

Crew Meetings Week of June 22 2020

Crew First Aid Kit

- First-aid manual
- 2 1-inch roller bandages
- 2 rolls of 1-inch adhesive tape
- 6 alcohol swabs
- Water purification tablets
- 12 assorted adhesive bandages
- 2 elastic bandages, 3 to 6 inches wide
- 12 3-by-3-inch sterile pads
- Antiseptic towelettes
- 2 triangular bandages, 40-inch
- 2 3-by-4-inch non-adherent sterile dressings
- 5-by-9-inch trauma pad
- Moleskin
- 3 butterfly closure bandages
- Petroleum jelly
- Antibiotic ointment
- Insect repellent
- Scissors
- Tweezers
- Safety pins
- Aloe vera gel for sunburn
- 2 pairs latex gloves
- Mouth-barrier device
- SPF 35 or greater sunscreen (non-aerosol)
- Small plastic bottle of vinegar
- Sea sickness medication (non-drowsy Bonine or Dramamine)
- Non-spray insect repellent
- Swimmers ear drops
- Benadryl
- Cooling cloths

Crew packing list

- Crew First Aid Kit
- Medical Form A, B, C for each crew member
- Medical Insurance card copies (front and back) for all crew members
- WFA & CPR/AED cards (copies) for those who are trained
- All Adult Leader Certificates (YPT, Safe Swim, Safety Afloat, Hazardous Weather)
- Unit Swim Classification Record
- Medium size Dry Bag
- **Large Bottle Hand Sanitizer (in lieu of everyone having several pocket size)**
- (2) Military style duffel bags for sleeping gear, crew first aid, toiletries and snorkel gear.
 - These are the only bags that will be check in at the airport.
- Playing cards/small travel game (in waterproof case)

Needed for Travel to and From Sea Base

- 1 set of travel clothes (to wear home-include socks and underwear)
 - BSA Uniform—we will wear activity uniform for travel (Class B shirts)
- Duffle bag (24x12x12 max dimensions) for individual gear and string backpack for airplane
- Mask/Buff—this is required by American Airlines. It must be worn during air travel.

Individual First Aid Kit

- (6) Adhesive bandages
- (2) Sterile gauze pads 3"x3"
- Adhesive tape – (1) small roll
- (2) Moleskins 3"x6"
- Neosporin/wound gel
- Scissors
- Latex-free exam gloves
- Tweezers
- Benadryl (tube or pills, not both)
- Swimmers Ear Drops
- Sea Sickness Medication
- SPF 45+ Lip Balm
- SPF 30 or greater sunscreen (non-aerosol)
- Insect repellent band (Recommended)

Personal Packing List—must fit in 24x12x12 duffel (except sleeping gear):

- 2 UPF +30 Long Sleeved Shirts
- Tank top (Optional)
- Wide Brim Hat with strap (Bucket Hat)
- Buff/Bandanna
- 1 pair regular shorts
- 2 pair swimming shorts
- 2 pair regular socks
- Underwear (synthetic, quick dry)
- 1 pair neoprene socks (for snorkel fins-optional)
- 1 pair sandals and/or athletic shoes
- Luau Shirt
- Raingear
- Polarized sunglasses with strap
- Nalgene-type water bottle (must be plastic—no metal bottles)
- ~~1 carabiner for water bottle (Will be provided by Troop)~~
- Personal toiletry kit
 - Deodorant, soap, toothbrush/paste, comb,
- **HAND SANITIZER**
- Headlamp/Extra Batteries
- 2 towels (small/travel size)
- Lightweight sleeping pad
- Lightweight sleeping bag/cover
- Small pillow
- Spending money (\$150-200)
- Waterproof camera (optional)
- Mug for coffee or tea (optional)
- Prescription medications
- Book
- **Snorkel and Mask**

Additional Information:

- Airline tickets will be purchased next week
- Ground transportation still needs to be booked. You will be informed of the price once that is booked.
- As of today, we will still plan on a shakedown on July 13th. Stay tuned for updates.
- **ALL PAPERWORK IS DUE TO LEANDRA NO LATER THAN JULY 13TH!!!!!!**
 - I need time to make sure that each crew has all paperwork complete before departure. Having paperwork turned in by the 13th will give me time to let people know if they are missing something so they can get what they need ☺
 - Needed from Scouts: Medical forms part A, B, C, Immunization record, copy of medical insurance card.
 - Needed from Adults: email will be sent again with what I need from each of you
- Pre-Event Medical Screening Checklist: Sea Base is requiring additional information prior to arrival due to the COVID-19 outbreak.
- www.troop2003.com-- There is a dedicated Sea Base page. By Friday 6/26, there will be links for additional training that scout must complete (just a few videos to watch). Also need to practice some knots in the next 5 weeks. I will let you all know when the links are live. I will also post updated on the Sea Base page of the troop website.
- Questions?