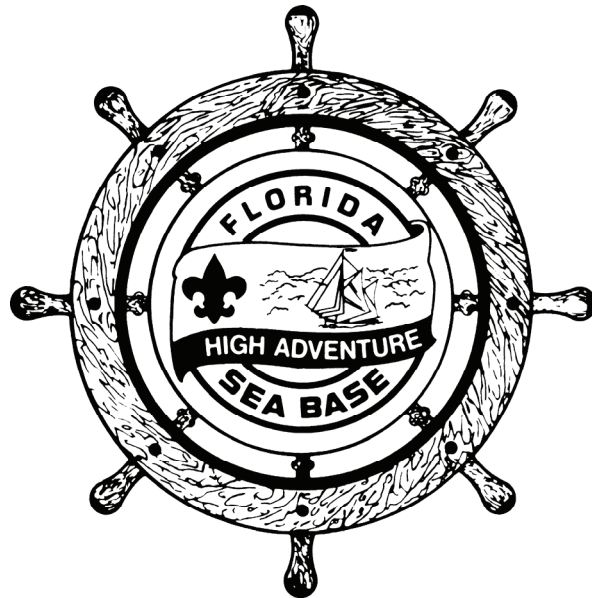
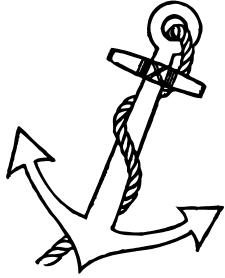


Florida National High Adventure Sea Base Participant Guide



Coral Reef, Sea Exploring,
Scuba Adventure,
Scuba Certification, Scuba Live
Aboard Adventure, Out Island, Keys
Adventure and Fishing Adventure

Sea Exploring Adventure 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, snorkel vest 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 up and down the keys. 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. **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). 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. Keep this in mind and travel light!



Coral Reef Sailing 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 and 3 PM, you will check in at the Registration office. You will be met by your Coral Reef Mate who will lead you through the orientation process for your adventure ahead. After your adult leader checks in with the registration office you will head over to the shake down area under the scuba dorms. All personal gear minus your sleeping and snorkeling gear will fit into the issued mesh bags for the boat. You will change out of your scout uniform and into your swim trunks. Make sure you apply sunscreen, the Florida sun is very hot. You will stow your gear not going to the boat in either our lockers (**you provide the lock**) or your personal car if you choose. Next you will proceed on the Sea Base tour highlights including the ship store, the submarine, chapel, dive boats if in port, the sea habitat and galley. Then you will go for issuing of snorkeling equipment. Each participant, both youth and adult, will be issued a mask, fins, snorkel, snorkel vest and a dive bag that you will use for the remainder of your week long adventure (if you have your own snorkeling equipment you may bring it.) everyone will participate in a BSA swim review and a snorkel instruction lesson so you are comfortable with your gear and swimming in the ocean. Next it is off to your assigned ship and to meet your captain. If you guys are quick you may be able to provision your ship with food for the week before flags. If not after dinner you'll accomplish this task. Change back into your scout uniform and have your crew picture at 5:30. Flags at 5:45 and dinner at 6:00. After dinner, you will board your vessel stay your first night on board the boat at the dock, or you may sail into the sunset if time permits. We try hard to get you off the dock if at all possible. The following morning you will head off for five days of unforgettable adventure including sailing, snorkeling, fishing and a port of call in Key West.

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. Sleeping arrangements are cramped at best below decks. Most crews sleep on deck weather permitting. Be advised that inclement weather means hot cramped quarters below decks. Not everyone will have a bunk (**High Adventure**). All our vessels carry a fishing license that will cover you during your week aboard. The Florida Sea Base supplies all the necessary rods, reels and tackle. This tackle can be used while trolling or at anchor in several locations.

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.

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. Hot water showers, coin operated laundry facilities, and pay phones are available for your use while at Sea Base. The Ship's Store carries souvenirs and many items you may have forgotten.

Swim Test and Review: The Florida Sea Base is the premier aquatic High Adventure facility of the BSA. **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). 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!

