ocean Survey
U. S. Department of Commerce
Washington, D.C.
www.noaa.gov

International Sailing Supply
320 Cross Street
Punta Gorda, FL 33950
Tel: 1-800-423-9026

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.



**Sea Base
Mission Statement**

It is the mission of the Florida National High Adventure Sea Base “to provide, through unique aquatic programs and activities, experiences for young people which will further their personal development in a positive atmosphere of teaching, encouragement, and acceptance, and to nurture values of self reliance and responsibility, through individual and group efforts, in accordance with the larger stated mission of the Boy Scouts of America”. Sea Base provides you with the means to experience first hand the unique environment under the sea.

The Florida National High Adventure Sea Base does not discriminate on the basis of race, creed, or national origin. These programs are open to all within our guidelines as to age and group size regardless of race creed or national origin.

This form can be found online at scoutnet.scouting.org/seabase.
Login in to your unit account to access this feature.



FLORIDA NATIONAL HIGH ADVENTURE SEA BASE

ROSTER FOR CREW # _____

SCHEDULED ARRIVAL DATE AT SEA BASE: _____

IT IS IMPERATIVE AND MANDATORY THAT THIS DOCUMENT BE COMPLETED AND RECEIVED BY THE SEA BASE AT LEAST 30 DAYS PRIOR TO ARRIVAL. THE INFORMATION CONTAINED HEREIN IS EXTREMELY IMPORTANT IN THE EVENT OF EMERGENCIES OR STORMS.

CREW LOCATION NIGHT BEFORE ARRIVAL AT SEA BASE: _____

PHONE # (____)_____ MODE OF TRANSPORTATION: _____

APPROXIMATE ARRIVAL TIME AT SEA BASE: _____

1	Primary Leader: _____ DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
2	Leader: _____ DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
3	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
4	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
5	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
6	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
7	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N
8	Name: _____ Youth Adult DOB: _____ M F Ethnicity _____ Emergency Contact: _____ Relationship: _____ Home: (____) _____ Work: (____) _____ Pass Swim Test: Y N

Welcome to Sea Base Check-In

Welcome to the Florida High Adventure Sea Base!

Please have the following items ready for Check-In:

1. Tour Permit.
2. \$100 Damage Deposit per crew (check, cash, Visa/Mastercard).
3. Photo Identification for all youth showing proof of age.
4. Sea Base Class III Medicals separated by crew (A Crew, B Crew, etc.). **ALL SCUBA MEDICALS MUST BE MAILED TO SEA BASE IN ADVANCE.**
5. Rental Car Info — in the event we will be helping you return a rented vehicle.
6. Copy of Crew Roster (original should have been mailed in 30 days prior to arrival or filled out online at scoutnet.scouting.org/seabase).

In the event you may have to wait to check in, we ask you to return to the Registration office in _____ minutes with all items listed above.

Your captain/staff mate/divemaster is:

Thank you!

COPY THIS PAGE FOR ALL PARTICIPANTS



Florida National High Adventure Sea Base



Participant Policies

1. Follow the Scout Oath and Law at all times.
2. Shirts are required at all meals at Sea Base or Brinton Center.
3. Shoes are required at all times unless you're playing volleyball or snorkeling.
4. Quiet hours begin at 10 PM, and no showers after 10:30 PM, lights out at 11 PM.
5. Each crew must help clean up at least once after meals.
6. There is no "open swimming" at the Sea Base or Brinton Center.
7. Please do not walk through the local neighborhood or cross US-1.
8. **ALL SWIMMING ATTIRE MUST BE MODEST.** For men, Speedo-type swimsuits are not appropriate; swim suits should have liners in them. For women, bikinis are not appropriate; one-piece swimsuits and modest tankini suits are considered appropriate
9. Do not enter any vessel or private residence without staff permission.
10. If you are of legal age and choose to smoke you can only do so behind the administration building.
11. Males must not enter the female dorms. Females must not enter the male dorms.
12. Because of "varmints", please don't leave open food containers or wrappers in the dorms or bunkhouses.
13. Leaders are expected to stay with their crew at all times.
14. Hanging clothing on the railings is discouraged.
15. We encourage photos of the Sea Base Gateway however, please stay off the dangerous rocks.

I, _____, being the crew leader of my crew, hereby agree to abide by all of the above rules and policies and will lead by example while I enforce these rules with my crew.

Date _____



FLORIDA NATIONAL HIGH
ADVENTURE SEA BASE
SCHOLARSHIP APPLICATION



A scholarship fund has been established for the Sea Base programs thanks to the contributions from the estate of Sonia Maguire. To apply, complete the following and submit with the requested materials. The scholarship will cover up to \$300.00 towards your Sea Base adventure. All applications must be submitted no later than March 1st of the attending year. Return application and supporting material to: Florida Sea Base, PO Box 1906, Islamorada, Florida 33036

ALL FIELDS ARE MANDATORY

SEA BASE CREW NUMBER: _____

PERSONAL INFORMATION:

YOUR NAME: _____ DATE: _____
STREET ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
HOME PHONE: (_____) _____

SCOUTING ADVANCEMENT, LEADERSHIP, & OUTDOOR EXPERIENCE:

REGISTERED IN (CIRCLE) TROOP TEAM POST # _____ RANK _____
LEADERSHIP POSITIONS HELD _____
CAMP STAFF EXPERIENCE _____
PREVIOUS SEA BASE EXPERIENCE _____
OTHER HIGH ADVENTURE EXPERIENCE _____
HONORS RECEIVED (SCHOOL, ETC.) _____

RECOMMENDATION LETTER

_____ I have enclosed a sealed envelope containing a letter of recommendation from my unit leader. This letter should contain, among other data, any extenuating financial consideration, if any is pertinent.

REQUIRED ESSAY (2 PARTS)

_____ I have enclosed a one-page essay on what I have learned from camping and outdoor experiences in scouting and what I expect to learn from the Sea base.

_____ I have enclosed a description of any extenuating financial considerations that are pertinent to my application for this scholarship.

COPY THIS MEDICAL FOR ALL PARTICIPANTS

FLORIDA SEA BASE

BOY SCOUTS OF AMERICA



HEALTH AND MEDICAL RECORD (Exceeds BSA Class 3 Requirements)



THE SEA BASE EXPERIENCE

Climatic conditions include temperatures from 50° to 95° F, high humidity, heat index reaching to 110°, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and other activities that may have potential for injury. Sea Base strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the *Leader's Guidebook* for specific information. Sea Base staff instructs participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Sea Base requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Sea Base does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth having had any of the following should undergo a thorough evaluation by a physician before considering participation at Sea Base.

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery
4. Stroke or transient ischemic attacks (TIA's)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking and/or Excessive Weight

The physical exertion during a high adventure activity may cause a heart attack or stroke in susceptible persons. An adult who is 40 years of age or older, or who has experienced any of the conditions above, should speak with his or her doctor about the possible need for an exercise stress test with thallium (a metallic element that helps in the diagnosis of stress) within three to six months before the scheduled trip to assess the adequacy of the heart muscle's blood supply. It is recommended that an adult who is over 40 years of age who has not experienced any of the conditions above have an ordinary stress test without thallium. **Even if the stress test is normal, the results of testing done without the exertions of a high adventure program do not guarantee safety.** If test results are abnormal, the individual is advised not to participate.

HYPERTENSION (HIGH BLOOD PRESSURE)

The combination of stress and heat appear to cause a significant increase in blood pressure in many individuals participating in high adventure. Occasionally, hypertension reaches such a level that it is no longer safe for an individual to engage in strenuous activity. Persons whose blood pressures are increased mildly (greater than 135/85) may benefit from treatment before coming to a high adventure base. Individuals who are hypertensive (having blood pressure greater than 140/90) are urged strongly to be treated and to have normal blood pressure (less than 135/85) before arriving. Medications should be continued during the high adventure program. Those people taking beta-blocker medication should consider a change of medication before participating in the scuba program.

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INSULIN DEPENDENT DIABETES MELLITUS

Exercise and the type of food eaten will affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and at least one other individual in the group should know the appropriate initial responses for these conditions.

A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia probably should not participate in a Sea Base high adventure program until better control of the diabetes has been achieved. Any form of diabetes requiring insulin control with medication disqualifies an individual from participation in the scuba program.

SEIZURE DISORDERS OR EPILEPSY

A seizure disorder or epilepsy does not exclude an individual from participating in high adventure. However, the seizure disorder should be well controlled by medications. A seizure-free period of at least one-year is considered adequate. Exceptions to this guideline may be considered by the Sea Base health supervisor and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. Any seizure activity regardless of control with medication disqualifies an individual from participation in the scuba program.

ASTHMA

It is expected that an individual with asthma will have consulted a physician in order to establish control of the condition. The asthma should be controlled to essentially normal lung function with the use of oral or aerosol bronchodilators. The patient should bring ample supplies of medication for the entire program. Individuals undergoing allergic desensitization therapy who require injections during their adventure should bring their medications and store a portion at Sea Base upon arrival.

At least one other crewmember should know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who is approved to go to Sea Base who has required medical treatment for asthma within the past six years must carry a full-size prescribed inhaler for the length of the program. Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication, who require systemic corticosteroid therapy, or who have required multiple hospitalizations for asthma should not attempt to participate in the strenuous activities of high adventure. Any asthma history regardless of control, unless documented by a methacholine challenge test and found to be resolved, disqualifies an individual from participation in the scuba program.

PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Sea Base trip is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a high adventure trip. Any condition should be well controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to a Sea Base trip. Participants requiring medication must bring an appropriate supply. Any psychological and emotional difficulties requiring medication may disqualify participation in the scuba program.

