

THAILAND DIVE & ADVENTURE RETREAT 2024 INFO PACK

WHAT YOU CAN EXPECT FROM THIS INFO PACK..

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- ▶ About La Bombona Dive School
- ▶ Detailed Itinerary
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- ▶ Trip Preparation
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SCUBA DIVING 101



We know if you've never scuba-dived before, that the logistics might seem a bit confusing - so here is your Scuba Diving 101 lowdown on how the world of recreational scuba diving works.

CERTIFICATIONS

You progress in the world of recreational scuba diving by working through certification levels. These can be completed via many organisations (E.G. PADI, SSI, RAID). While every organisation may vary slightly in the certification names and requirements, they are all very similar and can be recognised across the board. The certification levels look a bit like this:



OPEN WATER is the very first SCUBA certification. This course teaches the basics of becoming a diver from skills, equipment, and basic physics and physiology. There are class, pool, and open water dives involved.

After 3 days of theoretical and practical examination, you will receive your Open Water certification. This certification enables you to participate in fun dives across the world without an instructor's supervision to a maximum depth of 18m.



The ADVANCED OPEN WATER SCUBA diving certification level introduces divers to five different specialty areas. It can also improve their ability to think like a diver. There are two required dives: deep and navigation. The other three adventure dives are chosen by the student and instructor for what is of interest and appropriate to the dive site. In addition to the dives, there are five corresponding knowledge reviews to be completed. The advanced SCUBA diver certification increases the maximum depth limit to 30m. It can be completed in just two days!



The RESCUE DIVER certification level teaches divers how to self-rescue, rescue others, and prevent potential problems before they happen. This course is highly valuable to every person that wants to continue diving safely for many years to come. Additionally, divers will be required to have first aid/CPR certification. Rescue diver certification can be completed in just a few days.

The DIVE MASTER certification level is the highest rank for recreational SCUBA divers. It is referred to as the “black belt of SCUBA diving”. Rather than a specific course, the master SCUBA diver title is earned over time. To earn this certification level, divers need to be certified rescue divers, logged at least 50 dives and have 5 specialty course certifications. Once all of these items are met, an instructor will sign the paperwork for you to submit.





SCUBA DIVING 101



Okay, so what does it mean to be a FUN DIVER? Quite literally it just means that you are diving for fun and do not require the coaching or accompaniment of a dive instructor. You must be at least a certified Open Water diver and must always dive with a buddy. Normally you will also always be accompanied by a Dive Master acting as your local underwater guide!



And what is it actually like to scuba dive?

Well... it's magical. That's the best word to describe it honestly.

Discovering scuba diving for the first time is like discovering a whole other dimension of the universe that you can never fully understand to exist until you experience it for yourself.



It's an extreme sport that if done incorrectly can be incredibly dangerous. But it's also an incredibly peaceful sport where you can escape the day-to-day dramas that occur above the surface and be quite literally submerged in the present moment, observing the underwater world in its natural habitat, feeling weightlessness as you move in what feels like in slow motion.



LA BOMBONA DIVING



In Koh Tao, we will be diving with La Bombona Diving.

LBD is a multi language diving school that caters to all of your needs underwater and above land.

The staff are extremely professional and knowledgeable, it's all about having fun whilst always operating in a safe and considerate manner.



LBD – La Bombona Diving offers fun dives for the divers and the following courses; Refresher, Try Dives, Open Water, Advanced, Rescue and First Aid, Specialties, Divemaster and Instructor.

