

Hydrosphere Workshops Gear List

Sneakers

Sandals

Day pack

Water bottle(s)

Small personal First Aid-

Sunscreen/Aloe

Meds/med alert cards/bracelet – country appropriate vaccinations

See the CDC web site at <http://www.cdc.gov/> for country specific recommendations

And copies of all health concerns/medications in case of emergency

Health insurance card (suggested)/home emergency contacts – you must have your own international health coverage – check with your provider

Photo ID/passport/ appropriate visas as required

Aspirin/Ibuprofen

Band-aids

Bee sting (if allergic)

Bug spray

Hat

Sunglasses (+ spare)

Bandana

Long sleeve shirt(s) – quick dry/cotton

Short sleeve shirt(s) – quick dry/cotton

BYOHS (bring your own Hawaiian shirt(s))

Shorts - quick dry/cotton

Long pants - quick dry/cotton

Bathing suit

Surf top or long sleeved shirt to prevent sunburn while snorkeling

Raincoat

Light fleece sweater

Windbreaker

Personal toiletries

Light sleeping bag or travel sleep sack (optional but recommended)

Towel (travel size)

Pillow (optional)

Reading glasses

**Snorkeling/diving mask and fins – must have

Fly fishing gear (optional)

Camera/film/video

GPS (optional)

Flashlight

**Laptop (useful for some classroom work) one per team is enough

**Proper laundry facilities are not available