

Bahamas Adventure 6-8

Bahamas Adventure 10-12

Bahamas Tall Ship



Participant Guide

National High Adventure Sea Base, Scouting America

Sea Base Bahamas

Marsh Harbour, Bahamas



Revised Date: 11/2024

Mission of Scouting America

The mission of Scouting America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law.

Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

Scout Law

A Scout is:

Trustworthy. Loyal. Helpful. Friendly. Courteous. Kind. Obedient. Cheerful. Thrifty. Brave. Clean. Reverent.

Mission Statement of Sea Base, Scouting America

It is the mission of the Florida National High Adventure Sea Base to serve councils and units by providing an outstanding high adventure experience for older Boy Scouts, Varsity Scouts, Venturers, Sea Scouts and their leaders.

Sea Base programs are designed to achieve the principal aims of Scouting America:

- To build character
- To foster citizenship
- To develop physical, mental and emotional fitness

Bahamian Islands Blessing

Bless the creatures of the Sea
Bless this person I call me
Bless the Bahamas, you make so grand
Bless the sun that warms the land
Bless the fellowship we feel
As we gather for this meal
Amen



Prepared. For Life.®

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Payment Plan

2025 Payment Schedule: Crews are responsible to know, understand and adhere to the payment schedule. Failure to provide on time payment will result in cancellation. Deposits are non-refundable. Fees are non-refundable unless Sea Base rebooks the cancelled crew. All cancelled crews are subject to a cancellation fee in the amount of the deposit made.

Disclaimer: *Scouting America National High Adventure Bases set baseline pricing 12-24 months prior to attendance. Additional fuel, food, utilities or other surcharges may be required based on economic conditions, increased costs, and other factors.*

Please note: All crews are required to become current with payment within 30 days of registering for a Sea Base Adventure, or **fully paid 90 days prior to arrival** - whichever date comes first. Any installments with due dates in the past are required to be submitted within 30 days of signing up if a crew has greater than 90 days before they are scheduled to arrive.

Deposit: \$250.00 per crew, required to create a reservation.

30-Day Payment: **Within 30 days of sign up**, each crew must submit their first payment. The 30-day payment is 10% of the remaining balance after the original deposit.

Half Payment: One half of each crew's remaining balance is due on **November 1**.

Final Payment: Due 90-days prior to each crew's scheduled arrival.

Online Payment: After the deposit, Sea Base accepts online e-check payment only. Sea Base does not accept credit cards.

Reservation Dashboard & Payment Status: The designated Reservation Contact and Additional Reservation Contact can view their reservation's specific payment schedule on a Reservation Dashboard through the reservation portal on our [2025 Crews Page linked here](#).

2026 Sea Base Crews: The payment schedule above is outlined for 2025 Sea Base Crews. These guides will be updated in the fall of 2025 for your adventure year, and there may be changes to the payment schedule. Please refer to the Sea Base website, your confirmation emails, and your online reservation for the 2026 Sea Base payment schedule information.



General Eligibility Requirements

General Eligibility at a Glance

1. Registered member of Scouting America **AND** proof of membership with [Scouting America Membership Card](#)
2. 13 years of age or older. No exceptions can or will be made.
3. Completed [Scouting America Swim Test](#) as a Swimmer, evidenced by the [Unit Swim Classification Record](#)
4. Medically Approved for Participation, evidenced by the [Scouting America Annual Health and Medical Record &](#) meets [Sea Base Risk Advisory Medical Requirements](#)
5. No participant can exceed 295lbs as evidenced by the medical form. No exceptions will be made. Participants exceeding 295lbs will be sent home at their own expense.
6. [Pre-Event Medical Screening Checklist](#) for each attending participant.

1. **Registered:** To attend Sea Base, youth and adult participants must be registered members of a Scouting America or Exploring unit.
 - **NEW for 2025:** All participants must show proof of membership with their Scouting America Membership card. Instructions on how to find your membership card can be found [HERE](#).
 - **Unit Eligibility Requirements:** Units must be currently registered with Scouting America or Exploring. Each unit must provide a minimum of 2 trained and registered adult leaders who are in good physical condition and have no medical conditions that could divert attention away from youth participants. Any unit with female youth attending must have at least 1 trained and registered female adult leader over the age of 21.
2. **Age Requirement:** Every participant must be at least 13 years of age by their date of arrival at Bahamas Sea Base. No exceptions can or will be made.
3. **Swim Test:** Every participant, youth and adult, must complete Scouting America Swim Test as a Swimmer within a year of the start of their adventure. The [Scouting America Swim Test](#) should be documented on the [Unit Swim Classification Record](#) and submitted during check in. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense.

⊗ Please note that Sea Base does not provide onsite Swim Tests.

Snorkel Review: Upon arrival every participant must complete a Sea Base Snorkel Review in a strong manner. This snorkel review does not take the place of the [Scouting America Swim Test](#). **Individuals who do not pass the Sea Base Snorkel Review will not be permitted to participate and will be sent home at their own expense. No refund will be offered to Non-Swimmers.**

4. **Completed Scouting America Annual Health and Medical Record:** Sea Base participants must be in good health. All participants must provide a current and complete [Scouting America Annual Health and Medical Record \(AHMR\)](#). AHMR's are current for 12 months from the end of the month in which they are completed. For example, if the medical form is signed and dated on June 2, 2024, it is valid until June 30, 2025. **No other medical form will be accepted.**

