

Free Morning & Boat Dive — South Shore

03

AUGUST 2026

Choose-Your-Own Morning · Seasport Divers 2-Tank Dive · Beach House Dinner

ONLY TWO FIXED POINTS TODAY: DIVE CHECK-IN 12:30 PM · DINNER 6:30 PM

DAY TIMELINE



Booked / confirmed — fixed



Timing window — arrive on time



Flexible — shuffle or skip freely

~7:30 AM**Breakfast — your choice**

OPTION A: Little Fish Coffee, 2294 Poipu Rd (opens 7:30, order online to skip the line) · OPTION B: cook at the villa. Either way - eat well but not too heavy before the dive.

8:00 AM**Snorkel Bob's — rent Lori's gear (DO THIS FIRST)**

3236 Poipu Rd, Koloa · (808) 742-2206 · Opens 8:00 AM · Mask, fins & snorkel for the afternoon boat · Quick 10-15 min stop, then the morning is yours.

~8:30-11:30**FREE MORNING — choose any, all free**

POOLS: 3 at the resort · POIPU BEACH: lifeguards, monk seals, 5-min walk · LAWA'I BEACH: better snorkeling, low tide best · KOLOA LANDING: top shore snorkel, go before 10:30 · MAHA'ULEPU TRAIL: cliffside coastal walk from Shipwreck Beach · SPOUTING HORN: lava blowhole, best at high tide · WAIKOMO SHAVE ICE: must-try, on the way back.

11:30 AM**Back at the villa — light lunch**

Sandwiches with lunch meat, Fairlife milk, fresh fruit. Keep it light - seasickness is real at 40-60 ft. Hard cutoff: be eating by 11:30.

12:30-5:00 PM**2-Tank Boat Dive — Seasport Divers**

2827 Poipu Rd, Koloa · Check-in 12:30 SHARP · Eric & Courtney dive (#331902898) · Lori snorkels (#346084299) · Bring cert cards + signed online waiver · Gear included · Sites chosen on the day: Sheraton Caverns, Stone House, Beach House Arches, Harbor Ledges, or Nukumoi Point.

6:30 PM**Dinner — Beach House Restaurant**

5022 Lawai Rd, Koloa · (808) 742-1424 · CONFIRMED via OpenTable · 6:30 PM · Table for 3 · Beachfront fine dining, sunset views · ~5 min from the resort.

5-9 PM**TONIGHT: Call Hukilau Lanai — (808) 822-0600**

Confirm Wednesday's 7:00 PM anniversary reservation · Mention the 15-year anniversary · Request ocean-side seating.

MEALS AT A GLANCE

BREAKFAST**Little Fish Coffee or villa**

Option A opens 7:30 · not too heavy pre-dive

LUNCH**Villa sandwiches, 11:30 AM**

Light before the dive · no driving needed

DINNER**Beach House, 6:30 PM**

CONFIRMED · Table for 3 · beachfront sunset

CRITICAL REMINDERS

- Complete the online dive waiver on your phone BEFORE 12:30 check-in - it was forwarded in the confirmation email.
- Bring dive certification cards (Eric & Courtney) - physical card, e-card, or photo on the phone.
- Hydrate all day - dehydration increases DCS risk. Take motion sickness medication the night before and morning of.
- Free-morning swims: Lawa'i, Maha'ulepu and Koloa Landing are NOT lifeguarded - check hioceansafety.com. Poipu Beach has lifeguards.
- Dive crew gratuity is not included - cash or Venmo.
- TONIGHT 5-9 PM: call Hukilau Lanai to confirm the anniversary reservation (Wed 7:00 PM, ocean-side).

PACKING CHECKLIST

☐	Dive cert cards (Eric & Courtney)	☐	Bathing suits
☐	Signed online waiver (phone)	☐	River shoes (reef entries)
☐	Mask & snorkel (own gear)	☐	Beach + dive towels (separate)
☐	Dive flashlights + 21700 batteries	☐	Rashguard / sun shirt
☐	Mask defogger	☐	Hat & sunglasses with straps
☐	Motion sickness medication	☐	Light windbreaker (boat deck)
☐	Reef-safe sunscreen (no spray)	☐	Dry bag for valuables
☐	Underwater camera / GoPro	☐	Reusable water bottles
☐	Cash for crew tip	☐	Resort casual outfit for Beach House
		☐	Small cash - shave ice & vendors

TODAY'S STOPS — ALL WITHIN ~10 MIN OF THE RESORT

1	Snorkel Bob's — gear pickup	3236 Poipu Rd, Koloa · opens 8:00 AM
2	Free-morning options	Poipu Beach · Lawa'i Beach · Koloa Landing · Maha'ulepu Trail · Spouting Horn · resort pools
3	Waikomo Shave Ice (must-try)	Poipu area · quick stop before the dive
4	Seasport Divers — check-in 12:30	2827 Poipu Rd, Koloa
5	Dive sites (2 chosen on the day)	Sheraton Caverns · Stone House · Beach House Arches · Harbor Ledges · Nukumoi Point
6	Beach House Restaurant	5022 Lawai Rd, Koloa · 6:30 PM

KEY NUMBERS & CONFIRMATIONS

Seasport Divers 2827 Poipu Rd #331902898 (2 divers) #346084299 (snorkeler)	Beach House (808) 742-1424 Confirmed 6:30 PM Table for 3	Snorkel Bob's (808) 742-2206 Opens 8:00 AM Lori's rental gear	Hukilau Lanai (808) 822-0600 CALL TONIGHT 5-9 PM confirm Wed anniversary
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Sunrise 6:11 AM · Sunset ~7:17 PM · Everything above is printed so no cell service is needed. Tomorrow: leave Poipu by 5:00 AM for the Niihau & Napali boat tour (Port Allen check-in 6:00 AM - bring the 10 Holo Holo gift cards).