

## **Bahamas Award Super Expedition (B.A.S.E.) 2025**

**Thursday, June 26<sup>th</sup> – Sunday, July 6<sup>th</sup>, 2025**

**Code Name: “Rediscovering Yuma”**

### **EQUIPMENT LIST**

- (1) One liter reusable water bottle with screw top for the expedition (no pop tops; Stanley or similar sip-ups allowed at base camp only)
- (1) Repair kit (i.e. needles, threads, buttons etc...)
- (1) Compact personal first aid kit, sunscreen, medication, tweezers, ankle wrap, Band-Aids, bandages, latex gloves.
- (1) pk Motion sickness tablets
- (1) Ankle or knee brace
- (1) Hydrocortisone cream
- (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) Light weight raincoat or waterproof poncho
- (1) Hat (fisherman's/broad rimmed)
- (2) Pairs 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) Pairs 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) One Piece swimsuit (females)
- (1) 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
- (5) Carabiner clips
- (1) Cutlass (labeled with a sheath/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: created by the Award Centre to encompass the BASE island, codename, and participants' creativity
- (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) Snorkel gear (optional) – mask and mouthpiece only
- (1) Pair water shoes (recommended)

**\*PARTICIPANTS MUST HAVE ALL ITEMS ON THE LIST\***