WHAT IS CLAIMED IS:

1. A spill containment boom unit for deployment in ambient water in an axially extending arrangement, comprising:

one or more surfaces configured to form at least one hollow chamber with walls substantially surrounding the chamber in a plane transverse to said axis, wherein at least one wall of said hollow chamber comprises at least one first compartment filled with gas; and

sponge material provided within at least a second compartment and/or between said first compartment and said second compartment, optionally near a fold location, said sponge material suitable for assisting in setting a shape of said boom when said boom is deployed, said sponge material suitable for absorbing water;

wherein, when said boom is deployed, said chamber defines one or more openings through which ambient water can flow; said chamber is sized to interfere with the motion of a volume of said ambient water contained within it; and said volume is sufficient for stabilizing said boom.

2. The boom unit according to claim 1, wherein said hollow chamber is configured to assist in stabilizing a structure of said boom unit against externally acting forces.

3. The boom unit according to any of the preceding claims, wherein said hollow chamber is defined by a plurality of locking points, said locking points restricting at least some movement of said surfaces or portions of a surface relative to each other to maintain a structure of said boom unit stabilized and/or to prevent said chamber from opening or changing shape or angle.

4. The boom unit according to any of the preceding claims, wherein said hollow chamber is defined by a plurality of bending regions which are parts of a structure of the boom unit adapted to bend and are thinner than fillable or filled parts of said boom.

5. The boom unit of claim 1, wherein said at least a second compartment includes at least one porous wall or wall with openings sized to allow water ingress.

6. The boom unit of any of the preceding claims, wherein said sponge material is provided adhered to a wall of said at least a second compartment.

7. The boom according to any of the preceding claims, comprising at least one connecting element for connecting between said at least a first compartment and another compartment of said boom, said connecting element comprising an element inserted at production stage of the boom and has a mechanism that is locked when the boom is deployed and keeps the boom open.

8. The boom unit according to any of the preceding claims, wherein said hollow chamber at least partially limits movement of ambient fluid when said boom unit is deployed, such that a stability of said unit is increased.

9. The boom unit according to any of the preceding claims, wherein said boom unit comprises an underwater portion and an above water portion, said hollow chamber is configured in one or both of said underwater portion and said above water portion and said ambient fluid is ambient water and wherein said under water portion extending to a distance of 20-50 cm below water surface.

10. The boom unit according to any of the preceding claims, wherein said hollow chamber defines an inner surface wherein said inner surface includes an open area of between 5% and 50% of a geometrical surface of the chamber.

11. The boom unit according to any of the preceding claims, further comprising one or more additional compartments which do not form said hollow chamber.

12. The boom unit according to claim 1, wherein a below water portion of said boom unit comprises one or more ballast compartments arranged in an X- shaped cross section profile, and an above water portion of said boom unit comprises one or more flotation compartments.

13. The boom unit according to any of the preceding claims, wherein said boom unit defines an A shaped cross section profile, wherein one or more ballast compartments form the legs of said A and one or more floatation compartments form the horizontally extending line of said A.

14. The boom unit according to any one of the preceding claims, wherein said boom unit defines a cross section profile including an X-like intersection under water and an upside-down V above water.

15. The boom unit according to claim 1, wherein energy released by said sponge material is invested in changing said boom from a flat position into a three dimensional structure.

16. The boom unit according to claim 1, wherein said hollow chamber comprises a polygonal cross section profile.

17. The boom unit according to claim 1, wherein a shape of said chamber is suitable to slow volumetric flow of ambient water in and/or out a volume of said chamber.

18. The boom unit according to claim 1, wherein at least one wall of said chamber is semi-rigid or includes a stiffening element.

19. The boom unit according to claim 1, wherein said first compartment filled with gas is an inflatable compartment.

20. The boom unit according to claim 1, comprising a connecting portion extending between at least two of said surfaces which form said hollow chamber.