

Bahamas Award Super Expedition (B.A.S.E.) 2023
Monday, June 26th – Wednesday, July 5th
“Lure of the Chickcharney”

EQUIPMENT

- (1) One litre reusable water bottle with screw top (no pop tops)
- (1) Repair kit (i.e. needles, threads, buttons etc...)
- (1) Personal first aid kit, sunscreen, medication, tweezers, ankle wrap, Band-Aids, bandages, latex gloves, 3 N95 masks
- (1) Small flashlight (waterproof if possible)
- (1) Proper hiking boots or cross-trainers type tennis shoes
- (1) Toilet kit (soap, toothpaste, toilet tissue, hand sanitizer etc...)
- (1) Raincoat or waterproof poncho
- (1) Hat (fisherman's/broad rimmed)
- (2) Pair of jeans or long trousers or slacks (to wear around base camp)
- (5) Pairs of knee length cotton shorts (**absolutely no “boy” shorts, track shorts, tights, joggers or fashion tights**)
- (2) Pair of bush/long cotton pants. Any color except colors worn by the **Royal Bahamas Defence Force**.
- (1) Long sleeve “breathable” shirt for bush hiking/sunblock (rash guard)
- (1) 1 piece swim suit (females) towel (bath & face)
- (8) Cotton T-Shirts, pairs of socks (x 10)
- (1) Sleeping bag for use at the base camp/boat (only)
- (1) Whistle
- (1) Compass
- (1) Cutlass (labeled with a sheathe/cover)
- (1) Map case (large clean “Ziploc” plastic bag)
- (1) Spoon, knife, fork, cup, plate (metal/reusable plastic) ***absolutely no Styrofoam/single-use plastic utensils, dining ware***
- (1) Mess kit (for cooking & eating during expedition)
- (1) Pot if no mess kit (light stainless steel type)
- (1) 25ft. of ¼ nylon rope
- (1) Notebook or folder sheets
- (2) Pens, pencil, (1) large eraser
- (1) Pair extra shoelaces
- (1) Can opener
- (1) Award Unit banner (one per unit)
- (1) Small ball of string
- (3) Large plastic bag (13 gal. or larger) to use for waterproofing backpack
- (1) Insect repellent
- (1) Tent should be a 2 or 3 person waterproof with fly sheet; Lightweight 3 to 5 lbs
- (1) Roll mat for expedition
- (1) Sheet or very light weight blanket (e.g. fleece)
- (1) small Bible (optional)
- (1) pair Large gardening/workman gloves for service project
- (10) Garbage bags for use during adventurous journey
- (1) Daypack with essentials for use on the boat (the Expedition backpack rental is \$5.00 and will be issued at Base Camp)
- (1) pk Motion sickness tablets
- (1) Ankle or knee brace
- (1) Hydrocortisone cream
- (1) Snorkel gear (mask & mouth piece) – optional

PARTICIPANTS MUST HAVE ALL ITEMS ON THE LIST

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NOTES

1. Cutlass must be worn in a cover. Parents will have to purchase this if participant is under 18 yrs.
2. Hiking shoes in good condition. Shoes not worn more than 6 months stands the risk of falling apart.
3. The nylon rope is to be used for emergency clothes line or shelter construction.
4. The compass should be able to give degree reading.
5. Unit/school banner to be hung in a common area. All units **must** bring one.
6. Waterproof bag should be brought for cameras.
7. Rainwear is essential – Adventurous Journey will proceed regardless of the weather.
8. Plastic bags are suitable to keep clothes dry during venture.
9. Have spare batteries in your flashlights, and a spare bulb.
10. Heavy duty needles, strong twine for backpacks/shoe repair.
11. All clothing and equipment are to be clearly identified. This includes eating utensils & water bottles.
12. Object of venture is for it to be safe, enjoyable, constructive and educational.
13. The authority of the Adventurous Journey leader is final. All persons failing to comply with the instructions of the Adventurous Journey leader(s) will be expelled from the Adventurous Journey immediately.
14. Each person is responsible for their own personal equipment, including monies.
15. Each person is responsible for ensuring that he/she is physically fit to undertake the venture. Daily physical training is mandatory at BASE. Each person is required to pack 23-30% of body weight in clothes and equipment, and should allow an additional 10-15% for food.
16. Cell phones are only allowed in designated areas at specified times. They will be confiscated if used outside these times & areas. The GGYA will not be held responsible for any cell phone or electronics devices if damaged, lost or stolen.

***Remember: Before you hoist it on your back,
Have you got all you mean to pack?
You shouldn't borrow odds and ends,
It's not the way to keep your friends!***

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Standing Orders

1. Lights out will be at 10:00pm.
2. At no time will consumption of alcoholic beverages be allowed.
3. Smoking/vaping is not allowed by anyone.
4. Participants and leaders must ensure that honesty is practiced for the duration of BASE'23.
5. Obscene language is strictly prohibited.
6. Participants and leaders must ensure that backpacks and maps are returned in good condition.
7. Participants and leaders must ensure that the boat, campsites, and basecamp dorms are kept clean and tidy at all times.
8. Participants, leaders and staff must maintain a very high standard of discipline.
9. Participants are not allowed to leave the campsites, boat or basecamp without permission.
10. **NO Royal Bahamas Defence Force camouflage colors are to be worn.** These types of clothing will not be allowed. No tights, legging (sports or otherwise), or jeggings are allowed.
11. **Cell phones are only allowed during boat sailing, in Base Camp dorms, and in the Mess Hall. Use of cell phones at other times will result in disqualification from the Adventurous Journey.**
12. Do not bring excessive jewelry.
13. Monies should be turned in to the accounts officer at BASE.
14. Radios, Bluetooth speakers and I-pods are allowed on the boat only and must be played at a very low level. They will not be allowed during Adventurous Journey activities or at campsites.
15. Adventurous Journey Record sheets (or any necessary documents) must be brought to BASE'23. All Adventurous Journey record sheets will be checked before the Adventurous Journey begins.
16. All persons must wear a **GGYA t-shirt on the departure from and the return to New Providence.** Extra shirts can be purchased while supplies last.
17. Participants must have completed all the required training before attending BASE'23.
18. Violation of any of these Standing Orders and any other rules that may be implemented at BASE will lead to expulsion from BASE'23.
19. The decision of the BASE'23 Adventurous Journey Leader is final.