MEDICATIONS

Each participant at Sea Base who has a condition requiring medication should bring an appropriate supply and a complete listing of medication prepared by a physician. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp, hornet, or jellyfish sting must bring an EpiPen or equivalent with them to Sea Base.

COPY THIS MEDICAL FOR ALL PARTICIPANTS

SCUBA DIVING

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. To scuba dive safely, you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs should not dive. If taking medication, consult your doctor and the instructor before participation in this program. You will also need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

An individual should always contact the family physician first and call Sea Base at 305-664-4173 if there is a question about the advisability of participation. The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individuals at Sea Base.

WEIGHT GUIDELINES FOR HIGH ADVENTURE ACTIVITIES

Any participant or adviser who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Sea Base high adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 300 pounds.

The right hand column shows the **maximum recommended weight** for participating in a Sea Base high adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Individuals who exceed these limits may want to reconsider participation in a Sea Base high adventure program. *

Recommended Weight (lbs.)			
Height	19-34 Years	35+ Years	Maximum
5'0"	97-128	108-138	166
5'1"	101-132	111-143	172
5'2"	104-137	115-148	178
5'3"	107-141	119-152	183
5'4"	111-146	122-157	189
5'5"	114-150	126-162	195
5'6"	118-155	130-167	201
5'7"	121-160	134-179	207
5'8"	125-164	138-178	214
5'9"	129-169	142-183	220
5'10"	132-174	146-188	226
5'11"	129-169	151-194	233
6'0"	140-184	155-199	239
6'1"	144-189	159-205	246
6'2"	148-195	164-210	252
6'3"	152-200	168-216	260
6'4"	156-205	173-222	267
6'5"	160-211	177-228	274
6'6"	164-216	182-234	281

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

***All programs involve snorkeling and entering and exiting a vessel via ladders - No one may participate who exceeds 300 pounds**

COPY THIS MEDICAL FOR ALL PARTICIPANTS

FLORIDA SEA BASE

BOY SCOUTS OF AMERICA

HEALTH AND MEDICAL RECORD (Meets BSA Class 3 Requirements)

CREW # _____

Name _____ Date of Birth* _____ Age _____

Address _____

City _____ State _____ Zip _____ Phone # (____) _____

Council Name _____ Unit # _____ Religious Preference _____

***PARTICIPANTS MUST BE FOURTEEN (14) YEARS OLD BY SEPTEMBER 1 OF THE YEAR OF PARTICIPATION. SCUBA PARTICIPANTS MUST BE FOURTEEN (14) YEARS OLD BY DATE OF ATTENDANCE. YOU MUST COMPLY WITH THIS REQUIREMENT. SEA BASE CAN MAKE NO EXCEPTIONS.**

ATTACH A PHOTOCOPY OF INSURANCE CARD. IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE"		
Family Medical Insurance Company _____	Policy # _____	Phone # (____) _____
Address of Insurance Company _____ City, State, _____		

In Case of Emergency, Notify:		
Name _____	Relationship _____	
Address _____		
Home Phone # (____) _____	Business Phone # (____) _____	Cell Phone # (____) _____
Alternate Contact _____		Phone # (____) _____

This health and medical record, including limitations indicated, is valid for participation in Scouting (unit activities, camping, local and national events) for 12 months after date completed by physician. Each participant is subject to a medical recheck at Sea Base. Sea Base recognizes the right of a Scout not to have immunizations, etc. because of religious beliefs, however, a statement signed by the parents is required, indicating that the Scout is free from contagious disease and is able to physically tolerate the conditions as described in this form. Write Sea Base for a copy of the statement.

Sea Base meals consist of a wide variety of fresh foods, canned products, frozen meats and freeze-dried foods. The menu does not take into account special dietary concerns. If the participant has a problem with the diet described above, contact Sea Base for a copy of the menu and plan to send supplemental food.

PARTICIPANT HEALTH HISTORY

Are you now, or have you ever been treated for any of the following: (Answer "Yes" or "No")

Sinus trouble _____	Kidney disease _____	Earaches/infections _____	Abdominal problems _____	Epilepsy _____
Hay fever _____	Tuberculosis _____	Fainting spells _____	Rheumatic fever _____	Asthma _____
Ear Problems _____	Pneumothorax _____	Seizures _____	High Blood Pressure _____	Hypertension _____
Heart trouble _____	Diabetes _____	Frequent diarrhea _____	For Women: menstrual problems _____	
Any mental illness _____ Explain _____				
Allergies or reactions to any medication _____			Allergy to insect or jellyfish stings _____	
Have you had more than a brief minor illness (24 hrs or more), injury or emotional difficulty during the past year? _____				
If so, what? _____				
Operations, serious injuries or hospitalization with date(s), for any reason _____				
Any restriction of activity for medical reasons? _____ Explain _____				
Have you taken any medication for more than two (2) weeks in the past year? (What? Why?) _____				
Are you now taking medication or treatment? (Why?) _____				

List current medications and dosages below:

MEDICATION	DOSAGE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PARENT'S/GUARDIAN'S AUTHORIZATION REQUIRED FOR THOSE UNDER 18 YEARS OF AGE.
<p>I, the undersigned, have read and understand this entire form, including the sections entitled <i>PHYSICIAN PLEASE NOTE, THE SEA BASE EXPERIENCE, AND RECOMMENDATIONS REGARDING CHRONIC ILLNESSES</i>. This health history of the applicant is accurate and complete, and the person herein described has permission to engage in all Sea Base activities described, except as specifically noted on this form by the physician or myself. If I cannot be reached in an emergency, I hereby give permission for health supervisor, or the adult advisor in charge, to treat, hospitalize, secure anesthesia or to order injection, surgery or other treatment needed for the person described herein. While at Sea Base, Sea Base health supervisor has permission to obtain all information connected with treatment by a physician, hospital or other treatment facility.</p>

NOTE: BE SURE TO BRING MEDICATION NEEDED WHILE AT SEA BASE.

INFORMATION ABOVE IS ACCURATE AND COMPLETE TO THE BEST OF MY KNOWLEDGE

APPLICANT SIGNATURE (REQUIRED) _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____
REQUIRED IF APPLICANT UNDER 18 YEARS OF AGE

COPY THIS MEDICAL FOR ALL PARTICIPANTS

PHYSICIAN'S MEDICAL EVALUATION

PHYSICIAN PLEASE NOTE

- | | |
|--|---|
| A. Sea Base is a waterfront program where participants <ul style="list-style-type: none"> Are on or in the water for extended periods of time Are in high humidity with heat indexes reaching 100 degrees Experience temperature ranges from 50-90 degrees F | B. Care for injuries or illness: <ul style="list-style-type: none"> May take 6-12 hours or longer for direct assessment and evacuation May be delayed by thunderstorms or other natural problems |
|--|---|

1. PHYSICAL EXAMINATION: **Height:** _____ **Blood Pressure:** _____
Weight: _____ **Maximum Weight:** _____ (from chart)
Any individual exceeding the maximum weight of 300 lbs. will not be permitted to participate

	<u>Normal</u>	<u>Abnormal</u>		<u>Normal</u>	<u>Abnormal</u>	<u>Explain any abnormalities below:</u>
Eyes:	<input type="checkbox"/>	<input type="checkbox"/>	Range of Mobility:			
Ear:	<input type="checkbox"/>	<input type="checkbox"/>	Knees (both):	<input type="checkbox"/>	<input type="checkbox"/>	_____
Nose:	<input type="checkbox"/>	<input type="checkbox"/>	Ankles (both):	<input type="checkbox"/>	<input type="checkbox"/>	_____
Throat:	<input type="checkbox"/>	<input type="checkbox"/>	Spine	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lungs:	<input type="checkbox"/>	<input type="checkbox"/>				_____
Heart:	<input type="checkbox"/>	<input type="checkbox"/>	Other:	<u>Yes</u>	<u>No</u>	_____
Abdomen:	<input type="checkbox"/>	<input type="checkbox"/>	Contacts:	<input type="checkbox"/>	<input type="checkbox"/>	_____
Genitalia	<input type="checkbox"/>	<input type="checkbox"/>	Dentures:	<input type="checkbox"/>	<input type="checkbox"/>	_____
Skin	<input type="checkbox"/>	<input type="checkbox"/>	Braces:	<input type="checkbox"/>	<input type="checkbox"/>	_____
Emotional:	<input type="checkbox"/>	<input type="checkbox"/>	Inguinal Hernia:	<input type="checkbox"/>	<input type="checkbox"/>	_____
Adjustment:						

ALLERGIES: (Any history of, list all problems: to what agent; type of reaction; treatment) _____

IMMUNIZATION HISTORY: (REQUIRED)
 Tetanus immunization must have been received within 10 years prior to arrival at Sea Base: Date of Last Inoculation: _____
 Measles History: Inoculation: Disease: Unknown:

RECOMMENDATIONS AND/OR RESTRICTIONS:
 A. I certify that I have, today, reviewed the health history, examined this person, and find him/her physically fit to participate in the Sea Base experience as outlined on this form, including:
 Camping/Hiking: ___ Yes ___ No Snorkeling: ___ Yes ___ No Other Athletic Activities: ___ Yes ___ No
 B. Restrictions (if none, so state) _____

PHYSICIAN'S SIGNATURE: Physician licensed to practice medicine (MD, DO). An examination conducted by a certified physician's assistant or a nurse practitioner will be recognized. (Please include the name and phone number of sponsoring physician)

To Health Care Provider: Do not certify individuals whom: <ul style="list-style-type: none"> Weigh in excess of 300 pounds Have significant heart disease, asthma, or hypertension Have incompletely controlled psychiatric disorders Are subject to anaphylaxis Does not meet age requirements 	Signature: _____ Address: _____ City, State, Zip: _____ Office Phone: (_____) _____ Date: _____
--	---

THE SEA BASE HEALTH SUPERVISOR RESERVES THE RIGHT TO DENY THE PARTICIPATION OF ANY INDIVIDUAL ON THE BASIS OF A PHYSICAL EXAMINATION AND/OR THEIR MEDICAL HISTORY. SEA BASE MEDICAL STAFF WILL CHECK ALL MEDICAL EVALUATION FORMS BEFORE A PARTICIPANT BEGINS A TRIP. AREAS OF CONCERN INCLUDE, BUT ARE NOT LIMITED TO: HEART DISEASE, HIGH BLOOD PRESSURE, SEIZURE DISORDER, SICKLE CELL ANEMIA, AND HEMOPHELIA, ASTHMA, DIABETES, AND EXCESSIVE WEIGHT.