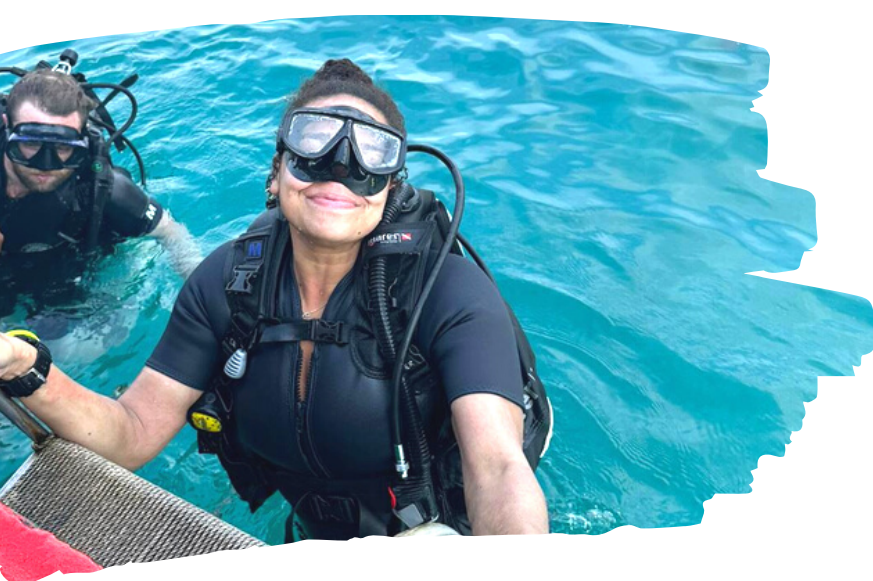
As a professional school we provide full equipment on each dive you undertake. We know the importance of having a gear clean and in good quality.



Review

"Of all the activities I did in Thailand, this was hands down the best on my list! The scuba diving team here is incredibly enthusiastic, friendly and professional. They speak more than 5 languages and are capable of helping you with everything. As a first time scuba diver, I was taken care of perfectly. Isabella, the instructor was amazing. Her explanation and guidance throughout the entire day was very professional. The atmosphere at their office as well as on the boat is very exciting. Shoutout to Tom and Brian as well for being so enthusiastic and helpful. Would definitely come here again and again."

"Perfect vibes and chill atmosphere on this small family run diving center!"



DETAILED ITINERARY

DAY ONE (16th MARCH):

Location: Bangkok

Itinerary: Upon arrival into BKK (Suvarnabhumi Airport), you will be greeted by an awesome member of the team before being taken to your accommodation to get settled. Please arrive before 4pm. We will have a group welcome dinner overlooking the gorgeous Wat Arun temple before heading to the the world famous Khao San Road to kick-start our trip with a bang as Leonardo DiCaprio did in 'The Beach'.

INCLUDED:

- Airport pick-up from Suvarnabhumi Airport
- Dinner
- Dorm Room Accommodation

NOT INCLUDED:

- Breakfast
- Lunch
- Alcohol

DAY TWO (17th MARCH):

Location: Bangkok - Chumphon

Itinerary: Today, we will explore the swarming city of Bangkok. We will have breakfast at our hostel before we head out to tick off a couple of Bangkok's most iconic highlights including both the famous railway and floating markets. In the afternoon, we will explore the viral abandoned dragon temple before picking up our bags from the hostel and heading straight to the railway station to take an overnight sleeper train southbound down to Chumphon.

INCLUDED:

- Breakfast
- Private transport in Bangkok
- Attraction entry fees
- Dinner
- Sleeper Train to Chumphon

NOT INCLUDED:

- Lunch
- Alcohol
- Purchases made at any attractions

DAY THREE (18th MARCH):

Location: Chumphon - Koh Tao

Itinerary: Ready for island life? After waking up on the train in Chumphon, we will jump on a ferry and head to the gorgeous island of Koh Tao. We will relax and get settled at our accommodation before heading over to La Bombona Dive School where will have our dive orientations - getting a full briefing on what to expect over the next few days whether you're learning to dive for the first time or just fun-diving. In the evening we will watch the iconic sunset on Sairee beach and begin island life in style with dinner at one of the best restaurants in Koh Tao.

