

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 case
- 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
- face masks
- small bottle of hand sanitizer

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. Shorts should have a minimum 3" inseam, not expose private areas when you work in the field. No clothing that exposes underclothing or private body parts. If you are wearing these you will be asked to change. All clothing should be comfortable and appropriate for work in the field.
- 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 allowed but 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.