WHAT TO BRING FOR CORAL REEF AND SEA EXPLORING ADVENTURES:

- 1 Set Class A or B uniforms
- Several (2-3) T-shirts
- Lightweight rain gear (optional)
- Sunglasses with strap (Polarized are best)
- 1 pair walking shoes for Key West
- 16 oz of Non-Oily Non-Aerosol sunscreen (SPF 30+)
- 1 pair of shorts for Key West
- Pants, long-sleeve shirt & light jacket **(December & Spring only)**
- Toiletry kit
- Wide brimmed hat
- 1-2 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 (non DEET bug repellent alternative)
- (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.**

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.



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 _____



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 during their adventure 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.

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 or island, you will not have access to electricity for your CPAP machine.

FLORIDA HIGH ADVENTURE SEA BASE 2008
BSA TROOP 142
“THE ADVENTURE INFORMATION”



AIR TRAVEL - Total of \$442.13 each

SEA EXPLORING ADVENTURE

Mon, Mar 17: AMERICAN AIRLINES, AA 3468
Operated by AMERICAN EAGLE
From: N W ARKANSAS REG, AR (XNA) Departs: 5:40am
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:50am
Departure Terminal: Duration: 1 hour(s) and 10 minute(s)
Arrival Terminal: TERMINAL B Class: Economy

Mon, Mar 17: AMERICAN AIRLINES, AA 2279
From: DALLAS FT WORTH, TX (DFW) Departs: 8:15am
To: MIAMI INTERNTNL, FL (MIA) Arrives: 11:50am
Departure Terminal: Duration: 2 hour(s) and 35 minute(s)
Arrival Terminal: Class: Economy

Mon, Mar 24: AMERICAN AIRLINES, AA 0401
From: MIAMI INTERNTNL, FL (MIA) Departs: 4:40pm
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:55pm
Departure Terminal: Duration: 3 hour(s) and 15 minute(s)
Arrival Terminal: Class: Economy

Mon, Mar 24: AMERICAN AIRLINES, AA 3559
From: DALLAS FT WORTH, TX (DFW) Departs: 9:00pm
To: N W ARKANSAS REG, AR (XNA) Arrives: 10:05pm
Departure Terminal: TERMINAL B Duration: 1 hour(s) and 5 minute(s)
Arrival Terminal: Class: Economy

CORAL REEF ADVENTURE

Mon, Mar 17: AMERICAN AIRLINES, AA 3468

Operated by AMERICAN EAGLE Notify me of flight changes
From: N W ARKANSAS REG, AR (XNA) Departs: 5:40am
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:50am
Departure Terminal: Duration: 1 hour(s) and 10 minute(s)
Arrival Terminal: TERMINAL B Class: Economy

Mon, Mar 17: AMERICAN AIRLINES, AA 2279

Notify me of flight changes
From: DALLAS FT WORTH, TX (DFW) Departs: 8:15am
To: MIAMI INTERNTNL, FL (MIA) Arrives: 11:50am
Departure Terminal: Duration: 2 hour(s) and 35 minute(s)
Arrival Terminal: Class: Economy

Sun, Mar 23: AMERICAN AIRLINES, AA 0401

Notify me of flight changes
From: MIAMI INTERNTNL, FL (MIA) Departs: 4:40pm
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:55pm
Departure Terminal: Duration: 3 hour(s) and 15 minute(s)
Arrival Terminal: Class: Economy

Sun, Mar 23: AMERICAN AIRLINES, AA 3559

Operated by AMERICAN EAGLE Notify me of flight changes
From: DALLAS FT WORTH, TX (DFW) Departs: 9:00pm
To: N W ARKANSAS REG, AR (XNA) Arrives: 10:05pm
Departure Terminal: TERMINAL B Duration: 1 hour(s) and 5 minute(s)
Arrival Terminal: Class: Economy

BUS CHARTER - Total of \$51.18 each

The charter name is Cadillac Jack and will handle all our shuttle needs from Miami airport to Islamorada [Sea Base] and from Islamorada [Sea Base] to Miami International Airport.

