

**Acadia Institute of Oceanography**  
Suggested Clothing and Equipment List for 1 week sessions

**TO BRING...**

- pair of sneakers
- 6-7 pair of socks
- 3 or more pants, jeans, etc.
- 3-4 pair of shorts
- 6-8 t-shirts or equivalent
- a sweatshirt or heavy sweater
- a windbreaker or light jacket
- 2 bathing suits
- 2-3 bath towels and washcloth
- facial tissue
- a toiletries kit (soap, shampoo, etc)
- 2 pair of pajamas
- a sleeping bag or heavy blanket
- single fitted sheet
- 1 pillow and cases
- a beach towel
- a pair of sandals or flip-flops
- water bottle
- rain coat (pants optional)
- flashlight and batteries
- old sneakers, boots or aqua socks for wading
- sun block lotion
- insect repellent-no spray please
- sunglasses
- spare eyeglasses or contacts
- hat

**OPTIONAL...**

- camera (and film, if not digital)
- binoculars
- hiking shoes or boots
- board games or handheld video
- fishing pole for onshore fishing
- snack food (excluding gum)
- guidebooks (seashore, birds, etc)
- reading books
- change for soda machine/laundry
- MP3 (headphones)
- day pack for hikes
- snorkel and mask
- letter writing material (paper, stamps, envelopes, etc)
- cell phone (reception is often bad)

**DO NOT BRING...**

- skateboards, rollerblades, scooters or bicycles
- boom boxes
- knives
- lighters or other flammables
- chewing gum

**EQUIPMENT NOTES...**

- The numbers above are just estimates. You will not do laundry during the week
- Mark your name on everything with a marking pen or name tags. Every attempt will be made to return forgotten items with a name on them.
- AIO is not responsible for any items or money left behind or lost by the student.
- Storage space within the dorms is extremely limited. Students keep their belongings in suitcases or trunks at the foot of or under the bed. There are a few shelves for personal items.
- Students must wear shoes at the tidal pools so bring old sneakers or water shoes.
- Non-perishable snack foods are welcome but they must be kept out of the dorm.
- Cds, DVDs, or video games must be considered appropriate by the Director for content and age of the viewer(s) and may only be used during designated free time. AIO is not responsible for lost or broken video games/players. You bring all electronics at your own risk.