

GIVE Trip Overview

Thailand Scuba Conservation



Growth International Volunteer Excursions

The Roots of Change

GIVE Thailand Scuba Overview

Your GIVE Thailand Scuba Conservation Program is coming up soon, so get ready to complete your PADI scuba certification, volunteer on marine conservation projects, dive with incredible marine life, and explore the stunning mountains, beaches, and jungles of Krabi, Thailand! Discover the incredible beauty and biodiversity of Thailand's coral reefs, while gaining the skills, certifications, and inspiration to protect these critical ecosystems around the world.

This Trip Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed. All the information is important in making sure your experience is as smooth, impactful, and enjoyable as it can be.

(packing list included – refer to page 13)

Preparation Reminders Prior to Departure

Passport:

Don't forget to bring your passport and at least two color-copies of your passport to Thailand. Our office should have already received a color copy of your passport, but it is important that you bring color copies when traveling abroad as well.

Make sure that your passport is valid and does not expire within 6 months of your return travel date. For example, if you return home on June 1, 2024, your passport expiration date cannot be prior to December 2, 2024. Also make sure that your passport has at least 2 empty pages for entry/exit stamps.

If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email at info@givevolunteers.org.

Traveler's Insurance (Required)

International Medical and Traveler's Insurance (Required):

GIVE requires all travelers to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise such as baggage loss, travel delay, sickness, injury, etc.

For USA residents and Canadian Residents: you can purchase insurance from the GIVE website under "Travel Details" in the navigation. You can find it directly at this link: go to <https://www.givevolunteers.org/prepping-trip/travel-details/#insurance>

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** This is the total amount that you are insuring, which should equal your GIVE trip at a minimum.
 - We *strongly* recommend covering both the cost of your flights and GIVE trip. If you have not purchased flights yet, you can still purchase insurance and either estimate cost of flights or increase your coverage later.

Non-US Residents: Must provide proof of international travel insurance meeting our requirements and insuring your total trip cost (and flight, if preferred).

If you'd like to purchase from a different provider, then you must confirm you are aware of our coverage requirements and that your policy meets those requirements. Note that your insurance coverage must include trip cancellation and interruption.

Visa:

There are a few different options for visas, so read below. Depending on your citizenship, you may be exempt from obtaining a visa, can receive one on arrival, or order prior to departure.

1. Tourist Visa Exemption (if traveling in Thailand less than 30 days)

If you are a US citizen or you are a citizen of one of the below listed countries, you do not need to obtain a visa as you fall into the Tourist Visa Exemption category. In this case, you are required to:

1. Provide **Proof of Onward Travel:** bring proof of confirmed air, train, bus, or boat tickets showing you will leave Thailand within 30 days from your arrival date. If you cannot provide proof, you will have to obtain a tourist visa (which is outlined below).
2. Provide **Proof of Finances:** Thailand requires travelers to have proof of adequate finances for the duration of your stay when you enter into the country, such as a traveler's check or cash equivalent to 10,000 Baht (approx. \$300 USD) per person and 20,000 Baht (approx. \$600 USD) per family. A screenshot of your bank statement would be sufficient.
3. You may need an address in Thailand and, if so, write "**Spirit Mountain Krabi, 414 Soi Chong Pli 6, Ao Nang, Krabi, 81180, Thailand**"

Countries with the Tourist Visa Exemption:

Australia, Austria, Belgium, Brazil, Bahrain, Brunei, Canada, Denmark, Finland, France, Germany, Greece, Hong Kong, Iceland, Indonesia, Ireland, Israel, Italy, Japan, South Korea, Kuwait, Luxembourg, Malaysia, Monaco, Netherlands, New Zealand, Norway, Peru, Philippines, Portugal, Qatar, Singapore, Spain, South Africa, Sweden, Switzerland, Turkey, United Arab Emirates, United Kingdom: United Kingdom of Great Britain and Northern Ireland, United States of America, Vietnam

If you are not a citizen of one of the above countries, please check with your local Consulate to find out if you need a Thailand tourist visa. You may also be able to obtain a Visa On Arrival and the process of how to go about doing this is explained below (but still check with your consulate!).

2. Tourist E-Visa (if traveling for more than 30 days in Thailand)

If you are doing the Thailand + Elephants + Scuba + Laos Package, or Thailand + Elephants + Scuba Package, you **MUST** apply for a Thailand Tourist E-Visa prior to your trip. **GIVE will email you detailed instructions on how to apply for this visa if necessary.**

3. Visa on Arrival (If you do not qualify for the Tourist Visa Exemption or the Tourist E-Visa)

If you are not a citizen of the above listed countries that have a Tourist Visa Exemption (see above), you may still be able to obtain a Visa on Arrival, depending on your citizenship. A Visa on Arrival allows passport holders of the countries listed below* to enter Thailand if they meet the following requirements:

1. The visit is strictly for tourism purposes.
2. You have a confirmed return ticket to show proof of a flight out of Thailand within 30 or 15 days of entry, as appropriate. Open tickets do not qualify. Traveling overland out of Thailand by train, bus, etc. to Cambodia, Laos, Malaysia (including en route to Singapore), Myanmar, etc. is not accepted as proof of exiting Thailand.

