NOTE: *Adjust this list according to your personal needs and preferences. Italicized items are not necessary for everyone.*

International Field Studies

1-Week Stay at Forfar Field Station Packing List

\*\*Please pack in a medium-size, soft-sided duffel bag. There is a 35-lb limit for non-scuba divers and a 50-lb limit for scuba divers (including carry-on luggage).

**IDENTIFICATION:**

* Passport
* Original notarized medical form

**YEAR ‘ROUND**

**SHOES, CLOTHING, ACCESSORIES:**

* 1-2 lightweight, long sleeve shirt
* t-shirts, lightweight shirts, at least one for each day
* ≈ 4 pairs lightweight shorts
* 1 pair lightweight, long pants
* 1 sweater/sweatshirt
* 1 windbreaker, rain jacket, or rain poncho
* ample underwear
* socks
* 2 bathing suits
* water shoes (the kind you may have for your flippers will work, or teva/chaco style)
* tennis shoes
* sandals or sturdy flip flops
* hat or sun visor!
* sunglasses

***FOR WINTER:***

* jeans
* sweatshirts
* sweat pants
* warm jacket
* warm socks
* *blanket*
* wetsuit (full length, 3-7 mm)

**TOILITRIES:**

\*Check the back for environmentally friendly recommendations. We encourage guests to bring these products in order to protect/preserve the marine and terrestrial environment on Andros.

* shampoo\*
* conditioner\*
* soap\*
* deodorant
* feminine products *(for tampons, biodegradable applicators are encouraged)*
* toothbrush
* toothpaste
* *toothbrush cover*
* hairbrush and/or comb
* lip balm (*with sunscreen)*
* *aloe vera and/or lotion*
* bug repellant*\* (please, no RAID/pesticides or toxin-potent sprays)*
* high SPF sunscreen, UVA/UVB protection, strive for natural products\* (check your sunscreen’s ingredients: look for the active ingredients zinc oxide, titanium dioxide, … and avoid oxybenzone and parabens)

NOTE: Studies have shown the harmful effects parabens and oxybenzone can have on marine life, and we appreciate your efforts to use more ecologically sound products!)

\*SEE BACK FOR RECOMMENDATIONS

**MISCELLANEOUS:**

* water bottle
* flashlight and/or headlamp
* notebook
* pens or pencils
* cash in small denominations (mostly 1s, 5s, and 10s)
* bag for dirty/wet clothing
* container and/or bag for collecting shells, sand dollars, rocks, etc.
* towels

**SNORKEL GEAR:**

* mask (Check that yours fits by holding it against your face and breathing in through your nose. If it sticks, it fits.)
* fins
* *water shoes/booties for fins*
* snorkel
* mesh bag to hold everything

NOTE: ForFar has a limited supply of snorkel gear available for rental. Please call in advance if you plan to rent snorkel gear.

**THINGS YOU MAY WANT:**

* camera & necessary charger or batteries
* underwater camera
* medicine for motion/sea sickness (dramamine, marizine, emetrol, etc.)
* mosquito netting (twin size)
* bug bite relief stick or calamine lotion
* alarm clock

**SCUBA GEAR (for certified divers):**

* certification card
* signed liability release
* *wetsuit (Optional, but recommended. Shorty suits or 3mm full wetsuits are good for spring/summer months and 3-7mm full wetsuits for fall/winter months.)*
* regulator, octopus
* alternate air source
* submersible depth and pressure gauges
* BCD (buoyancy compensator device)
* *whistle*
* *dive light*
* *compass*
* *dive slate*

NOTE: Forfar has a limited supply of scuba gear available for rental. Please call in advance or talk to your group advisor if you plan to rent scuba gear.

\*\*We suggest that you avoid bringing electronics and valuables. This is a high risk-environment for those items. If you plan to bring an ipod, we recommend that you also bring a waterproof case or plastic bag. IFS is not responsible for theft, loss or damage of valuables.

\*ENVIRONMENTALLY FRIENDLY/BIODEGRADABABLE RECOMMENDATIONS (by brand):

* **shampoo and conditioner:** yes to!, burts bees, aussie, sunsilk, jason’s naturals (at whole foods), neutrogena naturals, organix, trader joes, suave naturals, dr. bronners
* **soap:** dr. bronners, burt’s bees, yes to!, one bar, neutrogena naturals, basics, kiss my face
* **bug repellant:** all terrain, badger, repel naturals, coleman botanicals (look for sprays/balms with natural repellants: citronella, eucalyptus, lavender, witch hazel, etc.)
* **sunscreen:** all terrain, badgers, kiss my face, banana boat naturals, ocean potion, loving naturals, johnson’s baby, burt’s bees. (Many baby sunscreens have good ingredients too.)

NOTE: You can find most of these brands at Walmart, Kroger, Target, Trader Joes, and Whole Foods. Also, consider checking online. Thanks for your effort!

**NOTE: All luggage (including bags, book bags, purses, etc., must be a combined weight of 35lbs combined total weight. All bags should be in a soft-sided duffle bag.**