-SEA BASE USE ONLY: DO NOT WRITE IN THIS BOX-			
REVIEWED BY: _____	DATE: _____	RECHECK: ___ YES ___ NO	
REASON: _____	RECHECK BY: _____	DATE: _____	

COPY THIS MEDICAL FOR ALL PARTICIPANTS

RISK ADVISORY FLORIDA SEA BASE

The Florida Sea Base has had an excellent health and safety record from its inception in 1976. The Sea Base strives to minimize risks to participants and adult leaders through emphasizing proper safety precautions. Most Sea Base participants do not experience injury during their adventure precisely because they are aware of the risks involved and because they exercise proper safety precautions. If you are planning to attend the Sea Base, you should be physically fit, have proper clothing and equipment, be willing to follow the instructions of your staff members, work as a team and take responsibility for your own health and safety. By studying the Leader's Guide, the itinerary for your specific program, Scouting Guide to the Florida Keys, and the Guide to Safe Scouting, a crew can be properly prepared for the contingencies that may arise during their adventure.

Parents, guardians, adult leaders and participants in Sea Base programs are advised that Sea Base programs and journeying to and from the Sea Base can involve exposure to accidents, illness and/or injury associated with a physically demanding high adventure program conducted in a sometimes hostile aquatic environment. Participants may be exposed to severe weather conditions such as high heat and humidity, tropical weather and intense tropic sun. Other possibilities include sunburn, heat exhaustion and heat stroke, dehydration, asthma and heart attacks. For participants in the SCUBA programs please read, study and review the special medical constraints.

Sea creatures such as rays, anemones, sea urchins, coral, barracuda and sharks, pose little or no threat if safe distances and respect are given them. You can read more about these sea creatures in A Scouting Guide to the Florida Keys, and also be aware that the Sea Base has a no-touching policy with regard to the coral and creatures of the reef.

The Florida Sea Base is dedicated to the mission of serving young people in a safe, educational, enjoyable, aquatic environment. (We are trained for emergencies and able to act in an expedient manner.) Furthermore, professional medical services such as hospitals and physician's offices are a short distance from Sea Base programs and the Sea Base maintains a fine working agreement with these facilities.

We hope that this information will motivate leaders, parents, guardians and participants to be prepared and informed. By working together as well-prepared and informed Scouters, we can all enjoy a safe Florida Sea Base High Adventure experience.



COPY FOR ALL CORAL REEF SAILING PARTICIPANTS

SAMPLE CORAL PROVISIONING LIST — SUBJECT TO CHANGE

ITEM	SIZE	QTY.	ITEM	SIZE	QTY.	ASK YOUR CAPTAIN IF HE OR SHE NEEDS		
CANNED GOODS			BEVERAGES			ANY OF THESE ITEMS FOR YOUR TRIP		
Tuna Fish	12oz	3	Gatorade	24oz	2	DRAW ITEMS	SIZE	QTY.
Chunky Chicken	10oz	3	Lemonade	24oz	3	Beef Stew	24oz	4
Applesauce	16oz	2	NON-EDIBLES			Matches	Box	3
Green Beans	15oz	2	Dish Soap	19oz	1	Aluminum Foil	Box	1
Corn	15oz	3	Trash Bags	13 Gallon	1 Box	Sponges	Each	2
Pork-n-Beans	15oz	2	Paper Plates	100 Pack	2	Oven Cleaner	16oz	1
Mushrooms	4.25oz	2	Soft Scrub	12oz	1	Charcoal	8# Bag	2
Peaches	16oz	3	Bathroom Tissue	Rolls	4	Bread Crumbs	15oz	1
Fruit Cocktail	16oz	3	Paper Towels	Rolls	6	Hot Sauce	6oz	1
DRY FOOD			Zip Lock Bags	Box 1 Gal.	1	Corn Oil	16oz	1
Mashed Potatoes	26oz	1	BREAD			Bleach	32oz	1
Gravy Mix	.75oz	2	White	Loaf	3	Spaghetti Sauce	28oz	2
Cookies	16oz	2	Wheat	Loaf	2	Spaghetti Noodles	2#	1
Mac and Cheese	7.25oz	3	Rye	Loaf	1	Soy Sauce	16oz	1
Pringles-(Assorted)	6oz	7	French	Loaf	1	Teriyaki	16oz	1
Cheese Curls	7.5oz	3	English Muffins	6	2	SPICES		
Pancake Mix	32oz	1	Hot Dog Buns	1 Dzn	2	Garlic Powder	7.5oz	1
Pudding Snack Pacs	4 pack	4	Hamburger Buns	1 Dzn	2	Italian Seasoning	7.5oz	1
Jelly	18oz	1	Dinner Rolls	1 Dzn	1	Lemon Pepper	7.5oz	1
Peanut Butter	28oz	1	REFRIGERATED			Onion	7.5oz	1
Minute Rice	14oz	1	Tomatoes	Medium	10	Season-all	7.5oz	1
Stuffing Mix	28oz	1	Onions	Medium	4	Salt/Pepper Shakers	Small	1
Squeeze Butter	12oz	2	Lettuce	Medium	2	Squeeze Lemon	2.5oz	2
Granola Bars	Box of 8	3	Salad Mix	Big Bag	1	Coffee Creamer	6oz	1
Snack Cakes	Variety	4	Cucumbers	Medium	3	Sugar Canister	16oz	1
Pop Tarts	Box of 6	4	Green Peppers	Medium	3	Sugar Substitute	6oz	1
Cereal	.75oz	36	Oranges	Medium	20	Parmesan Cheese	8 oz	1
CONDIMENTS			Apples	Medium	30	Regular Coffee	1#	1
Relish	12.7oz	1	Cheese	5# block	1/2 Block	Instant Coffee	2oz	1
Mustard	12oz	1	Milk	1 Gallon	2	Saltine Crackers	1#	1
Ketchup	14oz	1	Butter	1# Block	1			
Mayo	11.7oz	2	FROZEN					
Steak Sauce	10oz	1	Eggs	2#	3			
Italian Dressing	16oz	1	Orange Juice	32oz	2			
Ranch Dressing	16oz	1	Steaks	9	1			
Pancake Syrup	12oz	1	Deli Ham	3#	1			
Pickles	16oz	1	Deli Turkey	2#	1			
			Sausages	18	1			
			Hot Dogs	8	3			
			Hamburgers	Bag of 9	2			
			Chicken Patties	Bag of 20	1			

COPY FOR ALL SEA EXPLORING SAILING PARTICIPANTS

SAMPLE SEA EXPLORING PROVISIONING LIST — SUBJECT TO CHANGE

ITEM	SIZE	QTY.	ITEM	SIZE	QTY.
CANNED GOODS			BEVERAGES		
Tuna Fish	12oz	9	Gatorade	18.4oz	6
Chunky Chicken	10oz	9	Lemonade	24oz	15
Applesauce	16oz	6	NON-EDIBLES		
Green Beans	15oz	9	Joy Dish Soap	19oz	3
Corn	15oz	12	Trash Bags	13 Gallon	3
Pork-n-Beans	15oz	6	Paper Plates	100 Pack	9
Mushrooms	8 oz	3	Soft Scrub	12oz	3
Peaches	16oz	9	Bathroom Tissue	Rolls	12
Fruit Cocktail	16oz	9	Paper Towels	Rolls	18
Spaghetti Sauce	28oz	6	Zip Lock Bags	Box 1 Gal.	3
DRY FOOD			BREAD		
Mashed Potatoes	13oz	3	White Loaf	12	
Gravy Mix	.75oz	6	Wheat Loaf	6	
Cookies	32oz	3	Rye Loaf	3	
Mac and Cheese	7.25oz	9	French Loaf	3	
Pringles-(Assorted)	6oz	21	English Muffins	6	6
Cheese Curls	7.5oz	9	Hot Dog Buns	1 Dzn	6
Pancake Mix	2#	3	Hamburger Buns	1 Dzn	6
Pudding Snack Pacs	4 pack	12	Dinner Rolls	1 Dzn	3
Jelly	32oz	3	REFRIGERATED		
Peanut Butter	22oz	3	Tomatoes	Medium	30
Minute Rice	14oz	3	Onions	Medium	12
Stuffing Mix	12oz	3	Lettuce	Medium	6
Squeeze Butter	16oz	3	Salad Mix	Big Bag	3
Granola Bars	Box of 8	9	Cucumbers	Medium	6
Snack Cakes	Variety	12	Green Peppers	Medium	9
Crackers Variety		9	Oranges	Medium	60
Pop Tarts	Box of 6	12	Apples	Medium	120
Cereal	.75oz	108	Cheese	5# block	2
Spaghetti Noodles	2#	3	Milk	1/2 gallon	12
CONDIMENTS			Butter	1# Block	3
Relish	10oz	3	FROZEN		
Mustard	16oz	3	Eggs	2#	9
Ketchup	28oz	3	Orange Juice	32oz	6
Mayo	11.7oz	6	Steaks	9	3
Steak Sauce	10oz	3	Deli Ham	3#	3
Italian Dressing	16oz	3	Deli Turkey	2#	3
Ranch Dressing	16oz	3	Sausages	18	3
Pancake Syrup	24oz	3	Hot Dogs	8	9
Pickles	16oz	3	Hamburgers	Box of 12	6
			Chicken Breast	1 Pack of 24	24