*Important Note: You may be asked to show your flight ticket on entering Thailand. If you do not possess a flight ticket to show you will be exiting Thailand within 30 or 15 days of entry you will be most likely to be refused entry.

3. Checkpoints for ON ARRIVAL Visas are available at the Don Muang International Airport in Bangkok, and Chiang Mai International Airport in Chiang Mai
4. For a complete list of checkpoints and ON ARRIVAL countries visit: <http://www.mfa.go.th/main/en/services/123/15393-Visa-on-Arrival.html>

*Bhutan, China, Cyprus, Czech Republic, Estonia, Hungary, India, Kazakhstan, Latvia, Liechtenstein, Lithuania, Maldives, Mauritius, Oman, Poland, Russia, Saudi Arabia, Slovakia, Slovenia, Ukraine, Uzbekistan, Ethiopia, Taiwan, Bulgaria, Andorra, Malta, Romania, San Marino.

5. Provide Proof of Finances: you may also need proof that you have funds of at least 20,000 THB per person during your stay in Thailand. A fee of 1,000 THB is payable upon entry and is subject to change without notice.
6. You may need to provide an in-country contact and, if so, use the following:
 1. **Name:** Samila Travel Co., Ltd
 2. **Address:** 48/6 Moo 1, Chanong, Chana, Songkhla 90130, Thailand
 3. **Telephone:** +66 96-362-3596

Vaccinations:

Since we are not medical professionals, GIVE is legally unable to provide you with a list of recommended vaccinations for traveling in Thailand. Vaccinations and medical precautions are your discretion with the recommendations of your doctor or travel clinic. We recommend that you contact your doctor or visit an immunization clinic to discuss vaccinations as soon as possible, as some vaccinations take time to take effect, or require a course of multiple vaccinations. Inform your doctor that you are traveling to Thailand and the activities you plan to participate in so they can provide proper guidance.

To learn about vaccination recommendations or to find a travel clinic near you, visit Centers for Disease Control at <http://wwwnc.cdc.gov/travel/destinations/list.htm>

Medications:

You are responsible for providing your own over the counter or prescription medications throughout your trip. Please discuss any specific medical questions or concerns with your doctor before your trip. If you have asthma (even mild), please do not forget to bring your inhaler.

If any changes to your health occur, it is critical that you update your Traveler Information in your GIVE Profile as soon as possible. You can login to your GIVE Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your guides when you arrive, if necessary.

Safety and General Health Concerns:

There is inherent risk involved with GIVE's programs, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by employing proactive safety measures and established emergency protocols. Our goal is to facilitate a life-changing experience that is safe, fun, and impactful.

In large part, the international crime warnings surrounding travel in Thailand become an issue when traveling alone or with one other person in unfamiliar large cities. Most of your Thailand excursion takes place in rural areas, where you will always be with a group of fellow travelers and GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response, Mental Health First Aid, and Outdoor Leadership.

This is a group trip, where each traveler will be following our planned itinerary throughout the duration of their trip. Furthermore, we have forged strong relationships with local leaders, community members and emergency services over the last decade. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

To protect your general health in Thailand, it is important that you take good care of your body, and that you are physically prepared to participate in the GIVE Thailand Itinerary. We work outdoors daily engaging in strenuous physical activities in a tropical environment. This means that you must always be aware of your hydration, sun protection, and nutrition. If you do become ill or need to seek medical attention, we can arrange for you to visit a local clinic or nearby hospital to receive care.

Luggage:

We encourage you to pack as light as possible (see packing list on pg. 18) It is required that you bring a travel backpack or duffle bag instead of a hard cover suitcase. **Hard cover or rolling suitcases are NOT suitable for the areas we'll be traveling.** Here's what we recommend:

- Your carry-on bag: ONE small backpack to use as your day pack for volunteer work, hikes and to carry your smaller items throughout the day.
- Your checked bag: ONE travel backpack or duffle bag is recommended. **NO HARD COVER OR ROLLING SUITCASES.**

Also, be sure to check with your airline for baggage requirements and fees. Please be aware that if you plan on purchasing souvenirs, airline weight restrictions may incur extra charges when you return home.

Important Note Regarding Valuables:

When packing your luggage do not put anything valuable in your checked bag. This includes electronics, copies of your passport, expensive jewelry, medications, etc. It is best to pack all valuables in your carry-on bag. Pack at least one change of clothes and a

small pack of toiletries in your carry-on bag in case your luggage is delayed. Put luggage locks on your checked bag as a safety precaution.

Flights and Arrival in Thailand

Flights:

If you have not already, contact our flight agents at StudentUniverse to book your flight itinerary to Krabi International Airport (KBV). You can find their contact information on our website under the “[Travel Details](#)” section of our menu.

Before departure, check your flight departure and arrival online to **ensure that your flight information has not changed**. If it has changed, contact GIVE immediately to provide us with the updated flight information.

Your flight will land at the KBV Airport **on the start date** of your trip. Note: if you’re traveling internationally, you may be traveling the day(s) before your excursion start date. You need to **be in Thailand on your trip start date**.