INCLUDED:

- Ferry to Koh Tao
- Breakfast
- Dinner
- Dorm Room Accommodation

NOT INCLUDED:

- Lunch
- Alcohol

DAY FOUR (19th MARCH):

Location: Koh Tao

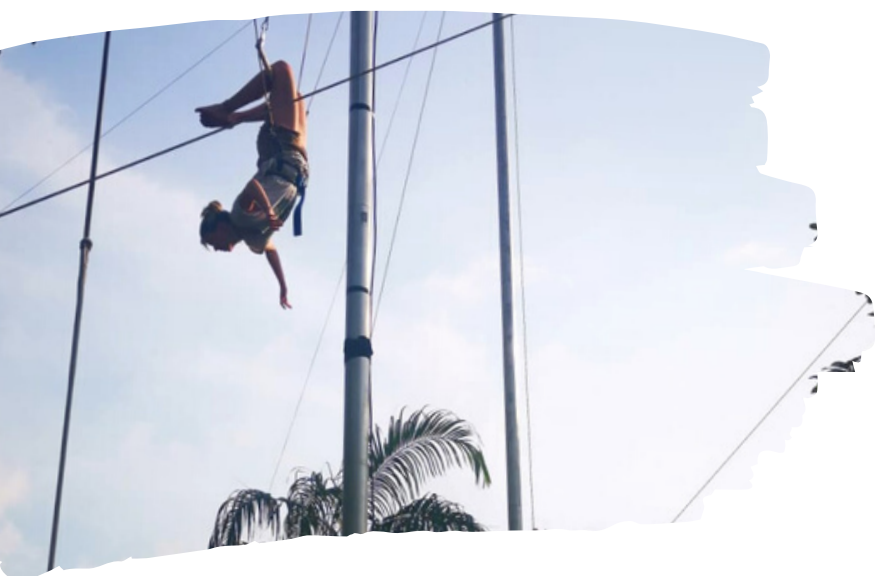
Itinerary: aaand let the diving begin!! We will kick-start the day with a nutritious breakfast at the hostel before getting started on our diving. After a busy day of either fun-diving or working towards your qualifications, we will have a BBQ dinner on the beach cooked by Bryan himself!

INCLUDED:

- Breakfast
- Dinner
- Dives detailed in your package
- Dorm Room Accommodation

NOT INCLUDED:

- Lunch
- Alcohol



DETAILED ITINERARY

DAY FIVE (20th MARCH):

Location: Koh Tao

Itinerary: Today, we start with an invigorating yoga session to get the muscles stretched and ready for another great day of diving. This will be certification day for our advanced & rescue divers! . We will all unite in the evening for a delicious group dinner.

INCLUDED:

- *Yoga class*
- *Breakfast*
- *Dinner*
- *Dives detailed in your package*
- *Dorm Room Accommodation*

NOT INCLUDED:

- *Lunch*
- *Alcohol*

DAY SIX (21st MARCH):

Location: Koh Tao

Itinerary: Dive Day 3 and it's certification day for our Open Water divers! so tonight, after another BBQ dinner on the beach, we can let our hair down, celebrate and make the most of Koh Tao's incredible nightlife.

INCLUDED:

- *Breakfast*
- *Dinner*
- *Dives detailed in your package*
- *Dorm Room Accommodation*

NOT INCLUDED:

- *Lunch*
- *Alcohol*

DAY SEVEN (22nd MARCH):

Location: Koh Tao

Itinerary: After a busy few days diving, the wonderful island is now yours to explore. Hire a scooter and explore the island, take a taxi boat out to Koh Nang Yuan Island and hike to the famous viewpoint, or simply spend the day soaking up the sun at the beautiful Sairee beach. Try not to expend all your energy because in the evening, we will be participating in a Trapeze show (we're not even joking). You will have the opportunity to swing through the air on a trapeze, upside down and see if you can complete the ultimate challenge of catching the hands of an acrobat. We will spend our final evening in Koh Tao enjoying a nice relaxing dinner before an early start tomorrow.

