

Forfar Field Station - Packing List (One Week Stay)

Read the list below and adjust it to your personal needs. We recommend using biodegradable environmentally-friendly brands especially when it comes to sunscreens. Chemicals in sunscreens such as parabens, oxybenzone, octinoxate, and octisalate have been shown to be detrimental to coral reefs (University of Central Florida, 2015).

When packing, remember important weight limits for small charter flights. Try to keep the weight of your luggage under 40 lbs. You are allowed one carry-on bag weighing 10 lbs or less, and it must abide by baggage size regulations, 12"H x 6"W x 14"L. All carry-on baggage must have a Western Air carry-on baggage tag. Baggage that exceeds 40 lbs will be subject to overweight charges of \$1 per additional pound, and any excess /oversized / overweight bags will be sent on the next available flight. Also, accurately provide your body weight during your online registration. Planes are weighted with the information provided.

Forfar Field Station is located in a humid environment with exposure to corrosive salt air - electronics do not like this! We are not responsible for items that are damaged, lost, or stolen. There is a safe on station where some valuables can be kept. For example; cell phones, iPods, money, jewelry, etc.

USD are accepted everywhere. The amount of cash you bring may vary; however, some potential costs include Baskets (\$10-30), Androsia (\$15-100), dinner out (\$15-20), snacks (\$1-5), hair braiding (\$2 per braid), basket weaving with Mrs. Annie (\$10), Forfar Field Station rash guard (\$40).

Most importantly if there are questions about the packing list or what to bring, please ask! office@intlfieldstudies.org or 614.268.9930

You can see the full packing list below!

Essentials

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|---------------|--|
| <input type="checkbox"/> | Passport | This needs to be a passport book. A passport card will not get you into the Bahamas! |
| <input type="checkbox"/> | Money | All bill sizes are generally fine it is useful to include some smaller bills like \$20, \$10, \$5 and \$1's |
| <input type="checkbox"/> | Sunscreen | Please do NOT bring spray sunscreens! We recommend at least 30+ SPF. Zinc Oxide mineral based sunscreens are much better for the coral reefs than those containing chemicals such as oxybenzone. |
| <input type="checkbox"/> | Bug repellent | Natural bug repellants are preferred. EX: Badger, All Terrain, Eco Smart. Deet based repellants are very bad for our boats! |
| <input type="checkbox"/> | Aloe vera | Aloe's that contain lidocaine help sore sunburn |
| <input type="checkbox"/> | Water bottle | Needed for <u>all</u> trips. 32oz is recommended. |
| <input type="checkbox"/> | Sunglasses | We recommend inexpensive polarized sunglasses. |
| <input type="checkbox"/> | Sun hat | |
| <input type="checkbox"/> | Towel | Microfiber towels are much smaller, dry quicker, and take up much less space and weight than a traditional towel |

Sunscreen Notes:

Studies have shown the great harm that parabens and oxybenzones can have on marine life. Please try to source sun screens that do not contain these harmful ingredients.

Do not bring spray sunscreens you will NOT be able to use them at Forfar.

Clothes

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|---------------------------------|---|
| <input type="checkbox"/> | Ample underwear & socks | Also great for bug protection |
| <input type="checkbox"/> | 2+ Bathing suits | |
| <input type="checkbox"/> | T- Shirts | Up to one a day |
| <input type="checkbox"/> | Long sleeve T-Shirts | 2+ for sun and bug protection |
| <input type="checkbox"/> | Lightweight shorts | 2+ pairs |
| <input type="checkbox"/> | Lightweight/ Long pants | 1+ pairs for bug protection |
| <input type="checkbox"/> | Sweatshirt or Fleece | Nights can get cooler |
| <input type="checkbox"/> | Rain jacket | Lightweight - Used for both land trips or on boats |
| <input type="checkbox"/> | Water shoes/ Sports sandals | Tougher sole will be needed to walk on sharp rock and slippy surfaces/ shallow waters (Teva/Chacco/ Keen/Merrel). Something that can be worn all day. |
| <input type="checkbox"/> | Flip flops and/ or Tennis Shoes | For general day-to-day wear |