For your departure, you will depart **on your trip end date**. GIVE’s flight agents can provide details regarding preferred itineraries.

GIVE group flight itineraries include routes and layovers through specific airports so that you and other GIVE travelers departing from the same region can potentially meet each other during your layover(s) or on the plane. You will be invited to join a group WhatsApp chat prior to your trip, where you can coordinate with other travelers about meeting up enroute to Thailand.

Arrival in Thailand:

You may receive an immigration form on the airplane to complete before entering Thailand. If you don’t receive this form on the airplane, don’t worry. Most immigration checkpoints are no longer requiring this form for international arrivals. If you do receive the form, input the following information, and give the form to a customs agent upon your arrival:

- Address in Thailand: Spirit Mountain Krabi, 414 Soi Chong Pli 6, Ao Nang, Krabi, 81180, Thailand
- Accommodation: check the box that says “Hotel”
- Purpose of Visit: check the box that says “Holiday”

After you exit the plane, you will enter the airport into the Arrivals Hall. This is where you will go through Thailand immigration with your customs form. There are multiple arrival desks, so line up with your passport in-hand and ready to show to the immigration officer.

After you pass through customs, you will head over to baggage claim. Collect your baggage here and exit into the arrival terminal, where your GIVE guide(s) will greet you in a green GIVE shirt just outside the arrival gate doors! **Do not exit the arrival terminal until you have met your GIVE Guide.** You will then be able to exchange your money to Thai Baht or use an ATM. If you'd like assistance withdrawing Thai Baht (exchange rate, how much to withdraw, etc.), your guides will be happy to help.

After the group collects their baggage and uses the ATM, you will take our transportation to our accommodations approximately 30 minutes from the airport.

NOTE: If you have a separate ticket to BKK and then to KBV, you'll go through immigration at BKK and then fly domestically to KBV to meet your guides and group.

Airport Pickups:

If you don't immediately see your GIVE after exiting the baggage claim area, be sure to wait in the international arrivals hall until they arrive. You will receive an email a few days before your trip start outlining how to contact your guides directly if you cannot find them at the airport. **Do not leave the arrivals terminal, stay inside the airport and keep an eye out for your guides in a green GIVE shirt!**

Flight Delays or Cancellations:

When traveling, unforeseen events can occur and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations, or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **StudentUniverse**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

StudentUniverse: +1-844-985-4117

*If there are other GIVE travelers with you, work together and choose one point

person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE.** Make sure to include the airline, number, arrival time, and names of other GIVE travelers with you with the subject line URGENT: Updated Flights
4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**
5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts for potential reimbursements!**

Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.

Late Flight Arrival:

If your flight is cancelled or delayed and you are unable to arrive to Krabi Airport on your trip start date, don't panic. **Follow the above steps to contact your travel agent and rebook your flights.** Email your updated itinerary to GIVE at info@givevolunteers.org.

Note: In the case of a late arrival, you will be responsible for paying for transportation to our accommodations to meet the group. Depending on the circumstances, your Travelers Insurance may reimburse you for costs incurred because of your flight delay or cancellation. Make sure to keep receipts for reimbursement claims.

It's always a good idea to bring an extra change of clothes (ideally, culturally appropriate clothing that covers your knees and shoulders), all medications, important documents, and money **IN YOUR CARRY-ON LUGGAGE** in the case of a late arrival, lost luggage or any other unforeseen circumstances. Our guides will help you to obtain clothing and other necessities if your luggage is lost or delayed.

Lost or Delayed Baggage:

If your baggage does not arrive at the airport, don't panic. Go to the lost luggage counter to make a lost luggage claim. Please give the representative your guide's name and phone number to contact when your luggage arrives (you will receive an email with your guide's contact information prior to departure). Keep the copy of your lost luggage claim. Depending on the circumstances, your Traveler's Insurance may reimburse you for each day that your bag is lost or delayed. Make sure to keep receipts for reimbursement claims.

Donations

Donations towards our projects can always be accepted through our website, here: <https://www.givevolunteers.org/fundraiser/>

We ask you to please avoid bringing physical donations from home and instead donate to the online fundraiser above. We will use your donations to purchase necessary project supplies directly from local shops and markets in Thailand to help stimulate the local economy. If there are specific supplies that we can't purchase in Thailand, your guides will notify you well in advance in your WhatsApp group.

Money

Notify Your Bank Before Departure:

Prior to your departure, inform your bank that you are traveling to Thailand. This is important so that your bank does not put a hold on your account for irregular transactions. If your bank does put a hold on your account, you will not be able to access your money and it could take days to be able to use your card or access money from your bank. It only takes a quick phone call to your bank before you depart to inform them of your destination and length of travel to eliminate any potential problems. It is also encouraged to bring more than one debit/credit card (if available) just in case one does not work or is lost/stolen.

Currency and Exchange Rates:

The national currency in Thailand is the Thai Baht. The current exchange rate is \$1 US Dollar (USD) is equal to approximately 35 Thai Baht. We encourage you to look up current exchange rates prior to your departure as rates do fluctuate.

