

# THAILAND DIVE & ADVENTURE RETREAT 2024 INFO PACK

## WHAT YOU CAN EXPECT FROM THIS INFO PACK..

- ▶ Scuba Diving 101
- ▶ About La Bombona Dive School
- ▶ Detailed Itinerary
- ▶ Dive Breakdown & Logged Dives
- ▶ Trip Preparation
- ▶ Packing List - Essential & Optional Items
- ▶ Travel Insurance & Visa
- ▶ Vaccinations & Medical
- ▶ About Thailand
- ▶ Cost Breakdown
- ▶ Detailed FAQ
- ▶ Disclaimer





# 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.



I  LBD  
LA BOMBONA DIVING

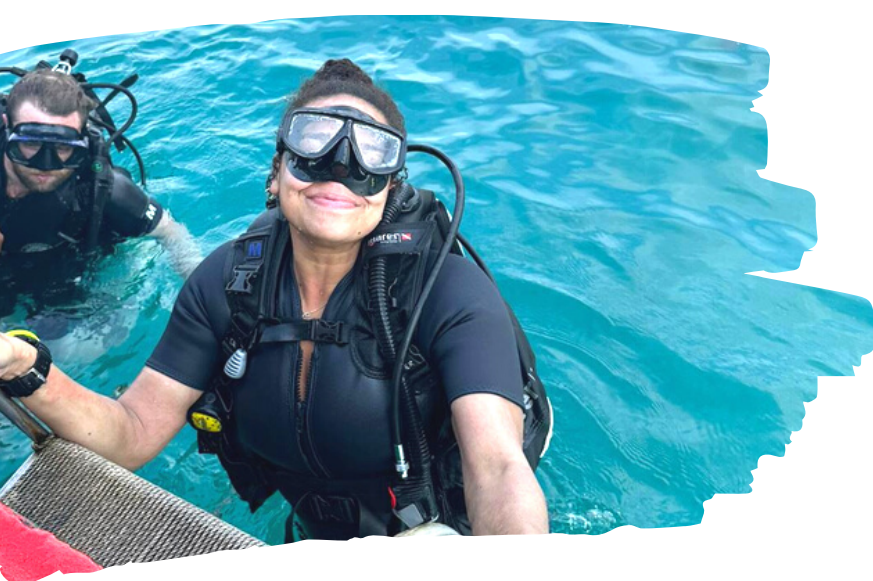


## Review

"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 (2nd 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 (3rd 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 (4th 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 (5th 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!

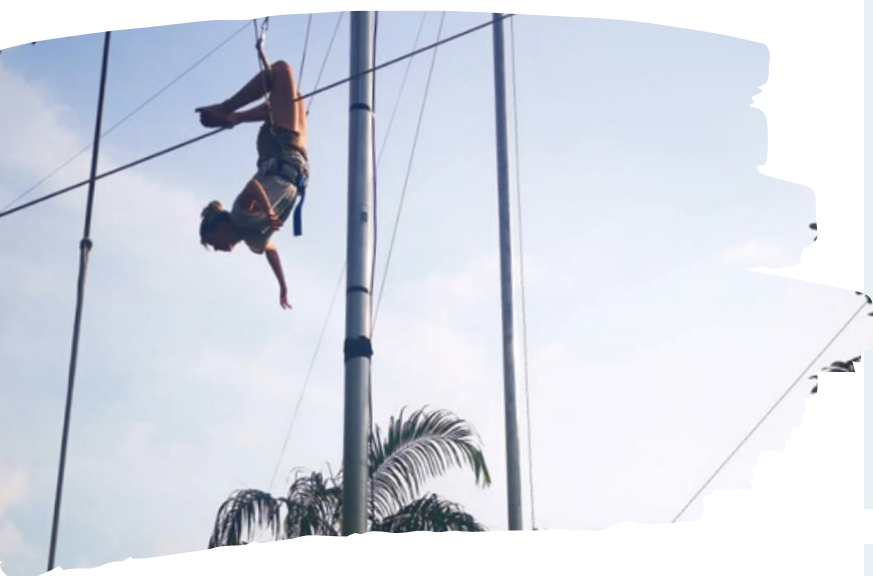
### INCLUDED:

