

1. The sun is your enemy! Protect yourself from heatstroke and sunburn.
2. We have limited storage space in the van. Restrict your bag to a small soft-sided bag (so that it packs into the van easier). There is a very cheap washer and dryer at the station, so you don't need to bring many clothes. Wear your sturdy shoes to save room in your bag.
3. Valuables cannot be locked down at the station unless you bring something to lock them down with.
4. Bring old clothes that you don't mind getting VERY dirty. Burned scrub is particularly bad, and you'll come back with black streaks on everything you wear or take out there.
5. Remember the TSA rules and regulations! Carry-on luggage has limitations on size, sharp objects, and liquids/gels. Liquids and gels (shampoo, deodorant, makeup) must be in containers less than 3 oz and all of these containers must be placed within a single one quart ziplock baggie. Check the TSA website if you're unsure of what you can bring on board and/or check the questionable items. (<http://www.tsa.gov>)

### **Essential items to pack**

Sunscreen	Equipment needed for project
Hat (widebrimmed preferable)	Old backpack, fanny pack, or other bag
Small flashlight or headlamp	Money for canoe trip & snorkeling (~\$70)
Sunglasses	Cash for food while traveling
Swimsuit & beach towel	Fieldbook (in your carry-on)
Cell phone or calling card	Raincoat (& pants if you have them)
Long pants	Light jacket or sweatshirt
Shorts	Sturdy shoes (boots or tennis shoes)
Shirts that cover your shoulders	Water shoes (not flip-flops)
Socks, underwear, etc.	Soap, shampoo, toothbrush/paste, brush
1 L water bottle	Pencils/paper
Wristwatch	Prescription drugs (in your carry-on bag)

### **Optional items to pack**

Insect repellent	Dry bag
Alarm clock	Field guides
Aspirin or equivalent	Handheld GPS
Waterproof notebook	Binoculars
Mask, snorkel, fins, wetsuit	Camera (& film if needed)
Pocket knife (checked luggage only)	

### **Stuff that will be there**

Beds/Hot showers	Bath towels & washcloths
Pillows	Liquid soap
Linens & blankets	Computers w/internet access
Classroom	Some scientific equipment