You must use Thai Baht for any local purchases. If you do bring USDs to exchange, you will have a better exchange rate with large bills. It is important to bring new and crisp bills, as ripped or dirty bills will most likely not be accepted. Although uncommon, you might be able to exchange money at your local bank before you depart for Thailand. However, most banks do not carry Thai Baht and must order the currency. Even if you bring Thai Baht, be prepared to withdraw cash from local ATMs if necessary.

Money Recommendations During Your Excursion:

Since spending habits vary from person to person, please plan according to your own personal habits! GIVE suggests planning to spend Thai currency equivalent to \$150 to \$300 USD for purchasing souvenirs, gifts, snacks, drinks, etc. You can always ask your GIVE guide for help translating and calculating exchange rates while shopping or purchasing souvenirs.

All drinking water and three meals a day are included throughout your trip. Only dinner will be provided on arrival day and only breakfast will be provided on departure day, so plan accordingly. We also encourage you to experience buying local food and drinks at local shops, restaurants, and markets, so expect to purchase some snacks, meals, and drinks for yourself when the opportunities arise.

Communication

Adapters & Electronics:

You will be able to charge your cameras and other electronic devices throughout most of your time in Thailand. Thailand often takes either a flat blade plug, (like the US) or a two round pin plug. Note that brief power outages are common in the areas we will be traveling. We highly recommend bringing your own rechargeable power bank.

Contacting Home:

An important aspect of any GIVE trip is to unplug from your devices and plug in to the experience. We encourage our travelers to minimize use of phones, social media, and contact with friends and family during the trip to get the most of your time in Thailand.

Much of your time will be spent in remote areas where there is limited to NO mobile service or WIFI. Make sure to inform your family and friends to expect **limited communication** from you during your trip. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to contact home if service is unavailable. GIVE will also contact your emergency contact upon arrival to Thailand.

Home Contacting You:

For status updates, general questions, and emergencies your family can contact the GIVE offices at +1 (206) 973-7991 or email info@givevolunteers.org while you are on your trip. Our GIVE HQ team will relay any important messages to you and your guides.

GIVE will occasionally post photos of the group on our social media channels during your trip. Let your family and friends know to follow GIVE's Facebook, Instagram, and other social media channels (@givevolunteers) for intermittent updates.

Weather

Come prepared for hot weather throughout the day, sprinkled with short and heavy rain showers. The sun is very powerful in this region, so it is important to pack adequate [reef-friendly sunscreen](#), SPF shirt(s), and/or a hat(s). Please see our suggested packing list for specific recommendations.

In Krabi, November through January are the cooler, dryer months, with temperatures dipping to 60°F in the late night/early morning and then heating up to the 80's and 90's throughout the day.

March, April, and May are the hottest months, when temperatures can soar well over 100°F. There is a rainy season from May – September, characterized by sunny, humid days intermixed with short, often heavy rain showers. Expect plenty of rain showers this time of year (July and August especially), as the seasonal monsoons transform the Thai highlands into a lush, green, tropical, and MUDDY, oasis.

NOTE: We've included an infographic at the bottom of this document about Reef safe sunscreen. Unfortunately, some "Reef Safe" labels don't always use the most reef-safe ingredients, so please review this information to only purchase mineral sunscreens that are made from zinc oxide or titanium oxide.

Accommodations

You will be staying at one primary accommodation throughout your trip:

- Spirit Mountain Krabi: Fan rooms with private bathrooms in Ao Nang, Krabi. You will share same-sex rooms with up to 3 other travelers. Surrounded by lush jungle and limestone karsts, Spirit Mountain has an on-site restaurant, meeting area, yoga deck, bonfire pit, organic gardens, and a limestone rock-climbing wall with sport-climbing routes for all ability levels.

Our accommodations are comfortable and equipped with necessary amenities, such as fans, running water, toilets, showers, beds with sheets and blankets, etc. You will have access to electricity for most of your trip, but brief power outages are common in the areas we will be traveling. Therefore, **we highly recommend bringing your own rechargeable power bank for charging phones and other small electronics.**

You do not need to bring your own blankets or pillows, as they are provided for you, but **we highly recommend bringing a microfiber towel.** For the duration of your trip, you will share sleeping quarters and bathrooms with your fellow travelers, so practice the golden rule! If you'd like to room with a friend, please let us know before your trip and we will be more than happy to arrange that for you. Otherwise, your guides on the ground will provide room assignments when you arrive in Thailand.

Please remember that you will be staying in rural communities in a tropical climate, which means you will encounter different weather conditions and insects than you are accustomed to at home. We will always fully prepare/advise you on any necessary precautions to take. Please review the packing list thoroughly to ensure that you're prepared. **Most importantly, arrive with an open mind, positive attitude, and commitment to expand your comfort zone!**

Meals

You will be provided with drinking water and 3 balanced nutritional meals per day throughout your trip. Please note that, due to airport arrival and departure times, only dinner will be provided on arrival day and only breakfast and lunch will be provided on departure day. We can accommodate most dietary requirements, including vegans, vegetarians, gluten free, etc.

Please make sure to inform us of any dietary requirements at least 14 days prior to your trip. If you have not done so already, please inform us ASAP (info@givevolunteers.org). Adjustments to dietary requirements CANNOT be made upon arrival, as meal plans have already been organized by local vendors.