5. **Weight Requirements:** Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.
6. **Pre-Event Medical Screening Checklist:** Sea Base crews must provide a completed [Pre-Event Medical Screening Checklist](#) for each attending participant. This document is required at check-in.
7. **Proper Adult Supervision:** As required by [Youth Protection](#), every crew must have at least two adult leaders over the age of 21. Sea Base crews with coed (male & female) youth participants, must have at least one female adult leader over the age of 21. It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physical condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from youth participants.
8. **Adult Leader Training:** Every adult leader must be a registered member of Scouting America and complete [Youth Protection Training](#), [Safe Swim Defense](#), [Safety Afloat](#), and [Hazardous Weather Training](#).
9. **Adult Leader Medical Training:** At least one adult leader in each crew must complete [Wilderness First Aid Training](#) (WFA) and Basic [CPR/AED](#) from an agency approved by the [American Camping Association](#) (scroll to bottom of webpage) or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Documentation of higher professional license must be submitted during check-in. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

Adult Leader Eligibility Requirements

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|---|--|
| <ol style="list-style-type: none"> 1. Registered in any Scouting America unit position that requires a background check and volunteer database screening and membership card 2. 21 Years of Age or Older 3. Passed Swim Test as a Swimmer 4. Meets Sea Base Medical Requirements and medically approved for participation. 5. Meet Scouting America Height & Weight, not to exceed 295lbs. | <ol style="list-style-type: none"> 6. Proper adult supervision 7. Completed Youth Protection Training 8. Completed Safety Afloat Training 9. Completed Safe Swim Defense Training 10. Completed Hazardous Weather Training 11. CPR/AED Certification, Minimum of 1 Adult per Crew 12. Wilderness First Aid Certification, Minimum of 1 Adult per Crew |
|---|--|

General Eligibility Requirements: Adult leaders must meet **all** General Eligibility Requirements (see section above)

Sea Base Risk Advisory

Sea Base Experience: Sea Base Adventures are not risk free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, swimming, kayaking, canoeing, sailing, hiking, and others.

It is the responsibility of participants, participant's parents/guardians, participant's healthcare teams and unit leaders to ensure that each individual, youth and adult, can safely participate in Sea Base Adventures.

Adult Participants: It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physician condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from the youth participants.

ALL Sea Base participants must be able to:

- Swim in a strong manner.
- Climb a 6 ft. ladder, unassisted, in inclement weather, from the water onto a rocking vessel.
- Self-rescue if found overboard in inclement weather.

Location: Sea Base adventures are conducted at sea, often far from land, with limited access to emergency services. **Response times can be affected by weather, seas, location, and can be delayed for hours.** Individuals with medical conditions that require immediate or nearly immediate access to professional medical care should not attend Sea Base.

Right to Refuse: Sea Base reserves the right to deny participation based upon registration status, incomplete training, adherence to Scouting America Youth Protection and other policies, health and safety concerns and/or medical history.

Special Needs or Medical Concerns: Individuals with special needs or medical concerns must have an onsite advocate who understands the individual's condition and treatment who is prepared to provide support to the individual.

COASTS Accommodations: Special Needs youth who do not meet certain attendance requirements may be eligible to attend COASTS designated programs. See [COASTS](#) page for more information.

Trained Leadership: Each crew is required to have at least 1 adult trained in [Wilderness First Aid](#) and [CPR/AED](#) or who has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. **There are no-onsite facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.**

Medications: Individuals requiring medication should continue medications as prescribed and bring an appropriate supply. *Each crew must develop a plan to secure, lock and dispense medication.*

Allergies: Participants with allergies that may result in severe reactions or anaphylaxis should bring an adequate supply of epinephrine auto-injectors (EpiPen) to last up to three hours.

Recommendations Regarding Chronic Illness and/or Compromised Immune System: Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds or who are at risk for chronic illness or immune disease should not attend Sea Base.

Hypertension (High Blood Pressure): Participants should have a blood pressure less than 140/90. Individuals with hypertension should have the condition treated and well-controlled before attending.

Insulin-Dependent Diabetes Mellitus: Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning.

- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last 6 months are advised not to participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
- Persons with diabetes **will not be allowed to scuba dive.**

Seizures (Epilepsy): Seizures while snorkeling are extremely dangerous and often fatal.

- History of loss of consciousness often precludes snorkeling. Formal consultation with a neurologist and/or cardiologist is required.
- **No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.** Participants meeting these criteria must be wearing a USCG approved lifejacket and *may not be wearing a mask* anytime they are in the water. Participants meeting these criteria are allowed to swim in the water but must be accompanied by their buddy AND an adult who is trained to recognize symptoms of a seizure.
- Prospective participants with a history of infant febrile seizures **may** be considered for **snorkeling** after formal consultation with a neurologist.

Asthma: Asthma must be well-controlled. Persons requiring use of medication and/or inhaler must bring an ample supply.

- Persons being treated for **asthma (including reactive airway disease) are disqualified from scuba diving.**
- Persons with a history of asthma who have been asymptomatic **and** have not used medications to control asthma for five years or more **may be allowed to scuba dive** if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.

-Provocative testing can include exercise, hypertonic saline, hyperpnea, etc.

Recent Musculoskeletal Injuries & Orthopedic Surgery: Persons with musculoskeletal problems or orthopedic surgeries within the last 6 months must provide a letter from their treating physician to participate.

Psychological & Emotional Difficulties: Any condition should be well-controlled without the services of a mental health practitioner. Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip.

- Many psychotropic medications are not compatible with **scuba diving**.
- Persons taking more than one psychotropic medication **will not be cleared to scuba dive**.
- Persons with anxiety **will not be cleared to scuba dive**.

