

List of items that may be needed on a trip.

You can personalize it depending on if it is a land based or liveaboard trip or what your personal needs are.

1. Travel Medical kit –

- The usual Band-Aids, Neosporin, etc. along with
- Antibiotics – Amoxicillin or Augmentin
- Ear drops for swimmers ear
- Benadryl – allergic reactions to stings
- Ibuprofen – aches and pains
- Imodium-for those that have sensitive stomachs
- Tylenol – fever
- Pepto bismol
- Gas Ex or other personal preferences
- Pepcid AC



2. Travel information

- Carry copies of all travel docs & copies of passports with you. Hard copies as well as on your phone would be best.
- DON'T rely on your phone for everything. You could lose it, damage it or the batteries could go dead. ALWAYS have back up hard copies of anything important.
- Inside each suitcase (including carry on), place 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.
- Use Channel Islands Dive Adventures luggage tag on all bags including backpacks

3. Equipment

- Try on your dry suits & skins – check zippers
- 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 is best
- Personalize your gear for yourself but check out everything
- Cell/cameras and all chargers, batteries, etc.
- Sewing kit & safety pins – yes, this is equipment (when you need it)
- Small Binoculars
- Dry box or dry bag– for all things small and meant to stay dry (great for boat trips)
- Dive Gear-Usually NO gloves or knives are needed
- Mesh bag for gear to use while on a boat
- If you use a DIN first stage, always bring a DIN to Yoke converter.

4. Miscellaneous

- Certification cards for diving and nitrox-**DO NOT forget these or 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 cards & emergency contact info for family/friends
- Sunglasses & Sunglass readers
- Lip balm with sunscreen
- Small flashlight
- Provide family or a friend with all travel info
- Make sure your dive accident and/or travel insurance is current
- Check passport expiration – make sure at least 6 mos. 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
- The book you bought on the area or island – take it with you!!
- Double check all Covid and country entry requirements-things are ALWAYS changing.



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
- 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

This list is ONLY a start. There are many more things that could be added to it depending on where, how or who you are traveling with.

JUST remember to ALWAYS be PREPARED!