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

### NOT INCLUDED:

- Lunch
- Alcohol





# DETAILED ITINERARY

**DAY FIVE (6th 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.

<b>INCLUDED:</b>	<b>NOT INCLUDED:</b>
<ul style="list-style-type: none"><li>• <i>Yoga class</i></li><li>• <i>Breakfast</i></li><li>• <i>Dinner</i></li><li>• <i>Dives detailed in your package</i></li><li>• <i>Dorm Room Accommodation</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Lunch</i></li><li>• <i>Alcohol</i></li></ul>

**DAY SIX (7th 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.

<b>INCLUDED:</b>	<b>NOT INCLUDED:</b>
<ul style="list-style-type: none"><li>• <i>Breakfast</i></li><li>• <i>Dinner</i></li><li>• <i>Dives detailed in your package</i></li><li>• <i>Dorm Room Accommodation</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Lunch</i></li><li>• <i>Alcohol</i></li></ul>

**DAY SEVEN (8th 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.

<b>INCLUDED:</b>	<b>NOT INCLUDED:</b>
<ul style="list-style-type: none"><li>• <i>Breakfast</i></li><li>• <i>Dinner</i></li><li>• <i>Trapeze show</i></li><li>• <i>Dorm Room Accommodation</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Lunch</i></li><li>• <i>Alcohol</i></li><li>• <i>Independent Activities and transport</i></li></ul>

**DAY EIGHT (9th 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. We will enjoy two dives at this sensational spot before heading directly across to Koh Samui where we will check-in to our new accommodation and relax for the evening.

<b>INCLUDED:</b>	<b>NOT INCLUDED:</b>
<ul style="list-style-type: none"><li>• <i>Breakfast</i></li><li>• <i>Lunch</i></li><li>• <i>2 x fun dives at Sail Rock</i></li><li>• <i>Dinner</i></li><li>• <i>Dorm Room Accommodation</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Alcohol</i></li></ul>





# DETAILED ITINERARY



## DAY NINE (10th MARCH):

Location: Koh Samui

Itinerary: Did someone say elephants?! This morning we will head to Samui Elephant Sanctuary and have the opportunity to meet 6 rescued elephants, feed them and walk with them through the sanctuary grounds as we observe their natural behaviours such as foraging for food, bathing in the pool and playing in the mud pit. Samui Elephant Sanctuary have won numerous awards including Best Animal Welfare for two consecutive years from the Tourism Authority of Thailand, UK and recognised by leading animal welfare charity World Animal Protection as a Best Practice Elephant Venue. In the afternoon we will embark on a waterfall hike before getting ready back at the hostel and heading to the best venue on the whole island to have dinner with a view.

### INCLUDED:

- Breakfast
- Half Day Elephant Sanctuary Tour
- Private transport around the island
- Light lunch
- Light dinner
- Dorm Room Accommodation

### NOT INCLUDED:

- Alcohol

## DAY TEN (11th MARCH):

Location: Koh Samui

Itinerary: It's a big adventure day today as we set off to explore Ang Thong Marine Park - a collection of islands west of Koh Samui. Here, we spend the day snorkelling, kayaking and hiking to one of the most iconic viewpoints in Thailand. We will be back to Koh Samui for one final night where we will enjoy the hostel's swim up bar and many games.

### INCLUDED:

- Breakfast
- Ang Thong Marine Park Entry, Tour & Fees
- Lunch
- Dinner
- Dorm Room Accommodation

### NOT INCLUDED:

- Alcohol

## DAY ELEVEN (12th MARCH):

Location: Koh Samui - Railay Beach

Itinerary: After a final delicious breakfast at our hostel in Koh Samui, it's time to pack our bags and head to the ferry port. Today we will be making our way to the beautiful Railay. Upon arrival, we will have time in the afternoon to relax on one of Railay's out-of-this-world beaches (seriously!), watch the sun go down and enjoy a group dinner before having our own time to hit the laid-back reggae bars along the strip.

