



**TO GET THE BEST OUT OF THE EXPERIENCE, PARTICIPANTS AND THEIR PARENTS MUST READ THIS DOCUMENT. THIS WILL HELP IN SETTING THE RIGHT EXPECTATIONS AND IN PREPARING FOR THE PROGRAM.**

- THE DEEP SEA ADVENTURE – DAY WISE SCHEDULE
- THE DEEP SEA ADVENTURE – KIT LIST
- THE DEEP SEA ADVENTURE – FITNESS & PREPARATION

## The Deep Sea Adventure Expedition – Day Wise Schedule

- Day 1**                    **Welcome to Andaman** Arrive at Port Blair and settle in the Hotel. We have an introduction orientation session for the participants. Post lunch the group goes to the beach for a swim while watching the sunset. After dinner they return to the hotel.
- Day 2**                    **Travel to Havelock & Introduction to equipment** In the morning you catch the ferry to Havelock Islands and check into the Symphony Palms Hotel. After a few beach games and lunch there is a theory session on scuba diver's certification and introduction to the equipment.
- Day 3,4**                    **Open Water Dives**
- Day 3: Do your confined water dives and then 2 open water dives followed by a written test, passing which you get an SSI Scuba Diver's Certification.
- Day 4: You pick up skills on maneuvering a kayak, self-rescue and safety protocols. You go on a mini kayak trip along the islands spectacular shoreline and enjoy snorkeling around the light house.
- Day 5**                    **Celebration** After breakfast, you visit Radha Nagar beach. Post lunch you take the ferry back to Port Blair and check into the Hotel. The group goes out for gala dinner and enjoy a fun filled evening to celebrate the experience and certification.
- Day 6**                    Depart from Port Blair

## The Deep Sea Adventure Expedition - Kit List

### Kit List

#### Please Bring **ONLY** these items:

- 6-7 t-shirts
- 1 sweat shirt
- 3 quick dry shorts
- Undergarments (sufficient)
- 2 Towels (light weight, cotton)
- 1 Light Pullover
- 1 Rain proof jacket
- Rubber soled shoes (worn in, Comfortable)
- 6 Socks (1 warm)
- 2 swimming costumes (head cap and water glasses)
- 1 floaters (usable in water)
- 1 water bottle (at least 1 liter)
- 1 Headlamp (Spare batteries)
- Toilet kit (include sun screen & Mosquito repellent)
- Any specific medicine if you are undergoing a treatment (please mention in the medical form also)
- We recommend that the participants get used to wearing eye lens and carry the lens with them for usage with the underwater eye gear
- 1 pair of sunglasses
- 1 sun hat/cap
- Tampons

### Instructions for camp

- Tuck/Junk Food:** Not allowed. Please do not send any eatables - home cooked food, chocolates, chips, juices, chewing gums etc.
- Mobile phones/MP3 Players:** Not allowed. The program is designed to be in the wilderness and out of comfort zone. Gadgets can be distracting and become a safety hazard. If carried, they will be confiscated and have to be taken back from our office at the end of the program.
- Packing:** Limit to one piece of luggage. Please pack everything in a duffle bag or a rucksack. Do not pack in a suitcase. You are expected to carry your own bag during transfers at the stations and to and fro from the vehicle
- Money:** Participants do not require to carry any money for their travel, stay or meals from the point INME takes charge and till they are handed back to the parents. However, we have a store on the campus that sells memorabilia like T-

shirts, caps, key chains etc. and participants can carry a maximum of Rs 2500. INME will not be responsible for any money lost or missing unless it is deposited in the camp safe on arrival.

- E. **Cameras:** Participants may carry cameras. Onus on taking care against loss or damage is with them.
- F. **Jewelry and expensive clothes:** Jewelry or expensive accessories are not recommended. For expensive or delicate clothes, please exercise your discretion. INME will not be responsible for damage or loss of items.

## The Deep Sea Adventure Expedition – Fitness & Preparation

**Preparation** Flexibility, agility and stamina will help you enjoy the expedition. Participants are required to be able to swim comfortably.