

Florida Keys SCUBA Certification

Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our General Gear Guide under your Forms & Documents.

Participants will have an opportunity to do laundry once on day 7 of the course.

CLOTHING/EATING GEAR

- 4 pair shorts (quick dry – not cotton or jeans)
- Plastic cup, bowl and plate
- 4 t-Shirts (quick dry – not cotton)
- Eating utensils
- 3 long-sleeve sun shirts
- 3-4 swimsuits
- 2 pair compression shorts (to prevent chafing)
- 1 pair quick dry long pants
- 5 pair socks
- 1 pair tennis shoes
- 1 pair “Croc” or Chaco style sandals*
- 1 pair Flip Flops (shower shoes)
- 8 pairs of underwear
- Wide-Brimmed Hat (for sun protection)
- 2 sets sleepwear

OPTIONAL ITEMS

- Camera ****
- Flip-top bottle of hand sanitizer
- Binoculars
- Diving mask, Snorkel, Diving Fins *****
- Pen and paper

GEAR/PERSONAL NEEDS

- Toothbrush/toothpaste
- Duffle bag
- Shampoo/conditioner
- Sheet – (no sleeping bag)
- Deodorant
- Sleeping pad (Packable)
- Soap/soapbox
- Headlamp with extra batteries
- 2 bath towels, 1 beach towel
- 2 quart-size water bottles
- 1 washcloth
- Deet insect repellent
- Prescription medications
- 1 box of Ziploc freezer bags (gallon size)
- Powder Gold bond (highly recommended)
- Rain jacket**
- Wet Wipes
- Day pack (book bag)
- 16 oz. **Reef Safe Sunscreen** (non-spray, waterproof, maximum protection – minimum SPF 50)
<https://www.snorkelsandfins.com/reef-safe-sunscreen-brands/>
- Pillow (camping size)/pillowcase
- Sunglasses-polarized
- Swim Shirt / Rash Guard (3-4 recommended)***

1. **All clothing and personal items must be labeled! See the following page for details.**

2. Do not bring jewelry, Smart watches, iPods, video games, cell phones, etc. Don't bring a knife.

* Campers should break in sandals before the course. They will cause blisters in the sand if feet are not used to them.

** Quality rain gear is essential. Please consult your local outdoor retailer with questions.

*** See General Gear Guide in your Forms & Documents

**** Digital cameras are OK to bring, but be aware that there is a risk of damage while on course for which SOAR is not responsible.

*****SOAR is not able to provide snorkel equipment due to covid therefore campers must provide their own.