

# The Florida Sea Base Out Island Adventure

The Florida Sea Base is anxious for your arrival and participation in the Out Island Program. To aid in your preparation for your trip, we would like to go over the programmatic and physical aspects for the week you will spend with us.



You will arrive after 2:00pm, on your scheduled day of arrival, at the Brinton Environmental Center, located 23.8 miles North of Key West. Your first afternoon is quite busy. Initially, your Island Mate will show you to your air-conditioned quarters, followed by a tour of the facility. Next up, it's into bathing suits and into the marina for your swim review. At this point, you will be issued a mask, fins, snorkel and a Sea Base dive bag that you will have for the week of your adventure. This will be followed by a snorkel instruction lesson so you are comfortable with your gear. If you have your own snorkeling equipment, you may prefer to bring it because masks and mouthpieces sometimes give you a better fit if they are your personal equipment. After dinner you will talk about your itinerary for the upcoming week and watch a slide show, which describes those underwater creatures to both enjoy and avoid, as well as snapshots of some of the fun you will be having during the upcoming week.



On your second day at Sea Base, you will kayak to Big Munson Island with all of your personal gear. Your personal gear will be stowed in a dry bag, which is checked out to you before you depart for the island, so pack light. The trip is 5.5 miles over open water, so come prepared for some great paddling! Big Munson Island is made up of high hardwood hammocks and low mangrove swamp areas. If you are expecting a South Sea Island with sparkling white sandy beaches and native girls, this is definitely not the place. You will have to wade ashore all of your food water and equipment. Depending on the



wind and tide, this wading trip can be as short as 50 yards or as long as 300 yards...sometimes through floating sea grass. Once you arrive on this pristine island, it will all be worth it. You will be housed in four man backpacking tents on Big Munson Island. The tents are directly on the ground, so a sleeping pad comes in handy.

Your next several days will include days of fishing, snorkeling and kayaking. Be prepared to purchase a fishing license if you are 16 years old or older. The Out Island Adventure does not visit Key West as part of its itinerary. If your crew wants to visit Key West, make plans to visit it either before or after your adventure.

On your sixth day, you will repack your equipment and kayak back to the Brinton Center for your evening closing ceremony, patch presentation, and seafood luau. We ask that everyone depart the Sea Base facility on the following day by 11:00am so that we may adequately prepare for the next round of arrivals.

Once again, we are looking forward to offering you an aquatic experience of a lifetime in a unique area of North America called the Florida Keys.



## SHIP'S STORE

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

# 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 Out Island Program is **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 may not exceed the weight to height guidelines, which are listed in the Sea Base Class 3 Medical. Participants who exceed their maximum weight to height ratio or exceed 300 pounds will not be allowed to participate in Sea Base High Adventure programs.

## WHAT TO BRING

- 1 Set Class A or B uniforms
- Several T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 1 pair tennis shoes (non marking soles)
- 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 carabiner, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Swim trunks (boys) One piece suit (girls)
- 2 towels and a small pillow
- Baby Powder (to cut down on chafing)
- 1 pair of dive booties (for wading through water to/from island and for fins)
- 1 pair flip-flop sandals (for island, but not for wading)
- Florida Fishing License (if you are 16 or older)
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information

## Optional Items

- Pocket knife (not in carry-on luggage)
- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$75-\$100)
- Bonine (for seasickness)
- Skin so soft lotion
- (crew photo - \$5.50 per copy)

## DO NOT BRING

- Walkman/MP3 player
- Fireworks
- Skateboards