ASK YOUR CAPTAIN IF HE OR SHE NEEDS ANY OF THESE ITEMS FOR YOUR TRIP

DRAW ITEMS	SIZE	QTY.	DRAW ITEMS	SIZE	QTY.
Beef Stew	24oz	12	Spices:		
Matches	Box	9	Garlic Powder	7.5oz	3
Aluminum Foil	Box	3	Italian Seasoning	7.5oz	3
Sponges	Each	6	Lemon Pepper	7.5oz	3
Oven Cleaner	16oz	3	Onion	7.5oz	3
Charcoal	8# Bag	6	Season-all	7.5oz	3
Bread Crumbs	15oz	3	Salt/Pepper Shakers	Small	3
Hot Sauce	6oz	3	Squeeze Lemon	2.5oz	6
Corn Oil	16oz	3	Coffee Creamer	6oz	3
Bleach	32oz	3	Sugar Canister	16oz	3
			Sugar Substitute	6oz	3
			Parmesan Cheese	8 oz	3
			Regular Coffee	1#	3
			Instant Coffee	2oz	3
			Saltine Crackers	1#	3

COPY FOR ALL PARTICIPANTS

Sample Florida Sea Base Menu—Meals on base (Subject to change)

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Biscuits (2 oz, 2 ea) Sausage Gravy (4 oz) Eggs (4 oz)	Pancake (1, 6 oz) Eggs (4 oz) Sausage Links (2 ea) Grits (3 oz) Syrup	Sausage Patties (1.5 oz, 2 ea) Eggs (4 oz) Hash brown (1) Oatmeal (3 oz) Brown Sugar Syrup	French Toast (2 ea) Ham Eggs (4 oz) Syrup	Breakfast Burritos (4 oz) ingredients (eggs, sausage, bacon, onion, tomato, cheese) 9 in. wrap (1 ea) Potato Chunks (4 oz) Salsa	Eggs (4 oz) Bacon (4 slices) Oatmeal (3 oz) Brown Sugar	Waffles (2 ea) Eggs (4 oz) Sausage Link (2 ea) Syrup

All Breakfasts - milk, cereal, orange juice, coffee, butter, jam/jelly, fresh fruit.

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken Fingers (3 ea) French Fries Cookies (2 ea) BBQ Sauce Honey Mustard	Club Sandwich (cheese, turkey, ham, lettuce, tomato) Chips Pickles Mayo.- Mustard	Chili Cheese Dogs (2 ea) French Fries Ice cream cup- van/choc (1 ea) Mayo.- Mustard Ketchup - Relish	Sloppy Joe (2 ea) Tater Tots Sheet Cake Ketchup - Mustard	Pizza Slice (2 ea) Chips Cookies (2 ea)	Meatball & Cheese Sub Chips	Fish Sandwich Scalloped Potatoes (3oz) Vegetable Blend (3oz) Tartar sauce

All Lunches - Salad Bar and Fresh Fruit.

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spaghetti & Sauce Corn (3 oz) Bread Sticks (2 ea) Spumoni I/C (4 oz)	Chicken Leg Quarters (1 ea) Mixed Veg. (3 oz) Dinner Roll (1ea) Sheet Cake	Hamburger or Cheeseburger (1 ea) Baked Beans (3 oz) Corn on Cob (1 ea) Potato Salad (4 oz) Sheet Cake	(Hamburger Helper Pizza Pasta Wheels) Carrots (3 oz) Corn Bread (1ea) Sheet Cake	Turkey Brown Gravy Green Beans (3oz) Stuffing (3 oz) Cranberry Sauce Sheet Cake	(Hamburger Helper Beef Stroganoff) Corn (3 oz) Bread Sticks (2ea) Sheet Cake	Soft Taco 9 in. wrap (1 ea) Beef (4 oz) Tomato/Basil Rice 3 oz Refried Beans (3 oz) Ice cream cup- van/choc (1 ea) salsa, sour cream, chopped lettuce, diced tomato, shredded cheese, jalapenos, guacamole

All Dinners - Salad Bar and Fresh Fruit.

Sea Base Crew Rally

For Scouts, Venturers, Leaders and Parents

PURPOSE OF MEETING

- To acquaint participants and parents with Sea Base, the program, medical requirements and the risk advisory.
- To share the calendar and timeline of events leading up to their adventure.
- To inform everyone of procedures regarding fees, medical forms, medical limitations, equipment needs/packing list, behavior expectations, and age requirements.
- To meet the crew's adult and youth leadership, and share expectations.

Opening

Post Sea Base photos, map from brochure, etc. on walls.

Put out memorabilia from previous Sea Base trips, cruising guides, charts.

Display personal equipment needed (if applicable).

Meeting

Welcome and introductions

What is Sea Base

- Give brief history of the Florida Sea Base (in Leader's Guide).
- Give overview of different programs offered.
- Discuss specific adventure crew is registered for.

Distribute, read and discuss the Risk Advisory.

- Be aware that SCUBA programs have some specific medical restrictions.

Administrative Details

- Explain budget and items within budget (what is included).
- Explain items not included in crew's budget (personal expenses).
- Distribute timeline of fee payments and checkpoint dates.

Travel Plans—instructions

- Uniform—travel in it, and arrive in it.
- Review packing list.
 - ◆ Most people over pack. Pack light.
 - ◆ Winter and springtime temperatures can be quite cool. Bring long pants, and windbreaker and a cap for those cool days on the water.
- Discuss "Sea Bag" requirement for sailing crews.
- Guide for spending money — how much? What for?.
- Review crew roster(s).

Physical Preparation

- Schedule BSA Swim test.
- Schedule snorkel practice at local pool.
- Sea Base Class III medical requirement.
- Other medical/paperwork necessary for SCUBA crews.

Review communications plan

Distribute forms if needed and collect fees

Q & A period

Closing

Coral Reef Sailing Participant & Parent Guide



The staff of the Florida Sea Base is eager for your arrival and participation in the Coral Reef Sailing Program for the upcoming season. To aid in your preparation for the trip, we would like to go over some highlights for the week that you will spend with us.

When you arrive at the Florida Sea Base between 1 PM and 3 PM, you will check in at the Registration office. You will then be met by a Sea Base staff member who will lead you through the orientation process for your adventure ahead. You will then go to the quarterdeck for the issuing of snorkeling equipment. Each participant, both youth and adult, will be issued a mask, fins, snorkel, and a Sea Base dive bag that you will use for the remainder of your week long adventure. You will also receive a bag to transfer all of your personal belongings into to take on your vessel. You will be assigned a storage locker for your effects you will not be taking with you. Everyone will then participate in a BSA swim review and a snorkel instruction lesson so you are comfortable with your gear and swimming in the ocean. If you have your own snorkeling equipment, you may prefer to bring it. Masks, snorkels, and fins sometimes give you a better fit if it is your personal equipment. After dinner, you will board your vessel and stay your first night on board the boat at the dock, or you may sail into the sunset if time permits. You will also have the option to have our Sea Base photographer take your crew's photo. The first evening you will have dinner at the base. You will be housed your last evening in bunk beds in air-conditioned bunkhouses. Hot water showers, coin operated laundry facilities, and pay phones are available for your use. The Ship's Store carries souvenirs and many items you may have forgotten.

The following morning, you will untie your vessel from the dock (if you haven't already left the night before) and head off for five days of unforgettable adventure aboard a large sailing vessel. The next night you will sleep aboard your vessel, anchored in a safe harbor...the third night will be spent in a marina. The next 2 days will be spent snorkeling and fishing on your return to Sea Base. Your vessel has a head (that's a nautical term for a bathroom) and a small galley (kitchen). The food on your sailboat is fresh, frozen or canned and can usually be supplemented by fresh catches while fishing underway. Breakfasts consist of eggs, cereal, French toast, etc. Lunches are sandwiches; dinners are steaks, hamburgers, and spaghetti. Advise your leader if you have special dietary needs. The program is very flexible in nature. You may decide to stop and snorkel many times in one day or just sail as much as you can, many crews like fishing more than snorkeling and the Captain can cater to those wishes. Your crew might plan on performing a service project for your vessel while underway or at the dock. As with all service projects, leadership and teamwork are essential.

All our vessels carry a fishing license that will cover you during your week aboard. Generally, the fishing tackle aboard Coral Reef sailboats is two heavy-duty trolling rods and reels with 40 to 50 pound test line. These are supplied as well as a small tackle box with several large saltwater lures and a variety of hooks and weights. This should be more than adequate to catch any of the large saltwater fish. The Florida Sea Base supplies all the necessary rods, reels and tackle. This tackle can be used while at anchor in several locations.

