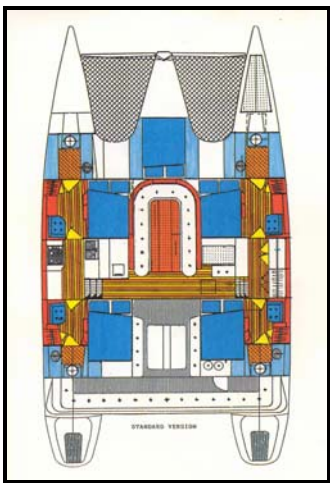
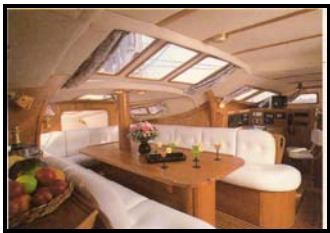


You are going on a Sailing Expedition on Carried Away...here's what you need to bring:



- 1) Several Large T-Shirts to wear while snorkeling for protection from the sun
- 2) 2 (or more) Bathing suits
- 3) Sunscreen for you face, body, and lips (Bring Paba free or water proof if you plan to be diving or snorkeling)
- 4) Aloe or other after sun lotion
- 5) Bring your gear, clothes etc. in a soft bag, like a duffel. Do not bring large hard suitcases, there is no place to store them. Please limit your luggage to 2 soft bags per person.
- 6) Small personal flash light
- 7) Hat or visor to protect your head and face from the Tropical Sun
- 8) Sunglasses, and "Croakies"
- 9) Personal Items, including Shampoo, conditioner, soap etc.
- 10) At least one change of warm clothes for the evenings (e.g. sweat pants, sweater, windbreaker or sailing jacket)
- 11) If you are going to the Bahamas or any foreign location on your expedition you must bring your passport or birth certificate...a driver license is not sufficient ID for Customs.
- 12) For your personal expenditures bring Credit Cards and/or US Dollars, they are accepted everywhere we go...do not bring travelers checks.... these are not accepted at many location in the Caribbean and South FL. If you are going to a foreign port expect to pay a departure tax and/or arrival fee (Usually about \$15 per person in and again out)
- 13) Towels and linens are supplied, Bring your own Beach Towel(s)
- 14) Flip Flops and/or dive booties to wear on beaches (mandatory, beaches have pieces of sharp coral and shells that can cut your feet)
- 15) Anti-bacterial cream for minor cuts and scrapes
- 16) Boat shoes or tennis shoes with white or gum soles...no black soled shoes can be worn on the white fiberglass deck.... they mark the deck...going barefoot is fine.
- 17) Adequate supply of any medication you are required to take...you may not be able to obtain medicines at our ports of call.
- 18) If you think you are sensitive to seasickness, obtain and bring medication. The "Patches" that are available at most drug stores work well for most people.

You are going on a Sailing Expedition on Carried Away...here's what you need to bring:

Optional Items:

- 1) Binoculars
- 2) Cameras (video and/or still)
- 3) Rigging Knife
- 4) Fins, mask, and snorkel
- 5) Music CD's, VHS or DVD movies
- 6) Personal Books or magazines
- 7) Water proof container for personal items (large freezer bags work fine)

Divers:

- 1) BC and Regulator
- 2) Fins Mask and Snorkel
- 3) Weight belt w/o weights
- 4) Do not bring tanks or weights, we supply what you will need
- 5) Personal dive items (De fog, underwater cameras, dive computer, etc.)
- 6) You may bring spear guns if you can get them past airport security
- 7) Light weight wet suit and/or skin
- 8) Dive card (showing certification)

Do Not Bring:

- 1) Pets; they will be quarantined when we come back to the US if we go to a foreign port.
- 2) Large hard suit cases (any size soft luggage is fine)
- 3) Any illegal substances.... US and Foreign Customs are no joke
- 4) Metal clothes hangers...the salt air will cause these to rust and stain your clothes. Bring Plastic Hangers only.

Other Considerations:

- 1) If you have a medical condition that requires medication (e.g. Asthma, Diabetes, Heart Condition, etc.) You must notify your Captain and let him know where you will be keeping your medication in case of need (you can do this privately).
- 2) If you have special dietary needs notify us when you reserve your space on board and we will do our best to procure the foods of your choice when we provision for your expedition. This may be subject to a surcharge.
- 3) If you know you are prone to seasickness let your Captain now in advance (don't try to be macho, we have ways to deal with "mal de mar", there is nothing to be ashamed of).

Contact Information:

305-856-2116 Phone at dock in Miami (Dinner Key Marina Pier 1, Slip 47)

650-387-0324 Captain's Cell Phone

510-814-1720 Main Office for Monitor-A-Reef in CA (Hangar 22)

morefaster@aol.com

www.waveholding.com Web Site with additional information

To contact us while we are at sea:

011-8816-3144-3237 Satellite Phone (subject to additional charges if used)

011-8816-3144-3237@msg.iridium.com email messages up 12 characters can be sent to this address to be retrieved by crew and/or guests while at sea