Weight Limits: Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

Scuba Participants: Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with conditions prohibited by Scouting America scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently. Risk factors include, but are not limited to, ear and sinus problems, recent surgery, spontaneous pneumothorax, asthma or reactive airway disease, seizure disorders, diabetes, leukemia, sickle-cell disease, pregnancy, panic disorders, active psychosis, certain medications, and narcolepsy.

Closing: Sea Base, Scouting America is an industry leader in maritime adventures with an excellent safety record. If you have questions regarding medical policies, medical concerns, or medical approval please contact Sea Base at 305-664-4173.



Policies and Procedures

Adult to Youth Ratios: Sea Base Crews must have more or an equal number of youth to adult participants. Individuals under the age of 21 may be counted as youth participants.

☒ *Special Needs Scouts are counted as youth participants regardless of age.*

Co-ed Pilot Program: Sea Base welcomes all registered units to attend. Units with both male and female participants must have at least one registered and trained adult female over the age of 21 and must adhere to Scouting America Youth Protection Policies. For more about the pilot program, please click [here](#).

Linked Troops: Sea Base welcomes linked Scouts troops to attend. Per Scouting America policy, if linked troops schedule and attend together, each unit must provide 2-deep leadership from each unit UNLESS there is only one attendee of the opposite gender or UNLESS the opposite gendered youth is a child(ren) of an attending adult leader. In either case, both units' adult leadership and Chartering Organization must approve. If a female youth is attending, there must be at least one registered and trained adult female over the age of 21 present and the unit must meet adhere to Scouting America Youth Protection Policies. For more information, please click [here](#).

Single Gendered Troops: Sea Base welcomes all single gendered troops to attend. Troops must adhere to Scouting America Youth Protection Policies. For more information, please click [here](#).

Adult Leaders with Scouts Attending: Scouting America Policy allows registered adult leaders who are parents and legal guardians to bring their registered children to a opposite gendered troop activity provided unit leadership, from both units, and the Chartering Organization approve. Involved units and participants must adhere to Scouting America Youth Protection Policies. For more information, please click [here](#).

Buddy System: Adult and youth participants must adhere to the buddy system. While snorkeling, dive buddies must remain within arms distance. While onshore, participants must travel in groups of two or more. *Buddy pairs cannot be coed.*

Unit Leader Responsibilities: Prior to arrival, unit leaders are responsible to ensure that all paperwork and trainings are up to date and complete. **This includes inputting the crew roster 90 days prior to arrival.** [2025 roster instructions linked here](#). Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill [Safe Swim and Safety Afloat](#) responsibilities, follow and enforce [Scouting America Youth Protection](#) Policies, ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; *Sea Base is not a passive experience.*

Youth Crew Leader Responsibilities: Sea Base should be a youth led adventure. Crews must elect a seasoned *youth* crew leader prior to onsite arrival. Sea Base should not be the youth's first leadership experience. Youth will make duty assignments for both youth and adults, and ensure that those duties are completed, following up with the crew when they are not.

Scout Oath, Scout Law, Outdoor Code: Participants are expected to act in accordance with the Scout Oath, Scout Law and Outdoor Code.

Alcoholic Beverages or Illegal Substances: There is no place in Scouting for the possession or use of alcohol or illegal substances. **Anyone found in violation of this policy will be required to vacate their adventure and may be reported to local law enforcement and their local council.** If the unit is unable to provide proper leadership to satisfy [YPT](#), the entire crew will be required to vacate their adventure.

Smoking, Vaping, Smokeless Tobacco: Use of tobacco products and vaping is only permitted in designated areas.

Scout Appropriate Language: Sexual conversations of any nature including “jokes” are prohibited. Racial, ethnic, religious, sexist, and sexual orientation slurs are prohibited.

Uniform: All participants are expected to arrive in either field or activity uniform.

Attire: Clothing worn by participants must not promote illegal drugs, alcohol, violence, sexual activity, racism, sexism or bigotry.

Swimming Attire: Swimsuits must be modest. For males, tight fitting swim briefs or swim bottoms short enough to allow exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate.

Footwear: Footwear is required by all participants while onshore. Footwear requirements vary by program. ***Please review the provided Packing List for your chosen adventure under Program Overview in this guide.*** While on base, most participants choose to wear flip-flops or sandals.

Open Swimming: Open Swimming at any Sea Base owned or contracted marina is prohibited.

Open Scuba: Only individuals participating in Scuba Adventure, Scuba Certification or Scuba Live Aboard may Scuba dive while at Sea Base.

Unplug: Use of phones, tablets and other transmission electronics should be restricted to emergency or camera use. Please place phones on airplane mode and stow away. Sea Base is not responsible for damage to phones or electronics by salt, sand, water, or wave motion damage. ***Please keep Big Munson Island native and keep phones stowed away.***

Lost, Stolen or Damaged Items: Sea Base is not responsible for personal items. Please properly stow and safeguard your valuables. Sea Base is not responsible for lost, stolen or damaged items.

Intentional Damage to Sea Base Vessels, Facilities, Contracted Facilities, Public or Personal Property: Anyone intentionally damaging property, including pranks that result in damage, will vacate their adventure, and will be held financially liable for damages.

Bullying, Hazing, Fighting, Play Fighting, Wrestling: All forms of physical confrontation including “play” are prohibited.

Sexual Contact: Sexual contact of any kind, including public display of affection, is prohibited.

Cleanliness: Dorms, base, galley, marinas, and vessels are expected to be cleaned and maintained by participants. Youth and adults are expected to shower when they have the opportunity.

Disposal of Trash: Litter becomes marine debris and negatively impacts the Florida Keys National Marine Sanctuary, Everglades National Park, marine life, and our ocean. Participants must ensure that all recycling and garbage is secured and disposed of properly.