INCLUDED:

- *Breakfast*
- *Dinner*
- *Trapeze show*
- *Dorm Room Accommodation*

NOT INCLUDED:

- *Lunch*
- *Independent daytime activities*
- *Alcohol*

DAY EIGHT (23rd MARCH):

Location: Koh Tao - Sail Rock - Koh Samui

Itinerary: Pack your bags - it's sadly time to leave Koh Tao (but for a very good reason!) We're waking up at the crack of dawn to head off to Sail Rock, a world-famous dive site between the islands of Koh Tao & Koh Phangan. We will enjoy two dives at this sensational dive site before heading directly across to Koh Phangan where we will be settling into our new accommodation and where you're free to relax or explore to your heart's content. Don't get too carried away as tomorrow will be a wild one!

INCLUDED:

- *Breakfast*
- *Lunch*
- *2 x fun dives at Sail Rock*
- *Dinner*
- *Dorm Room Accommodation*

NOT INCLUDED:

- *Alcohol*



DETAILED ITINERARY

DAY NINE (24th MARCH):

Location: Koh Phangan

Itinerary: Koh Phangan babyyy! This island has it all, tropical jungles, white-sand beaches, local markets, dreamy snorkel spots & more. So today, we will be heading out as a group to swing into and climb up Paradise Waterfall. We will then head to the stunning Koh Ma beach to relax and do a spot of snorkelling. We will finish off the day having dinner at hilltop venue with the best views over the island for sunset.

INCLUDED:

- Breakfast
- Island Tour
- Dinner
- Dorm Room Accommodation

NOT INCLUDED:

- Lunch
- Alcohol

DAY TEN (25th MARCH):

Location: Koh Phangan

Itinerary: Enjoy a free day in Koh Phangan and explore everything that this fantastic island has to offer. You could hire a scooter, get some work done in one of the many co-working spaces or simply kick back and relax in a hammock on a beach. We will unite in the evening for a team dinner before the party starts with a 2 hour open bar! Think bright neon-colours, glow-in-the-dark body paint, buckets of cocktails and a whole night of dancing and antics as we travel together to the famous full-moon party on Haad Rin beach.

INCLUDED:

- Breakfast
- Dinner
- 2 Hour open bar
- Transfers to Haad Rin Beach
- Dorm Room Accommodation

NOT INCLUDED:

- Lunch
- Independent daytime activities
- Additional drinks at the full moon party

DAY ELEVEN (26th MARCH):

Location: Koh Phangan

Itinerary: We know you may be feeling a bit hungover, so enjoy this day at your own pace. The full moon party can get pretty crazy so there's no pressure to do anything today. Whether you want to sleep or relax on the beach, the day is yours. We will have a group dinner in the evening as usual.

INCLUDED:

- Breakfast
- Dinner
- Dorm Room Accommodation

NOT INCLUDED:

- Lunch
- Alcohol
- Independent daytime activities

DAY TWELVE (27th MARCH)

Location: Koh Phangan - Khao Sok

Itinerary: Today we leave Koh Phangan on the ferry to Surat Thani and transfer to Khao Sok National Park. Once we arrive at the Ratchaprapha pier, we will head in a long tail boat across the glistening Khao Sok lake surrounded by towering limestone cliffs and we will cruise to our accommodation where we will be sleeping in floating bungalows (yes, really!) We will take a short wildlife cruise at sunset before dinner at our floating residence.

INCLUDED

- Breakfast
- Dinner
- All boat and land transfers
- Floating bungalow accommodation
- Khao Sok Park fees

NOT INCLUDED:

- Lunch
- Alcohol



DETAILED ITINERARY

DAY THIRTEEN (28th MARCH):

Location: Khao Sok

Itinerary: Wake up at sunrise in paradise on your floating bungalows before we set off on an early morning sunrise cruise. We will then have breakfast back at our floating residence and have the morning to relax, play, kayak and swim in the stunning Khao Sok lake. In the afternoon, we will embark on an exciting cave hike before returning to our bungalows for a sunset cruise and final farewell dinner.