Finally, remember that you are in a different country with different types of food than you're used to at home. Prepare to get out of your comfort zone a bit and sample lots of delicious new cuisine. Most importantly, as a responsible traveler, be respectful of our local chefs and the local food culture. Rice is the dietary staple of Thailand and will be served with nearly every meal.

Packing for Your Trip

People tend to over pack while traveling and we suggest that you challenge yourself to only pack the bare necessities. Our best suggestion is to lay out what you think you need, and only bring three-fourths of that. You will realize that you need a lot less than you think once you're on the ground and there are opportunities to do laundry throughout your trip.

In accordance with the cultural considerations of the communities we will be visiting, you will be required to wear culturally appropriate clothing throughout most of the trip. While exploring local temples or certain places, you will need to wear culturally appropriate clothing. Female participants will be asked to cover their knees, shoulders, and cleavage, and to not wear any low cut, tight-fitting, or see-through clothing at these times. We recommend females pack at least 2 culturally appropriate outfits that can be worn multiple times. Male participants should bring at least 1 outfit that covers their shoulders and knees as well. Please note that by adhering to these rules you are displaying cultural awareness and respect to our host communities.

Expect to wear the same clothes multiple times for volunteer projects, as they will inevitably get dirty. Also keep in mind that many of the clothes you wear will become very muddy, so don't expect them to remain spotless when you return home.

**If you are also doing the Elephant Experience, Thailand Scuba, and/or Laos Excursion, keep in mind that those packing lists have many of the same items listed here. Plan to re-wear a lot of the same clothing, as there will be several opportunities for you to do laundry.*

**If you are doing the Elephant Experience, we highly recommend bringing a smaller backpack or duffle that can fit approximately 6 days of clothing and gear for days 2-7 of the itinerary. This way you can leave your big bag at our hotel in Chiang Mai and travel light into more remote communities.*

Packing Checklist of Recommended Items:

Please keep in mind that this checklist is based off the best possible recommendations from our guides and past travelers, but at the end of the day it is up to you to bring what you think you will need throughout your trip. We have not suggested a specific number of t-shirts, shorts, pants/leggings, underwear, or socks, because individual preferences often vary. Please review the itinerary to get an understanding of how often you will use each article of clothing. Also keep in mind that **laundry services will only be available once in the middle of your trip.**

Item	Notes	Required	Optional
General Clothing			
Long-sleeve rash guard (or dry-fit shirt) and tights/leggings for jelly fish protection!	There can be jellyfish in the seas where we will be diving, so it is required that you bring a long-sleeve rash guard (or dry-fit shirt) and tights/leggings to wear underneath your wetsuit to protect you from potential stings.	x	
1 Lightweight raincoat/poncho	May – August is the rainy season in Thailand, but showers should be expected year-round.	x	
1 Sweatshirt, lightweight jacket, or sweater	December and January can get quite cold in the mornings/nights so make sure to bring a jacket that will keep you warm enough if you are on a winter trip	x	
T-shirts	<p>For females:</p> <ul style="list-style-type: none"> • Pack at least 2 shirts that are loose-fitting and tight around the neck. Cropped tops, spaghetti strap shirts, mid-riff showing shirts, and tank tops are NOT acceptable at certain times throughout the trip. <i>Note: Your guides will inform you of these times.</i> <p>Shirts worn during projects and adventure activities will get dirty, so pack enough to last the entire trip or plan to do laundry during the trip.</p>	x	
SPF shirt(s)	We highly recommend 1-2 long-sleeve SPF shirts for sun, insect, and plant protection. We will be on the water and in the jungle throughout your trip. It is very important to wear a long-sleeve shirt to protect your skin from the sun, insects, irritating plants, and thorns.	X	
Shorts	Loose-fitting athletic shorts and hiking shorts are ideal. ‘Short-shorts’ or spandex shorts are NOT acceptable at certain points throughout the trip. <i>Note: Your guides will inform you of these times.</i>	x	

Pants/Leggings	<p>For females, tight-fit leggings will NOT be acceptable at certain points throughout the trip. <i>Note: Your guides will inform you of these times.</i> Lightweight pants, knee length shorts, or knee length skirts are ideal in these situations (elephant pants work great and are very affordable in Thailand!).</p> <p>1-2 pairs of long, lightweight pants or workout capris made with breathable and durable fabrics are ideal, such as soft-shell hiking pants. While volunteering on land-based projects and hiking in the jungle, it is important to wear LONG hiking pants to protect your skin from insects, irritating plants and thorns.</p>	x	
Underwear and socks	Keep in mind that socks can get wet and dirty, so pack a couple extra pairs.	x	
Swimsuit(s)	We will be on the water most days, so pack as many swimsuits as you think will be necessary.	x	
Sunglasses			x
Hat for sun protection			x
Sport or athletic bras		x	
1 pair of work gloves	We can provide basic work gloves when necessary, but bring your own if you have a pair that you prefer.		x
Warm pajamas or sleeping clothes	It gets down to 50°F at night in December & January	x	
1-2 “nice” outfits for special occasions and nights out	At least one of these outfits must be culturally appropriate	x	
Footwear			
1 pair of flip flops or sandals	It’s impolite to wear shoes inside people’s homes, temples, and some businesses, so a <i>durable</i> pair of sandals will make it easy to slip on and off, and will be worn for the majority of the trip	x	
1 pair of closed-toed boots or shoes for volunteer projects and hiking.	<p>Closed-toed shoes are required for projects and hiking. Keep in mind that these will get wet & dirty. It’s fine to use the same pair for both activities, or feel free to bring an extra pair if you prefer.</p> <p>Strapped sandals such as Tevas and Chacos are not sufficient for certain hikes. Bring a durable pair of closed-toed shoes with good traction for muddy trails and project sites.</p>	X	
Other Gear			
Small day pack or overnight backpack	Waterproof/water resistant if possible	x	
Rain cover for your daypack or big pack in case of rain during travel	Highly recommended		x
Towel(s)	You must bring your own towel. We recommend a microfiber towel for easy packing and quick drying. You can bring separate towels for the beach and bathing if you prefer.	x	
Toiletries	Shampoo/conditioner, face wash/wipes, toothbrush and toothpaste, soap, etc	x	