<http://www.cadillacjackinc.com>

(888) 233-5550

March 17th [Both Crews]

Confirmation #2329

Pickup Time at Miami International Airport	12:00 PM Eastern
Stop at Florida City for lunch [included]	1:00 PM Eastern
Arrive at Sea Base	2:30 PM Eastern

March 23rd [Coral Reef]

Confirmation #2330

Pickup at Sea Base	12:00 PM Eastern
Arrive at Miami International Airport	2:00 PM Eastern

March 24th [Sea Exploring]

Confirmation #2331

Pickup at Sea Base	12:00 PM Eastern
Arrive at Miami International Airport	2:00 PM Eastern

FLORIDA HIGH ADVENTURE SEA BASE - Total of \$650 each

www.bsaseabase.org

(305) 664-4173

THE SHIP'S SEA EXPLORING ROSTER

Crew #SEM031708A

1. Arambel, Ernie
2. Chitwood, Chris
3. Elliott, Chris
4. Griesse, Evan
5. Hunt, Harrison
6. Lawrence, Evan
7. Lawrence, Kyle
8. Smith, Shelby
9. Stovall, Hunter
10. Tisdale, Ethan
11. Tompkins, Chris
12. Wilson, Derek
13. Wilson, Emily
14. Byram, Susan
15. Elliott, John
16. Hughes, Deborah
17. Hughes, Rodney
18. Tompkins, Chris Sr
19. ***Vacant***
20. ***Vacant***



THE SHIPS' CORAL REEF ROSTER

Crew #CRM031708A

1. Byram, Daniel
2. deNoble, William
3. Griesse, Birch
4. McAlister, David
5. Ritter, Issac
6. deNoble, Anne
7. Russell, Carl
8. Titus, Janet



TRIP ITINERARY

MONDAY MARCH 17th

Sea Exploring and Coral Reef

- 3:40 am Central – Both Crews to meet at Northwest Regional Airport
- 12:00 pm Eastern – Board bus in Miami and travel to Florida City
- 1:00 pm Eastern - Arrive at Florida City and have lunch
- 1:30 pm Eastern - Board bus in Florida City and travel to Islamorada
- 2:30 pm Eastern - Arrive at Islamorada [Sea Base]
- 7:00 pm Eastern – Coral Reef Crew boards their boat for departure
- 7:00 pm Eastern – Sea Exploring settles in dorm at Sea Base

TUESDAY MARCH 18th

- 10:00 am – Sea Exploring boards boat in Marathon for departure
- Both crews on the Sea

SATURDAY MARCH 22nd

- Coral Reef Crew arrives at Sea Base
- Coral Reef Crew prepares to sleep in the dorm at Sea Base

SUNDAY MARCH 23rd

- Sea Exploring Crew arrives at Marathon and heads to Sea Base
- Sea Exploring Crew prepares to sleep in the dorm at Sea Base
- 12:00 pm Eastern – Coral Reef boards bus at Sea Base and travels to Miami
- 2:00 pm Eastern – Coral Reef arrives at Miami International airport
- 10:05 pm Central – Coral Reef arrives at Northwest Regional Airport

MONDAY MARCH 24th

- 12:00 pm Eastern – Sea Exploring boards bus at Sea Base and travels to Miami
- 2:00 pm Eastern – Sea Exploring arrives at Miami International airport
- 10:05 pm Central – Sea Exploring arrives at Northwest Regional Airport

BREAKDOWN OF COSTS

Air Transportation	\$442.13	
Land Transportation	\$ 51.18	<i>includes lunch at Florida City on the 17th</i>
Sea Base Fee	\$650.00	
Travel T-Shirt	\$ 0.00	<i>wearing this year's Cardinal Red Troop shirt [\$10 if needed]</i>
Group Photo	\$ 7.00	
Key West Group Meal	<u>\$ 15.00</u>	
TOTAL	\$1165.31	Fees paid to Troop 142

Spending Money	\$100.00	Fees paid by individual
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FLORIDA HIGH ADVENTURE SEA BASE



**BOY SCOUT TROOP
142**
Fayetteville, Arkansas

BOY SCOUT TROOP
142
Fayetteville, Arkansas

FLORIDA HIGH ADVENTURE SEA BASE



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.

