

Diving and Marine Medicine Course Kit List – Maldives

The Maldivian religion is Muslim. We expect clients on this trip to respect local customs where possible. Women are expected to cover the shoulders to elbow, the thighs, and avoid low-cut tops when in the capital Male, in restaurants and visiting local islands. In resorts and on the boat the situation is more relaxed, bikinis and swimming costumes are allowed for sunbathing, but please cover up (shorts and t-shirts are fine) for meals. Nudity is not allowed.

You are advised to bring a rucksack or large holdall for travelling, weighing no more than 20 kg. Rucksacks are difficult for baggage handlers to move and often get thrown around. Cheap large luggage bags can be acquired which cover your bag, make it harder to get into and can be brightly coloured for easy identification of your bag.

Diving equipment

12 litre cylinders and weights / weight belts will be provided. All diving is on air. A small amount of other dive equipment can be rented from the Ari Queen (marked * below). Please let us know at least 2 months prior to departure if you would like to rent equipment. Equipment will not be available to rent after that date.

It is essential to bring items 1-8

- 1. Log book and dive certification (you will not be allowed to dive without these!)**
- 2. Mask and snorkel**
- 3. Fins – with or without boot**
- 4. 3 or 5 mm wetsuit, long or shortie**
- 5. Dive computer**
- 6. Underwater torch (batteries could be purchased after check-in at airport to save weight)**
- 7. Underwater slate**
- 8. Surface Marker Bouy**
9. BCD – lightweight*
10. Regulator & Octopus on 1st stage with console and BCD inflation hose. DIN or A-clamp fitting are both compatible.*
11. A compact digital camera with underwater housing + battery charger is recommended for experienced divers, but others with cameras will easily be able to share photos.

Sleeping

Rooms are air conditioned, most with twin bunks and some with double-beds. Sheets and towels (one for showering, one for diving/sunbathing) are provided.

Clothing should include

- Long sleeve shirt for visiting local islands
- Long trousers or sarong
- Shorts, lightweight
- Several t-shirts
- 1 broad rimmed hat
- Underwear, sleeping wear
- 1 pair of Teva type sandals (for visiting islands, no-shoe policy on boat)
- 2 pairs of swimming trunks/ swimming costumes / bikini
- Dry bags for clothing / towel on small dive boat
- 1 water bottle, wide mouthed

Toiletries

- Prescription glasses or contact lenses with spares and cleaning agents
- Soap / shampoo / shower gel
- Shaving items
- Small flannel
- Toothbrush and toothpaste
- Lip balm
- Prescription medicines
- Ladies toiletries
- Suntan lotion P20 best or factor 40 or 50
- Insect repellent, DEET 100 best

Miscellaneous

- Camera with case, (film), batteries, battery charger (charging area on-board and plugs in room. Plugs are UK 3-pin or European 2 pin)
- Mobile phone and charger
- Binoculars (optional)
- Sunglasses
- Head torch

- US dollars for the bar on the boat and for a tip (about \$50) at the end of the trip.

Personal First Aid Kit

We would normally recommend participants take the kit outlined below, but as medics please feel free to make your own kit.

- All regular medication (double quantities to keep in two separate places)
- Ibuprofen or other anti-inflammatory or analgesia of choice/ Paracetamol
- Ear plugs may be useful for sleeping
 - Antiseptic wipes
 - Plasters and compeed
 - Gauze pads
 - Crepe bandage
 - Anti-emetics
 - Small tub of Vaseline and antifungal powder or cream
 - Zinc oxide tape (blister treatment – rubbing fins)
 - Imodium
 - Tweezers, scissors
 - Anti-histamine cream and tablets (non-drowsy e.g. Zyrtec)
 - EpiPen (anaphylaxis is life threatening and you never can tell what you will be allergic to)