Reef-friendly Mineral Sunscreen	30 spf or higher. Reef-friendly mineral sunscreens are required.	x	
Natural Insect Repellent	Expect to use this every day – especially in July & August. <i>Natural and non-toxic insect repellent are required.</i>	x	
Anti-itch cream/wipes			x
Hand sanitizer/hand wipes			x
Refillable water bottle	REQUIRED	x	
Reusable coffee cup and straw	To minimize plastic waste Great if you plan on buying coffee or drinks		x
Large Ziploc Baggies/Waterproof bag	These are good to protect cameras and valuables from getting wet, especially during bamboo rafting		x
Headlamp and batteries	Recommended for late night bathroom trips. Handheld flashlights are not sufficient	x	
Rechargeable portable battery	For charging phones and small electronics in villages without electricity. Highly recommended.		x
Phone or a watch with an alarm clock			x
Headphones/Earplugs	Roosters roam around and can be quite loud while we sleep in the villages!		x
Small first aid kit			x
1 good book			x
Camera, GoPro, and/or underwater camera!			x
Vitamins	Multi-vitamins, vitamin C, Airborne, Emergen-C, etc.		x
Prescribed medications	You are responsible for bringing and taking any medication prescribed by a medical professional.	x	
Face Masks	At least two face masks for travel and when community vendors request it.		
Rock Climbing Shoes	All necessary gear will be provided for rock climbing on day 2, but feel free to bring your own climbing shoes for bouldering during free time. There are great bouldering routes right next to our accommodations!		
Over-the-counter medications	Over-the-counter fever reducers, gastrointestinal medications, anti-inflammatories, electrolyte packets, motion sickness medication, etc.		x
English/Thai dictionary			x
Deck of cards or other games	For hanging out during free time		x
Notebook with pens/pencils for your diving courses			x
Snacks	Local snacks are tasty, affordable and help to support the local economy, but feel free to bring some of your favorites from home.		x
Outlet converter/adaptor			x
Camping Hammock	Great way to relax during downtime		x

Please give us a call at HQ with any specific packing related questions that you have.

Spending Money: Thai Baht is necessary to purchase snacks, souvenirs, etc. in Thailand.

□ \$150-\$300 (equivalent in USD) spending money for souvenirs, snacks, and other opportunities. We will have limited access to ATMs throughout the trip, and 1 day to exchange and/or withdraw funds in Krabi at the beginning of the trip.

IMPORTANT! Don't forget to pack your passport!!!

- Passport
- Color copy of your passport

Volunteer Projects

Throughout your trip you will get to volunteer with local nonprofits and social enterprises on projects that promote ecological restoration, marine conservation, and community development in the Krabi region.

After completing your PADI Open Water or Advanced scuba course, you will have the skills and experience to start making a hands-on impact in the ocean. You will get to participate in coral propagation, reef first aid, and shark monitoring projects while diving and snorkeling in the Andaman Sea.

When it comes to protecting marine ecosystems, what happens on land is just as important as what happens in the sea. Throughout your trip you will also volunteer with local nonprofits on a variety of coastal restoration projects, such as mangrove restoration, beach clean-ups, and sustainable agriculture.

Adventure & Cultural Immersion Activities

Work hard, play hard is our motto. Lots of your time will be focused on our volunteer projects, but you will also have plenty of opportunities to experience the culture, landscapes, and underwater world of Krabi!

Here is a list of activities you will get to do in Krabi:

- LOTS of scuba diving
- Rock-climbing
- Thai cooking class
- Kayaking through mangrove forests
- Traditional batik painting
- Exploring local temples and night markets
- Island hopping in the Andaman Sea

Itinerary (Sample)

This is a sample itinerary and, as such, will be modified during your excursion. Traveling abroad **requires flexibility** based on weather, wellness of the group, and other important factors. We appreciate your understanding and adaptability with the itinerary.

DAY 1:

Trip Commencement: After getting picked up from the airport, check into your new accommodations, enjoy a welcome dinner, and get to know your guides and fellow travelers!