An Introduction to the Adventure of a Lifetime...

The Sea Base facilities include a large, fully equipped “galley”, with elevated dormitories overlooking the 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.

An Introduction to the Adventure of a Lifetime...

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.



An Introduction to the Adventure of a Lifetime...

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.



FLORIDA HIGH ADVENTURE SEA BASE

Participation Requirements

Eligibility for all participants (youth and adult)

- Participants must be Fourteen (14) years old by September 1 of the year of their participation for all programs except *Scuba*. 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:

****School photo ID & copy of birth certificate**

****Current passport**

****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.

Participation Requirements
continued

- Must be a registered Boy Scout, Varsity Scout, Venture Scout, Sea Scout or Adult Leader.
- All participants (both youth and adults) are required to pass the standard BSA swim test before arriving at Sea Base, which includes the following requirements.
- 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 for 1 minute.
- 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.



Participation Requirements
continued

- 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.*



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

Participation Requirements

continued

- 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.)
- All crew members must know and use the Scout Oath and Law as their guide to appropriate behavior at the Sea Base.



FLORIDA HIGH ADVENTURE SEA BASE

Crew Requirements

- Exceptions to these requirements will not be made.
- 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.
- At least half of the members in every crew must be youth.
- 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.
- **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.)
- **At least one person must be trained in first aid and CPR from any recognized agency and in Safety Afloat** – (This is required for the National Tour Permit.)





FLORIDA HIGH ADVENTURE SEA BASE

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 *Program 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.

RISK ADVISORY - FLORIDA SEA BASE

continued

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.

RISK ADVISORY - FLORIDA SEA BASE
continued

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.



FLORIDA HIGH ADVENTURE SEA BASE

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.



Medical Treatment

The *Tour* Permit requires that each crew bring its own First Aid Kit. A first-aid kit, well stocked with the basic essentials. Keep the kit in a convenient location. Your first aid kit should be in a waterproof box or bag, since it may 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 A Crew First Aid Kit

The following items are recommended in addition to the normal supplies for your first aid kit:

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



FLORIDA HIGH ADVENTURE SEA BASE

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*®. 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.*



FLORIDA HIGH ADVENTURE SEA BASE

Things to leave at home

- Portable stereos
- Walkmans
- MP3 players
- iPods
- Electronic games
- Cell Phones

These distract from the Sea Base experience.

PLEASE leave them at home!



Swimsuit Requirements

**ALL SWIMMING ATTIRE
MUST BE MODEST.**

FOR MEN, Speedo-type swimsuits are not appropriate; swimsuits should have liners in them.

FOR WOMEN, bikinis are not appropriate; one-piece swimsuits and modest tankini suits are considered appropriate.

FLORIDA HIGH ADVENTURE SEA BASE

Spending 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:

- ❖ Coin operated laundry machines
- ❖ Crew photograph
- ❖ Meals in Key West
- ❖ T-Shirts/Souvenirs
- ❖ Film/Underwater Cameras
- ❖ Key West attractions
- ❖ Soft drink machines
- ❖ 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. Credit cards are welcome.



FLORIDA HIGH ADVENTURE SEA BASE

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. This color 8x10 photograph is available for purchase through the Ship's Store for \$6, plus tax. If your whole crew purchases a photo, you will also receive the photo on a disk.

Mail

Parents: Do not send mail. Most mail will arrive after your crew has left for home and 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.





FLORIDA HIGH ADVENTURE SEA BASE

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.

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.



FLORIDA HIGH ADVENTURE SEA BASE

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.

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.



The warm clear waters, tropical reef and abundance of fish make the Florida Keys an ideal area to try your fishing skills.



