

DIVE TRAVEL PACKING CHECK LIST

TRAVEL DOCUMENTS:

- Valid Passport (extends at least six months past trip return date) and Driver's License.
- Contact names & telephone numbers in case of an emergency.
- Airline Tickets if you are supposed to have hard copies for this trip. Otherwise, be sure your name is on the group leader's manifest.
- Diver's Certification Card (s) including Nitrox Cert Card if diving Nitrox. Dive operator will ask to see cards before ok to dive.
- Insurance cards: Personal Medical, D.A.N. (SWS sponsor code number 421046), Trip Cancellation/Interruption Insurance docs. Cash, Traveler's Checks, Credit Cards, ATM Cards to cover out-of-pocket trip expenses including but not limited to: Taxis, Gratuities, (Resort/Live-aboard recommends 10% to 15%), drinks/meals on travel days, airline departure taxes, gov't/dive chamber fees and souvenir purchases. Money exchange requirement varies depending on which country you are visiting.

Airline Luggage Requirements and Weight Limits: For up-to-date information about luggage weight limits, allowed items in carry-on and in checked bags, consult www.tsa.gov and your specific airline's website. Generally, in-country and inter-island flight weight allowance is 44lbs total weight of all bags combined. Pack light to avoid bags left to come on later flight. Be prepared to pay weight overage fees with local currency cash or credit card.

Hand Carried Luggage:

- Mask
- Regulator Set (if connected to your computer)
- Computer
- Change of Clothes

Checked Luggage: In order to protect your dive gear, SWS recommends dive gear be packed in luggage specifically designed for such purpose. SWS has for sale or rent every piece of dive equipment/accessory recommended for this dive trip.

- Mesh bag to carry dive gear r/t from room/ locker to dive boat.
- Dive Knife - Pack in checked luggage only!
- Snorkel
- Fins
- Booties
- BCD
- Exposure Suit(s): Water temps: 77-82 degrees. Full-body suit recommended to protect against coral burn and stinging water critters. Your body will lose heat over repetitive days of diving. At least 3mm to 5mm thickness depending on personal temp tolerance. Pack a back-up 2-3 mm Vest if you tend to get cold easily.
- Lycra Hood: Invaluable to add just a touch of extra warmth as you progress through the dive week (s).
- Underwater Light with extra batteries & bulb. Remove batteries from Light and pack separate from light.
- Underwater Timing Device & Slate.
- Log Book.
- Boat Signaling Devices: Whistle, Dive Alert, Safety Sausage.
- Equipment Protection Devices: Gauge Retractors, Octo Holders, Coiled Light Lanyards, Gear Clips.
- Extra Computer Batteries, Save-A-Dive Kit and extra supplies for your camera.
- If taking a class while on the trip, all special equipment required to do the class. Ask Andy what you need to take.
- Travel Electrical Voltage Converter/Adaptor Kit. Most foreign countries are on a 220V system. The U.S. is on a 110V system.

Recommended Clothing:

Light colored, loose fitting, light weight clothes: Shorts (no short-shorts away from resort/live-aboard), T-Shirts, Swimsuits, Windbreaker, Sun Hat, Sun Glasses, one set of sweats, one long-sleeve shirt, one pair of long pants. Women: one head scarf, one sarong (sulu) or long skirt to cover thighs and legs in observance of local cultural mores.

Recommended Medications & Sundries: Even if you have never experienced any of the symptoms described below, please pack the recommended remedies. I've seen too many lost dive days due to "I didn't bring such and such because I never get sick." Most common complaints are motion sickness (boat), ear infection (repetitive diving) and vomiting/diarrhea due to exposure to viruses aboard planes or adverse reaction to foreign food/water. Consult <http://wwwnc.cdc.gov/travel/> for specific destination recommended inoculations and medicines. Always first consult your physician about any meds you need to take with you to remote dive trip destinations where a drug store/physician/hospital is not around the corner.

Travel Toilet Seat Cover & Paper Roll packets, Hair Dryer, Wash Cloth, Towel, Pillow, Woolite, Shampoo, Bath Gel, Hand Sanitizer, Starbucks Instant Coffee bags, Sunscreen and Ointments to treat sunburn, bug stings and scrapes.

- Your Prescription Drugs in original containers. (copy of doctor's prescription for diabetic needles taken on board plane.)
- Head & Chest: Over-the-counter meds such as Cough Syrup, Non-drowsy antihistamine, decongestants and nasal saline solutions. Prescription antibiotic such as Azithromycin.
- Dysentery medication: Imodium and Pepto Bismol tablets; Antibiotic prescribed by your doctor such as Cipro.
- Motion Sickness: Ginger Root, Bonine, Meclizine, Wrist Bands and a prescription of TRANSDERM SCOP patches.
- Insect Repellent: Containing 100 or 95% D.E.E.T. to help prevent bites. An After Bite stick and Benadryl tabs.
- Swimmer's Ear or Flue-like Illness: Vinegar, Over-the-counter Ear Solution, Prescription Ear Infection Medication, Prescription antibiotic such as Zithromax.