DAY 2:

After an opening orientation from your guides, we'll rope up for a Mindful Movement Rock Climbing Course! Whether you're an absolute beginner or a seasoned climber, we've got routes available for all ability-levels. Our bungalows are tucked beneath some of the best limestone climbing walls in the region, so you can keep practicing throughout the trip. In the afternoon, we'll get our hands dirty volunteering on permaculture, natural building and zero waste projects.

DAYS 3-5:

Begin your PADI Open Water Course with a day in the pool learning fundamental skills and how to use your equipment under the direct supervision of a PADI Instructor. Spend the next two days honing your skills and knowledge while diving with your instructor and fellow students off the Aonang Coast. After five dives, you will officially be certified as a PADI Open Water Diver for life! Already Open Water Certified? You'll jump straight into the ocean on day 1 to complete your PADI Advanced Course or other specialties!

Note: you will be required to complete the Open Water or Advanced Theory portion of your course via the PADI eLearning portal prior to your trip. Please let us know ASAP if you have not yet received access to your eLearning.

DAY 6:

Reef First Aid and Monitoring Course: During this course, you will learn the techniques to correctly identify and fix the most common types of coral damage encountered while SCUBA diving, how to correctly remove discarded fishing equipment from the reefs without damaging the existing organisms, and various methods to conduct reef health surveys. You will then go on two SCUBA dives to put these skills into practice and conduct reef health surveys! All data collected will be sent to our partners to support scientific research.

DAY 7:

Shark Conservation & Monitoring: After learning about shark evolution, biology and conservation initiatives from shark researchers, we'll snorkel the vibrant reefs of

the Phi Phi islands while observing sharks and other marine life in their natural habitat. As citizen scientists, we will record our observations in a global database that supports shark research and conservation around the world!

DAY 8:

Hop in a longtail boat and travel back in time to the quiet fishing villages of Koh Klang island. Here we'll immerse ourselves in traditional southern Thai culture and support local families and businesses practicing community-based ecotourism. We'll make our way around the island in rickshaw taxis to try our luck at fishing, bee-keeping, clam-digging, batik painting, and other traditional practices that help to preserve this unique way of life.

DAY 9:

Mangrove Kayaking & Conservation: Start the day kayaking through mangrove forests and learning about how critical these ecosystems are to coastal communities and marine life. Along the way, we will collect mangrove seeds and seedlings to transplant at a local mangrove nursery and restoration project that afternoon!

DAY 10:

Ocean Ambassadors Program: After an epic week gaining skills, certifications, and hands-on experience to help protect the ocean, it's time to spread that knowledge and opportunity to local students! We'll bring local school groups out of the classroom and into the great outdoors to work hard, play hard, and get inspired to protect this beautiful place they call home. That night, we'll gather for one final night of reflection and celebration with your new GIVE family!

DAY 11:

Trip end: All good things must come to an end, but your new friends, memories, and skills will be with you forever. Say your goodbyes and begin the journey back home or on to your next adventure.

Preparation

While you prepare for your diving course, you will find it helpful to dedicate some time towards personal fitness, as spending a lot of time underwater can be quite tiring. By no means do you need to be in excellent physical shape for diving, but instead it is more important to focus on the type of fitness rather than your physical fitness level to prepare to be a diver.

Although you will only be diving a couple of hours per day on diving days, you will spend a lot of time in and around the sea and on the boat, which exposes you to the sun

and can be tiring and dehydrating. The best way to be fit and prepared for this is to walk at least 4 hours a week to improve your endurance, practice some core strengthening activities like squats, push-ups, and sit ups, and focus on deep breathing (practicing yoga or meditation a few times a week is a great way to do this!).

Leading up to your dive, it is also extremely important to stay hydrated. Start drinking half your body weight in ounces of water a few days before your dive and keep that up until just before you're diving. Lastly, always be sure to warm up before your dive by stretching to prepare your muscles for your dive. It only takes 2-5 minutes, and will save you from cramps, tiredness, and soreness during and after your dive.

Like anything else, physical fitness is only half the battle. The other half is mental endurance. Always remember to stay positive to build up your stamina and determination while diving. If you believe, you will achieve!

Required Documents

All divers are required to complete the standard PADI Medical Form as a part of your PADI eLearning. If you haven't yet completed this form, please contact us asap: info@givevolunteers.org, 206-973-7991

A participant who answers YES to any of the questions on the medical form MUST get written permission to dive from a doctor before completing any water activities. You are required to submit a completed medical form to PADI prior to diving, along with a doctor's note if applicable. This must be done prior to departing for your trip, and for any more potentially serious medical conditions (e.g. asthma) you should get permission from your regular doctor who knows your specific medical history.

If you answer **NO** to all of the questions on the form then you do not need to get doctors permission to dive.

PADI eLearning

Note: you must complete your PADI eLearning prior to leaving home. If you have not completed the eLearning prior to the trip start date, you will not be able to participate in the first day of diving. Our partner dive shop will send you access codes and login instructions once you have booked flights and confirmed your current scuba certification level with GIVE, and it's up to you to complete the eLearning on your own time. Budget 5-10 hours to complete the eLearning portion.

What If I'm Unable to Dive?