INCLUDED:

- Sunrise cruise
- Breakfast
- Lunch
- Cave hike
- Dinner
- Floating Bungalow Accommodation

NOT INCLUDED:

- Alcohol

DAY FOURTEEN (29th MARCH):

Location: Khao Sok - Surat Thani

Itinerary: The very sad day has come to pack our bags for a final time. Transfers will be arranged from our accommodation in Khao Sok onto Surat Thani bus/airport terminals in order for you to make your onward connections to wherever you may be travelling next. Please arrange your personal plans from midday onwards. (Flights from 1pm).

INCLUDED:

- Breakfast
- Transfers from Khao Sok to Surat Thani Terminals

NOT INCLUDED:

- Lunch
- Dinner
- Alcohol
- Independent Activities
- Accommodation



KOH TAO DIVING BREAKDOWN

	OPEN WATER		ADVANCED			FUN DIVER		
	AM	PM	AM	PM	NIGHT	AM	PM	NIGHT
ARRIVAL DAY		ORIENTATION			ORIENTATION			ORIENTATION
DAY 1	ACADEMICS	POOL	ACADEMICS	DIVES 1+2	DIVE 3	CHUMPHON, WHITE ROCK		WHITE ROCK
DAY 2	ACADEMICS	DIVES 1+2	DIVES 4+5				RED ROCK / TWINS	
DAY 3	DIVES 3+4		GREEN ROCK & TWINS			GREEN ROCK & TWINS		
DAY 4						SOUTHWEST & SHARK ISLAND		
DAY 5	SAIL ROCK x2		SAIL ROCK x2			SAIL ROCK x2		





TOTAL LOGGED DIVES

Why is the number of logged dives important?

For those who are completely new to the world of scuba diving, logging your dives is important for a bunch of reasons. One of the main ones is so you can easily show how much diving you have actually done. Dive shops may require you to prove your dive experience by demonstrating your total number of dives, especially if the area you are diving in is a new location that may have challenging conditions. This is how many logged dives you can expect to gain on this retreat:

Open Water

6

Advanced Open Water

9

Fun Diver

11



PACKING LIST - ESSENTIALS



Thailand is a tropical country and we will be there in the dry season so you can expect the weather to be hot, 25°C to 32°C on average day with (hopefully) not much rain.

Here is a list of essentials we strongly recommend packing with you for this trip.

3 x Swimwear - As this is a dive and adventure retreat, we will be in the water almost every single day so a sufficient amount of swimwear is absolutely essential. We recommend swimwear that you feel comfortable moving around in and can put a wetsuit on top of.

Hat - That Thailand sun ain't no joke so a hat is strongly recommended. Either a cap or a wide brimmed hat, so long as it is secure and won't blow off with the wind of the boat!

Sunglasses - It's important to protect our eyes as well so you should have a good pair of sunnies on you at all times. Polarised preferable.

Beach Towel - Something to dry you off on the boat and on the beach. We recommend a quick-drying microfibre towel that can pack up nice and small in your backpack

Water Bottle - You can of course purchase bottles of water in Thailand but it's always a good idea to have your own reusable water bottle to fill up when there is an opportunity

Day Bag - And of course, it is very useful to have a lightweight bag to carry around your daily bits. We recommend something water resistant or even a dry bag so that it keeps everything dry even when you're on the boat or if it's raining.

Sandals - You'll be wearing these on your feet the majority of the time so bring your comfiest flip flops or sandals that you can comfortably walk in. A waterproof material is preferable for durability!

Trainers - It's always good to travel with a pair of closed-toe shoes for whenever they are required. On this trip, you will need trainers for the cave hike in Khao Sok National Park, they will get wet but don't worry, they will also have plenty of time to dry! It is also a good idea to wear trainers when riding a scooter.

2 x socks - Most of the time, you won't be wearing socks but you will want to have at least a couple of pairs for those times when you do need them!

