

# Acadia Institute of Oceanography

## Suggested Clothing and Equipment List for 1 week sessions

### TO BRING...

- pair of sneakers
- 6-7 pair of socks and underwear
- 3 or more pants, jeans, etc.
- 3-4 pair of shorts (no short 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 (regular twin) fitted sheet
- 1 pillow and cases
- a pair of sandals or flip-flops
- water bottle
- rain coat
- flashlight and batteries
- old sneakers, boots or aqua socks for wading
- sun block lotion
- insect repellent
- sunglasses
- spare eyeglasses or contacts
- hat

### OPTIONAL...

- camera
- binoculars
- hiking shoes or boots
- board games
- fishing pole for onshore fishing
- snack food (excluding gum)
- guidebooks (seashore, birds, etc)
- reading books
- a beach towel
- day pack for hikes

### DO NOT BRING...

- cell phone or any electronics
- skateboards, bicycles or scooters
- 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.
- Please only bring clothing that will cover your body appropriately. Leave short shorts, low cut shirts, low waist jeans, etc., at home so you can work in the field comfortably.
- AIO is not responsible for any items or money left behind or lost by the student.
- Storage space within the dorms is extremely limited. Though there are a few shelves, most belongings are kept in suitcases or trunks at the foot of or under the bed.
- 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.
- Leave all electronics at home for this week. Only bring a cell phone if you need one for traveling. All cell phones will be collected on the first day and returned as you leave. We have a free landline for calls home.