Conservation: For your own protection and the protection of the environment, Sea Base participants must not touch, harass, or harm wildlife. Sea Base participants must not take or collect rocks, shells, or marine species. Special care must be taken when snorkeling in sensitive areas, such as coral reefs.

As Scouts, you are responsible for following safe practices and the rules set forth by your Captain. The rules are designed for your safety, the safety of all participants in the crew, and safety of the vessel. Failure or unwillingness to follow the rules set by the Captain will result in the termination of your activities, potentially for the remainder of your adventure.



Preparing for Sea Base

Preparation: Each crew is responsible to plan, secure and finance travel to Sea Base including ground transportation. Travel Insurance is highly recommended. The unit chartering organization, unit committee, local council, parents and participants should be made aware of all travel plans.

International Travel: As with all international travel, please ensure that every member of your unit has a valid passport book. Additionally, every youth traveling to Sea Base Bahamas without their parent/guardian needs to have the [Sea Base Consent Form](#) signed and notarized. This is not a requirement of Sea Base, but a requirement of the Bahamian Government. Both parents need to sign the notarized consent form. If you are a single parent, we recommend including a notarized letter stating and explaining sole custody of the child. For clarification, please visit this website: [Bahamas-Unaccompanied Minor Information](#).

Air Travel: Crews must fly into MHH Abaco Bahamas Airport.



Ground Transportation: Crews should take the first available taxicab from MHH to Conch Inn and Marina. Cab fare and tip is the responsibility of the crew. Crews should anticipate \$5-10 per person, per trip.

Arrival: It is essential for crews to arrive after 1:00pm, having already eaten lunch, and not later than 4:00pm. If a crew will arrive after 4:00pm due to flight changes, it must communicate those changes to Sea Base Bahamas.

Travel Arrangements: We ask that all Bahamas Sea Base Crews arrive between 1:00pm and 4:00pm. If your travel plans do not permit for this arrival time, crews arriving a day early or departing a day late have stayed in nearby places in Marsh Harbour; Sea Base Cannot accommodate extra night stays. While Sea Base does not recommend or guarantee service of specific hotels, historically, many of our crews have used either the Conch Inn and Marina or the following to accommodate their extra stay.

- Island Breezes Hotel (242) 367-3776
- Abaco Suites (242) 699-1130
- Abaco Beach Resort www.abacobeachresort.com

Departure: Sea Base crews may depart as early as necessary. **Crews must depart by 11:00 am.**

Sea Base Training Plan



Prepared: Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers and hikers. It is recommended that your unit, in consultation with your local council Scouting America Aquatics Director or qualified swim instructor, develops a crew training regimen that includes both swimming and snorkeling. An adequate plan includes:

1. [Scouting America Swim Test](#). Become strong, competent swimmers (monthly swimming sessions are recommended beginning 6 months prior to arrival).

2. Snorkel. Practice clearing a mask and snorkel. Don't wait until aboard to try your snorkel and mask for the first time. ([Snorkel Scouting America](#))
3. Become proficient with nautical map and compass navigation.
4. Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures and drill potential emergency situations.
5. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand [Safe Swim Defense Training](#) and [Safety Afloat Training](#) Guidelines and be prepared to assist in emergency situations.
6. [Review Guide to High Adventure Sailing](#)
7. Watch US Sailing Video: [Parts of a Boat](#)
8. Watch US Sailing Video: [Parts of a Rig](#)
9. Watch US Sailing Video: [Points of Sail](#)

Sea Base Program Overview

Planning: Epic Adventure begins with planning and preparation. Upon arrival (1:00pm - 3:00pm), each crew will have its paperwork reviewed and complete a gear shakedown. Any participant who exceeds 295 pounds or has not passed the Scouting America Swim Test prior to arrival will forfeit their adventure. **Please vet your crew well in advance to ensure that no one is disappointed.**

Paperwork: Participation at Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents required by Sea Base in addition to necessary travel information in an easy to use and comprehensible format to be submitted upon arrival. Plastic sleeves are discouraged to ensure a timely check in process. Parents, guardians, spouses should keep a copy of the [Scouting America Annual Health and Medical Record](#) for each participant. Please remember, while you are traveling you are not only representing your unit, but also Scouting America.



All crews should arrive with *copies* of the following check in paperwork. Paperwork should be organized in a notebook or folder. It is essential that your crew compiles all necessary documents and travel information in an easy to use and understand format. All paperwork will be submitted upon arrival. The following documents are required:

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Safe Swim Certificates](#) for each adult leader
- [Scouting America Safety Afloat Certificates](#) for each adult leader
- [Scouting America Youth Protection Certificates](#) for each adult leader
- [Scouting America Hazardous Weather](#) Certificates for each adult leader
- [Wilderness First Aid \(WFA\)](#) Certificate (One adult leader per crew)
- [CPR/AED Training](#) Certificate (One adult leader per crew)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Pre-Event Medical Screening Checklist](#) with each participant listed
- Completed [Scouting America Annual Health and Medical Records](#) for each participant
- Copies of Medical Insurance Cards (front and back) for each participant
- [Sea Base Vessel Liability Waiver](#) for each participant

- Every youth traveling to Sea Base Bahamas without their parent/guardian needs to have the [Sea Base Consent Form](#) signed and notarized
- Participants who have dietary allergies or restrictions must have the [dietary notification form](#) submitted a minimum of 2 weeks prior to arrival.
- **Passport Books are required. Passport Cards are not accepted.**

Sea Base highly recommends that all forms are duplicated and held by an adult leader who is not accompanying the crew to Sea Base. This adult leader should be available the date of check in in case forms are lost, misplaced or forgotten.