10 x Underwear - It's realistic to be doing your laundry once a week in Thailand so to have a pair of underwear per day plus a few extra should be perfect

5 x Daytime outfits - Shorts, t-shirts and tank tops is the vibe! In general, clothes that are comfortable and easy to take on and off as most days, you will have your swimwear on underneath. Just make sure you have at least one outfit that will be suitable for visiting the Thai temples (loose fitting, covering knees, shoulders and belly)

5 x Evening Outfits - While most dinners and nights out in Thailand will be very casual, we will be having a couple of nicer evenings where you may want to dress a bit smarter.

Jacket - You won't need this often but it can get quite chilly on the sleeper train and ferries so having at least one jacket is essential.


Trousers/Leggings - Again, you probably won't be wearing these too often but will really come in handy when you've been hit by the AC on public transport!

Raincoat/Poncho - Although it will be dry season, that absolutely doesn't mean we can't get caught out in some rain and you'll be grateful for something to keep you dry when out and about. Either a raincoat or big plastic poncho will be perfect as long as it packs up small into a bag.

Bath Towel - Not all accommodation provides personal bath towels so it is always nice to have one of your own that is separate from your beach towel. Again, a quick-drying microfibre towel is optimal for packing purposes.

Pyjamas - No explanation needed here other than making sure your sleeping outfit is suitable for shared dorm accommodation.

Chargers & Adapter - For whatever electronics you wish to bring (phone, iPad, kindle etc), don't forget to bring their chargers as well as an adapter to convert to Thailand plug sockets (type A/B)





PACKING LIST - ESSENTIALS



TOILETTRIES

Suncream - We recommend one that is high SPF, waterproof and reef safe, like [this one](#). It is nearly always cheaper and easier to bring these from home, just make sure that if you are travelling carry-on only, that the bottle doesn't exceed over 100ml. Larger bottles will need to be checked-in for flights.

Bug Spray - There will be mozzies about almost everywhere we go in Thailand, particularly in the evenings. We recommend using a bug spray with deet like [this one](#) which again will be easier to purchase at home as opposed to in Thailand so make sure it fits in your flight's luggage restrictions.

Anthisan - If you do get bitten by a dreaded mozzie, it's a good idea to have a bite relief to save you from many more hours of itching.

Shampoo, Conditioner, Hair brush/comb, Body wash, Face wash, razor, moisturiser, toothbrush, toothpaste, deodorant, sanitary products - none of these need explanations but you know, all the usuals!

FIRST AID

It's always a good idea to have your own little first aid kit including painkillers, anti-diarrhoea medication, anti-histamines, cold+flu medication, rehydration sachets, plasters...

EVERYDAY VALUABLES

Bum Bag - Having a small cross-body bag is the best way to keep your small everyday valuable items safe and secure.

Phone - It's a good idea to have your phone unlocked from your network if you are planning on getting a local SIM in Thailand. And if you don't already, having a rugged phone case is never a bad thing when you're backpacking. There is nothing worse than a smashed up phone - especially when you are abroad!

Passport - You won't get far without this! It is a good idea to come up with a safe and secure place where you know where your passport is at all times

Small purse/wallet - You want something convenient for the use of both cards but mainly cash as this is what you will mainly be making purchases with on a daily basis in Thailand

Travel cash cards - The best way to store your money whilst travelling is on a travel cash card (E.G. Monzo, Revolut, Starling, N26, etc) It's a good idea to have more than one so that in the unlikely event that you lose a card or one is stolen, you have a back-up ready that you can immediately transfer money onto.

Cash - We recommend bringing the equivalent of 300USD in cash with you for the duration of the retreat to cover your additional food, drink and souvenir costs. You can exchange your cash when you arrive in Bangkok or withdraw money from an ATM when you arrive.





PACKING LIST - OPTIONAL

Here are some other bits that you may want to consider bringing (but not essential!)

Mask & Snorkel - These will be provided to you when diving and snorkelling on this trip (as well as all other equipment) however we know it can be nice to use your own if you have it.

Dive Computer - If you have one, don't forget it.

Dive certification card - If you are already certified, don't forget to bring along your certification card.

Dive log book - Again, if you have one, don't forget it.