FLORIDA HIGH ADVENTURE SEA BASE

Weather Tips

- Winter 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.
- 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.



FLORIDA HIGH ADVENTURE SEA BASE

Uniforming

Sea Base requires that your crew carry on the Scouting tradition by arriving at Sea Base in uniform. Our troop will consider wearing Class B uniforms upon arrival. 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:

- 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.



FLORIDA HIGH ADVENTURE SEA BASE

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!*



FLORIDA 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.
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.
7. Please do not walk through the local neighborhood or cross US-1.
8. ***ALL SWIMMING ATTIRE MUST BE MODEST.***



Participant Policies continued

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 "varmint", 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.



Coral Reef Guide and Sea Exploring Guide





FLORIDA HIGH ADVENTURE SEA BASE

What to Bring

- 1 Set Class A and B uniforms
- 2-3 T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 1 pair walking shoes for Key West
- 16 oz of Non-Oily/Non-Aerosol sunscreen (SPF 30)
- 1 pair of shorts for Key West
- Pants, long-sleeve shirt & light jacket
- Toiletry kit
- Wide brimmed hat
- 1-2 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 small sleeping bag



FLORIDA HIGH ADVENTURE SEA BASE

What to Bring

- Sleeping pad - Backpacking type
- 2 Swimsuits (modest style)
- 2 towels and a small pillow
- Prescription Medication
- **Proof of age/photo ID**
- **Copy of Medical Insurance information**
- **Sea Base Physical Form**
- Small LED Flashlight
- Hawaiian style shirt (Luau)
- Waterproof Camera if desired
- Personal snorkel gear if desired
- Spending money





FLORIDA HIGH ADVENTURE SEA BASE



Packing your Gear

All your gear (except sleeping pad) must fit in a 24" duffel bag (issued at check-in). Any excess gear can be left in a locker at Sea Base while we are on the water.



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. Keep this in mind and travel light!



FLORIDA HIGH ADVENTURE SEA BASE



FLORIDA HIGH ADVENTURE SEA BASE 2008

BSA TROOP 142

"THE ADVENTURE INFORMATION,
INTINERARY AND COSTS"



AIR TRAVEL - Total of \$442.13 each

SEA EXPLORING ADVENTURE



Mon, Mar 17: AMERICAN AIRLINES, AA 3468
From: N W ARKANSAS REG, AR (XNA) Departs: 5:40am
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:50am
Departure Terminal: Duration: 1 hour(s) and 10 minute(s)

Mon, Mar 17: AMERICAN AIRLINES, AA 2279
From: DALLAS FT WORTH, TX (DFW) Departs: 8:15am
To: MIAMI INTERNTNL, FL (MIA) Arrives: 11:50am
Departure Terminal: Duration: 2 hour(s) and 35 minute(s)

Mon, Mar 24: AMERICAN AIRLINES, AA 0401
From: MIAMI INTERNTNL, FL (MIA) Departs: 4:40pm
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:55pm
Departure Terminal: Duration: 3 hour(s) and 15 minute(s)



Mon, Mar 24: AMERICAN AIRLINES, AA 3559
From: DALLAS FT WORTH, TX (DFW) Departs: 9:00pm
To: N W ARKANSAS REG, AR (XNA) Arrives: 10:05pm
Departure Terminal: TERMINAL B Duration: 1 hour(s) and 5 minute(s)

CORAL REEF ADVENTURE

Mon, Mar 17: AMERICAN AIRLINES, AA 3468
From: N W ARKANSAS REG, AR (XNA) Departs: 5:40am
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:50am
Departure Terminal: Duration: 1 hour(s) and 10 minute(s)

Mon, Mar 17: AMERICAN AIRLINES, AA 2279
From: DALLAS FT WORTH, TX (DFW) Departs: 8:15am
To: MIAMI INTERNTNL, FL (MIA) Arrives: 11:50am
Departure Terminal: Duration: 2 hour(s) and 35 minute(s)