Required Paperwork at a Glance	
Crew Roster and Scouting America Membership Cards per participant	Safe Swim Defense Certificates
Scouting America Annual Health and Medical Records	Front & Back Copies of Insurance Cards
Safety Afloat Certificates	Youth Protection Certificates
Hazardous Weather Certificates	Passport*
Unit Swim Classification Record	Sea Base Vessel Liability Waiver
Pre-Event Medical Screening Checklist	Sea Base Consent Form signed and notarized for youth traveling without their parent/guardian
Minimum of 1 Adult Leader Must Have	Minimum of 1 Adult Leader Must Have
CPR/AED Training Card	Wilderness First Aid Training or Greater Certification

Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).



Bahamas Sea Base Program Overview

Planning: Epic Adventure begins with planning and preparation. Upon arrival (1:00pm- 4:00pm), each crew will have its paperwork reviewed and arrival briefing by the Sea Base staff. Any participant who exceeds 295 pounds or has not passed the Scouting America Swim Test prior to arrival will forfeit their adventure. **Please vet your crew well in advance to ensure that no one is disappointed.**

Required Paperwork at a Glance	
Crew Roster and Scouting America Membership Cards	Safe Swim Defense Certificates
Scouting America Annual Health and Medical Records	Front & Back Copies of Insurance Cards
Safety Afloat Certificates	Youth Protection Certificates
Hazardous Weather Certificates	Passport*
Unit Swim Classification Record	Sea Base Vessel Liability Waiver
Pre-Event Medical Screening Checklist	Sea Base Consent Form signed and notarized for youth traveling without their parent/guardian
Minimum of 1 Adult Leader Must Have	Minimum of 1 Adult Leader Must Have
CPR/AED Training Card	Wilderness First Aid Training or Greater Certification

***Passport Books are required. Passport Cards are not accepted.**

Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).

Length of Adventure: 5 nights, 6 days including arrival and departure dates. Crews may not arrive early or depart later than scheduled unless they make offsite accommodations.

Crew Size: Maritime Law dictates crew size.

Arrival Time: Crews must arrive **between 1:00pm and 4:00pm having already eaten lunch.** Crews arriving later than 4:00pm may have their adventure delayed by 24 hours. If your crew is delayed due to flights or island transport, alert Bahamas Sea Base as soon as possible.

Departure Time: Crews may depart as early as necessary but must **depart no later than 11:45am.**

Vessel Assignments: Sea Base charters several types of vessels. Crew vessel assignments are not made until onsite arrival.

Bringing Gear Aboard: All personal items brought aboard, other than sleeping and snorkeling gear, must fit into a 24-inch duffle bag. In addition to personal bags, each crew may bring 1 military style duffle bags to carry first aid kits (pg. 10), sunscreen and crew sleeping gear.

Storage: Sea Base does not have onsite storage. Everything will travel aboard the vessel. As a result, **it is imperative that crews not bring hard side luggage, wheeled luggage or unnecessary items.**

Sea Base Captains: Every captain under charter at Sea Base is experienced and licensed. Their primary responsibility is to ensure the safety of the vessel and crew. It is essential that each crew understands

that a request by their captain is an order delivered kindly. The captain is the final authority while aboard the vessel.



Sea Base Vessels: Every vessel chartered by Sea Base completes a safety examination prior to providing charters.

Crew Leaders: Adult crew leaders are responsible for ensuring that all Scouting America and Sea Base Policies, including Safe Swim Defense and Safety Afloat, are followed. This means that an adult leader is required to stay on board with the captain to be the lookout during snorkel stops. Adult crew leaders are also the first line of treatment in any medical event.

Youth Crew Leader: Sea Base is a youth led adventure. Crews must elect a seasoned Youth Crew Leader prior to arrival. The Youth Crew Leader will work hand in hand with the captain to ensure that all duties are assigned and completed.

Working Vessel: Sailing Adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

Itinerary: Upon boarding, there will be an orientation and swim/snorkel review by your Captain. Your first meal aboard is dinner. Each day will consist of sailing, snorkeling, swimming, and exploring settlements. How this is done will depend on the wind, weather, seas, and the ability of the crew. You will spend each night of this adventure aboard your vessel at a safe anchorage. All sailing is done in the Sea of Abaco protected by barrier Cays. There will be an opportunity to visit some of the Cays which is where you will experience the Bahamian life!

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck.

Marine Head: Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

Going Ashore: Crews will go ashore frequently to explore, swim, and snorkel. Crews, youth and adults, are required to stay together. While onshore; crews represent themselves, Sea Base and Scouting America. Crews vandalizing property, stealing or consuming alcoholic beverages will be forced to vacate their adventure.

Snorkeling: The Bahamas are home to some of the most beautiful mangrove and reef snorkels in the world. While snorkeling participants must wear a snorkeling PFD, stay within arm's reach of their buddy and never take, touch or harass underwater species including coral.



Departure: Prior to departure, each crew is responsible to provision and clean their vessel. Departure time the final day is no later than 11:00 am.

Gear and Packing List

Prepared: Sea Base provides meals, eating utensils, cooking equipment, fishing and snorkeling fins and vest along with nearly everything else a participant might need on their adventure.



Snorkeling Gear: Individuals are required to use their own mask and snorkel at Sea Base. The only snorkeling gear provided by Sea Base is a mesh bag, fins and PFD. Crew members can purchase masks and snorkels from the [Sea Base Ship Store](#) and can be shipped anywhere. Full face masks are not permitted at any Sea Base location.



Fishing Gear: Fishing gear is provided. Participants should note that while fishing is offered, it is not a primary activity at Bahamas Sea Base. Your unit may or may not catch fish.

