

GET READY FOR SIĞACIK, TÜRKİYE

WHAT TO PACK

MERIDIAN ADVENTURE  DIVE

This document will guide you through everything you need to pack for your holiday with Meridian Adventure Dive & Watersports Club

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WHAT TO PACK



SNORKELLING & DIVING GEAR

Our underwater and in-water adventures are a large part of your Izmir experience. We understand most divers prefer to bring their own equipment however, should you decide to leave your gear at home we will provide you with a set of good quality and high maintained equipment including BCD, regulator, 5mm wetsuit, mask and fins.

Make sure to also bring your dive computer and other dive related equipment and accessories, as these are not provided.



CLOTHING

The basics that you will need are lightweight, breathable clothing. T-shirts, shorts and sundresses are great for lounging at the pool. Swimsuits and rash vests will be needed for water sport activities and scuba diving. Breathable t-shirts and sportswear is ideal for cycling or shore based adventures. It is wise to also pack a sweater for cooler nights, and a light waterproof jacket for the boat.

For sightseeing, winery and fine dining activities, we recommend smart casual clothing.



REEF-SAFE SUNSCREEN

Bring only sunscreen that is proven to be safe to our marine life. This includes sunscreen that does not include ingredients such as oxybenzone, homosalate, octinoxate and octisalate. These ingredients inhibit the growth of baby corals, and kills coral polyps.



SHOES

Pack a pair of comfortable flip flops for when you are relaxing at the Watersports beach, hanging by the pool or exploring the Sigacik town and a pair of trainers for shore-based activities like cycling. Smart casual footwear for the winery's and evenings.



DOCUMENTATION

Remember to pack your passport, visa documentation, travel documents, credit cards and Hotel booking confirmation.



SWIMSUITS & ACCESSORIES

With the Aegean climate you will need things to protect you from the elements, in particular the sun. Covering up is the best protection. Wide brim hats are the best headwear to pack, ideally with a chin strap so not to get claimed by the wind. Sarongs, rash vests and swimsuit cover ups are a must.

Polarised sunglasses are great, as they reduce the reflected glare from the water allowing for better viewing of reefs and marine life.

Pack more than one bikini or pair of swimming shorts. You are likely to be swimming several times a day and your swimsuits will need time to dry.

Pack a waterproof bag to put your camera and valuables in and to keep them dry, while you are enjoying water sport activities.



ELECTRONICS

We know many divers are also avid underwater photographers, but even those that are not, it's definitely worth bringing along a GoPro or a camera with underwater housing to get great shots of scenery as well as capture your underwater adventure activities.

Kindles and iPads are great for reading while lounging on at the pool, just don't get tempted to check your emails!



FIRST AID KIT

Even though the Hotels and Dive boats are equipped with First Aid Kits, it is a good idea that visitors bring with their own basic travel sized first aid kit. It makes it easier using brands you already know, especially when purchasing them in a foreign country where you can't read the directions for usage.

Make sure it is packed in your checked luggage of your flight, as many of the items will not be permitted in your carry-on bag. See the packing checklist for suggestions.

THINGS NOT TO BRING:

- Pets (No pets allowed)
- Illegal drugs and firearms (There is zero tolerance of these and you will go to jail)
- **WORRIES! :)**



SUGGESTED VACATION PACKING LIST

1 LUGGAGE

- Soft collapsible bag / backpack
- Waterproof bag
- Tote bag / beach bag
- Resuable Ziploc bags

2 CLOTHING & ACCESSORIES

- T-shirts
- Tank tops / Strappy tops
- Skirts / Shorts
- Sundresses
- Swimsuit Cover-ups
- Trousers
- Light Scarf
- Sundresses
- Sweater / Lightweight windbreaker jacket
- Cap / Wide brim hats
- Swimsuits / Swimming trunks
- Sarong
- Underwear
- Flip flops / Sandals / Hiking trainers
- Smart Casual eveningwear
- Reading books

3 DOCUMENTATION

- Passport
- Visa documents (*if necessary*)
- Travel documents
- Travel insurance
- Credit card
- Resort booking confirmation
- Cash in foreign currency (*if necessary*)
- Vaccination documents (*if necessary*)

4 SNORKELLING, DIVING & FISHING GEAR

- Swimming goggles
- Rash vest
- Dive computer
- Breathable long sleeve top (Fishing)

5 ELECTRONICS

- Waterproof watch
- Mobile phone with charger
- iPod / MP3 player / headphones
- Downloaded iTunes library to mobile device
- GoPro camera with charger and cables
- Camera and lenses
- Underwater housing for camera
- Camera batteries / Charger and cables
- Camera memory cards
- Remote control / Selfie stick / Tripod
- iPad / Kindle / tablet
- USB cable / Portable power pack

6 FIRST AID KIT (SUGGESTED MEDICATION ONLY)

- Prescription medication / Contraceptives
- Assortment of band aids / Crepe bandages / Gauze
- Allergy medication
- Electrolyte solution or powder
- Pain relief medication / Fever reducer (*ibuprofen etc.*)
- Antibacterial cream / Antiseptic cream
- Small scissors / Tweezers

7 TOILETRIES

- Sunscreen factor 30+ (*choose one without oxybenzone, homosalate, octinoxate and octisalate, which is harmful to our marine life*)
- Lip balm
- After sun lotion
- Insect repellent
- Toothbrush / Toothpaste
- Face cream / Moisturiser
- Razor and shaving gel
- Vitamins
- Prescription glasses
- Contact lenses and contact solution
- Feminine hygiene products