Winter - Additional/ warmer items

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|----------------------|---|
| <input type="checkbox"/> | Sweat shirts/ fleece | |
| <input type="checkbox"/> | Long pants | |
| <input type="checkbox"/> | Socks | |
| <input type="checkbox"/> | Tennis shoes | |
| <input type="checkbox"/> | Blanket | |
| <input type="checkbox"/> | * Wetsuits | Recommended for Fall, Winter, and Spring - 3-7mm full length. |

Toiletries

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|-------------------------|--|
| <input type="checkbox"/> | Shampoo/ Conditioner | Please try to source environmentally and biodegradable brands such as: Yes To!, Burts Bees, Jasons Naturals, Natures Gate, Dr. Bronners, Alba etc. |
| <input type="checkbox"/> | Soap | Dr Bronners, Burts Bees, Kiss My Face, Alba etc. |
| <input type="checkbox"/> | Deodorant | |
| <input type="checkbox"/> | Feminine products | Ample supplies as needed. |
| <input type="checkbox"/> | Toothbrush | |
| <input type="checkbox"/> | Toothpaste | |
| <input type="checkbox"/> | Hairbrush or comb | |
| <input type="checkbox"/> | Motion Sickness Relief | Dramamine, Bonine etc. |
| <input type="checkbox"/> | Antihistamines | Useful for allergic reactions or bug bites: Benadryl, Zyrtec etc. |
| <input type="checkbox"/> | Own medication | Be prepared with any medication you must take, bring ample amounts to cover your week-long stay. Prescriptions must remain in Rx bottles. |

Optional Items

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> | Camera and/or Waterproof Camera | |
| <input type="checkbox"/> | Dry Bag | Useful to keep items and extra clothes dry during boat trips |
| <input type="checkbox"/> | Pens/ Pencils | Check your course requirements. |
| <input type="checkbox"/> | Composition Notebook/ Notebook | Check your course requirements. |
| <input type="checkbox"/> | Flashlight or headlamp | |
| <input type="checkbox"/> | Binoculars | Great if you are interested in the birds found on Andros. |
| <input type="checkbox"/> | Waterproof Dive Light | |

Packing Notes: You can find a great range of biodegradable environmentally-friendly brands at stores such as Walmart, Kroger, Target, Trader Joes and Whole Foods. You can also search online. Thanks for your effort!

Snorkel Gear

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|-------------------------|---|
| <input type="checkbox"/> | Mask | Please ensure that the mask fits well to your face before coming out. Great fitting gear will make snorkeling so much more enjoyable! |
| <input type="checkbox"/> | Snorkel | |
| <input type="checkbox"/> | Fins | |
| <input type="checkbox"/> | Booties | Depending on your choice of fins, booties may be necessary. |
| <input type="checkbox"/> | Long sleeved rash guard | You may also want to consider shorts to wear over swim suits bottoms when snorkeling for extra sun protection. |
| <input type="checkbox"/> | Gear bag | Big enough to carry all snorkel gear together |
| <input type="checkbox"/> | Mask Defogger | For your snorkel mask |
| <input type="checkbox"/> | * Wetsuits | Optional for warmer months but recommended if you get cold easily. |
| <input type="checkbox"/> | *Waterproof Light | Required for night time snorkels |

Snorkeling Gear Notes:

Forfar Field Station has a limited quantity of gear available. But we do have enough to help you out in case of equipment failures. We do not have enough to provide everyone with rental gear.

Scuba Gear (Additional) - Certified Divers Only

| <input checked="" type="checkbox"/> | Item | Description |
|-------------------------------------|------------------------------|--|
| <input type="checkbox"/> | Certification card | Ensure you bring this so we can make a copy for our records. |
| <input type="checkbox"/> | Copy of valid dive insurance | If you carry dive insurance which we strongly recommend, then please bring a copy for our records. |
| <input type="checkbox"/> | Liability forms | Signed by parent or guardian if Under 18 yrs. |
| <input type="checkbox"/> | BCD | |
| <input type="checkbox"/> | Full regulator set | Primary and Secondary Regulator, Pressure Gauge and Depth Gauge |
| <input type="checkbox"/> | Dive light | |
| <input type="checkbox"/> | * Wetsuits | Optional for warmer months but recommended if you get cold easily. |

Scuba Gear Notes:

Forfar Field Station has SCUBA gear available for rental. We have enough for most group sizes but please ensure you call ahead and check that there is enough gear to cover your group size before arrival. This is very important to do!