### INCLUDED:

- Breakfast
- Dinner
- All boat and land transfers
- Dorm Room Accommodation

### NOT INCLUDED:

- Lunch
- Alcohol

## DAY TWELVE (13th MARCH)

Location: Railay Beach

Itinerary: It's time to chalk up and go climbing! Railay is famous for the towering limestone cliffs that surround the pristine beaches and rock-climbing is the most popular activity so this morning we will be getting harnessed up to rock climb and repel down these magnificent cliff faces. Chill out in the afternoon before a delicious group dinner.

### INCLUDED

- Breakfast
- Half day rock climbing excursion
- Dinner
- Dorm Room Accomodation

### NOT INCLUDED:

- Lunch
- Alcohol
- Extra Independent Activities





# DETAILED ITINERARY



## DAY THIRTEEN (14th MARCH):

Location: Railay Beach

Itinerary: It's been a pretty hectic 2 weeks so wake up at your own pace this morning. Enjoy the sunrise, take a dip in the pool or simply sleep-in - you deserve it! When the tide is high, we will embark on a short but challenging hike to the Railay lagoon where we can take a dip and admire the absolute beauty that encapsulates us. It is very common to spot monkeys swinging above you on this walk so keep your eyes (and bananas) peeled. We'll take in our final Thai sunset on Railay West Beach before having a lovely leaving dinner in town.

### INCLUDED:

- Breakfast
- Guided lagoon hike
- Dinner
- Dorm Room Accommodation

### NOT INCLUDED:

- Lunch
- Alcohol
- Extra Independent Activities

## DAY FOURTEEN (15th MARCH):

Location: Railay Beach - Krabi

Itinerary: The very sad day has come to pack our bags for a final time. Transfers will be arranged from Railay to Ao Nang and onto Krabi ferry/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 10am onwards. (Flights from midday).

### INCLUDED:

- Breakfast
- Transfers from Railay Beach to Krabi Terminals

### NOT INCLUDED:

- Lunch
- Dinner
- Independent Activities
- Alcohol
- 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		SAIL ROCK			SAIL ROCK		







# 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**

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 lagoon hike in Railay. (You will be provided with special shoes for the rock-climbing). You should 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 Requirements

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 ฿**

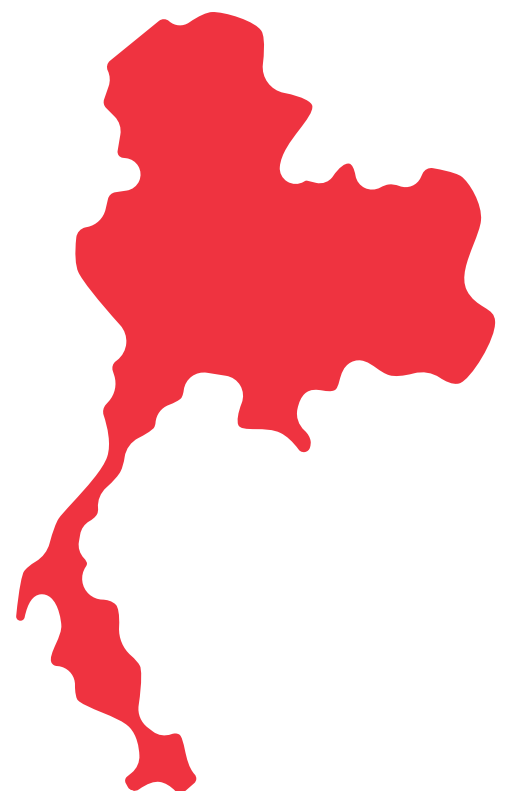
**Religion - Buddhist**

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 TRIP ONE

Dive Retreat - 14 Days

ARRIVE BANGKOK: 2nd March 2024  
DEPART KRABI: 15th March 2024

**£1,900**  
£400 deposit required  
Full amount due by 2nd 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](https://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.