Packing List: Participants should limit personal and crew items to those listed below. There is no onsite storage available.

PERSONAL PACKING LIST:

- ✓ 2 UPF +30 Long Sleeved Shirts
- ✓ Raingear
- ✓ Wide Brimmed Hat
- ✓ Polarized Sunglasses
- ✓ Buff
- ✓ Water Bottle with Carabiner (no metal bottles)
- ✓ Biodegradable Sunscreen, No Sprays
- ✓ Toiletry Kit
- ✓ 1 Pair Regular Shorts
- ✓ 2 Pair Swimming Shorts
- ✓ 1 Pair Light Pants
- ✓ 1 Pair Sandals, Crocs, Teva
- ✓ 2 Pairs Regular Socks
- ✓ Headlamp
- ✓ 2 Towels
- ✓ Light Weight Sleeping Pad
- ✓ Light Weight Sleeping Cover
- ✓ Small Pillow
- ✓ Spending Money (\$150- \$200)
- ✓ Passport Book
- ✓ Prescription Medication
- ✓ 1 Pair Neoprene Socks (recommended)
- ✓ Waterproof Camera (recommended)
- ✓ Mask and Snorkel (required)

CREW PACKING LIST:

- ✓ Crew Roster
- ✓ [Scouting America Youth Protection Training](#) Copies
- ✓ [Safe Swim Defense](#) Training Copies
- ✓ [Safety Afloat](#) Training Copies
- ✓ [Hazardous Weather](#) Training Copies
- ✓ [Scouting America AHMR](#) for Each Participant
- ✓ [Unit Swim Classification Record](#)
- ✓ [Wilderness First Aid & CPR/AED](#) Training Cards
- ✓ Copies of Insurance Cards
- ✓ Crew First Aid Kit (pg. 10)
- ✓ 1 Medium Size Dry Bag
- ✓ Scouting America [Membership Cards](#) for Each Participant

WHAT NOT TO BRING:

- We encourage all participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged.
- Firearms or fireworks
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

Sea Base Traditions and Awards

Leave No Trace: Take only memories and leave only bubbles. Sea Base Adventures are conducted in ecologically sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, or shells from the Florida Keys National Marine Sanctuary. Participants must properly dispose of and when possible, recycle all trash and refuse.

Council Shoulder Patches and Unit Numbers: Units completing a Sea Base Adventure may affix its unit numbers to the galley walls at the Brinton Environmental Center. Scouting America unit numbers are available for purchase in the [Ship Store](#).

Uniforms: Sea Base requires units to arrive on site in uniform. Uniforms, field or activity, must be worn to flag ceremonies. Customized Sea Base crew shirts can be used as Class A uniforms for flag ceremonies.

Scholarships: Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position. Scholarships are available to individuals with a demonstrated need. Learn more here: [Sea Base Scholarship Application](#)

Sea Base Custom Crew Gear: Sea Base provides the opportunity for units to order customized, official apparel at [Sea Base Ship Store](#), like long sleeve UPF shirts. Designs and Colors are subject to change. Go to www.store.bsaseabase.org for updated information on making your crew order.

Advancement and Merit Badges: Advancement is not part of the formal Sea Base experience. Sea Base does not have structured merit badge programs or merit badge instructors.



Triple Crown and Grand Slam Awards: Individuals who attend Sea Base and two other Scouting America National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four Scouting America National High Adventure Bases are eligible for the Grand Slam Award. Learn more here: www.nationalhighadventureawards.org



SCENES Ambassador Award: Founded in 2022 at Sea Base, Scouting America; Scouting for Clean Waterways is a nationwide Scouting effort to inspire Scouts to reduce personal consumption of disposable plastics, properly dispose of trash,

recycle, and actively participate in cleaning waterways in their local communities. Joining Sea Base in 2024; Philmont Scout Ranch, Northern Tier, and Summit Bechtel Reserve, encourages every Scout to participate in environmental education while onsite and then return to their communities, share the harmful effects of waterway debris, and then schedule and participate in a waterway clean up using the NOAA Marine Debris Tracker. Any Scout attending a National High Adventure Base can earn the World Organization of Scouting Movement (WOSM) NHAB SCENES Ambassador Award. Learn more here: [S.C.E.N.E.S Ambassador Award Requirements](#) & [NHAB SCENES Ambassador Award Online Form](#). Patches are available for purchase at the [Sea Base Ship Store](#).



Duty to God Award: Sea Base encourages individuals and units to celebrate creation while at Sea Base. Sea Base Duty to God Award is designed to enhance adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs, and marine species encountered at Sea Base. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Duty to God](#)



Snorkeling Award: Every Sea Base participant should arrive at Sea Base having already become a proficient snorkeler. Upon arrival each participant will have the opportunity to earn Scouting America Snorkel Award, and throughout their Sea Base Adventure. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Snorkeling Award](#)



Stand Up Paddle Boarding Award: A limited number of Florida Sea Base participants will have the opportunity to earn the Stand-Up Paddleboard Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [SUP Award](#)



Kayaking Award: Some Florida Sea Base participants will have the opportunity to earn the Kayaking Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Kayaking Award](#)



Captain's Club: A limited number of Florida Sea Base participants will have the opportunity to earn the Captain's Club Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Captain's Club Award](#)

To Limit Risk and the Possibility of Harm

Leadership: Crew leaders must have a strong understanding of every participant's limitation and be fully prepared to administer treatment for medical conditions. Crew leaders are responsible to know and reinforce Scouting America Safe Swim Defense, Safety Afloat and Scouting America Youth Protection.