If for any reason you are unable to dive, you can still join all the land-based activities and educational portions of the program and gain a wealth of knowledge about marine

conservation. You will also be able to join the rest of your group on the boat and experience some incredible snorkeling while the rest of the group is diving!

Alcohol and Drugs

The use of alcohol and drugs are **strictly prohibited while diving.** You are prohibited from being under the influence of alcohol during your dive course and training. If you are under the influence, you will be unable to dive, and this may result in your expulsion from the program.

Safety

It is imperative that you respect and adhere to the advice and instructions given by your scuba instructors. Scuba diving has inherent risks. Note that you will be required to sign standard PADI liability release documents and safe diving practices prior to diving.

Please understand that the scuba training and diving portions of this program are operated under the care and guidance of our local dive shop, Fast Manta. While GIVE fully endorses the aptitude and professionalism of the services provided by these instructors, *scuba diving is not operated under the care of Growth International Volunteer Excursions.* Outside of scuba diving hours, a GIVE representative(s) will assume care and guidance.

During Your Trip

Do not hesitate to let your GIVE guides know what you need while on your excursion. We are here for you! We want you to work hard and enjoy this experience to the fullest, so make sure if there is something preventing you from enjoying yourself entirely to let your guides know so they can help you through it.

GIVE Contact Information

Phone USA +1 (206) 973-7991
E-mail info@givevolunteers.org
Skype info.give
Mail 1900 W Nickerson St STE 116 #123,
Seattle, WA 98119

Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Thailand!

Scroll to the next page for an infographic on the importance of Reef Safe Mineral Sunscreens, which are required for this trip.

Choosing a safe sunscreen

Determining whether a sunscreen is reef-friendly or not is simple: just look at the active ingredients. The only two active ingredients the U.S. Food and Drug Administration considers "safe and effective" are zinc oxide and titanium dioxide.

Be careful:
Many sunscreens labeled as "reef-friendly" or "reef-safe" actually aren't. Always check the active ingredients to be sure!

Look for these active ingredients: ✓ Zinc oxide ✓ Titanium dioxide

Avoid these active ingredients: ✗ Oxybenzone ✗ Octisalate ✗ Avobenzone ✗ Octocrylene ✗ Homosalate ✗ Nanoparticles ✗ Octinoxate

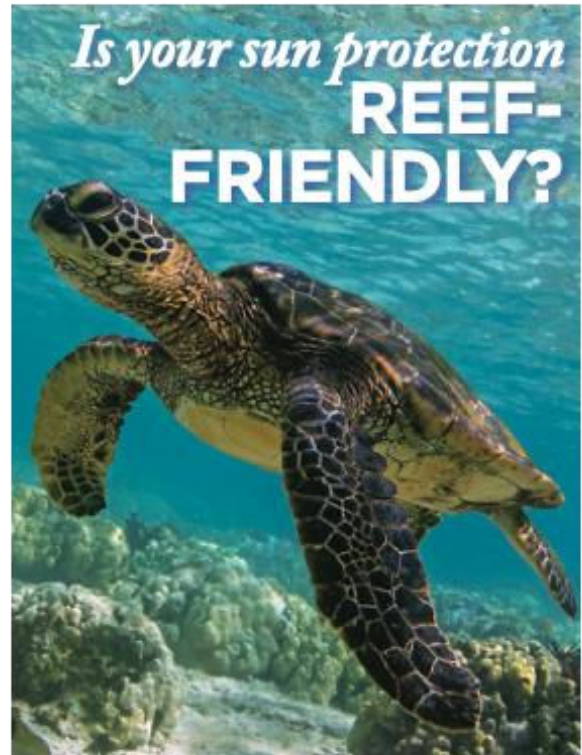
Visit koha.la/reef-friendly for an up-to-date list of recommended sunscreen products and retailers.



Always remember...

- Don't stand on, step on, or touch coral: Stay afloat when snorkeling or swimming.
- Give marine life plenty of space: Never touch, chase, feed, or harass.

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Updated: November 25, 2019



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Why does it matter?

Coral reefs in Hawai'i are facing many threats. Research confirms that chemicals found in many common sunscreens, such as oxybenzone, octinoxate, and octocrylene, are harming our marine ecosystems. These chemicals damage coral DNA and larvae, contribute to coral bleaching, and affect the health of algae, fish, shellfish, urchins, and marine mammals.



May 1, 2018



February 15, 2019

Chemicals from sunscreens, other pollutants, and rising ocean temperatures are causing the health of coral reef ecosystems to decline at an accelerated pace.

By wearing as much protective clothing as possible, then applying limited amounts of **reef-friendly, mineral-based sunscreens** where needed, we can all help Hawai'i's coral and marine ecosystems flourish and remain healthy for generations to come.

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It's easy to go reef-friendly!

Follow this guide to reduce your impact on coral reefs while protecting yourself from the sun.



BEST

Hats, sunwear shirts and rash guards, wraps, and board shorts

Zinc oxide
Titanium dioxide

OK

Zinc oxide and titanium dioxide-based sunscreens made without nanoparticles



NEVER

Products containing oxybenzone, avobenzone, homosalate, octinoxate, octisalate, octocrylene, or nanoparticles



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