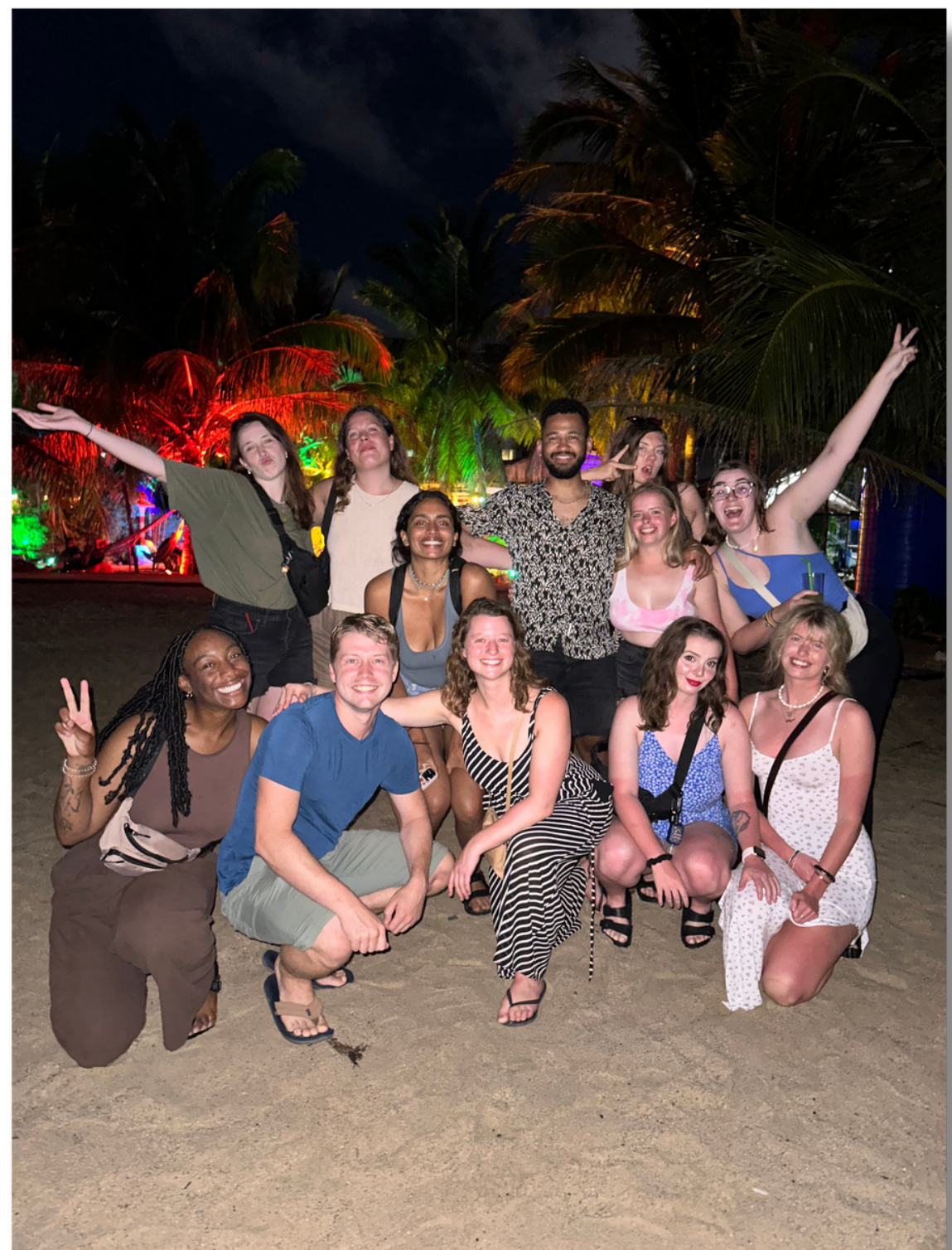
At the end of the retreat, shuttle transfers will be included to Krabi so that you can continue on your travels in Southern Thailand as you please or make your own way back to Bangkok. Please note, that transport back to Bangkok is not included.

### 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