

Pre-Snorkel Checklist

Run through this before every session, print it, save it, or just glance at it on your phone. It pairs with the full **Pre-Snorkel Checklist and Planning** lesson.

1. Personal Preparation

- ☐ Sunscreen applied at least 15 minutes before entering the water
Use a reef-safe (mineral) sunscreen where you can, several destinations, including Thailand's national marine parks, restrict oxybenzone and octinoxate.
- ☐ Thermal or sting protection on, if conditions call for it
- ☐ Hydrated
- ☐ Long hair tied back, clear of your face and mask seal
- ☐ Light stretch or warm-up done, if that helps you feel loose and comfortable

2. Check Conditions Before You Commit

- ☐ Posted beach flags or warning signs checked
- ☐ Currents, tides, and general water movement checked
- ☐ Any locally known hazards for this specific site checked
- ☐ Entry and exit points planned, before you get in the water

3. Gear Check — Mask

- ☐ Lens is not cracked
- ☐ Frame is not ripped or broken
- ☐ Skirt seal has no visible tears or cracks

4. Gear Check — Snorkel

- ☐ Mouthpiece is intact, not chewed or damaged
- ☐ Purge valve, if present, opens and closes correctly
- ☐ Dry-top mechanism, if present, closes properly when submerged

5. Go / No-Go

- ☐ Conditions match what you expected when you planned this session
- ☐ You (and your buddy, if you have one) feel good, no hesitation, no symptoms worth a second thought
- ☐ Any gear issue found above has been fixed, not just noted

If any box above is unchecked and can't be resolved on the spot: postpone. That's not a failure of planning, it's exactly what this checklist is for.

This checklist supports good decision-making, it does not replace local knowledge, lifeguard guidance, or your own judgment about conditions. If in doubt, do not enter the water.