Your vessel has limited fresh water, so you will typically take "Joy" baths. (A "Joy" bath consists of bathing in the saltwater with Joy dish soap and then having a friend pour a bit of fresh water over your head.) Upon your return to Sea Base, you will return your snorkeling gear, clean your boat, move into the dorms for the night, prepare for the evening luau, patch presentation, and reflection. Some crews like to bring Hawaiian type shirts for this...we may do the Limbo and Island type games before a seafood meal. After the meal, each crew will do a skit (hopefully about your adventure).

Crews often ask about spending money. \$100 - \$125 per person is adequate unless you want to buy a lot of souvenirs or eat lunch and/or dinner ashore.

Swim Test and Review: The Florida Sea Base is the premier aquatic High Adventure facility of the BSA. The programs involve strenuous activities that tire even those who are in the best physical condition. **You must complete the standard BSA swim test prior to your arrival.** If you cannot pass this test without problems, you may want to reconsider participation. Upon your arrival to the Sea Base, you will participate in a swim review to assess your swimming skills. The heat and physical activities can tire you out fast, so arrive at the Sea Base in good physical condition.

Packing your Gear:

All your gear (except sleeping pad) must fit in a 24" duffel bag (issued at check-in) about the size of a pillowcase. No suitcases or frame backpacks can be used. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need.

****REMEMBER.** Keep this in mind and travel light!



COPY FOR ALL CORAL REEF SAILING PARTICIPANTS

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 1 pair tennis shoes
- 16 oz of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Sleeping pad – Backpacking type
- 2 Swimsuits (modest style)
- 2 towels and a small pillow
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Small flashlight

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks
- Skateboards

Optional Items

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion
- (crew photo - \$6 per copy)

➤ NOTE: Make sure you can successfully pass the BSA Swim Test.

➤ NOTE: Make sure your name is on the crew roster your leader is going to send us.

➤ NOTE: Don't forget to bring a photocopy of front and back of insurance card.

SHIP'S STORE

Most of the items on the "What to Bring List" are carried in our Ship's Store with the exception of shoes, socks, and sleeping gear. Theoretically, the Florida Sea Base supplies everything that you would need for the adventure. \$100 to \$125 is adequate spending money unless you want to buy a lot of souvenirs.

AGE REQUIREMENT

Participants must be Fourteen (14) years old by September 1 of the year of participation. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.** Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

Every participant in the Florida Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All High Adventure Participants should not exceed the suggested weight to height guidelines, which are listed in the Sea Base Class 3 medical. All participants must be in good health evidenced by a **Sea Base Class III medical form** filled out and signed by your doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another "sports" medical or anything other than a Sea Base Class III Medical Form. The unique tropical environment has very different requirements from most Scouting and outdoor activities. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.**

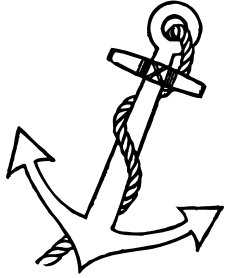
MAIL

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**In case of an extreme emergency, contact can be made with the following numbers:
305-664-4173 or 305-664-7766**

For additional information visit our website: www.bsaseabase.org

Sea Exploring Adventure Participant & Parent Guide



The staff at the Florida Sea Base is eager for your arrival and participation in the Sea Exploring Program for the upcoming season. To aid in your preparation for the trip, we would like to go over some highlights of the week that you will spend with us.

Upon arrival at the Sea Base you will be greeted by your Sea Exploring Mate and given a tour of the Base, a swim review, snorkel lesson, and take an optional crew photo. You will then go to the quarterdeck for the issuing of snorkeling equipment. Each participant, both youth and adult, will be issued a mask, fins, snorkel, and a Sea Base dive bag that you will use for the remainder of your week long adventure. You will also receive a bag to transfer all of your personal belongings into to take on your vessel. You will be assigned a storage locker for your effects you will not be taking with you. You'll spend your first night in our air-conditioned dorms at Sea Base. The next morning you'll travel to Marathon (about 30 minutes south of Sea Base) and will move on to your tall-masted sailing vessel and you will "shove off" from the dock and begin your adventure; you'll be off and sailing on your journey to Key West and back. You and your fellow participants will take turns cooking in the galley and cleaning the boat, along with sailing and providing a nightly anchor watch. Because the sea never sleeps, we use a watch system not only to keep an eye on our vessel, but also to run it smoothly. You will drop fishing lines in the water as you travel to hopefully catch a meal.

The week's schedule depends on the weather and the crew's ability. On your first day towards Key West you will stop to snorkel some of the best coral reefs in the Florida Keys. On your second night aboard your vessel, you will be at anchor in a safe harbor. When you arrive at Key West you will be granted shore leave to explore the historic town. After Key West, you'll visit more reefs and wrecks on your way to the Marquesas (weather permitting). On your last day, you will return to shore around 2 p.m. to unload gear and clean the vessel. This is the night of your big Luau dinner and closing program. Your crew will perform skits and receive the Florida Sea Base patch. Your last night will be spent in the bunkhouse before your morning departure.

Try to travel light and bring only what you need. Remember, these sailing vessels can be cramped for space. This is not a pleasure cruise, but rather it is a working vessel. The quarters can be cramped and hot, so be prepared to sleep on deck. This will be a great adventure that you will remember for a lifetime. You will be doing actual hands-on sailing including navigating with charts, raising and lowering of the sails, taking turns on the helm, and swabbing the decks.

Because of the number of people involved and the close quarters in shipboard living, you need to ensure that all of your gear fits into one small duffel bag with crushable sides no larger than a pillowcase. While you are under way on your vessel you will troll for many types of large fish. If you are a gung-ho fisherman you may want to try your hand at bottom fishing in several of the anchorages. The Florida Sea Base supplies all the necessary rods, reels and tackle along with your snorkel, mask and fins.

Swim Test and Review: The Florida Sea Base is the premier aquatic High Adventure facility of the BSA. The programs involve strenuous activities that tire even those who are in the best physical condition. **You must complete the standard BSA swim test prior to you arrival.** If you cannot pass this test without problems, you may want to reconsider participation. Upon your arrival to the Sea Base, you will participate in a swim review to assess your swimming skills. The heat and physical activities can tire you out fast, so arrive at the Sea Base in good physical condition.

Packing your Gear:

All your gear (except sleeping pad) must fit in a 24" duffel bag (issued at check-in) about the size of a pillowcase. No suitcases or frame backpacks can be used. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need. ****REMEMBER.** Keep this in mind and travel light!



COPY FOR ALL SEA EXPLORING SAILING PARTICIPANTS

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 1 pair tennis shoes
- 16 oz of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Sleeping pad – Backpacking type
- 2 swimsuits (modest style)
- 2 towels and a small pillow
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Small flashlight

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks
- Skateboards

Optional Items

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion
- (crew photo - \$6 per copy)

➤ NOTE: Make sure you can successfully pass the BSA Swim Test.

➤ NOTE: Make sure your name is on the crew roster your leader is going to send us.

➤ NOTE: Don't forget to bring a photocopy of front and back of insurance card.

SHIP'S STORE

Most of the items on the "What to Bring List" are carried in our Ship's Store with the exception of shoes, socks, and sleeping gear. Theoretically, the Florida Sea Base supplies everything that you would need for the adventure. \$100—\$125 is adequate spending money unless you want to buy a lot of souvenirs.

AGE REQUIREMENT

Participants must be Fourteen (14) years old by September 1 of the year of participation. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.** Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

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For additional information visit our website: www.bsaseabase.org

Scuba Adventure Participant & Parent Guide



The staff of the Florida Sea Base is eager for your arrival and participation in the Scuba Adventure program. To aid you in your preparations, we would like to go over some highlights of the week you will spend with us this season.

When you arrive at the Sea Base, between 2:00 pm and 4 pm., a member of the Scuba Staff will lead you through an orientation of the Base. They will show you to your dormitory, where the crew will get settled and change into swimsuits for your swim review. You will then be issued the dive equipment that you will use all week for your adventure; mask, fins, snorkel, regulator, BCD, weight belt, weight, etc. If you own any or all of these pieces of equipment, you are encouraged to bring them and use them. Sometimes masks, snorkels, fins, and buoyancy compensators give a better fit if it is your own personal gear. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. Your first night you will meet some of the staff. There will be an opening program where we will discuss the itinerary in detail, and other opportunities your crew may wish to take advantage of during your adventure. You will view a "Peak Performance Buoyancy" video, and receive some pointers on how to become a better diver.

You will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot showers and laundry facilities available. You and your crew are responsible for keeping the dormitory clean. Storage for all of your diving equipment is provided in the scuba area.

On either your arrival day or on the next day you will participate in a "SCUBA Review" to familiarize yourself with the equipment you have been issued, and to check it for proper fit and function. Also, this is a great opportunity for you to refresh your diving skills in case it has been a while since you have been diving.

Your itinerary for the week will depend on weather and water conditions. The program plans on nine dives during your stay. Often, because of the conditions, crews have less than nine dives during their stay. At the Sea Base, safety is our first concern. Dives on several coral reefs are planned both during the day and at night. The Sea Base is an entry-level program with a maximum depth of 60 feet. There will not be any opportunity to work on advanced certifications or participate in specialty dives.

S.C.E.N.E. - The Florida Sea Base is the first Scouting facility in the United States to be designated as a S.C.E.N.E (Scouting Centres of Excellence for Nature and the Environment). In recognition of this, all participants in our programs will be eligible to earn a S.C.E.N.E. segment for their Sea Base participant patch. We have several projects available that you have the option of participating in to improve the aquatic environment of the Florida Keys.

At the end of your week, after cleaning and returning your gear, you will participate in your closing program with time for reflection over your week's adventure. If you participated in the entire program you will receive a Sea Base patch to wear on your uniform.