Medical Treatment: Wilderness First Aid and CPR/AED trained crew leaders are the first line of treatment in any medical emergency. **Crew leaders must be prepared to assume this role and responsibility.** Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at Sea or local EMS if on land.



Storing and Dispensing Medications: Sea Base does not store or dispense medication. **Prior to arrival the crew must develop a system for properly storing and dispensing medication.** Consider a Pelican Case, or some other lockable, waterproof case for storing medication.

Over the Counter Medication: Sea Base does not dispense any type of medication including over the counter medication. **Each crew is responsible for bringing a Sea Base specific first aid kit including any over-the-counter medications that might be needed.**

Health Insurance and Scouting America Campers Accident and Sickness Plan: Every Sea Base participant should have health insurance and provide front and back copies of their insurance card. All campers are covered by a limited Campers Accident and Sickness Plan. This plan is a secondary policy. When not insured, Scouting America Campers Accident and Sickness Plan becomes the primary policy. [Please review the policy for details.](#)

Sea Base Specific First Aid Kit: Every crew must provide their own first aid kit. A Sea Base specific first aid kit includes all items found in a [traditional back country first aid kit](#) along with SPF 35 or greater sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benadryl, cooling cloths.

Special Needs: When required, **individuals with special needs must have an advocate who is actively participating as a member of the crew** and understands the individual's limitations and needs.

Cleanliness: Participants should properly wash their hands whenever possible and always after using the restroom, prior to cooking or putting their hands in their mouth.

Ear Care: After snorkeling, diving, or swimming, participants should tilt their head to one side, gently pull on their earlobe until confined water is released and then repeat on the opposite side.

Motion Sickness: Due to the nature of ocean-based adventures, it is inevitable that some crew members will have issues with sea sickness. **Vessels do not return to Sea Base because of sea sickness.** Participants should speak with their physician regarding the use of sea sickness medications.

Hydration: Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration plan and ensure that every crew member has or purchases a Nalgene style water bottle that can be clipped to a vessel.

☒ Metal and aluminum water bottles are prohibited for Sailing programs.

Sunscreen and Sun Coverage: Overexposure to sun can cause burns, blisters, and illness leading to discomfort and, in severe cases, suspension or cancellation of an individuals or crews adventure. In addition to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat- preferably wide brimmed, buff, polarized sunglasses.



- Spray and aerosol sunscreens are prohibited at Sea Base.

Available at the Ship Store	
Custom Crew Long Sleeve UPF +30 Shirts	Sea Base Carabiners
Custom Crew Hats	Polarized Sunglasses
Sea Base Hats	Biodegradable Sunscreen
Bufs	Motion Sickness Medication
Swimmers Ear Drops	Sea Base Water Bottles

Our Bahamas operation does not have a base nor an onsite Ship Store. Visit store.bsaseabase.org Have your orders shipped to your address prior to your departure to Sea Base Bahamas.

There is no mailing address at Sea Base Bahamas to ship to or pick up orders.

Wildlife and Toxic Plants at Sea Base

Sharks, Rays, Lionfish, Goliath Grouper and Eels: Sharks, rays, lionfish, goliath grouper and eels pose an **extremely low** risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

Fire Coral: Sea Base participants should never touch any coral or coral-like structure. When touched, Fire Coral shoots a coiled barb which releases a neurotoxin upon entering either prey or predator. In humans, the toxin can cause burning skin conditions or rashes that may last several days. Treatment includes rinsing the affected area with vinegar and keeping the affected area clean and dry. Open wounds or severe scraps require medical evaluation.



(NOAA Photos)

Moon Jellyfish and Portuguese Man-O-Wars: Jellyfish and man-o-wars pose a limited risk during Sea Base Adventures. Moon jellyfish stings can cause skin irritation and minor pain. Treatment includes rinsing the affected area with vinegar. Man-o-wars can cause skin irritation, swelling and pain. Treatment includes removing the tentacles and rinsing the affected area with vinegar. If swelling worsens or an allergic reaction occurs, medical evaluation and/or treatment may be required.



Sea Urchins: Covered in calcium carbonate spines; Sea Urchins pose a limited risk to divers, snorkelers, and waders who step on or attempt to grab or handle the species. Sea Urchin spines can easily penetrate skin and then break off. To avoid this risk, participants should avoid handling Sea Urchins and wear hard soled shoes or dive booties when wading in areas populated by Sea Urchins.



(Photo Divers Alert Network)

Sea Base Emergency Procedures

Medical Emergencies on Land: Call 911, alert Sea Base staff. AED's are clearly marked and located in each program office. Secure individuals Scouting America AHMR for EMS.

Medical Emergencies while at Sea: Call Channel 16, or 911. Secure individuals Scouting America AHMR for EMS.

Fire on Land: Keep your crew together and move to a safe location, alert Sea Base staff.

Fire at Sea: Follow direction of captain. If captain is incapacitated, call Channel 16: "Royal Bahamas Defense Force, Royal Bahamas Defense Force, Royal Bahamas Defense Force this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard." If the fire is small, the size of a wastebasket, all participants must don lifejackets and then a trained adult should use an onboard fire extinguisher to put out the fire. If the fire is larger than a wastebasket and the crew is forced to abandon ship, "May Day, May Day, May Day this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard and are abandoning ship. We have _____ adults _____ youth plus _____ crew." Every participant must don an approved life jackets and in an orderly manner abandon ship. As participants abandon ship, the crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the crew leader must take a second headcount, form a circle by locking arms and stay together until rescue arrives.

Man Overboard: Maintain eye contact, point to the individual and yell, “Man Overboard.” Continue to point and maintain eye contact until the individual is safely back aboard the vessel.