Sun, Mar 23: AMERICAN AIRLINES, AA 0401
From: MIAMI INTERNTNL, FL (MIA) Departs: 4:40pm
To: DALLAS FT WORTH, TX (DFW) Arrives: 6:55pm
Departure Terminal: Duration: 3 hour(s) and 15 minute(s)



Sun, Mar 23: AMERICAN AIRLINES, AA 3559
From: DALLAS FT WORTH, TX (DFW) Departs: 9:00pm
To: N W ARKANSAS REG, AR (XNA) Arrives: 10:05pm
Departure Terminal: TERMINAL B Duration: 1 hour(s) and 5 minute(s)

BUS CHARTER - Total of \$51.18 each

The charter name is **Cadillac Jack** and will handle all our shuttle needs from Miami airport to Islamorada [Sea Base] and from Islamorada [Sea Base] to Miami International Airport.

<http://www.cadillacjackinc.com>
(888) 233-5550

March 17th [Both Crews]
Confirmation #2329

Pickup Time at Miami International Airport	12:00 PM Eastern
Stop at Florida City for lunch [included]	1:00 PM Eastern
Arrive at Sea Base	2:30 PM Eastern

March 23rd [Coral Reef]
Confirmation #2330

Pickup at Sea Base	12:00 PM Eastern
Arrive at Miami International Airport	2:00 PM Eastern



March 24th [Sea Exploring]
Confirmation #2331

Pickup at Sea Base	12:00 PM Eastern
Arrive at Miami International Airport	2:00 PM Eastern

FLORIDA HIGH ADVENTURE SEA BASE - Total of \$650 each

www.bsaseabase.org
(305) 664-4173

SEA EXPLORING
Crew #SEM031708A
20 crew members



CORAL REEF
Crew #CRM031708A
8 crew members

TRIP ITINERARY

MONDAY MARCH 17th

Sea Exploring and Coral Reef

- 3:40 am Central – Both Crews to meet at Northwest Regional Airport
- 12:00 pm Eastern – Board bus in Miami and travel to Florida City
- 1:00 pm Eastern - Arrive at Florida City and have lunch
- 1:30 pm Eastern - Board bus in Florida City and travel to Islamorada
- 2:30 pm Eastern - Arrive at Islamorada [Sea Base]
- 7:00 pm Eastern – Coral Reef Crew boards their boat for departure
- 7:00 pm Eastern – Sea Exploring settles in dorm at Sea Base

TUESDAY MARCH 18th

- 10:00 am – Sea Exploring boards boat in Marathon for departure
- Both crews on the Sea

SATURDAY MARCH 22nd

- Coral Reef Crew arrives at Sea Base
- Coral Reef Crew prepares to sleep in the dorm at Sea Base

SUNDAY MARCH 23rd

- Sea Exploring Crew arrives at Marathon and heads to Sea Base
- Sea Exploring Crew prepares to sleep in the dorm at Sea Base
- 12:00 pm Eastern – Coral Reef boards bus at Sea Base and travels to Miami
- 2:00 pm Eastern – Coral Reef arrives at Miami International airport
- 10:05 pm Central – Coral Reef arrives at Northwest Regional Airport



MONDAY MARCH 24th

- 12:00 pm Eastern – Sea Exploring boards bus at Sea Base and travels to Miami
- 2:00 pm Eastern – Sea Exploring arrives at Miami International airport
- 10:05 pm Central – Sea Exploring arrives at Northwest Regional Airport

BREAKDOWN OF COSTS

Air Transportation	\$442.13	
Land Transportation	\$ 51.18	<i>includes lunch at Florida City on the 17th</i>
Sea Base Fee	\$650.00	
Travel T-Shirt	\$ 0.00	<i>wearing this year's Cardinal Red Troop shirt</i>
Group Photo	\$ 7.00	
Key West Group Meal	\$ 15.00	

TOTAL \$1165.31 Fees paid to Troop 142

Spending Money \$100.00 Fees paid by individual



BOY SCOUT TROOP
142
Fayetteville, Arkansas

FLORIDA HIGH ADVENTURE SEA BASE

Questions...
Thoughts...