OF IMPORTANCE:

After a Scuba dive, you must not fly for at least 18 hours. To avoid any possibility of Decompression Sickness, your departing flight for home should be scheduled for 8:00 AM or later.

All Scuba Adventure participants **MUST** bring their SCUBA Certification Cards and divers logbook. Florida Sea Base accepts certification from R.S.T.C. recognized training agencies which include IDEA, NASDS, PADI, PDIC, SSI, , SDI, YMCA and NAUI. Exceptions (additions) to this list must be approved by the Sea Base Program Director.

All SCUBA participants must send in their Sea Base class III medical no later than January 1, for spring crews, March 1st for summer crews. October 1st for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1st, to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET.

COPY FOR ALL SCUBA ADVENTURE PARTICIPANTS

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 16 oz of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Waterproof watch for diving
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Swimsuit (modest style)
- 2 towels and a small pillow
- Walking shoes (Key West day)
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Dive logbook and certification card
- Flashlight

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks
- Skateboards
- Dive Knives
- Gloves for diving

Optional Items

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel/SCUBA gear
- Wetsuit
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion
- (crew photo - \$6 per copy)
- Padlock for crew locker

- NOTE: Make sure you can successfully pass the BSA Swim Test.
- NOTE: Make sure your name is on the crew roster your leader is going to send us.
- NOTE: Don't forget to bring a photocopy of front and back of insurance card.

SHIP'S STORE

Most of the items on the "What to Bring List" are carried in our Ship's Store with the exception of shoes, socks, and sleeping gear. Theoretically, the Florida Sea Base supplies everything that you would need for the adventure. \$100-\$125 is adequate spending money unless you want to buy a lot of souvenirs.

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For additional information visit our website: www.bsaseabase.org

Scuba Certification Participant & Parent Guide



Florida Sea Base is eager for your arrival and participation in the Scuba Certification program. To aid you in your preparations, we would like to go over some programmatic and physical aspects of the week you will spend with us this season.

Before your arrival, your leader will need to send us the following 5 forms for your entire crew. Florida Sea Base Class III, RSTC medical statement, PADI statement of understanding, PADI Liability Release form and Sea Base waivers. The RSTC medical statement should be reviewed thoroughly by participants, their parents/legal guardian and physician. The parent/legal guardian must sign the PADI medical and the Sea Base medical. This is important because our hyperbaric physician reviews all of your medicals; we need time to have the doctor review them and notify you of any problems. To help avoid disappointment, please review the "Medical constraints for scuba diving." You and your physician should review these constraints. If you have any questions, you or your physician should contact the Sea Base Scuba Commissioner, Program Director or Diver's Alert Network. We must receive these by January 1st for spring crews, March 1st for summer crews and October 1st for fall crews. In addition to the forms listed above you will also receive your PADI Open Water Diver Manual. To assure your completion of the class, you must read the entire PADI Open Water Diver Manual and complete the Knowledge Reviews at the end of each chapter, prior to your arrival at the Sea Base.

When you arrive at the Sea Base, between **2:00 p.m.** and **4:00 p.m.**, you will be greeted by a member of the Scuba Staff who will lead you through an orientation of the Base and show you to your dormitory. Your crew will then change into swimsuits for your swim review. After this, you will be issued the dive equipment that you will be using all week for your Certification Adventure - mask, fins, snorkel, regulator, BCD, weight belt, weights, etc. If you own any or all of these pieces of equipment, you are encouraged to bring them and use them. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. You will also have the option to have our Sea Base photographer take your crew's photo. Your first night you will have an opening program to discuss the itinerary in detail, and begin your class.

You will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot water showers and coin operated laundry facilities available. You and your crew are responsible for keeping the dormitory clean. Storage for all of your diving equipment is provided in the scuba area.

Throughout the week you will be involved in developing the skills you need to become a safe, responsible diver. Your professional Dive Instructor will be with your crew constantly and will be your crew's mentor and guide.

You will be given the opportunity to earn certification from the Professional Association of Dive Instructors (PADI), a world renowned and recognized agency. The course is divided into academic knowledge development (conducted in our classroom), confined-water skills development (conducted in our custom built Scuba training pools), and finally four open water training dives and if time allows one pleasure dive.

During the latter part of the week, after you have mastered the skills you must know to be a safe diver, you will do your open-water checkouts in the diverse eco-system of the fabulous Florida Keys, the largest living coral reef system in the continental U.S. After demonstrating your skills for the Instructor, you will have the opportunity to explore different habitats and reef structures. Your crew may explore the spur and groove formations of unmarked Shark Reef or rub the belly of the Buddha on Davis Reef. At the end of your week after cleaning and returning your gear, you will participate in your closing program with time for reflection over your week's adventure and receive a Sea Base patch to wear on your uniform.

All SCUBA participants must send in their Sea Base class III medical no later than January 1, for spring crews, March 1st for summer crews, October 1st for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1st, to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET.

COPY FOR ALL SCUBA CERTIFICATION PARTICIPANTS

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 16 oz of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Waterproof watch
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- 2 swimsuits (modest style)
- 2 towels and a small pillow
- Walking shoes (Key West day)
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Open Water Diver Textbook
- Flashlight

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks
- Skateboards
- Dive Knives
- Gloves for diving

Optional Items

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel/SCUBA gear
- Wetsuit
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion
- (crew photo - \$6 per copy)
- Padlock for crew locker

- NOTE: Make sure you can successfully pass the BSA Swim Test.
- NOTE: Make sure your name is on the crew roster your leader is going to send us.
- NOTE: Don't forget to bring a photocopy of front and back of insurance card.

SHIP'S STORE

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For additional information visit our website: www.bsaseabase.org

Scuba Live Aboard Participant & Parent Guide



Welcome to our newest adventure, the Scuba Live-Aboard Adventure. New in 2005, this program has been extremely popular for the avid Scuba diver.

When you arrive at the Sea Base, between 2:00 pm and 4 pm., your Divemaster/Dive Instructor will lead you through an orientation of the Base. They will show you to your dormitory, where the crew will get settled and change into swimsuits for your swim review. You will then be issued the dive equipment that you will use all week for your adventure; mask, fins, snorkel, regulator, BCD, weight belt, weight, etc. If you own any or all of these pieces of equipment, you are encouraged to bring them and use them. Sometimes masks, snorkels, fins, and buoyancy compensators give a better fit if it is your own personal gear. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. Your first night you will meet some of the staff.

There will be an opening program where we will discuss the itinerary in detail, and other opportunities your crew may wish to take advantage of during your adventure. You will view a "Peak Performance Buoyancy" video, and receive some pointers on how to become a better diver. You will participate in a "SCUBA Review" to familiarize yourself with the equipment you have been issued, and to check it for proper fit and function. Also, this is a great opportunity for you to refresh your diving skills in case it has been a while since you have been diving.

On the first and last nights of your adventure, you will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot showers and laundry facilities available. You and your crew are responsible for keeping the dormitory clean.

You board your boat and set sail the next morning. Your itinerary for the week will depend on weather and water conditions. The program plans on 15 dives during your stay. Often, because of the conditions, crews have less than 15 dives during their adventure. At the Sea Base, safety is our first concern. Dives are planned both during the day and at night. The Sea Base is an entry-level program with a maximum depth of 60 feet.

PADI Project Aware Coral Reef Conservation and Specialty. Your first night at Florida Sea Base the scuba staff will begin PADI Project Aware Coral Reef Conservation. In this program you will learn about corals, coral reef eco-systems, the current status of coral reefs world wide and how to protect the living reefs. After attending this program you will have the option of obtaining the Aware Coral Reef Conservation Specialty from PADI. This specialty is a non-diving specialty available to all scuba participants and is the only non-diving specialty PADI has that counts toward a PADI Master Diver. PADI Master Diver is the highest non-professional PADI scuba diver certification level offered by PADI. A PADI Master Diver is a PADI Rescue Diver (or equivalent from another diving agency such as NAUI or SSI) that has earned five PADI specialties. Should you elect to obtain the Coral Reef Conservation specialty you will need to purchase a PIC card from the Ship's Store. The PIC card is a PADI product and the information on the card will be used by PADI to process your specialty certification card. The cost of the PIC card is \$15.00 and covers what Florida Sea Base pays PADI for the PIC card.

PADI/REEF Fish Identification and Specialty. The scuba staff will also present the PADI/REEF Fish Identification program during your week at Sea Base. In this program you will learn interesting information about the most abundant fish on the reefs of the Florida Keys including the common names for the fish and easy ways to identify them. You then have several options available after acquiring this interesting information about the fish of the Florida Keys. You may want to apply your fish identification knowledge and diving skills by recording your fish sightings on a slate provided by the scuba staff. If you decide to use the slate on two of the dives you will be making during your week at Florida Sea Base you may then elect to obtain the PADI Fish Identification Specialty. The PADI Fish Identification Specialty requires diving and each participant will need to sign the **PADI Adventures in Diving Program and Correlating Specialty Diver Programs Liability Release and Assumption of Risk, PADI Standard Safe Diving Practices and Statement of Understanding** and the **PADI RSTC Medical Statement** prior to making the fish identification specialty dives. **The PADI Certified Diver Experience Programs Liability Release and Assumption of Risk is included on this disk as a MS Word document. The RSTC medical form is included on this disk as an Adobe Reader pdf document.** If the participant is a minor, then prior to arriving at Florida Sea Base the **Release and RSTC Medical Statement must be signed by the participant and the parent or legal guardian of the minor participants.** Please note that dates on the PADI release are to be entered the international way or day, month and then year and not month, day and then year. To get credit from PADI for the specialty and to have the specialty count towards a PADI Master Scuba Diver certification you will also need to purchase a PIC card from the ship store.

