

# Acadia Institute of Oceanography

## Suggested Clothing and Equipment List

### TO BRING...

- 2 pair of sneakers
- 7-9 pair of socks
- 4 or more pants, jeans, etc.
- 4-5 pair of shorts
- 6-8 t-shirts or equivalent
- a sweatshirt or heavy sweater
- rain coat (pants optional)
- 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
- 3-ring binder with paper
- flashlight and batteries
- old sneakers, boots or aqua socks for wading
- sun block lotion
- insect repellent-no spray please
- sunglasses
- spare eyeglasses or contacts

### OPTIONAL...

- camera and 3-4 rolls of film
- binoculars
- tennis racket, frisbee, etc.
- softball glove
- hiking shoes or boots
- board games or handheld video
- fishing pole for on-shore fishing
- guidebooks (seashore, birds, etc)
- reading books
- guitar or other musical instruments
- CD player or MP3 (headphones)
- day pack for hikes
- snorkel/mask/wetsuit
- letter writing material (paper, stamps, envelopes, etc)
- snack food (excluding gum)
- change for soda machine/laundry
- cell phone (reception is often bad)
- wet suit for water temp of 55°F (5-7 mm)

### DO NOT BRING...

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

### EQUIPMENT NOTES...

- Essentially, you need enough clothing for one week since you'll do laundry in the middle of two-week session. The numbers above are just estimate.
- 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 left behind or lost by the student.
- Students will do laundry in town once during their two-week stay. We will provide powdered detergent. A pillowcase makes a good laundry bag.
- 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 other shoes for that purpose.
- 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.