Aggressive Individual: Move away from the person as quickly as possible. Once at a safe distance, alert Sea Base staff or in extreme circumstances call 911.

Sea Base Frequently Asked Questions



Are scholarships/camperships available at Sea Base? Yes! Camperships are available for those with demonstrated need. Visit [our Forms & Documents Page](#) to access the Sea Base Campership form.

Who can be awarded a Sea Base Campership? Camperships are available to individuals, youth and adults, with a demonstrated need.

I have a youth who will turn 18 years of age prior to arrival at Sea Base. Will the youth count against or youth to adult ratio? No. Participants may be considered as youth or adults until their 21st birthday as they are eligible to register in Exploring or Venturing as youth participants.

Can an 18-year-old youth serve as a second adult leader? No, Scouting America YPT requires two adult leaders over the age of 21.

What kind of Medical Training is required by adult leaders? It is required that *one adult leader in each crew* completes [Wilderness First Aid](#) (WFA) and [CPR/AED](#) Certification from an agency approved by the [American Camping Association](#) or hold a higher professional certification such as MD, EMT, RN, LPN or WFR. *It is highly recommended that every adult leader in each crew completes WFA and CPR/AED Training.*

Must parents register with the Scouting America to participate at Sea Base? Yes. Without exception, every adult leader participating in a Sea Base program must be registered with the Scouting America and complete Youth Protection, Scouting America Safe Swim, Scouting America Safety Afloat, and Scouting America Weather Hazards trainings.

Can two adult males take a coed or female unit to Sea Base without an adult female leader? No. Any crew with youth female participants must have an adult female, over the age of 21 present.

How old must I be to participate in a Bahamas Sea Base Adventure? 13 years of age prior to date of arrival.

Can we attend Sea Base as a coed crew? Sea Base welcomes all registered units to attend. Units with both male and female participants must have at least one registered and trained adult female over the age of 21 and must adhere to [Scouting America Youth Protection Policies](#).

- **Linked Troops:** Sea Base welcomes linked Scouts troops to attend. Per Scouting America policy, if linked troops schedule and attend together, each unit must provide 2-deep leadership from

each unit UNLESS there is only one attendee of the opposite gender or UNLESS the opposite gendered youth is a child(ren) of an attending adult leader. In either case, both units' adult leadership and Chartering Organization must approve. If a female youth is attending, there must be at least one registered and trained adult female over the age of 21 present and the unit must meet adhere to Scouting America Youth Protection Policies.

- **Single Gendered Troops:** Sea Base welcomes all single gendered troops to attend. Troops must adhere to Scouting America Youth Protection Policies.
- **Adult Leaders with Scouts Attending:** Scouting America Policy allows registered adult leaders who are parents and legal guardians to bring their registered children to a opposite gendered troop activity provided unit leadership, from both units, and the Chartering Organization approve. Involved units and participants must adhere to Scouting America Youth Protection Policies.

What if I am not a strong swimmer? Sea Base has no programs for non-swimmers or beginners. For your protection, if you are unable to complete the Scouting America Swim Test and/or Sea Base Swim Review in a strong manner you will not be allowed to participate and will be sent home at your own expense.

May I use a work or sports physical instead of a Scouting America Annual Health and Medical Record?

No. You will not be allowed to participate in Sea Base programs unless you use the Scouting America Annual Health and Medical Record found at www.bsaseabase.org/resources/forms.

What if my doctor has not or will not sign PART C of the Scouting America Annual Health and Medical Record? You will not be permitted to participate.

What if I arrive at Sea Base without a completed Scouting America Annual Health and Medical Record? You will not be allowed to participate.

What if I arrive at Sea Base and weigh more than 295lbs? You will not be permitted to participate and will be sent home at your own expense.

Can I bring my CPAP Machine on my Adventure? Participants who with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. **CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity** if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.

Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel? No. Due to the growth and popularity of our programs, we are not able to offer early arrival or late departures days. **Please see guide to review other potential overnight accommodations.**

What about hurricanes? Program interruption due to hurricanes are extremely rare. If Sea Base is under evacuation orders, generally given 24- 36 hours prior to potential landfall, programs are cancelled, and participants are evacuated. Sea Base refunds program fees for missed program dates only. Travel - trip insurance is highly recommended to cover the cost of travel expenses, especially July – August, the peak of hurricane season.

When is hurricane season? June 1st through November 30th.

What about inclement weather that keeps us off the water while at Sea Base? Your safety is paramount. Occasionally inclement - tropical weather forces Sea Base to delay or cancel activities. Attempts will be made to reschedule activities when possible. Refunds will not be issued for activities including sailing, scuba diving, snorkeling, paddle boarding, kayaking, fishing, camping or others cancelled due to inclement weather.

How much spending money should I bring to Sea Base? \$150- \$200.

Do my crew members need to purchase snorkel gear? Yes. Each participant is required to bring their own mask and snorkel. Sea Base will provide fins, mesh bag and PFD, *only*. For your convenience, masks and snorkels can be purchased online at our [Sea Base Ship Store](#). **Full face masks/snorkels are NOT permitted at Sea Base.**

What is my Expedition Number? Every crew is assigned a number when they register e.g., BA061024-A. The first two letters represent the adventure you are registered for: BA (Bahamas Sailing 6-8); BS (Bahamas Sailing 10-12); or BT (Bahamas Tall Ship). Then comes the date you arrive 061024 (June 10, 2024) Finally, the last letter or letters represent your crew's assigned identification letter(s).

Where does my unit check in? A Sea Base representative will be in touch with you prior to your arrival to tell you the exact location of boarding.