PADI Specialties. Members of your crew are also be eligible to earn other PADI specialties during their week of adventure. Other specialties that may be earned include boat diver, underwater naturalist, night diver and peak performance buoyancy. Since these specialties involve diving, the aforementioned three PADI forms must be signed as outlined above for each specialty a diver desires to take. **If a diver answered "yes" to one of the items listed on the PADI RSTC Medical Statement and had to get a physician to certify they were fit for diving, then the physicians signature is good for one year provided the diver's answers to a subsequent RSTC Medical Form are identical.** If a diver's answers to the RSTC Medical Form have changed, then the diver must again get a physician to certify in writing they are "fit for diving". The PADI Liability and Assumption of Risk and PADI Safe Diving Practices and Statement of Understanding forms used for each specialty must be signed by each diver and the parent or guardian of each minor diver.

All SCUBA participants must send in their Sea Base class III medical no later than January 1, for spring crews, March 1st for summer crews. October 1st for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1st, to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET.

COPY FOR ALL SCUBA LIVE-ABOARD PARTICIPANTS

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 16 oz of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt, light jacket and wool cap (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Waterproof watch for diving
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Sleeping pad
- 2 swimsuits (modest style)
- 2 towels and a small pillow
- Tennis shoes
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Dive logbook and certification card
- Flashlight

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks
- Skateboards
- Dive Knives
- Gloves for diving

Optional Items

- Hawaiian style shirt (Luau)
 - Camera (waterproof if possible)
 - Personal snorkel/SCUBA gear
 - Wetsuit
 - Extra money (\$100-!\$125)
 - Bonine® (for seasickness)
 - Skin so soft lotion
 - (crew photo - \$6 per copy)
 - Wetsuits (Sea Base rents full 3 mm suits for \$30 per week)
- NOTE: Make sure you can successfully pass the BSA Swim Test.
- NOTE: Make sure your name is on the crew roster your leader is going to send us.
- NOTE: Don't forget to bring a photocopy of front and back of insurance card.

SHIP'S STORE

Most of the items on the "What to Bring List" are carried in our Ship's Store with the exception of shoes, socks, and sleeping gear. Theoretically, the Florida Sea Base supplies everything that you would need for the adventure. \$75 \$100 to \$125 is adequate spending money unless you want to buy a lot of souvenirs.

AGE REQUIREMENT

Participants must be Fourteen (14) years old **by date of attendance**. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.** Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

Every participant in the Florida Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All High Adventure Participants should not exceed the suggested weight to height guidelines, which are listed in the Sea Base Class 3 medical. All participants must be in good health evidenced by a **Sea Base Class III medical form** filled out and signed by you doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another "sports" medical or anything other than a Sea Base Class III Medical Form. The unique tropical environment has very different requirement from most Scouting and outdoor activities. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.**

MAIL

PARENTS - Do not send mail. Sea Base offers programs to hundreds of Scouts on the sea, on the land and on the island. We will not deliver mail from home to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

In case of an extreme emergency, contact can be made with the following numbers:

305-664-4173 or 305-664-7766

For additional information visit our website: www.bsaseabase.org

Florida National High Adventure Sea Base

Ship's Store Manifest



FLORIDA NATIONAL HIGH ADVENTURE SEA BASE
BOY SCOUTS OF AMERICA
P.O. BOX 1906 ISLAMORADA, FL 33036
(305) 664-5619 Fax: (305) 664-2039
www.bsaseabase.org
E-mail orders to shipstore@bsaseabase.org



DESCRIPTION	COLOR	SIZE	PRICE
BELTS AND BUCKLES			
LEATHER BELT.....	LEATHER.....	26.....	\$20.00
LEATHER BELT.....	LEATHER.....	28.....	\$20.00
LEATHER BELT.....	LEATHER.....	30.....	\$20.00
LEATHER BELT.....	LEATHER.....	32.....	\$20.00
LEATHER BELT.....	LEATHER.....	34.....	\$20.00
LEATHER BELT.....	LEATHER.....	36.....	\$20.00
LEATHER BELT.....	LEATHER.....	38.....	\$18.50
LEATHER BELT.....	LEATHER.....	40.....	\$20.00
LEATHER BELT.....	LEATHER.....	42.....	\$20.00
LEATHER BELT.....	LEATHER.....	44.....	\$20.00
LEATHER BELT.....	LEATHER.....	46.....	\$20.00
WEB BELT.....		SMALL.....	\$10.00
WEB BELT.....		MEDIUM.....	\$10.00
WEB BELT.....		LARGE.....	\$10.00
WEB BELT.....		X-LARGE.....	\$10.00
CLASSIC FLORIDA SEA BASE DOLPHIN AND SHIP'S WHEEL BELT BUCKLE.....	PEWTER.....		\$13.95
SHARK BELT BUCKLE.....	PEWTER.....		\$18.60
BOOKS			
BALD MAN UNDER THE SEA.....			\$14.95
BENEATH TROPIC SEAS.....			\$3.50
CHARLOTTE'S STORY.....			\$17.95
COOKIN' IN THE KEYS.....			\$9.95
DIVING & SNORKLING THE FLORIDA KEYS.....			\$16.99
DOLPHIN BORNE.....			\$14.95
EMERGENCY PREPARDNESS MERIT BADGE BOOK.....			\$33.95
FLOIRDA'S GREAT OCEAN RAILWAY.....			\$19.95
FLORIDA KEYS- HISTORY AND GUIDE.....			\$15.95
FLORIDA KEYS- KEY LARGO TO KEY WEST.....			\$23.95
HOW TO COOK YOUR CATCH.....			\$5.95
KAYAKING IN THE FLORIDA KEYS.....			\$19.95
MERMAID WORLD STICKER BOOK.....			\$6.99
REEF CORAL I.D.....			\$33.95
REEF CREATURE I.D.....			\$33.95
REEF FISH BEHAVIOR.....			\$33.95
REEF FISH I.D.....			\$33.95
PICTURES			
PHOTO FRAME.....		4X6.....	\$24.50
PHOTO FRAME.....	FULLY ENGRAVED.....	4X6.....	\$29.50

Florida Sea Base Ship's Store Manifest

DESCRIPTION	COLOR	SIZE	PRICE
PICTURES			
PHOTO FRAME.....		8X10.....	\$34.50
BUTTON DOWN			
CUBAVERA BEDFORD.....	BLUE.....	L, XL.....	\$30.00
CUBAVERA BEDFORD.....	GREEN.....	L, XL.....	\$30.00
FISHING SHIRT.....	FOSSIL.....	S, M, L, XL, XXL.....	\$26.95
FISHING SHIRT.....	DEEP BLUE.....	S, M, L, XL, XXL.....	\$26.95
FLAGS			
CORAL REEF SAILING.....	BLUE.....		\$10.50
KEY'S ADVENTURE.....	BLUE.....		\$10.50
OUT ISLAND.....	BLACK.....		\$10.50
PIRATE FLAG.....	BLACK.....	3'X5'.....	\$12.00
SCUBA.....	RED/WHITE.....		\$10.50
SEA EXPLORING.....	BLUE.....		\$10.50
CONCH REPUBLIC FLAG.....	BLUE, WHITE.....	3'X5'.....	\$12.00
HATS			
AUSSIE HAT.....	WHITE, BLUE, GREEN CAMO, SNOW CAMO, BLUE CAMO.....		\$16.00
BEC VISOR.....	STONE.....		\$13.00
BRINTON CENTER HAT.....	NAVY.....		\$14.00
FISHING HAT.....	GREEN, KHAKI.....		\$16.00
FLORIDA SEA BASE SCRIPT VISOR.....	BLUE, KHAKI.....		\$13.00
FLORIDA SEA BASE DIVER DOWN.....	WHITE.....		\$4.95
FLORIDA SEA BASE TRUCKER HATS.....	BLACK, ORANGE, NAVY.....		\$12.50
FLORIDA SEA BASE W/ SCOUT EMBLEM.....	MAROON.....		\$14.00
FSB VISOR.....	BLUE, KHAKI.....		\$13.00
PASTEL FSB HAT.....	BABY BLUE, PURPLE, PINK.....		\$12.50
MUNSON ISLAND YACHT CLUB HAT.....	KHAKI/BLUE.....		\$12.50
SEA BASE DIVE HAT.....	BLACK.....		\$14.00
SEA BASE LUAU HAT.....	RED, BLUE.....		\$10.00
FLORIDA SEA BASE SHIPS WHEEL CAP.....	STONE.....		\$14.00
BUFFS.....	HONOLULU RED, KASH PINK, LOGO, LOGO P2, BOB, HAUASSNAY.....		
MAPS			
BAHAMAS CHART.....	ANTIQUE.....		\$22.50
CARIBBEAN CHART.....	ANTIQUE.....		\$22.50
MAP OF THE UPPER KEYS.....	TOP SPOT.....		\$16.95
MAP OF THE MIDDLE KEYS.....	TOP SPOT.....		\$16.95
MAP OF THE LOWER KEYS.....	TOP SPOT.....		\$16.95
FLORIDA KEYS CHART.....	ANTIQUE.....		\$22.50
NECKERCHEIFS			
BOLO.....	BLACK.....		\$5.95
BOLO.....	BLACK/PEWTER.....		\$5.95
BOLO.....	GOLD.....		\$5.95
BOLO.....	LIGHT BLUE.....		\$5.95

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Florida Sea Base Ship's Store Manifest

