

SURVIVAL GUIDE TO FLINDERS UNIVERSITY UNDERWATER CLUB EASTER TRIP (Rev Mar10_01)

GENERAL

The Easter trip with the dive club is a fantastic experience but does require a lot of organisation. For things to run smoothly and be guaranteed a good time is had by all a few guidelines need to be adhered to.

For everybody to get in all the diving they want to you need to ensure that you are punctual. With all the excitement to be enjoyed with the planned dives nobody likes to be kept waiting. If you have been allocated to a dive group and cannot make it to the boat in time please inform somebody and make other arrangements, the boat will not wait for you.

Whilst the trip is designed to be fun and relaxing, everyone needs to pitch in getting boats loaded and **especially in filling tanks**. A fair effort from everyone is expected.

DIVES & DIVE GEAR

The diving at Marion Bay is generally of an advanced level. This is not to say open water or limited experience divers will be excluded, but you need to speak to the trip organiser if you are unsure. **All divers wishing to attend must have done at least 2 recent boat dives with the club. This is for your own safety and for the safe running of the trip.**

You need to arrange **ALL** your own gear before the trip. Some club spares will be taken, but these are just that. Spares. Tanks transport is spread out across all members, with most people needing to take at least 2 tanks per diver in their own cars.

You are responsible for your gear so keep track of it and don't let it get mixed up with other gear.

The waters off Marion Bay are generally 1-2 degrees colder than in the gulf, so make sure you have a hood and gloves.

Divers and equipment are loaded/offloaded at a beach at cable bay, so you need to ensure you have your gear organised and can ferry it in 2 loads. It is strongly recommended you have some form of bag, i.e. a catch bag to keep your mask/fins/snorkel/torch/hood etc in. Your gear will be on and of the boats a lot during the trip and having it all in one spot instead of spread out across the boat is VERY useful!

WHAT TO BRING

CLOTHING

The weather over on the Yorke Peninsula can be very unpredictable, especially around Easter. For this reason when packing clothing for Easter be prepared for anything!

Following is a guide of the basics of what clothing to bring along:

- Underwear (for the guys remember a spare pair!)
- Socks
- Shorts
- Long pants (tracksuit pants, jeans etc)
- T-shirts
- Long sleeved top
- Warm jumper
- Hat
- Bathers
- Beanie
- Gloves
- Weatherproof jacket
- Thongs (public showers!)
- Sneakers or boots

TOILETRIES

- Sun cream, sun cream and more sun cream!
- Deodorant
- Shampoo/conditioner
- Soap
- Toothbrush
- Toothpaste
- Towel for showers
- Small first aid kit (band aids, antiseptic cream, (Panadol and Berocca!) etc)

FOOD AND EATING OUT

Marion Bay has a small general store with takeaway and some groceries. It is good for the basics but do not rely on it to buy the ingredients for a gourmet meal. The club BBQ also makes its way to Marion Bay for the Easter trip. The following is a guide as to what to take to fill the belly after all that diving!

- Eskey if you plan to keep things cold (ice can be purchased from the general store)
- Plenty of water and water bottles for the boat. Rainwater is sometimes available at the park.

- Snacks:
 - Nuts, fruit, muesli bars etc **for both shore and boat**
- Lunches for each day:
 - Bringing ingredients along for a packed lunch is a good idea and can save a trip back to the caravan park between dives. Things that don't need to be kept cold such as tinned tuna and dry biscuits are a good idea.
- Saturday night we usually book in to eat at Rhinos Tavern for dinner, while it is not compulsory it is good fun to all be together! Sunday night is another optional night out for dinner at the Marion Bay Tavern.
- Alcoholic beverages (not compulsory but please remember you cannot by take away alcohol on Good Friday). Taking it easy on the alcohol and staying hydrated is a very good idea when on dive trips to avoid DCI/DCS (the bends etc.).
- Hot Cross Buns for Sunday morning!

UTENSILS

You will also need the following:

- Any food preparation or cooking utensils you plan to use:
 - Trangia or small gas camping stove (we are situated at powered sites so if you are going to use cooking implements that require electricity bring an extension cord, also again remember that there are 30 other people using approximately 5 power points so a gas powered stove is better)
 - Chopping board, sharp knife, pots and pans
- Bowl
- Cup
- Plate
- Knife
- Fork
- Spoon

ACCOMODATION

- Tent (single or arrange to share)
- Torch (spare batteries)
- Sleeping bag
- Pillow
- Sleeping mat
- Folding chair
- Folding table (optional)

ON THE BOAT

- Sea sickness tablets
- Water bottles
- Munchies

Any questions, ask a committee member or the trip organiser.