

**Depending on what type of trip you are planning here is a list of items that may be needed.
Please personalize it for your needs.**

1. Travel Medical kit –

- The usual Band-Aids, Neosporin, hydrocortisone, etc.
- Antibiotics – Amoxicillin or Augmentin
- Ear drops for swimmers ear-EAR problems always happen on long trips!
- Benadryl – excellent for allergic reactions to stings
- Ibuprofen – aches and pains
- Imodium & Pepto-Bismol-for those that have sensitive stomachs
- Tylenol, Advil, etc. – for fevers and more
- Cold & Flu medications
- Gas Ex or other personal preferences
- Pepcid AC
- Check out your local drug store travel size section and customize your kit



2. Travel information

- Carry copies of all travel docs & copies of passports with you
- Inside each suitcase (including carry on), tape a paper with your name, address and telephone number of the place where you will be staying, flight number, dates of travel along with contact info for yourself.
- Walkie Talkies if you don't have an international phone plan – these are great for staying connected while sightseeing and shopping - they will work in a disaster and your cell may not.
- Use Channel Islands Dive Adventures luggage tag on all bags including backpacks
- See our "Preparing for your trip" list here

3. Equipment

- Try on your suits (wet or dry) & skins and check zippers before the trip
- Make sure to check all regulators & BCD's and have serviced in plenty of time if needed
- Change batteries on dive computer's and always have a spare
- A full suit or skin that covers your arms and legs bare always recommended
- Personalize your gear for yourself but check out everything before
- Have chargers & batteries for all your electronic equipment such as cell phones, cameras, laptops, etc
- Sewing kit & safety pins – yes, this is equipment
- Small Binoculars can come in handy when touring
- Dry box or dry bag– for all things small and meant to stay dry (great for boat trips)
- Dive Gear – everything you love and treasure on a dive trip
- Mesh bag for gear can be very useful for carrying gear on boat or land
- If you use a DIN first stage always bring a DIN to Yoke converter. You never know when you will need it.

4. Miscellaneous

- Certification cards for diving and nitrox-**DO NOT forget these or possibly NO diving!**
- Travel toothbrush, toothpaste, any meds that are needed, change of clothes and anything you CANNOT live without put in your carry on – think overnight flights and if you lose your luggage!
- Health Insurance card & emergency contact info for family/friends
- Sunglasses, extra reading glasses if needed. Even a magnifying glass can be useful
- Lip balm with sunscreen
- Small flashlight-keep in your backpack or carry-on bag
- Provide family or friends with all travel info
- Make sure your DAN or DiveAssure Insurance is current
- Check passport expiration – make sure it is good for at least 6 months after you leave
- Notify your credit card company of your travel plans and take two different cards – even if you don't plan on using them. Set up a PIN number for a credit card other than a debit card
- Cheap blow up floating mattress
- The book you bought on the area or island – take it with you!!



Let's go diving!

A few other items to consider that will help make your trip the best it can be!

- Mark your equipment, cameras and anything you might like to get back if you lose it with an electronic label maker, permanent marking pens or engravers.
- If you have something new, don't wait till on the trip to figure out how to use it
- Never rely on others to have what you might need
- **Always be prepared!**