DESCRIPTION	COLOR	SIZE	PRICE
NECKERCHIEFS			
BOLO.....	NAVY.....		\$5.95
BOLO.....	RED.....		\$5.95
BOLO.....	WHITE.....		\$5.95
BOLO.....	YELLOW.....		\$5.95
EMBROIDERED NECKERCHIEF.....	WHITE/LOGO.....		\$17.00
NECKERCHIEF SLIDE.....	PEWTER.....		\$9.95
SILKSCREEN NECKERCHIEF.....	WHITE/BLUE.....		\$8.50
MUGS			
CAPTAIN'S MUG.....	GRAY/BLUE.....	20 OZ.....	\$5.50
COFFEE MUG.....	WHITE W/ SHIP'S WHEEL LOGO	11OZ.....	\$5.25
COOZIE.....	STEEL.....		\$15.00
NALGENE BOTTLE.....	BLACK WITH SKULL.....	32 OZ.....	\$9.00
NALGENE BOTTLE.....	BLUE, GREEN, BLACK, PINK.....	32 OZ.....	\$9.00
TRAVEL MUG.....	GREEN, COPPER, SILVER.....	16 OZ.....	\$6.50
VACCUUM FLASK.....	BLUE.....		\$13.50
PATCHES			
SEA BASE DIVER.....		4IN.....	\$3.00
PIRATE BACK PATCH.....		8IN.....	\$8.00
SMALL CONCH SHELL.....		3IN.....	\$3.00
SNORKELING BSA.....			\$1.75
BULL SHARK.....	GREEN.....		\$8.00
DUTY TO GOD.....	ORANGE.....	3X4.....	\$4.00
KEYS.....	SEGMENT PATCH.....		\$0.80
ISLAND.....	SEGMENT PATCH.....		\$0.80
SAILING.....	SEGMENT PATCH.....		\$0.80
SCUBA.....	SEGMENT PATCH.....		\$0.80
S.C.E.N.E.....	SEGMENT PATCH.....		\$0.80
BAHAMAS.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
CONFERENCE.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
CORAL REEF SAILING.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
HIGH ADVENTURE.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
KEYS ADVENTURE.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
OA OCEAN ADVENTURE.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
OUT ISLAND.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
SCUBA LIVE ABOARD.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
SCUBA.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
SEA EXPLORING.....	SHIP'S WHEEL LOGO.....	3IN.....	\$2.50
PINS			
BARACUDA.....			\$5.00
CLOWN FISH.....			\$5.00
DEVIL RAY.....			\$5.00
DIVE FLORIDA.....			\$5.00
DOLPHIN.....			\$5.00
FLORIDA DIVE FLAG.....			\$5.00
FSB SCUBA TANK.....	YELLOW.....		\$5.00
FSB SHIP'S WHEEL.....	5 COLOR.....		\$5.00

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Florida Sea Base Ship's Store Manifest

DESCRIPTION	COLOR	SIZE	PRICE
PINS			
FSB SHIP'S WHEEL.....	PEWTER.....		\$5.00
HIGH ADVENTURE.....			\$5.00
MAHI MAHI.....			\$5.00
MORAY EEL.....			\$5.00
TEXAS DIVE FLAG.....			\$5.00
POSTERS			
SEA EXPLORING/ CORAL REEF BOATS.....	SUBMIT WITH BOAT NAME.....		\$7.00
HIGH ADVENTURE POSTER SET.....			\$6.00
GOLF SHIRTS			
GOLF SHIRT.....	BIMINI BLUE.....	S,M,L,XL,XXL.....	\$28.00
GOLF SHIRT.....	PINE GREEN.....	S,M,L,XL,XXL.....	\$28.00
GOLF SHIRT.....	RED.....	S,M,L,XL,XXL.....	\$28.00
GOLF SHIRT.....	WHITE.....	S,M,L,XL,XXL.....	\$28.00
25TH ANNIVERSARY ITEMS * LIMITED AVAILABILITY *			
25 TH ANNIVERSARY BAG.....	BLACK.....		\$45.00
25 TH ANNIVERSARY COOZIE.....	RED, BLACK, ROYAL.....		\$3.50
25 TH ANNIVERSARY GLASS.....			\$10.00
25 TH ANNIVERSARY GOLF BALL SET.....			\$6.50
25 TH ANNIVERSARY GOLF BALL.....	WHITE.....		\$2.00
25 TH ANNIVERSARY ICE CHEST.....	BLACK WITH LOGO.....		\$27.50
25 TH ANNIVERSARY MUG.....	WHITE.....		\$12.00
25 TH ANNIVERSARY ORNAMENT.....			\$8.00
25 TH ANNIVERSARY POLO – MENS.....	WHITE ADIDAS.....	M,L,XL,XXL.....	\$48.00
25 TH ANNIVERSARY POLO – MENS.....	BLACK ADIDAS.....	M,L,XL,XXL.....	\$48.00
25 TH ANNIVERSARY POLO – WOMENS.....	ENAMEL/WHITE ADIDAS.....	S,M,L.....	\$48.00
25 TH ANNIVERSARY POLO – WOMENS.....	BLACK ADIDAS.....	S,M,L.....	\$48.00
25 TH ANNIVERSARY TRAVEL KIT.....	BLUE.....		\$10.00
STICKERS			
BEC INITIALS.....	WHITE/BLACK.....		\$1.50
DIVE FLAG.....	RED/WHITE.....		\$1.00
FLORIDA DIVE.....	RED/WHITE.....		\$1.00
FSB INITIALS.....	WHITE/BLACK.....		\$1.50
KAYAK WITH SUNSET.....	5-COLOR.....		\$2.00
PRICE OF PARADISE.....	3- COLOR.....		\$1.00
SEA BASE IDENTIFICATION.....	WHITE.....		\$1.98
SHIP'S WHEEL.....	5- COLOR.....	4IN.....	\$1.50
LARGE SHIPS WHEEL.....	5-COLOR.....	10IN.....	\$10.00
LONG SLEEVE SHIRTS			
ISLAND PRIDE (THE SHAPE OF OUR HEART).....	BLUE.....	M,L,XL,XXL.....	\$18.00
REAL MEN DON'T NEED A/C.....	GREY.....	S, M, L, XL, XXL.....	\$16.50
SAILING CONCEPT.....	WHITE.....	M, L, XL.....	\$18.00
SEA EXPLORING.....	LIGHT BLUE.....	S,M,L,XL.....	\$18.00

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DESCRIPTION	COLOR	SIZE	PRICE
SHORT SLEEVE SHIRTS			
BIG MUNSON YACHT CLUB.....	BLACK.....	S,M,L,XL,XXL.....	\$16.00
BRINTON LUAU.....	MOSS GREEN.....	S,M,L,XL,XXL.....	\$16.00
BSA EXPLORER.....	WHITE.....	S,M,L,XL.....	\$16.00
CORAL REEF ROUND.....	SEA BLUE.....	S,M,L,XL,XXL.....	\$16.00
DIVE SHOP.....	GOLD.....	S,M,L,XL,XXL.....	\$16.00
DIVER DOWN BASEBALL.....	RED/GRAY.....	S,M,L,XL,XXL.....	\$16.00
DIVER DOWN TANK TOP.....	WHITE.....	M,L,XL.....	\$12.50
DIVER DOWN.....	WHITE.....	S,M,L,XL,XXL.....	\$16.00
HOW'S MY PILAGING.....	BLACK.....	S,M,L,XL,XXL,XXXL.....	\$16.00
I HEART PRIATES.....	NAVY BLUE.....	S,M,L,XL,XXL.....	\$16.00
KEYS ADVENTURE.....	TAN.....	S,M,L,XL,XXL.....	\$16.00
OUT ISLAND.....	WHITE.....	S,M,L,XL,XXL.....	\$16.00
SEA BASE EMBROIDERED.....	YELLOW.....	S,M,L,XL,XXL.....	\$16.00
SEA BASE FIN.....	NEON GREEN.....	S,M,L,XL,XXL.....	\$16.00
SEA BASE LUAU.....	MOSS GREEN.....	S,M,L,XL,XXL.....	\$16.00
SEA EXPLORING.....	LT BLUE.....	S,M,L,XL,XXL,XXXL.....	\$16.00
TURTLE TYE-DYE CHILDREN.....	BLUE/WHITE.....		\$10.50
MISC			
AFGHAN.....	MULTI.....		\$45.00
CARABINER.....	MULTI COLORS.....		\$2.50
DRY BAG.....	BLUE.....	S.....	\$12.00
DRY BAG.....	GREEN.....	M.....	\$16.50
DRY BAG.....	GREEN.....	XL.....	\$24.00
DRY BAG.....	BLUE.....	L.....	\$20.00
FRISBEE.....	BLUE.....		\$2.50
KOKONUT CANDLES.....	ASSORTED.....		\$6.50
LICENSE PLATE.....	BLUE/WHITE.....		\$5.00
LOGOED MOUSE PAD.....			\$6.50
SEA BASE BLESSING COIN.....	PEWTER.....		\$3.50
SHIP'S WHEEL MOUSE PAD.....	FIVE-COLOR.....		\$6.50
SILVER COIN.....	ONE TROY OUNCE OF SILVER.....		\$15.00
FSB TOWEL.....	WHITE/BLUE.....		\$11.58
WALKING STAFF MEDALION.....			\$4.75
MORGANS REVENGE GAME.....			\$9.95

PLEASE CALL (305) 664-5619 BEFORE PLACING ORDER TO CHECK FOR AVAILABILITY

CLEARANCE ITEMS ALSO AVAILABLE, CALL FOR LIST OF ITEMS

ABOVE PRICES SUBJECT TO CHANGE WITHOUT NOTICE