Camera - Most phones these days have incredible camera capabilities but since this is a dive retreat, you may want to capture underwater photos and videos. Note: GoPros on their own are waterproof to 10m which is fine for snorkelling and paddling but if you wish to actually take it down scuba diving with you, you will require the additional dive housing which makes it waterproof to 60m.

Multi-plug - If you have a lot of electronics, a multi-plug is going to come in very handy for you to charge multiple things at once and make use of the extension cable. Oh and it also means you only need 1 adapter for all your cables!

Portable charger - We will have access to electricity in all of the accommodations on this retreat but if you're a heavy electronics user and your phone/camera etc tend to run out of battery before the end of the day then a portable charger will come in very handy!

Eye-mask + Ear plugs - For the best nights sleep in a dorm room, blocking light and sound are going to help massively.

International Drivers License - If you plan on renting and driving a scooter in Thailand, either on the retreat or afterwards, we strongly recommend obtaining an international drivers license.





TRAVEL INSURANCES & VISA

Travel Insurance

It is your responsibility to ensure that you have sufficient personal travel insurance for this retreat. Your diving insurance is covered by La Bombona and included in your total fee so it is not required that your insurance includes diving cover. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, which will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your retreat.

We recommend Safety Wing as the best insurance for backpackers at the moment.

You can also compare different travel insurance available at Money Super Market.

Visas

For UK citizens, a visa is not required if you plan on being in the country for less than 30 days. If you are not from the UK, it is advised that you check your country's government website to advise you on whether or not a visa is required. If so, it is your responsibility to obtain this visa for the duration of your trip.

Passport validity

Your passport must have at least 6 months of validity remaining from your date of entry into Thailand. You may be refused entry to Thailand if your passport is damaged or has pages missing.





VACCINATIONS & MEDICAL

General Vaccination Suggestions

It is advised that you check your local government website for advice on which vaccinations are generally advised. This dive retreat will not involve us going 'off the beaten track' or visiting any derelict areas so it is at your own discretion if you feel you would like to proceed with any of the suggested vaccinations.

COVID Vaccination Requirments

It is your responsibility to check and ensure that you meet all the COVID requirements before travelling. Thailand's entry requirements may differ from country to country and subject to change. It is important that you check your country's government website to stay on top of any changes that may occur.





ABOUT THAILAND

Thailand is known as the land of smiles. It is one of the most popular tourist destinations in the world and for very good reason. The food, the white sand beaches, the friendly people, the year-round warm weather, the affordable prices, oh and did we mention the world-class diving?

The famous Thai philosophy is 'Eat when you're hungry and it's a great excuse when you're in a country with a world-famous cuisine. Some of the most popular dishes are Familiar include Pad Thai, Tom Yum Soup, Mango Sticky Rice & who could forget Thai Green Curry.

Thailand is the kind of country where you start planning your return before you even leave. But if it is your first time in Thailand, here are a few things to note:

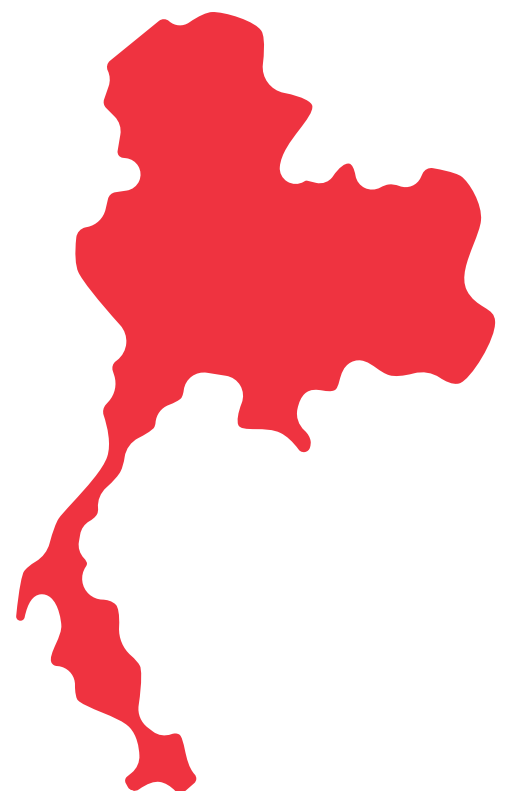
Currency - Thai Baht ฿

Religion - Buddhist

Tipping is NOT customary in Thailand, there is absolutely no mandatory requirement to tip anyone, but small gratuities for great service are very much appreciated. Unlike some other parts of the world, you will never see a Thai service provider with his hand out waiting for a tip.

The official language is Thai but English is very widely spoken amongst locals. It is well worth learning a few basic Thai phrases though to make locals smile!

Thailand is a relatively liberal country and it's not deemed unacceptable to show your skin when out and about. We will however be visiting a few temples during our time in Bangkok and it is required that skin be covered when visiting temples so make sure you have a few items of clothing that cover your arms and legs.





COST BREAKDOWN

Dive Retreat - 14 Days

ARRIVE BANGKOK: 16th March 2024
DEPART SURAT THANI: 29th March 2024

£1,700
£400 deposit required
Full amount due by 16th January 2024.

All prices listed are in GBP. Payments are to be made in GBP.

Deposits are used to secure your place and will be taken on the backpackingbananas.com store. These are non-refundable under any circumstances unless in the unlikely event that the trip is to be cancelled or postponed by the organiser.

Remaining payments will be made via Paypal or Bank Transfer (method to be discussed after securing your place) and must be paid by the due dates listed above.

If you cancel your booking before departure, you must notify us in writing and will incur the following cancellation charges:

PERIOD BEFORE DEPARTURE IN WHICH YOU NOTIFY US	CANCELLATION CHARGE
More than 60 days	Loss of deposit
60 days or less	100% of trip cost





DETAILED FAQ

Do I need to be a qualified diver?

No. If you've never dived before then you will be doing your Open Water dive certification which is the entry-level to get you scuba diving. If you already have your Open Water certification, you can complete your Advanced Open Water. If you already have a dive qualification and you do not wish to progress, then you can enjoy the retreat as a fun diver. We've put together a fun dive package including all the best dive sites around Koh Tao.

Will all the equipment be provided?

Yes. All dive equipment will be provided including wetsuits and masks.





DETAILED FAQ

Will transfers from the airport be included?

Yes. If you are flying into Suvarnabhumi Airport, transfers will be provided upon arrival in Bangkok. You will be collected from the airport by either Bryan, Taniesha, or Christianne who will be holding up a snazzy sign. If you are not flying into Suvarnabhumi Airport on the arrival date, you will need to make your own way to the hotel on the arrival day.

At the end of the retreat, shuttle transfers will be included to Surat Thani so that you can continue on your travels in Southern Thailand as you please or make your own way back to Bangkok. Please note, that transport back to Bangkok is not included.

Who will I be sharing a room with?

All rooms will be shared in a dormitory-style. We will happily honor requests on whom you would like to be roomies with throughout the trip. Throughout the duration of the trip, you will only be sharing a dorm with the guests on the retreat.

Is this suitable for solo travelers?

Of course! We encourage solo travelers on this trip and we expect a majority of travelers will be coming solo so don't let it put you off attending.





DISCLAIMER

The information in this info pack has been compiled with care and is provided in good faith. However, it is subject to change and does not form part of the contract between the client and the operator. Diving is a weather-dependent activity and whilst a drastic change in weather is unlikely and not expected, it is a possibility and important to consider. Appropriate amendments will be made to ensure the safety and comfort of guests in these circumstances. There could also be various other changes such as adding an extra meal along the itinerary or altering some of the activities. Ultimately, the goal is to provide you with the most rewarding experience and we can guarantee that if any changes do occur, we will do our best to ensure that the trip is fulfilling and in line with your expectations.





We can't wait to meet you!

Christianne and the Backpacking Bananas Team x